

Nature Program 2003

Nature and the outdoors provide many "Simple Gifts" to tantalize and challenge both our minds and our bodies. Experience the SUUSI Nature Program with its more than eighty (80) opportunities to visit the surrounding Appalachian environment. Activities range from physically easy to challenging, and are scheduled throughout the day from early morning to late evening. There are new adventures for any SUUSI participant, first timer or veteran.

Space is limited in this brochure; trip descriptions are brief. Visit the SUUSI Nature Program Website: nature.suusi.org for more background information and photographs. Contact the Nature directors at nature@suusi.org with specific questions.



The Keys to decoding Nature Program descriptions:

4+ participants must be at least 4 years old
12+ open to everyone 12 and older
14-17only must be 14-17 years old

M=Monday T=Tuesday W=Wednesday
Th=Thursday F=Friday

Gentle = good trail, some roots and rocks, gentle elevation changes

Very strenuous = requires high energy, physical strength and coordination

Nature Program Tips:

- Pre-register now.** Don't wait until you arrive at SUUSI. Equipment and van rentals are based on advanced registrations. To manage expenses, trips with low registration levels will be cancelled before SUUSI begins. We make every effort not to cancel trips before SUUSI. If the trip you want is full when you pre-register, don't despair. Frequently, a participant can add a desired trip at Registration on Sunday, or by coming by the Nature tent during SUUSI to see which trips have spaces available.
- If a trip is full at Registration on Sunday,** consider going standby. Come to the Nature tent 10 minutes before the trip is scheduled to leave with all the required equipment and trip fee. If there is a "no show", you can go.

- All Nature trip depart from the Nature tent.
- If you are registered for a trip, be at the Nature Tent 15 minutes before your trip is scheduled to leave. SUUSI may be a magical vacation, but SUUSI vans run on real world time. SUUSI Nature will take stand-by Nature trippers just before we leave, so don't be late.
- A caregiver must accompany any person requiring one-on-one assistance on a Nature activity (and must also register for that activity). Our trip leaders must fulfill their responsibilities to all registered participants of an activity.
- Evaluate your current capabilities before participating in a Nature activity. Nature activities are group experiences as well as personal explorations. We want participants to be able to stretch themselves without intruding on the experience of others. If the day is not a good day for you to stretch yourself physically or mentally, don't depend on the kindness of others to pull you through the activity.
- If you have specific physical limitations or need more information to determine whether you possess the capabilities needed for an activity, talk with Nature staffers at Registration or at the Nature tent. Anyone under a physician's care should consult with his or her physician before pre-registering for an activity. Nature trip leaders are directed to "make it safe" for all participants, and are authorized to refuse to take a person on a trip they consider inappropriate.