

# CHEERIO ADVENTURES

## PROGRAM DISCRPTIONS

### **Adventures Unlimited (14 days) Ages 15-17**

This trip was developed by several of our participants that wanted a different twist on the Mountains to Sea by some activities and/or different locales. This program takes place in the mountains and on the coast of NC. The participants on this program spend a week in the mountains of NC mountain biking, rock climbing, caving, canoeing/kayaking and rafting. Then they spend a week at the coast of NC sailing, surfing, sea kayaking, visiting local sights and playing on the beach.

### **Sampler (7 days) Ages 10-12**

Special introductory program for 10-12 year olds. As the name implies, the youth get to sample five different adventure activities. Participants enjoy backpacking, canoeing/kayaking, whitewater rafting, rock climbing and caving.

### **Allegheny Passage (7 days) Ages 12-14**

This trip occurs in the beautiful and exciting area of Ohio/pyle Pennsylvania. As with the Samplers the participants will be able to participate in several activities such as rafting on the Youghiogheny River, backpacking, rock climbing, and biking on the Great Allegheny Passage trail.

### **New River Adventure (14 days) Ages 12-14**

This is our basic two-week course. This session is divided into three mini-programs: backpacking/rock climbing, canoeing/kayaking/rafting/caving, and mountain biking. During each of these four-day mini-trips, the group will pedal, hike or paddle to their campsite where they set up camp for the night. Between each mini-program, the participants return to the New River Outdoor Center (NROC) to rest, play games, pack and prepare for the next segment.

### **Rock Climbing/Rafting (7 days) Ages 13-15**

This program offers the thrill seeker an abundance of thrills and challenges. For two days these participants will climb in the New River Gorge reaching heights that many only dream about. The other three days they will raft down the New River Gorge and the Gauley River for excitement on class III - V rapids and a chance to look upon the sheer cliffs that they will be climbing.

### **Cave/Raft (7 days) Ages 13-15**

This program puts dirt and water together to create muddy fun. Participants will walk, squirm, scramble, crawl and inch their way through several caves in VA and TN. Rafting will be on the New River Gorge in West Virginia and Nolichucky River in Tennessee. The participants will help navigate a raft through Class III - V rapids while enjoying the magnificent gorges.

### **Kayak, Climb and Cave (7 days) Ages 11-13**

For those who look for the wilder things in life, this program offers an abundance of thrills. Participants will kayak for two days on the New River in class II rapids then spend two days climbing the cliffs of Table Rock and Linville Gorge and spend a day of caving in a large natural cave hosting a variety of formations, creek and cave life. This trip will travel between three state VA, NC and TN.

### **Seekers (14 days) Ages 13-15**

This is the next step in progression from the standard and one week sessions. The Seekers is an intermediate level program that offers a slightly greater challenge. The group stays out in the field for longer periods, climbs more challenging routes, paddles for several days on rivers, crawls through wild caves and takes on more responsibility for the welfare of the group. The program will be spent backpacking, rock climbing, canoeing, kayaking, rafting, caving and mountain biking in the mountains of North Carolina, Virginia, Tennessee, and West Virginia.

### **Mountains to Sea (14 days) Ages 14-17**

For participants that want both, this program takes place in the mountains and on the coast of NC. The participants on this program spend a week in the mountains of NC backpacking, rock climbing, caving, canoeing and rafting. Then they spend a week at the coast of NC sailing, surfing, sea kayaking, playing on the beach and wind surfing.

### **Ocean Odyssey (11 days) Ages 13-15**

This eleven-day trip along the North Carolina coast is packed with activities for those that like the water and sun! Participants will spend several days sailing, cruising the coast on large cruisers, wind surfing, surf kayaking, sea kayaking, surfing and other ocean activities. Of course, there will be plenty of time for the beach!

### **Raft Rage (7 days) Ages 13-15**

For those who look for the wilder things in life, this program offers an abundance of water thrills. For five exciting days the participants raft in guided boats down five different rivers; the Nolichucky in NC and TN, French Broad and Nantahala in NC, Ocoee in TN and the Chattooga on the GA/SC border. The rapids will range from class III to class V in some of the most gorgeous and scenic areas in the Southeast.