

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.