

CHEERIO ADVENTURES TRIP DESCRIPTIONS

RANGERS sessions (7 days) Rising 4th Graders

The Rangers is our 9-year old program that is the perfect adventure for younger campers. The Rangers will stay at camp, learn new skills, and will have a great time creating friendships through fun group games and on-site activities! Each day campers will learn outdoor skills, such as fire building, shelter building, and orienteering. They will then have the opportunity to use these new skills during a backpacking adventure on our property! During the week we will have camp all to ourselves, and will get to experience all the on-site activities, such as GaGa Ball, Human Foosball, Speleo Box (indoor maze), mud slide, and swimming and playing in the New River! There will be plenty of time for big group field games, such as Castle ball, Kickball, Captains Coming, and more! The week ends with an all day off-site excursion.

ULTIMATE sessions (7 days) Rising 5th to Rising 7th Graders

Ultimate sessions are filled with fun and unique experiences, composed of onsite activities: zip line, mud slide, games, tubing, mountain boarding and 4 major activities: climbing on real rock in Grayson Highlands State Park, exploring the depths of the earth by caving, rafting on the wild New River in WV and two day canoe through rapids on the New River right out of our facility. This is the best way to begin an outdoor experience to last a lifetime.

SUPREME sessions (7 days) Rising 7th to Rising 9th Graders

Much like Ultimate sessions except they are packed with everything bigger and more challenging. Backpack along the ridges of Mount Rogers National Recreation Area, explore a majestic cave with formations and streams, ride rafts down the wild and scenic New River Gorge in WV, push the limits on rock climbs with awesome views of Jefferson National Forest and paddle kayaks down the rapids on the river.

SUMMIT (7 days) Rising 9th to Rising 11th Graders

Summit is our new, fun and exciting one-week program for rising 9th, 10th, and 11th graders. This one-week program is designed to challenge campers like they've never been challenged before! Traveling to Western NC, we will go on an amazing multiple day canoe trip down the Tuckasegee River, backpacking and rock climbing in the majestic Panthertown Valley, and rafting on the exciting Nantahala River.

TREKKERS (14 days) Rising 7th to Rising 9th Graders

This is the first step in the progression of the two week sessions . This trip is based on our original two week trip which started in 1982. This trip is divided into three mini-expeditions: backpacking/rock climbing, canoeing/rafting/caving and mountain biking. During each of these mini trips, the group will pedal, hike or paddle to their campsite and camp for the night. Between each section participants return to the New River Outdoor Center (NROC) to rest, play games, pack and prepare for the next section of their trip.

SEEKERS (14 days) Rising 8th to Rising 10th Graders

Seekers is the second step in the two week sessions, even more challenging than the Trekkers. Campers stay out in the field for longer periods, climb more challenging routes, paddle for several days on rivers, crawl through wild caves and take on more responsibility for the welfare of the group. The program will be spent backpacking in Pisgah National Forest, climbing rocks with great views, canoeing and kayaking the New River, rafting in WV, caving in TN and mountain biking in the mountains of NC and VA.

MOUNTAINS TO SEA (14 days) Rising 9th to Rising 12th Graders

For campers who want both, this program takes place in the mountains and on the coast of NC. Campers in this program spend a week in the mountains of NC backpacking in Pisgah National Forest, rock climbing the cliffs overlooking Grandfather Mountain, caving in TN, canoeing the New River and rafting in WV. Then they spend a week at the coast of NC camping at a National Park Campground, take a sailboat or catamaran cruise to Cape Lookout, tour the light house, shelling and swimming on the beach, stand up Paddle board through an estuary, view all kinds of wild life, learn how to surf the waves, tour one of the great NC Aquariums, explore the coastal towns of Beaufort and Moorehead City, and enjoy a fresh seafood dinner on our last night at the coast.

EXTREME (14 days) Rising 5th to Rising 10th Graders

Who said you cannot do it all? The EXTREME experience is a combination of Traditional Camp and Cheerio Adventures. The first week will be spent with Cheerio Adventures in VA. Campers are in for a fun filled time of several activities such as: backpacking, canoeing, kayaking, whitewater rafting, caving, climbing and more. The second week campers will move to Camp Cheerio in NC and participate in activities such as: horseback riding, archery, arts and crafts, drama, dance, cheerleading, tennis, golf, basketball, football, frisbee, riflery, skeet shooting, high ropes course, and more. Come experience the best of both camps!