

## Sample Itinerary

- DAY ONE
- 11:00 Arrive/Move in Cabins
  - 11:30 Orientation
  - 12:00 Lunch
  - 1:00 Warm up activities, Ice Breakers  
Group games and Goal Setting
  - 2:00 Hike @ Stone Mountain
  - 5:45 Return from Hike
  - ~6:15 Dinner
  - 7:00 Team building activities
  - 8:30 Night Awareness activity
  - 9:30 Snack/advisor time after  
Lights out @ your discretion
- DAY TWO
- 8:00 Breakfast
  - 9:00 Caving trip
  - 1:00 Picnic Lunch @ New River Outdoor Center
  - 2:00 Canoe the New River
  - 6:00 Return to Cheerio
  - 6:30 Dinner
  - 7:00 Team building or Games
  - 8:30 Campfire Activities
  - 9:30 Snack and advisor time  
Lights out @ your Discretion
- DAY THREE
- 8:00 Breakfast
  - 9:00 Climbing Towers, Zipline,  
Canoeing at lake  
Rotate activities depending on numbers in groups
  - ~ 12:15 Lunch at Cheerio
  - Pack up and Depart for home

This is just a sample itinerary and can be adjusted according to your needs.