
Nature Workshops

We encourage you to sign up for at least one Nature trip. You'll be spending a week in the New River Valley, in our special community of SUUSI people and Nature. While you're here, be sure to see the locals - the local wildflowers, the local trails, the local caves, the local rivers. Add richness to your life. Stretch your spirit ... and maybe your body ... add one or more Nature Workshops to your 1999 SUUSI schedule.

In our SUUSI circle, with interlocking components of the interdependent web, Nature trips get out in the natural world to experience biodiversity. And we have a diversity of experiences to offer - we have about 75 trips on our schedule for 1999, offering trips at all hours of the day and night. Some trips are physically easy, and some are demanding - even strenuous. Whether you are attending SUUSI for the first-time or a veteran, we think there's a Nature trip on our schedule just calling you.

Our trip descriptions are limited by the available space in this catalog, but our Web site (<http://www.uucamps.org/suusi/nature/natuhp.html>) has more background material... and lots of pictures. C'mon, take a peek at the peaks to pique your interest.

Many trips are great opportunities for families. You don't need to be athletic to "do Nature." But some basic guidelines will help you enjoy these trips:

- Register **now** rather than wait until you arrive at SUUSI. We rent the vans based on advance registration. (Long ago SUUSI outgrew the informal, mooch-a-van-from-a-participant approach for these trips.) To keep costs down, we usually cancel trips with low registration before SUUSI... so don't wait to register. Ideally we cancel zero/zippo/none trips before SUUSI. If you don't get the trip you want when you pre-register, don't despair. You can often add more trips at Registration on the first day of SUUSI - and even after SUUSI starts, come by the Nature Office throughout the week to see what trips still have spaces available.
- Be at the departure point 10-15 minutes before your trip is scheduled to leave. SUUSI is a magical vacation time, but the vans run on real-world time. And we'll take stand-by Nature trippers just before we leave, so don't be late.
- If a trip is full even at Registration, consider coming to the assembly point at the start time and taking a chance as a standby, because often there is a "no show." (Yeah, we've discovered some folks really will oversleep...)
- Since our trip leaders are all volunteers and must fulfill their responsibilities to everyone, we require any person needing one-on-one assistance at SUUSI to be accompanied on Nature trips by a caregiver who also registers for the workshop. Each child under 14 must be accompanied by an adult who takes responsibility for that child's safety and behavior during the trip.
- Register the kids too, whatever their age, if you want them to join you on a trip. Everyone on a trip has to register. Be sure each child and each adult signs up for a trip, so we can ensure there's a seat belt for everyone in the vans and handle other logistics. Unless we say otherwise in the trip descriptions, the minimum age requirement is 18 years of age to take a Nature trip. To help you decipher the trip descriptions: 0+ means anyone can go, 12+ means anyone at least 12 years old at Suusi registration can go, etc. The trips we have designated as Family Friendly are open to families with children less than 14 years old but are appropriate for children and adults of all ages. We encourage adults without children to participate in these trips.
- The requirements for trips are real. We emphasize safety, along with fun and companionship. If it's listed in the trip description, you really do have to wear tied and OK-to-get-wet shoes, bring water/flashlight/leather gloves, etc. We want you to get into the natural setting at SUUSI - but we really do say "No" when we think the trip is a bad match for your skills or preparation. If you don't show up on time with the right gear, we can't take you hiking, caving, canoeing, etc..
- We have an "assumption of responsibilities" (waiver) form for Nature trips, to ensure you know what we're getting into. Mother Nature has beautiful vistas and wondrous patterns but also tree roots in trails, rocks in rivers, rain in the sky... and the trip leaders can't provide a cocoon of protection against all natural hazards. Parents or guardians must sign forms for children under their care, and adults must sign for themselves as well.
- Don't make anyone depend on random acts of kindness or someone else bringing the quota of common sense. Nature workshops are group experiences as well as personal explorations, so please be considerate of others when deciding if you can handle a trip. We want you to stretch your self, but not the patience of your companions.
- On rare occasions we will change a trip's intended location to ensure safety. We cancel trips because of unsafe weather, not just because of rain. (It rains regularly in the mountains during the summer, and we assume you're not so sweet that you'll melt...) If we actually have to cancel a trip, we'll refund your money -or you can donate it to SUUSI. Refunds are not offered to people who don't come to the assembly point **on time** with the required gear - water bottles, tied immersible shoes, flashlights, etc.
- If you have specific physical limitations or other questions, we can help you determine what trips are do-able. Anyone under physician's care should get their physician's permission before registering for trips. Trip leaders are under orders to "play it safe" and may block participants from trips they consider inappropriate.

- 511 New River Bike Trail** **Limit 14**
See the New River on two wheels. Enjoy bicycling on a well-constructed bike path. We'll cover 12 miles over gentle, scenic terrain along the river. Helmets are required and will be provided (or bring your own). Required: tied shoes, water bottle in backpack or bike bag. Recommended: shorts and raingear. High quality bicycles provided. Recent bicycling experience is expected.
\$30 T *Moderate* T14+ 8:00am-12:30pm
- 512 New River Bike Trail** **Limit 14**
See #511
\$30 W *Moderate* T14+ 8:00am-12:30pm
- 513 Mountain Bike** **Limit 14**
If you like mountain biking this spot's for you! Travel to a local hot spot with many trails. Enjoy quiet off the road and up the mountain biking. Required: previous mountain biking experience, tied shoes, water bottle in backpack or bike bag. Recommended: shorts and raingear. High quality bicycles provided.
\$30 Th *Strenuous* T14+ 8:00am-12noon
- 514 Tree Identification (Family Friendly)** **Limit 14**
Using a learning key based on the trees of a local park, you will learn how to identify some of the diverse trees of the Appalachian forest. Required: sturdy shoes and canteen. Recommended: insect repellent
\$8 M *Gentle* Y12+ 6:00pm-8:30pm
- 515 Herb Gardening Techniques** **Limit 14**
Pat Mercer has been doing successful herb gardening for years. Accompany her to a local garden for a workshop on gardening techniques and styles. She has wonderful handouts to accompany the presentation
\$8 M *Gentle* T14+ 8:30am-noon
- 516 Afternoon Herb Tea** **Limit 14**
A new treat for our herbal connoisseurs. Pat Mercer will provide for a tea, in that memorable informal style that works best at SUUSI. Look forward to learning what can be done with herbs to make tea time special.
\$8 Th *Gentle* 18+ 2:00-4:00pm
- 517 Wildflower Identification I** **Limit 14**
Learn how to use field guides for plant identification. This trip will focus on the features that allow a plant to say "This is me!", and how different field guides help. Recommended: Newcomb's Wildflower Guide. Required: sturdy shoes and canteen.
\$8 W *Gentle* T14+ 8:30am-12:30pm
- 518 Wildflower Identification II **Limit 14**
See #517.
\$8 F *Gentle* T14+ 10:15am-12:15pm
- 519 Explore the Cove** **Limit 14**
Learn why the rocks are so wrinkled into mountains, the coves so full of oaks, the flowers so scarce in spots and abundant in others. There are patterns in nature...we'll show you the biodiversity of an Appalachian cove forest before joining other hiking trips for a feast at the Homeplace Restaurant. Required: sturdy footwear and canteen. Recommended: insect repellent and field guide of your choice. Dinner provided. Attention Vegans! Most of the vegetables are cooked with meat as a seasoning.
\$22 Th *Moderate* 18+ 1:00pm-8:00pm
- 520 River Wade (Family Friendly)** **Limit 14**
VPI ecology professor Fred Benfield will take us to a nearby creek to wade and do some streamology experiments. We'll measure flow volume, find out about water chemistry, and discover and examine some of the aquatic critters that live in the creek. Required: sturdy, tied immersible shoes and canteen. Recommended: swimsuit, towel, sunscreen, insect repellent.
\$8 M *Moderate* Y9+ 1:00 pm-5:00 pm
- 521 Microbotany: Plants with a Hand Lens (Family Friendly)** **Limit 14**
Miniature plants such as mosses, liverworts and lichens play an important part in the ecology of living communities. We will discover the diversity of smaller things around campus with the guidance of Ernie Wilson. Required: each child is accompanied by a responsible adult. Recommended: a hand lens and the Golden Guide to Non-Flowering Plants.
\$8 T *Gentle* Y8+ 6:00-8:30pm
- 522 Birds of Appalachia (Family Friendly)** **Limit 50**
Early colonists in Jamestown began recording Virginia's birds in 1607. Settlers and their successors drastically altered the Virginia landscape by clearing, burning, and lumbering. Natural plant succession of abandoned farmland and fields has produced a patch-work of plant communities. Each of the forest and successional types has its own complement of bird species. By 1996, 420 species of birds had been recorded in Virginia. Sit back, relax, and be amazed as a local birder shares his slides and expertise about the fascinating birds which can be found in nearby mountains and valleys.
\$3 Th *Gentle* Y8+ 7:15pm-8:15pm
- 523 Museum of Natural History Presentation (Family Friendly)** **Limit 50**
The Virginia Museum of Natural History will provide a fascinating evening slide lecture by one of its curators. The Museum is a working museum on the cutting edge of research in all aspects of the natural world. An opportunity to sit back and enjoy "arm chair" field work.
\$3 W *Gentle* Y8+ 7:15pm-8:15pm
- 524 Travertine Falls Discovery (Family Friendly)** **Limit 14**
Enjoy the Virginia Nature Conservancy's Fall's Ridge Nature Preserve from a naturalist's point of view. See how living organisms interact with the local geology to create this beautiful rock formation and unique ecosystem. Not accessible to the general public. Tied immersibles required for stream crossing.
\$8 M *Moderate* Y8+ 8:00am-12:00noon

525 Pandapas Pond Discovery (Family Friendly) Limit 14

The Appalachian forest is home to an astonishing variety of mushrooms, ferns, flowers and trees. We're also bound to find birds, insects, and other wildlife. With the help of VCU professor Ernie Wilson, we'll locate and identify as many species as we can on a leisurely walk in the area around Pandapas Pond.

\$8 T Moderate Y8+ 8:00am-12noon



Hiking Trips

All journeys start with a single step, so come explore the Southern Appalachians on a SUUSI hiking trip. We'll guide you through some natural beauty and places for reflection that you'll remember throughout your life. We practice "safe hiking" with no exceptions. Canteens or water bottles are required on all trips since no ground water can be considered safe. Also, proper footwear is absolutely, positively, indisputably necessary (get the message?).

This means no bare feet and no open-toe shoes of any kind (flip-flops, Tevas, etc). Trips involving wading or swimming require tied immersible slip-resistant shoes such as tennis shoes, not Tevas or aqua sox which don't give you total protection from broken glass in the water. Lastly, evening trips require flashlights so you can get hither from yon. Meals are not provided except where indicated in the trip descriptions. You may want to bring a snack along with your water bottle. In addition, we suggest you bring sunscreen, a poncho or rain jacket, long pants to protect against the lurking poison ivy or stinging nettles, bug repellent, and toilet paper, depending on your particular "roughing it" quotient. Also, a dry bag is highly recommended on any "slogging" type trips if you have anything you don't want to get soaked, as well as a swimsuit and towel on any of the water trips. Last and especially not least, bring your sense of fun and adventure. We'll enjoy making new friends and experience what Mother Nature and Father Time has wrought in our SUUSI neighborhood.

Morning Hikes

These trips are designed to try to beat the heat of the day. We hike early to enjoy the coolness of misty mountain mornings and return before the worst of the heat builds up.

600 Bottom Creek Gorge Preserve Limit 14

A drive to the Nature Conservancy's Bottom Creek Gorge will reward us with spectacular scenery as we hike through a diverse ecosystem. The gorge boasts ancient virgin hemlocks and a fast-flowing mountain stream flanked by forests of mixed hardwoods and upland meadows. Powerful Bottom Creek features huge boulders rounded from erosion and a stair-step series of broad-based waterfalls. We'll begin along a well-maintained trail, encountering several steep sections as we walk to the creek and finally climb out of the preserve to a dry Appalachian Trail. Total distance of this circuit hike is about 3 miles. Lunch is provided.

\$8 Moderate 18+ 10:00am-5:00pm

601 Buffalo Mountain Limit 14

A drive through scenic, rural sections of Montgomery and Floyd Counties followed by a short but steep hike (half mile in length, about 400-500 feet in elevation) to the top of Buffalo Mountain. The combination of high elevation [3,971 feet], wind exposed openings at the summit, and magnesium rich soils make this spot unique. The south face of the mountain contains grassy, prairielike openings with Midwestern grasses and wildflowers such as bog bluegrass. It is also the only known location in the world for a mealybug called *Puto kosztarabi*.

\$8 T Moderate Y14+ 7:30 am-12:30pm

602 Warspur Limit 14

Come with us on a quiet, calming, mostly easy walk through an ancient virgin hemlock forest. There is a short but steep hike (hence the moderate rating) to a rock outcropping with a view of the valley below. We then walk back to the van on this loop of about 3 miles.

\$8 W Moderate Y14+ 7:30am-12:30pm

603 Barney's Wall Limit 14

This trip is for those who like their hikes short and their views long. An easy ramble along an old woods road will take us to the view from the top of the cliff wall. The valley below is home to the stream that tumbles over the falls known as Cascades Waterfall. The total hiking distance is about one mile.

\$8 F Mostly easy Y14+ 8:30am-12:30pm

604 Huckleberry Trail (Family Friendly) Limit 14

Come walk with the whole family on an old railroad bed that has been paved over and that winds through an urban area of Blacksburg. Converse about railroad lore and imagine what the grand old days of rail travel were like.

\$5 Th Easy YO+ 9:00am-12:00pm

Afternoon Hikes

These hikes take advantage of the warmer temperatures in the afternoon by being mostly swimming or wading trips. Come see how refreshing a cold mountain stream can be on a hot summer day!

625 Upper Cascades(Family Friendly) Limit 14

This trip is designed to be an alternative to the longer and more strenuous Cascades hike. After a fairly flat hike along a forest road we descend steeply but briefly to the upper Cascades, which is a much smaller waterfall than the famous lower Cascades, but is still very scenic and in some ways prettier. There are flat rocks at the top to relax on and a small pool at the bottom to splash in. Tied immersible shoes are required for wading. Wear swimsuit if you want to play in the water. The total hiking distance is about 2 miles.

\$5 M *Gentle/Moderate* Y0+ 1:00pm-6:00pm

626 Triple Slog Limit 14

We hike into the forest above the Cascades waterfall, bush-whack down to Little Stony Creek, and take off into the wild. No Trail? No problem! We start upstream and swim/wade through pools, climb around trees and rocks, and ooze over three waterfalls. Hike=3 miles.Laced sneakers (no velcro) required.

\$8 F *Moderate/Strenuous* 18+ 1:00pm-6:00pm

627 Falls of the Little River Limit 14

This hike follows an old forest road that meanders along a ridgeline before dropping down to a small set of rapids in the Little River. There is a beautiful spot to swim and sun before the 3-mile hike back. Laced sneakers (no velcro) required if you plan to get wet.

\$8 M *Moderate* Y14+ 1:00pm-6:00pm

628 Dismal Women Limit 28

(AKA Dismal Falls for women only) If you want to commune with nature with minimal effort, then this is the trip for you! The drive is about 45 minutes and passes through some beautiful countryside. The hike is mostly flat. We arrive at an enticing, small waterfall with time galore to swim, sun, skip rocks, nap, read, whatever! We climb over some slippery rocks to get in the water. Bring your laced sneakers (required to get in the water) and swimsuit, and shift your gears for an afternoon of total relaxation.

\$8 T *Gentle/Moderate* 18+Women Only 1:00pm-6:00pm

629 Dismal Adults Limit 14

(AKA Dismal Falls for Adults) See # 628 for general trip description. This is the perfect trip to relax and regain a bit of energy mid week at SUUSI!

\$8 W *Gentle/Moderate* 1:00pm-6:00pm

630 Barney's Wall for Teens Limit 14

See Trip #603 for general description. An opportunity for teens to experience the nature scene off campus. Hike with your new friends and longtime friends too!

\$8 Th *Gentle* Teens only 1:00pm-5:00pm

631 Cove Mountain/Homeplace Restaurant Limit 14

This loop covers the lower portion of the popular hike to Dragon's Tooth. While hiking along the Appalachian Trail, we will have some great views from several spots along the rocky ridge of Cove Mountain. We will return along a wooded path and finish the day with a great country style dinner at the popular Homeplace restaurant (you keep a-eatin' it, and they keep a-bringin' it). Attention Vegans! Most of the vegetables are cooked with meat as a seasoning. A change of clothes for dinner is recommended. The total hiking distance is about 4 miles. Note: Discovery trip to Cove Mountain will also finish with dinner at the Homeplace.

\$20 Th *Strenuous* Y14+ 1:00pm-8:00pm
(includes dinner)

632 Cascades Limit 14

This is a perennial SUUSI favorite. We hike a jeep trail along Little Stoney Creek to the spectacular 60-foot Cascades waterfall and the cold swimming hole at the bottom. Bring/wear a swimsuit (there is little privacy for changing) and laced sneakers (required) if you dare to get in that water! The total hiking distance is 4 miles.

\$8 Th *Moderate/Strenuous* Y12+ 1:00pm-6:00pm

633 Cascades I (Family Friendly) Limit 14

This is a repeat of Trip #632 and the last chance of the week to get to this traditional SUUSI favorite.

\$8 F *Moderate/Strenuous* Y12+ 1:00-6:00pm

All Day Trips

These trips take the advantages of both the morning and afternoon trips and combines them into longer adventures. Need we say more?

650 Sarver Hollow Limit 14

NEW This trip begins with the Sinking Mountain trail that we have hiked in the past, takes advantage of the lookout spot with a view of the valley, then continues the trek along the ridge to Sarver Hollow. Here there is the opportunity to descend a ways to see an old homestead site and cemetery. This trail is part of the Appalachian Trail. Lunch will be provided. Please plan to help carry it.

\$8 M *Strenuous* 18+ 8:00am-5:00pm

651 Young Adult Lower Bottom Creek Limit 14

This trip follows Bottom Creek initially by land and then by water. Laced sneakers(no velcro)are required and you can count on getting wet! There are many spots to choose for our picnic lunch. We will backtrack to the van for our return to campus. Distance is about 2 miles.

\$8 T *Moderate* 18-25 10:30am-6:00pm

652 Rock Castle Gorge**Limit 14**

New! This is our most challenging hike this year. It is NOT for those with weak knees or aching backs. It IS for those who are ready to tackle a 10.6-mile loop that drops steeply, almost vertically in some places, with a low of 1,700 feet at Rock Castle Creek and a high of 3,572 on Rocky Knob. Reminders of the hardy sawmill families who lived in this rugged area until the 1920s are still evident along the trail. Lunch will be provided. Bring plenty of water and snacks. Plan to help tote lunch fixings.

\$8 W *Very Strenuous* 18+ 7:30am-5:30

653 Dragon's Tooth**Limit 14**

Back by popular demand! This has been a favorite for the hardy hikers in years past. The trail ascends Cove Mountain and makes its way to an outcropping of large sandstone known as the Dragon's Tooth. For those with no fear of heights and narrow walkways, a trip to the very end of the tooth is possible. The view is 360 degrees and spectacular. The participants will carry the provided lunch. Be sure to bring extra water.

\$8 Th *Strenuous* 18+ 10:00am-4:00pm

654 Dismal Falls(Family Friendly)**Limit 28**

Need to rest up for the trip home or for the last night at Serendipity? Here's the trip for you! No hiking involved and lunch is provided. Ride the van, walk a short path, enjoy the falls by wading, swimming or just relaxing along side. Laced sneakers (no velcro) are required to get in the water. Back to campus with plenty of time for packing or nightlife preparation.

\$8 F *Gentle* Y0+ 10:00am-3:00pm

Evening Trips

Evenings in the mountains are special times. The night approaches slowly and the sky turns brilliant colors as the heat of the day fades. Some of these trips are sunset trips, where we relax and contemplate the events of the day. Others may not have a dramatic view of the sunset, but offer less noticed aspects of eventide, such as the stillness of the forest, or the nighttime sounds of forest creatures, or the subtle ways the light changes as dusk gathers. Note: Nights in the mountains can be surprisingly cool. You may want to bring a light jacket if cold natured. Also, for obvious reasons, flashlights are required on all trips.

675 Wind Rock Sunset**Limit 14**

It is an easy walk along a fairly flat stretch of the Appalachian Trail to Wind Rock, near the Mt. Lake Wilderness. We'll eat a leisurely dinner [provided] and see the colors in the sky change as the summer sun sets. Flashlight required to maneuver the stones in the trail on the way back to the van.

\$8 M *Gentle* Y12+ 5:30pm-10:00pm.

676 A Peak Experience I**Limit13**

Virgin forests are known for eliciting a sense of awe and ecstasy in those who open themselves to the energies of these pristine natural settings. This guided meditation in a sacred hemlock grove is especially appropriate for Nature-lovers who are new to meditation and who are open to the possibilities of a heightened and deepened connection with nature. After we hike the hilly Warspur Loop Trail, we will discover whole new levels of experiencing this magnificent environment. Wear white and bring a flashlight and something to sit on.

\$8 T *Moderate* Y14+ 6:00pm-10:00pm

677 Wind Rock Sunset II**Limit 14**

See trip #675 for description. This outing was so popular we added a second opportunity.

\$8 W *Gentle* Y12+ 5:30pm-10:00pm

678 A Peak Experience II-Advanced**Limit13**

This is an opportunity for more experienced meditators to deepen their connection to Nature. Less instruction allows more time in the silence. A short walk past the Travertine Falls and surrounding forest leads us to a hillside cave which forms a magnificent backdrop for out guided meditation and worship. Flashlights are required for independent exploration. Wear white and bring something to sit on.

\$8 Th *Gentle* Y14+ 6:00pm-10:00pm

Aquatic Trips

We are fortunate here in the New River Valley to have one of the most exciting whitewater rivers in the Southeast. Yet there are sections of the New River that are as calm as a lake with breathtaking views second to none. You have a unique opportunity at SUUSI to experience all that the New River has to offer. From flatwater canoeing to the challenge of whitewater in tubes, canoes, kayaks and rafts, it's all within your reach. If you've always wanted to learn (or relearn) to paddle, you can start your week in one of our intro courses and finish up the week experiencing some excellent summer whitewater.

Important. Read the following information carefully.

1. Sometimes Mother Nature doesn't cooperate. Stream flow, wind and weather all affect our workshops. Should this occur, the trips may be relocated and/or could take more or less time than indicated. All participants will be expected to help load and unload gear. Life jackets (provided) **must** be worn. Due to the tight van schedules, all trips must **leave and return** by the time shown on the schedule. Be at the departure point at least 10 minutes prior to the time shown.
2. You do not need to be a great swimmer to enjoy our river trips **but** you do need to be comfortable with your abilities should you find yourself in moving water without the vehicle you just had (ie., your boat or tube). We will do our best to alert you to possible trouble spots but if any one thing is for sure in aquatics, it is that the river is the boss and it may well have a different plan for your adventure than you did

3. Laced sneakers (no velcro) or thick soled booties are required on **all** trips. We know this is a pain but so are stitches in the foot! We'd hate to leave you off a departing trip cuz you have on weenie footwear but we will. If you have any doubt, please have a nature staffer check 'em out well before departure time. (The only possible exception to this rule are the kayaks used on trips 721 and 722. For these decked boats, laced sneakers often simply will not fit into the limited space available.)
4. Before you sign up for any **canoe or kayak** trip, please remember that the skills for paddling lakes or quiet coastal waters are not the same as those needed for Class I - III rivers. If you've never paddled whitewater streams or if it's been a long, long time, get the most out of your SUUSI experience by taking one of the two Intro To Whitewater workshops. As a reminder, the American Whitewater Affiliation rates the sections of the New River that we'll use by the following scale:

Class I: Easy. Occasional small rapids with waves low and regular. Correct course is easy to determine.

Class II: Medium. Somewhat frequent, unobstructed rapids with regular waves, easy eddies and turns. Course is fairly easy to determine.

CLASS III: Difficult. Small falls, large irregular waves, numerous rapids. Fairly extensive maneuvering required for rapids. Course is not always easily recognizable.

Tip: Do not take anything (rings, watches, pendants, KEYS, etc) with you on the river if it would break your heart to return without it. The river gods are can be grabby.

701 Introduction to Canoeing for Everyone (Family Friendly) Limit 13

Never been in a canoe or it's been a long time? This course is designed to let you get the feel of canoeing on a nice, mostly flat section of the New River. We'll teach you the basic strokes and how to get into and out of the boat safely. Then we're off for a short trip down the river from Radford to Pepper's Ferry. If you've always wanted to canoe, this course is your passport to a fun-filled week on the water at SUUSI. We have opened this workshop for children with parents, so you can make it a family learning experience, but it is open to everyone over 13 as well. **Required: no more than one child per adult. Your child must be registered separately. Laced sneakers (no velcro), canteen, glasses strap, sunscreen, swimsuit, change of clothes.** Nylon shorts over swimsuit are recommended for women.

\$20 M Moderate Y4+ 1:30 pm-5:30 pm

702 Night Owl for Young Adults Limit 13

A quiet trip downstream through the town of Radford to Bisset Park on a flat section of the New River, but registration is limited to Young Adults. Paddling after dark is a unique experience you'll never forget. **Required: basic canoeing skills, laced sneakers (no velcro) or booties, canteen, glasses strap. A flashlight is required for every participant, or you don't go.** Bring dry clothes and a towel if you think you might get wet.

\$20 M Moderate YA (18-25) only 7:00 pm-10:00 pm

703 Eggleston Extra (Family Friendly) Limit 13

This is an extension of one of SUUSI's most popular canoe trips! We'll start below McCoy Falls and cruise down a Class I-II section of the New River to Eggleston where we'll have lunch on the beach. As we continue downstream after our repast, the banks rise to high cliffs and palisades on both sides of the river. Our journey takes us past Caesar's Arch to Castle Rock and Pembroke. If time permits, we'll pause along the way to cool off in the river. **Required: basic canoeing skills, laced sneakers (no velcro) or booties, canteen, glasses strap, sunscreen.** Bring dry clothes and a towel. Lunch included.

\$25 T Moderate Y12+ 10:15 am-5:45

704 Early Bird Canoe (Family Friendly) Limit 13

Enjoy the quiet, the birds and other wildlife, and a beautiful view of the New River Valley at dawn all from the comfort of your canoe while paddling down a flat section of the New River. This is an incomparable way to start your day and come into close contact with the beauty of this area. **Required: basic canoeing skills, laced sneakers (no velcro) or booties, canteen, glasses strap.** Bring dry clothes and a towel if you think you might get wet. A light breakfast of bagels, coffee and tea will be provided.

\$20 T Moderate Y12+ 6:00 am-9:00 am

705 Teen Yak Limit 8

This is the Teens-only version of number 708 There's no one else in your boat to argue with about which direction you want to go, or how wet you want to get!. **Required: basic canoeing skills, laced sneakers (no velcro) or booties, canteen, glasses strap, sunscreen, change of clothes, towel, and swimsuit.**

\$20 T Moderate Teens(14-17)only 1:30 pm-5:00 pm

706 Night Owl at Castle Rock Limit 13

This is a quiet trip upstream and back on a flat section of the New River with spectacular views and the sun setting over the Virginia mountains. Paddling as evening turns into night is a unique experience you'll never forget. Please note the departure and return times! **Required: basic canoeing skills, laced sneakers (no velcro) or booties, canteen, glasses strap. A flashlight is required for every participant, or you don't go.**

Bring dry clothes and a towel if you think you might get wet.

\$20 T Moderate 18+ 6:30 pm-11:00 pm

707 Introduction to Whitewater Canoe (Family Friendly) Limit 13

If you have flatwater canoeing experience and would like to try something with a little more challenge, this course is for you. We've taken the site of one of our most popular whitewater trips and turned it into a funfilled day-long whitewater clinic. We will spend about 45 minutes teaching you some basic moving water strokes, then we will paddle down a beautiful Class II section of the New River. **Required: basic canoeing skills, laced sneakers (no velcro) or booties, canteen, glasses strap, sunscreen, change of clothes, towel, and swimsuit.** Nylon shorts over swimsuit are recommended for women. Lunch provided.

\$25 W Strenuous Y12+ 8:30 am-5:30 pm

708 Yakitty Yak 1 **Limit 8**

Sit-on-top kayaks are a blast! Be the captain of your own ship as we'll paddle downstream through Radford. This is your chance to learn new skills and have some fun. If you have always wondered what the experience would be like, now is your chance! **Required: basic canoeing skills, laced sneakers (no velcro) or booties, canteen, glasses strap, sunscreen, change of clothes, towel, and swimsuit.**

\$20 W Moderate 18+ 8:30 am-noon

709 Yakitty Yak 2 **Limit 8**

Same as # 708

\$20 W Moderate 18+ 1:30 pm - 5:00 pm

710 Night Owl Canoe **Limit 13**

A quiet trip downstream through the town of Radford to Bisset Park on a flat section of the New River. Paddling as evening turns into night is a unique experience you'll never forget.

Required: basic canoeing skills, laced sneakers (no velcro) or booties, canteen, glasses strap. A flashlight is required for every participant, or you don't go. Bring dry clothes and a towel if you think you might get wet.

\$20 W Moderate 18+ 7:00 pm-10:00 pm

711/712 Whitewater Rafting (Family Friendly) **Limit 40**

One of SUUSI's most popular trips. Open to anyone 12 or over, and now a longer trip than last year! Be at the cafeteria for breakfast at 7 am, so we can get an early start on our bus trip to scenic West Virginia, where we will enjoy some of the best whitewater in the country. Once on the river, experienced river guides will train us to paddle our 9-person rafts, and take us through class 3, 4 and 5 rapids where we will all get very wet – even the ones who stay in the raft! There will be some flat stretches in between, allowing us to relax and enjoy the view. We will beach our rafts for lunch alongside the river, and when the trip is over below New River Gorge, return to the outfitters for a shower, a change of clothes, and a catered dinner of barbecued chicken and fixin's before our ride back to Radford.

This trip is physically demanding. All participants should have basic swimming skills and some paddling experience. We require a responsible adult for each child under 14. **Required: laced sneakers, water bottle, sunscreen, day pack, towel, change of clothes.** Nylon shorts over swimsuit are recommended for women. If you must wear eyeglasses, they should be secured with a strap. Recommended/optional: soap, shampoo and comb for shower, waterproof camera, money or plastic for souvenirs, pillow for napping on the bus. Registration fee is all-inclusive. 2 waivers required, one for SUUSI, one for the outfitter.

Adults \$105 (workshop 711)

Ages 12-17 \$75 (workshop 712)

Th Strenuous 12+ 7:30am-11:30pm

713 Night Owl at Whitethorn **Limit 13**

Another favorite from the past returns. This is a quiet trip upstream and back on a flat section of the New River. Paddling as day turns into night is a unique experience you'll never forget. Please note the departure and return times!. **Required: basic canoeing skills, laced sneakers (no velcro) or booties, canteen, glasses strap. A flashlight is required for every participant, or you don't go.** Bring dry clothes and a towel if you think you might get wet.

\$20 Th Moderate 18+ 6:30 pm-11:00 pm

714 Whitewater Canoe **Limit 8**

This is a traditional favorite. Paddle down a beautiful section of the New River. Mix the fun of Class II rapids with sections of flat water where you can relax and enjoy the scenery. This trip is physically demanding. **Required: previous whitewater experience or attendance in one of our Introduction To Whitewater Canoe workshops, laced sneakers (no velcro) or booties, canteen, glasses strap, sunscreen, change of clothes, towel, and swimsuit.** Nylon shorts over swimsuit recommended for women. Lunch included.

\$35 F Strenuous 18+ 8:30 am-5:30 pm

715 The Last Canoe Trip (Family Friendly) **Limit 13**

This is a great way to wrap up your week at SUUSI! We'll paddle down a placid stretch of the New River from Radford to Pepper's Ferry past farmland and wooded ridges. We're going to take our time and pause along the way to cool off. **Required: basic canoeing skills, laced sneakers (no velcro), canteen, glasses strap, sunscreen, swimsuit, towel, change of clothes.** Nylon shorts over swimsuit are recommended for women.

\$20 F Moderate Y12+ 1:30 pm-5:30 pm

721 Introduction to Whitewater Kayaking **Limit 7**

Even if you've never been in a kayak, this course is designed to teach you the basic skills you'll need for an introduction to whitewater on the New River. This workshop is both physically demanding and personally rewarding. **Required:laced sneakers (no velcro) or booties, canteen, glasses strap, sunscreen, swimsuit, towel, change of clothes.** Nylon shorts over the swimsuit are recommended for women. Lunch provided.

\$30 Th Strenuous 18+ 9:00 am-5:00 pm

722 Whitewater Kayaking **Limit 7**

Here's your chance to experience the thrill of an entire day in a kayak! Although this is not primarily an instructional workshop, there will be opportunities to learn new skills and play in the rapids. **Required: Previous whitewater kayaking experience (see #721), laced sneakers (no velcro) or booties, canteen, glasses strap, sunscreen, change of clothes, towel, and swimsuit.** Nylon shorts over swimsuit are recommended for women. Lunch provided.

\$35 F Strenuous 18+ 8:00 am-5:30 pm



731 Teen Tubing

Limit 27

McCoy Falls on the New River offers gentle to moderate rapids through which you can recycle as often as time permits. The Buddy System is a **must** for safety. Tubes are provided and life jackets are available. Bring sunscreen, and a strap to secure your glasses. Long-sleeved shirts are recommended to prevent rubber burns. **Laced sneakers (no velcro) are required, or no-go.**

River sandals, aquasocks, etc. are not acceptable. Bring a change of clothes for the bus ride back to campus. **A tip worth repeating:** You do not need to be a great swimmer to enjoy our river trips but you do need to be comfortable with your abilities should you find yourself in moving water without the vehicle you just had (ie., your boat or tube). We will do our best to alert you to possible trouble spots but if any one thing is for sure in aquatics, it is that the river is the boss and it may well have a different plan for your adventure than you did.

\$12 M Moderate **Teens only (14-17)** 1:30 pm-5:30 pm

732 Family Tubing 1

Limit 42

Same as #731, except open to family groups only.

\$12 T Moderate **Y9+** 1:30 pm-5:30 pm

733 Young Adult Tubing

Limit 42

Same as #731, except open to young adults.

\$12 F Moderate **YA (18-25) only** 1:30 pm-5:30 pm

734 Adult Tubing 1

Limit 42

Same as #731, except open to adults only.

\$12 Th Moderate **18+** 1:30 pm-5:30 pm

735 Family Tubing 2

Limit 42

Same as #731, except open to family groups only.

\$12 F Moderate **Y9+** 1:30 pm-5:30 pm

Adventure Trips

Caving, Rappelling, and Rock Climbing

Adventure trips are among SUUSI's most physically challenging workshops. Each of these trips has a strenuous or very strenuous rating, and for this reason it is our expectation that when you sign-up for an adventure trip, you be in moderately good physical condition. Please read each course description carefully and if you still have questions contact the nature director. Southwest Virginia is the backdrop for our adventures and boy are we lucky to have such a beautiful playground! The limestone of this area offers more caving than we can share in one week, so we have picked out some of our favorites for SUUSI. The climbing and rappelling take place on cliffs overlooking the New River; north America's oldest river. Come join the fun and challenge yourself!

Requirements: Our safety record is outstanding and we believe this is due to our safety related requirements and experienced instructors. Trip requirements insure your safety and enjoyment. You can and will be refused from taking a trip if you arrive at the van without the proper gear. So, please read each trip description carefully and arrive prepared.

Rappelling Requirements: boots, leather gloves, and a water bottle

Rappellers: you are required to have sturdy above-the-ankle boots with tread soles, leather gloves, and a water bottle. Bring a tie for long hair, and shorts and T-shirt are OK. Sunscreen and/or a rain jacket are recommended as they may be needed. There may be time at the end of the trip for a dip in the river if you bring a swimsuit, towel, and tied immersible shoes. Please show up prepared. No waiver, no trip.

Climbing Requirements: Tennis shoes or boots, and a water bottle

Climbers: if you have climbing shoes, bring them. If not bring tennis shoes or boots. Bring a tie for long hair, and shorts and T-shirt are OK. As with rappelling sunscreen and/or a rain jacket are recommended as they may be needed. There may be time at the end of the trip for a dip in the river if you bring a swimsuit, towel, and tied immersible shoes. Please show up prepared. No waiver, no trip.

Caving Requirements: boots and a change of clothes.

You are required to have sturdy above-the-ankle boots with deep tread soles to improve your footing in cave mud — no exceptions. Bring long pants, long-sleeved shirt, jacket or sweat shirt to prevent hypothermia, and some inexpensive work or garden gloves for a more secure grasp. Bring a small inexpensive pack for water bottle and other personal gear so your hands will be free for caving (climbing, crawling, and clawing).

Athletic kneepads are strongly recommended for knee protection and a tie for long hair is suggested. You are required to bring two old hand towels, one for you and one to clean your helmet and headlamp, and a complete change of clothes for the van ride back to Radford. SUUSI will provide helmets and headlamps with batteries. Your caves will be COLD with no hand rails, sidewalks or any permanent lighting, but Mother Nature fully air-conditions all caves at a COOL, 53 degrees F. guaranteed all summer long. No waiver no trip. (Note: #506 Dixie Caverns is a different type of cave trip and does not require boots, change of clothes, etc.)

800 Introduction to Rappelling I

Limit 9

Rappelling is an exciting and safe sport and one in which hundreds of SUUSI folks have taken part. The trip begins on an easy slant rock face and as your comfort level increases, you can move on to some more challenging rappels. It's a trip full of excitement and challenge. Introduction to rappelling is required for advanced rappel #809. Bring leather gloves, boots, & a water bottle. There may be time for a dip in the river.

Rappelling Requirements enforced, come prepared. Waiver Required

\$20 M *Very Strenuous* T14+ 8:30am-12:30pm

801 Introduction to Rappelling II

Limit 9

See Introduction to Rappelling I. Waiver required.

\$20 M *Very Strenuous* T14+ 1:30pm- 5:30pm

802 Introduction to Caving I**Limit 14**

Tawney's Cave is a favorite of the past SUUSI cavers as well as many locals. Tawney's has a good variety of caving features: large rooms, mostly walking passage, a nice formation area, a fairly easy climb, and for the more adventurous, we may have time for an optional side trip that requires going through a squeeze, crawling through water and in mud to the beautiful Emerald Room with many speleothems. Tawney's Cave offers an excellent first caving experience and only a short level walk from where we park the van. Cave Requirements enforced, come prepared. Waiver required.

\$30 M *Strenuous* T14+ 1:00pm - 6:00pm

803 Teen Intro. to Rappelling I**Limit 9**

See Introduction to Rappelling. Waiver required

\$20 T *Strenuous* Teens Only 8:30am - 12:00pm

804 Teen Intro. to Rappelling II**Limit 9**

See Introduction to Rappelling. Waiver required

\$20 T *Strenuous* Teens Only 1:30pm - 5:30pm

805 Intermediate Caving**Limit 14**

New River Cave is the longest cave in the area with over 7 miles of passage and very few have ever seen it all. New exploration is currently being conducted, so the cave may be bigger than we now know. It has a 6- foot walk-in entrance, with a highly decorated room just a short distance inside the cave. The trip is mostly walking passage but does require scrambling and climbing. The Forest Room in the upper level has many very beautiful formations. The length of this trip is what makes it an intermediate category. You need to bring a small pack to carry your gear and provided lunch. Prerequisite: previous SUUSI Caving trip required (prior year OK). Caving Requirements enforced, come prepared. Waiver required.

\$30 T *Very Strenuous* T14+ 10:30am- 6:00pm

806 Rock Climbing I**Limit 9**

Challenge yourself to the physical and mental chess match that is rock climbing. The climbs take place on a beautiful rock outcropping overlooking the New River. A range of climbing routes provide us with some fun and challenging choices. Come ready for fun and ready to accomplish more than you thought you could. Bring tennis shoes or boots, & a water bottle. Climbing requirements enforced, come prepared. There may be time for a dip in the river. Climbing Requirements enforced, come prepared. Waiver required.

\$25 W *Very Strenuous* T14+ 8:30am-12:30pm.

807 Rock Climbing II**Limit 9**

See Rock Climbing I. Waiver required.

\$25 W *Very Strenuous* T14+ 1:30pm- 5:30pm

808 Teen Night Caving**Limit 14**

A chance to experience Mother Earth from the inside. You will visit a cave formed in limestone that was once ocean floor. The development of cave formations and cave fauna will be discussed. Bring two old hand towels, one for you and one to clean your helmet and headlamp. Caving requirements enforced, come prepared. Waiver required.

\$20 W *Very Strenuous* Teens only 7:00pm- midnight

809 Advanced Rappel**Limit 12**

The view is beautiful and the rappel is spectacular. Castle Rock is a 200- foot cliff overlooking the New River. This is your chance to experience a truly long rappel with some small caves seen on the way down. The sunsets viewed here are gorgeous over the river. Lunch provided. Prerequisite: SUUSI Intro. Rappelling require (prior year OK). Rappelling Requirements enforced, come prepared. Waiver required.

\$35 Th *Very Strenuous* T14+ 10:30am- 6:00pm

810 Cave Photo Trip**Limit 11**

This is a new trip for SUUSI. No photography or caving experience necessary. You will be provided with a disposable camera and use of slave flashes for additional lighting effects. Robert's Cave is mostly level walking passage with many formations and much flowstone. This is a highly decorated cave with excellent photo opportunities at every turn in the passage-way. Robert's Cave is not physically challenging but it is still a wild unimproved cave. (see also #511—Nature Photography). Caving Requirements enforced, come prepared for 53 degrees and the fact that photography trips move slowly. Waiver required.

\$40 Th *Moderate* T14+ 1:00pm- 6:00pm

811 Introduction to Caving 2**Limit 14**

Old Mill Cave has a variety of passage types. Just inside the entrance there is a short but tight crawl (10ft.). The 200-pound leaders just do fit through— and then the cave is mostly wading passage for 300 feet. There are many beautiful orange and white formations, soda straws, rimstone, and flowstone. Just before starting out of the cave is the optional (but very invigorating) passage of chest- deep water lasting only seven feet and opening into a truly beautiful formation room. Bring an extra large towel in addition to the normal caving requirements. Caving requirements enforced, come prepared. Waiver required.

\$30 F *Strenuous* T14 8:00am- 12:00noon



Nature Workshop Summary

Monday

All Day

600	Bottom Creek Gorge Preserve	10:00am-5:00pm
650	Sarver Hollow	8:00am-5:00pm

Morning

510	Nature Photography (FF)	7:30am-noon
515	Herb Gardening Techniques	8:30am-noon
524	Travertine Falls Discovery (FF)	8:00am-noon
800	Introduction to Rappelling I	8:30am-12:30pm

Afternoon

520	River Wade (FF)	1:00pm-5:00pm
625	Upper Cascades (FF)	1:00pm-6:00pm
627	Falls of the Little River	1:00pm-6:00pm
701	Intro to Canoeing for Everyone (FF)	1:30pm-5:30pm
731	Teen Tubing	1:30pm-5:30pm
801	Intro to Rappelling II	1:30pm-5:30pm
802	Intro to Caving I	1:00pm-6:00pm

Evening

504	Geology: From the Big Bang (FF)	7:15pm-8:15pm
514	Tree Identification (FF)	6:00pm-8:30pm
675	Wind Rock Sunset (FF)	5:30pm-10:00pm
702	Night Owl for Young Adults	7:00pm-10:00pm

Tuesday

All Day

651	Young Adult Lower Bottom Creek	10:30am-6:00pm
703	Eggleston Extra (FF)	10:15am-5:45pm
805	Intermediate Caving	10:30am-6:00pm

Morning

501	Morning Bird I (FF)	7:00am-9:45am
505	Fossils of Appalachia (FF)	8:00am-12:00pm
511	New River Bike Trail I	8:00am-12:30pm
525	Pandapas Pond Discovery (FF)	8:00am-12:00pm
601	Buffalo Mountain	7:30am-12:30pm
704	Early Bird Canoe (FF)	6:00am-9:00am
803	Teen Intro to Rappelling I	8:30am-12:00pm

Afternoon

628	Dismal Women	1:00pm-6:00pm
705	Teen Yak	1:30pm-5:00pm
732	Family Tubing I	1:30pm-5:30pm
804	Teen Intro to Rappelling II	1:30pm-5:30pm

Evening

521	Microbotany: Plants w/Hand Lens (FF)	6:00pm-8:30pm
676	Warspur Novice Meditation Walk	6:00pm-10:00pm
706	Night Owl at Whitethorn	6:30pm-11:00pm

Wednesday

All Day

652	Rock Castle Gorge	7:30am-5:30pm
707	Intro to Whitewater Canoe (FF)	8:30am-5:30pm

Morning

509	Mountain Lake Discovery (FF)	8:00am-2:00pm
512	New River Bike Trail II	8:00am-12:30pm
517	Wildflower Identification I (FF)	8:30am-12:30pm
602	Warspur	7:30am-12:30pm
708	Yakitty Yak I	8:30am-12:30pm
806	Rock Climbing I	8:30am-12:30pm

Afternoon

629	Dismal Adults	1:00pm-6:00pm
709	Yakitty Yak II	1:30pm-5:00pm
807	Rock Climbing II	1:30pm-5:30pm

Evening

503	Not an Early Bird	4:45pm-8:45pm
523	Mus. of Natural History (FF)	7:15pm-8:15pm
677	Wind Rocks Sunset II (FF)	5:30pm-10:00pm
710	Night Owl	7:00pm-10:00pm
808	Teen Night Caving	7:00pm-Midnight

Thursday

All Day

653	Dragon's Tooth	10:00am-4:00pm
711/		
712	Whitewater Rafting (FF)	7:30am-11:30pm
721	Intro to Whitewater Kayaking	9:00am-5:00pm
809	Advanced Rappel	10:30am-6:00pm

Morning

506	Dixie Caverns (FF)	8:30am-11:30am
513	Mountain Bike	8:00am-12:00pm
604	Huckleberry Trail (FF)	9:00am-12:00pm

Afternoon

507	Chateau Morrisette Winery I	12:15pm-6:30pm
510	Explore the Cove	1:00pm-8:00pm
516	Afternoon Herb Tea	2:00pm-4:00pm
630	Barney's Wall for Teens	1:00pm-5:00pm
631	Cove Mountain/Homeplace Rest.	1:00pm-8:00pm
632	Cascades I (FF)	1:00pm-6:00pm
734	Adult Tubing I	1:30pm-5:30pm
810	Cave Photo Trip	1:00pm-6:00pm

Evening

522	Birds of Appalachia (FF)	7:15pm-8:15pm
678	A Peak Experience II	6:00pm-10:00pm
713	Night Owl at Whitethorn	6:30pm-11:00pm

Friday

All Day

654	Dismal Falls (FF)	10:00am-3:00pm
714	Whitewater Canoe	8:30am-5:30pm
722	Whitewater Kayaking	8:30am-5:30pm

Morning

502	Morning Bird II (FF)	7:00am-9:45am
518	Wildflower Identification II (FF)	10:15am-12:15pm
603	Barney's Wall	8:30am-12:30pm
811	Intro to Caving II	8:00am-12:00pm

Afternoon

508	Chateau Morrissette Winery II	12:15pm-6:30pm
626	Triple Slog	1:00pm-6:00pm
633	The Last Cascades (FF)	1:00pm-6:00pm
715	The Last Canoe Trip	1:30pm-5:30pm
733	Young Adult Tubing	1:30pm-5:30pm
735	Family Tubing II	1:30pm-5:30pm

Evening

(none)

Teen Nature Trips

(14-17 Year Olds)

731	Teen Tubing Mon.	1:30pm-5:30pm
803	Teen Intro to Rapelling I Tues.	8:30am-12:00pm
804	Teen Intro to Rapelling II Tues.	1:30pm-5:30pm
808	Teen Night Caving Wed.	7:00pm-midnight
630	Barney's Wall for Teens Thurs.	1:00pm-5:00pm

Young Adult Nature Trips

(18-25 Year Olds)

702	Night Owl for Young Adults Mon.	7:00pm-10:00pm
651	YA Lower Bottom Creek Tues.	10:30am-6:00pm
733	YA Tubing Fri.	1:30pm-5:30pm

Women Only Nature Trips

628	Dismal Women Tues.	1:00pm-6:00pm
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Family Friendly Nature Trips

500	Stargazing-TBA	10:00pm-midnight
501	Morning Bird I Tues.	7:00am-9:45pm
502	Morning Bird II Fri.	7:00am-9:45am
503	Not an Early Bird Wed.	4:45-8:45
504	Geology: From the Big Bang Mon.	7:15pm-8:15pm
505	Fossils of Appalachia Tues.	8:00am-noon
506	Dixie Caverns Thurs.	8:30am-11:30am
509	Mountain Lake Discovery Wed.	8:00am-2:00pm
510	Nature Photography Mon	7:30am-noon
514	Tree Identification Mon.	6:00pm-8:30pm
520	River Wade Mon	1:00pm-5:00pm
521	Microbotany: Hand Lens Tues.	6:00pm-8:30pm
522	Birds of Appalachia Thurs.	7:15pm-8:15pm
523	Museum of Natural History Wed.	7:15pm-8:15pm
524	Travertine Falls Discovery Mon.	8:00am-noon
525	Pandapas Pond Discovery Tues.	8:00am-noon
604	Huckleberry Trail Thurs.	9:00am-noon
625	Upper Cascades Mon.	1:00pm-6:00pm
632	Cascades I Thurs.	1:00pm-6:00pm
633	The Last Cascades Fri.	1:00pm-6:00pm
654	Dismal Falls Fri	1:00pm-6:00pm
675	Wind Rocks Sunset I Mon.	5:30pm-10:00pm
677	Wind Rocks Sunset II Wed.	5:30pm-10:00pm
701	Intro to Canoeing for Everyone Mon,	1:30pm-5:30pm
703	Eggleston Extra Tues	10:15am-5:45pm
704	Early Bird Canoe Tues.	6:00am-9:00am
707	Intro to Whitewater Canoe Wed	8:30 am-5:30pm
711	Whitewater Rafting Thurs.	7:30am-11:30pm
712	Whitewater Rafting Thurs.	7:30am-11:30pm
715	The Last Canoe Trip Fri.	1:30pm-5:30pm
732	Family Tubing I Tues.	1:30pm-5:30pm
735	Family Tubing II Fri	1:30pm-5:30pm

