

## Nature Program 2004

Celebrate your *Reunion* with Nature this year. Recapture the curiosity of your youth in our Discovery trips. Enjoy the rejuvenation of outdoor physical activity in our Aquatics, Hiking and Adventure programs. Activities range from physically easy to challenging, and are scheduled throughout the day from early morning to late evening. Departure and return times for many trips are scheduled so you won't have to miss your favorite workshop or theme talk. There are new adventures for any SUUSI participant, first timer or veteran, as well as repeats of your favorites from past years.

Space is limited in this brochure; trip descriptions are brief. Visit the SUUSI Nature Program Website: [nature.suusi.org](http://nature.suusi.org) for more background information and photographs. Contact the Nature directors at [nature@suusi.org](mailto: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**  
**14-17 only 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. Nature tent hours are 7:45am to 9:00am and 12:45pm-1:45pm.
- \* **There are NO REFUNDS after registration closes on Sunday**, except for canceled trips. If you want to switch Nature trips, you must do it at least one day before your original trip was scheduled to leave. This is because the Nature program has already committed to staffing, equipment and transportation expenses.
- \* **The Nature Program will cancel a trip** when conditions are unsafe, but not because of rain. If the SUUSI Nature Program cancels a trip, the fee will be refunded to you or you may donate the fee to SUUSI. Refunds are not given to people who arrive at the Nature Tent late or without their required equipment and supplies.
- \* **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. This option is especially likely late in the week, after some folks have expended all their energy.
- \* **All Nature trips depart from the Nature tent.** The tent will be in a central location on campus, as easy to find as we can make it.
- \* **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 safely carry out the activity, physically or mentally, don't depend on the kindness of others to pull you through.
- \* **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.

- \* **Take care of yourself and your needs.** The trip leader will have a first aid kit, and will be ready to assist you with most minor injuries. However, we ask that you be responsible for your own well-being. Stay with the group, follow the leader's instructions, stay focused on safety, and use common sense in deciding what to bring with you in addition to required items. Sunburn or poison ivy are very likely to spoil your day, maybe even your week.
- \* **An adult must accompany each child under 14 years of age.** This adult is responsible for the child's safety and behavior during the activity, and must maintain direct supervision of the child at all times.
- \* **Every participant of a Nature activity, adult or child, must be registered.** All participants will be in SUUSI-provided transportation and will use any SUUSI-provided equipment except as directed otherwise by the trip leader.
- \* **Trips designated as Family Friendly** are open to families with children, but adults without children are also welcome. All children must be registered for the trip. Virginia law requires children under 5 years or less than 50 pounds use an age- and size-appropriate car seat. Bring this seat with you to the Nature tent.
- \* **The trip requirements are real.** SUUSI Nature emphasizes safety, as well as fun and companionship. If equipment or supplies are listed in the trip description, this is to make the trip safe and fun for everyone. Before the trip departs, the trip leader is required to make sure all participants have the required equipment. If you don't show up on time with the right gear, you will not be allowed to participate in the activity.
- \* **Participation in most Nature activities requires the completion of an "assumption of responsibilities" (waiver) form.** When you sign this form you acknowledge that there are risks and hazards involved with the activity. Parents or guardians must co-sign an assumption of responsibility form with minors under their supervision. Trip leaders will warn you about common risks and hazards, but they cannot protect you against all natural hazards.
- \* **A trip's advertised location is subject to change.** Location changes are to assure safety, to improve the experience if site conditions are not good, or because the site is no longer available.

### Nature Trips for 2004

#### Monday Morning

500 Wildflowers of the Virginia Mtns	8:30am-12:00
510 Ordovician Animal Fossils	8:30am-12:15
520 Herb Gardens and Gardening	8:30am-12:00
601 Pandapas Silent Walk	6:15am-8:15
602 "Not-so" Hike	8:30am-11:30
603 Buffalo Mountain	7:30am-12:30
701 River Clean-up Service Project Mon	8:00am-12:30
720 Roll Clinic	9:00am-11:30
800 Introduction to Rappelling AM	8:00am-2:00

#### Afternoon

625 Cascades Monday	1:00pm-6:00
626 Falls of the Little River Median/YA	1:00pm-6:00
627 Women's Mud Wallow	1:30pm-4:30
702 Intro to Canoeing and Moving Water	1:00pm-5:30
731 Teen Tubing	1:15pm-5:30
801 Introduction to Rappelling PM	11:00am-5:00
804 Introduction to Caving	1:00pm-6:00

#### All Day

651 Tinker Cliffs	7:30am-5:30
652 Day on the Appalachian Trail	10:15am-4:00

#### Evening

675 Bald Knob Sunset	7:00pm-10:30
703 Sunset Canoe	4:00pm-10:00

#### Tuesday Morning

501 Birding for Beginners	7:00am-9:45
502 Travertine Falls Discovery	8:30am-12:15
521 Nature Photography	7:30am-12:00
604 A Gift of Nature	7:30am-12:00
605 Sinking Creek	7:30am-12:30
704 Sunrise Canoe	6:30am-9:30
705 River Clean-up Service Project	8:00am-12:30

#### Afternoon

522 Organic Farm Visit	1:30pm-6:15
628 Triple Slog Median Friendly	1:00pm-6:00
629 Dismal Women	1:00pm-6:00
706 Family-Friendly Canoe	1:00pm-5:30
721 Sit-on-Top Tuesday	12:30pm-5:00
805 Giant Caverns Vertical Cave	11:00am-6:00

#### All Day

653 McAfee's Knob	10:15am-6:15
722 Basic Coastal Sea Kayak	9:00am-4:30

#### Evening

676 A Natural High	6:30pm-9:30
677 Wind Rocks Sunset	6:00pm-10:30
707 Night Owl Canoe at Radford	6:45pm-10:00

**Wednesday****Morning**

503 Native Americans and Their Plants	8:30am-12:00
511 Dixie Caverns Wednesday	9:00am-12:00
540 New River Bike Trail Wednesday	7:30am-12:45
606 Half Acre of Rocks	8:00am-12:30
708 Canoe Fishing	7:00am-11:30
806 Greenville Saltpeter Cave	7:30am-2:30

**Afternoon**

504 Native Plants for Backyard Habitats	1:00pm-5:00
523 Afternoon Herb Tea	2:00pm-4:00
541 Bicycle Maintenance	2:00pm-5:00
630 Upper Cascades	1:00pm-6:00
631 Mud Wallow	1:30pm-4:30
632 Cascades Wednesday	1:00pm-6:00
709 Family-Friendly Canoe	1:00pm-5:30
724 Sit-on-Top Wednesday	12:30pm-5:00

**All Day**

530 Virginia's Explore Park	10:00am-5:00
723 Introduction to Whitewater Kayaking	8:00am-5:30
741 Whitewater Rafting	TBA - Very Early to Very Late

**Evening**

710 Night Owl Canoe at Whitethorn	6:45pm-10:00
808 Teen Night Caving	6:00p-midnight

**Thursday****Morning**

505 Morning Bird	6:45am-9:45
506 Winged Jewels	8:30am-12:00
512 Dixie Caverns Thursday	9:00am-12:00
607 Kelly Knob	7:30am-12:30
608 Bald Knob	8:00am-11:30
802 Rock Climbing AM	8:00am-2:00

**Afternoon**

531 Chateau Morisette Winery Thurs	12:15pm-6:30
633 Triple Slog Thursday	1:00pm-6:00
634 Cove Mountain/Homeplace	1:30pm-8:00
635 Great "Have It Your Way" Teen Hike	1:00pm-6:00
726 Sit-on-Top Thursday	12:30pm-5:00
732 Adult Tubing	1:15pm-5:30
803 Rock Climbing PM	11:00am-5:00

**All Day**

654 Dragon's Tooth/Homeplace	10:30am-8:00
711 Introduction to Whitewater Canoeing	8:30am-5:30
725 Introduction to Sea Kayaking	9:00am-4:30

**Evening**

678 Wind Rocks Sunset Thursday	7:00pm-10:30
712 Night Owl Canoe at Castle Rock	6:45pm-10:00

**Friday****Morning**

513 Paleozoic Fossils	8:30am-12:15
542 New River Bike Trail Friday	7:30am-12:45
609 Barney's Wall	8:30am-12:00
807 James Cave Upstream	8:00am-12:30

**Friday****Afternoon**

507 Fire and the Forest	12:45pm-5:45
533 Chateau Morisette Winery Friday	12:15pm-6:30
636 Cascades Friday	1:00pm-6:00
637 Family-Friendly Dismal Falls	1:00pm-6:00
638 Falls of the Little River Friday	1:00pm-6:00
714 The Last Canoe Trip	1:00pm-5:00
733 Family-Friendly Tubing	1:15pm-5:30

**All Day**

532 Floyd Shop and Dine	10:00am-3:00
713 Whitewater Canoe	8:00am-5:30
727 Whitewater Kayak	8:00am-5:30
809 Ropes Course	10:15am-4:15

**Teen Nature Trips**

731 Teen Tubing	M 1:15pm-5:30
808 Teen Night Caving	W 6:00pm-midnight
635 Great "Have It Your Way" Teen Hike	Th 1:00p-6:00

**Young Adult Nature Trips**

626 Falls of the Little River Median/YA	M 1:00pm-6:00
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**Median Nature Trips**

626 Falls of the Little River Median/YA	M 1:00pm-6:00
628 Triple Slog Median-Friendly	T 1:00pm-6:00

**Women-Only Nature Trips**

627 Women's Mud Wallow	M 1:30pm-4:30
629 Dismal Women	T 1:00pm-6:00

**Family-Friendly Nature Trips****Monday**

500 Wildflowers of the Virginia Mntns	8:30am-12:00	12+
510 Ordovician Animal Fossils	8:30am-12:15	12+
602 "Not-so" Hike	8:30am-11:30	8+
720 Roll Clinic	9:00am-11:30	12+
625 Cascades	1:00pm-6:00	8+
702 Intro Canoeing & Moving Water	1:00pm-5:30	12+
675 Bald Knob Sunset	7:00pm-10:30	12+

**Tuesday**

704 Sunrise Canoe	6:30am-9:30	12+
501 Birding for Beginners	7:00am-9:45	12+
521 Nature Photography	7:30am-12:00	12+
502 Travertine Falls Discovery	8:30am-12:15	8+
721 Sit-on-Top	12:30pm-5:00	12+
706 Family-Friendly Canoe	1:00pm-5:30	8+
522 Organic Farm Visit	1:30pm-6:15	12+
677 Wind Rocks Sunset	6:00pm-10:30	12+

**Wednesday**

708 Canoe Fishing	7:00am-11:30	12+
723 Intro to Whitewater Kayaking	8:00am-5:30	12+
511 Dixie Caverns	9:00am-12:00	4+
530 Virginia's Explore Park	10:00am-5:00	8+
724 Sit-on-Top	12:30pm-5:30	12+
504 Native Plants-Backyard Habitats	1:00pm-5:00	12+
630 Upper Cascades	1:00pm-6:00	6+
632 Cascades	1:00pm-6:00	8+
709 Family-Friendly Canoe	1:00pm-5:30	8+

**Family-Friendly Nature Trips****Thursday**

505 Morning Bird	6:45am-9:45	12+
608 Bald Knob	8:15am-11:45	12+
506 Winged Jewels	8:30am-12:00	12+
711 Intro to Whitewater Canoeing	8:30am-5:30	12+
512 Dixie Caverns	9:00am-12:00	4+
725 Introduction to Sea Kayaking	9:00am-4:30	12+
726 Sit-on-Top	12:30pm-5:00	12+
678 Wind Rocks	7:00pm-10:30	12+

**Friday**

713 Whitewater Canoe	8:00am-5:30	12+
727 Whitewater Kayak	8:00am-5:30	12+
513 Paleozoic Fossils	8:30am-12:15	12+
636 Cascades	1:00pm-6:00	8+
637 Family-Friendly Dismal Falls	1:00pm-6:00	0+
714 The Last Canoe Trip	1:00pm-5:00	12+
733 Family-Friendly Tubing	1:15pm-5:30	9+

**Discovery Trips:**

***Plants, Animals, and Ecosystems; Rocks, Fossils, and Caves; Nature with a Human Touch; History and Scenery; Biking***

**Plants, Animals, and Ecosystems****500 Wildflowers of the Virginia Mtns Limit 14**

Flowers are usually a plant's most showy, attractive, and identifiable feature. Armed with field guides and basic plant identification skills, we will take a gentle stroll through native flowers of the Virginia fields and forests. Recommended: Newcomb's Wildflower Guide. Required: sturdy shoes and drinking water.

\$11 M *Gentle* 12+ 8:30am-12:00noon

**501 Birding for Beginners Limit 9**

Interested in bird watching but have trouble getting past the LBBs (little brown birds) and the GBBs (great big birds)? This is the trip for you. Specifically staffed to teach the beginner, this trip will help you find, focus on, and identify those elusive birds. Bird identification skills, including important bird anatomy and vocabulary, and basic equipment needs will be discussed. Light breakfast provided. Required: sturdy shoes and drinking water. Recommended: binoculars, a good field guide (e.g. Peterson's or National Geographic).

\$11 T *Moderate* 12+ 7:00am-9:45am

**502 Travertine Falls Discovery Limit 14**

Enjoy Virginia Nature Conservancy's Falls 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. This is a natural history trip NOT a hike. Required: walking shoes and drinking water.

\$11 T *Moderate* 8+ 8:30am-12:15pm

**503 Native Americans and Their Plants Limit 14**

**NEW!** Explore traditional uses Native Americans had for local plants. We will find and taste plants while we search for edible and medicinal plants. Required: sturdy shoes and drinking water. Recommended: field guides such as Newcomb's Wildflowers, other flower and tree guides.

\$11 W *Gentle* 14+ 8:30am-12:00noon

**504 Native Plants for Backyard Habitats Limit 14**

**NEW!** What should you plant in your backyard to attract birds, butterflies, and other animals? What are native plants and why choose them? How should the necessities of life, food, water and shelter, be arranged to attract the animals you want and discourage those you don't want? The principles discussed apply from the southern tip of Florida to the far north, but the plants encountered will be aimed at gardeners in zones 6-8. Required: sturdy shoes and drinking water.

\$11 W *Moderate* 12+ 1:00pm-5:00pm

**505 Morning Bird Limit 9**

Birds are most active in the early hours of the day. A cool morning for walking and listening to birdsong—what a way to start the day! Light breakfast provided. Required: sturdy shoes and drinking water. Recommended: binoculars, a good field guide (e.g. Peterson's or National Geographic).

\$11 Th *Moderate* 12+ 6:45am-9:45am

**506 Winged Jewels Limit 14**

Have you ever caught an emerald that could fly? Ever witnessed the glint of the sun off something golden moving in the grass? Up close, many insects – not just butterflies! – are marvels of intricate design, sophisticated engineering, and fascinating beauty. After a short drive we'll search the sunny grass, damp forest floor, and shallow water for insects to view up close. Nets and collecting gear provided. Recommended: hand lens. Required: sturdy shoes and drinking water.

\$11 Th *Gentle* 12+ 8:30am-12:00noon

**507 Fire and the Forest Limit 14**

**NEW!** While fire is a natural part of the ecosystem locally and in many areas around the country, the impacts of forest fires have long-lasting implications for how we react to forest fires. In this visit to a recovering burn site in the Jefferson National Forest, we will explore the management of fire in our forests. A representative from the US Forest Service will show us how the local forest managers are handling the challenge of fire. This is a natural history trip NOT a hike. Required: walking shoes and drinking water.

\$11 F *Moderate* 14+ 12:45pm-5:45pm

## **Rocks, Fossils and Caves**

### **510 Ordovician Animal Fossils                      Limit 14**

Journey to the Catawba valley to a private farm that was a thriving underwater animal community 480 to 435 million years ago. Walk through time as we explore an ancient world inhabited by strange creatures. Lucky fossil hunters may bring home graptolites, bryozoans, brachiopods and trilobites. Participants may get dirty. Required: sturdy shoes and drinking water. Recommended: sunscreen, rock hammer (one made specifically for rocks or fossils), and box of tissues for delicate specimens.

\$11    M            *Gentle* 12+    8:30am-12:15pm

### **511 Dixie Caverns Wednesday                      Limit 14**

A caving trip easy enough for everyone. This is your opportunity to see a cave while avoiding all the mud and hard work of our wild cave trips. The cavern is well lit and has comfortable walkways with many small steps. It's cool inside; you may wish to bring a light jacket. Great for families or those wanting to explore in comfort. Children must be accompanied by an adult and must register for the trip. Caving equipment is not needed. Also offered on Thursday (#512).

\$16    W            *Moderate* 4+    9:00am-12:00noon

### **512 Dixie Caverns Thursday                      Limit 14**

See trip #511 Dixie Caverns Wednesday for description.

\$16    Th            *Moderate* 4+    9:00am-12:00noon

### **513 Paleozoic Fossils                      Limit 14**

**NEW!** This site just across the West Virginia state line was discovered last SUUSI during the Appalachian Geology trip. The near-vertical bedding planes allow us to traverse large periods of geologic time in a short space. Lucky fossil hunters may bring home bryozoans, brachiopods and some unexpected surprises. Fossils are exposed in road cuts and reaching the outcrops involves some agility. Participants may get dirty. Required: sturdy shoes and drinking water. Recommended: sunscreen, rock hammer (one made specifically for rocks or fossils), and box of tissues for delicate specimens.

\$11    F            *Moderate* 12+    8:30am-12:15pm

## **Nature with a Human Touch**

### **520 Herb Gardens and Gardening                      Limit 14**

Harvest the ancient tradition of growing plants for flavor and aroma. Visit a local herb garden to learn more about layout, types of herbs, and how to grow your own herbs. This trip walks to the nearby Virginia Tech Botanical Garden. Handouts will allow you to take home much herbal wisdom. Required: sturdy shoes and drinking water.

\$8    M            *Gentle* 14+    8:30am-12:00noon

### **521 Nature Photography                      Limit 9**

Enjoy a lovely drive and breathtaking views. Our photography expert, Bob Lynch, will help you make the best of the PTO's (picture taking opportunities). Whether you are an ace or novice photographer, the morning promises to be fun. Required: sturdy shoes, camera and drinking water. Recommended: insect repellent and extra film.

\$11    T            *Gentle* 12+    7:30am-12:00noon

### **522 Organic Farm Visit                      Limit 14**

**NEW!** Floyd County is a hotbed of organic agriculture in Virginia. This visit to a local farm will explore the hows and whys of organic farming. Required: sturdy shoes for walking in fields and drinking water.

\$11    T            *Gentle* 12+    1:30pm-6:15pm

### **523 Afternoon Herb Tea                      Limit 14**

A favorite every year! Relax with herbs, herb tea and Gentle conversation. Pat Mercer provides an informal tea for you along with information to re-create the experience at home. Sweets and savories will be served with tea; please eat a light lunch.

\$8    W            *Gentle* 18+    2:00pm-4:00pm

## **History and Scenery**

### **530 Virginia's Explore Park                      Limit 14**

**NEW!** Walk along a gentle path through the woods near the Blue Ridge Parkway to meet historically attired interpreters who deliver interactive programs about life of the 1671 Native Americans, 1740 frontier settlers, and the 1850s village communities. Required: sturdy shoes, drinking water, and \$12-20 for lunch. Recommended: camera and extra money for gift store. Golf cart transportation available on request.

\$21    W            *Moderate* 8+    10:00am-5:00pm

### **531 Chateau Morisette Winery Thurs                      Limit 14**

After a scenic drive to the Blue Ridge Parkway, we'll visit the winery for an elegant lunch, winery tour and wine tasting. Bring \$15-25 for lunch (wine with lunch is extra). Recommended: camera and extra money for wine or gifts to bring back. Also offered on Friday (#533).

\$16    Th            *Gentle* 21+    12:15pm-6:30pm

**532 Floyd Shop and Dine****Limit 14**

**NEW!** Floyd, Virginia combines Virginia mountain culture and the counterculture movement. This excursion takes you to a small town where you can purchase batik clothing from Ecuador at discount prices (Winter Sun outlet store), shop 3 stories of fiber delights at Schoolhouse Fabrics, visit local craft stores, a traditional hardware store (if that's your thing), and other small-town delights. Lunch at the Oddfellows Cafe, specializing in Appalachian Latino cuisine, vegetarian dishes and Floyd County beef. The van will be available to pick up your purchases. Bring money for shopping and lunch.

\$11 F Gentle 18+ 10:00am-3:00pm

**533 Chateau Morisette Winery Friday****Limit 14**

See trip #531 for description. Also offered on Thursday (#531).

\$16 F Gentle 21+ 12:15pm-6:30pm

**Biking****540 New River Bike Trail Wednesday****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 will be required and will be provided (or bring your own). Required: tied shoes, water bottle in backpack or bike bag. Recommended: shorts and rain gear. High quality bicycles provided. Recent bicycling experience is expected. Also offered Friday (#542).

\$33 W Moderate 14+ 7:30am-12:45pm

**541 Bicycle Maintenance****Limit 10**

Machines follow nature's laws too. Learn how to keep your bike healthy while discovering just what all those gears and levers do to make you go forward. This introduction to bike maintenance will take the mystery out of keeping your bicycle working and let you know when it needs the expert guidance of a repair shop. Bring your bicycle if you have it, or help work on someone else's. Bicycle repair tools are also helpful but not required.

\$11 W Gentle 14+ 2:00pm-5:00pm

**542 New River Bike Trail Friday****Limit 14**

See trip #540 New River Bike Trail Wednesday for trip description.

\$33 F Moderate 14+ 7:30am-12:45pm

**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. The following are requirements and some suggestions for our hikes.

**Required on all trips:**

1. A desire for fun, adventure, and self-discovery.
2. Canteens or water bottles: at least 1 quart of water for 1/2 day and at least 2 quarts for a long day.
3. Proper footwear is absolutely, positively necessary. So no bare feet and no open-toe shoes of any kind (no flip-flops, no Tevas, etc.)

**Required on some trips:**

1. Trips involving wading or swimming require laced sneakers, not Tevas or aqua sox.
2. Evening trips require flashlights.

**Suggestions:**

1. Rain jacket or poncho - you never know when you'll be in need.
2. Sunscreen.
3. Snacks if you're planning to expend a lot of energy.
4. Insect repellent.
5. A dry bag for any "slogging" type trips if you have anything you don't want to get soaked.
6. Swimsuit and towel for the water hikes (and maybe a change of clothes).

We enjoy making new friends and experience what Mother Nature and Father Time have 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.

**601 Pandapas Silent Walk****Limit 14**

We'll begin the week with a reverent early morning walk around Pandapas Pond and enjoy the simple gifts of a quiet morning and the beauty of this natural setting. It is a short van ride and we'll be back in time for breakfast and morning ingathering.

FREE M Gentle 18+ 6:15am-8:15am

**602 "Not So" Hike****Limit 20**

This hike is not so long, not so far and not so early with NO VAN TRIP! We'll explore an area of biodiversity in the Tech area. We'll keep our eyes peeled for moo cows. No bull—we hope! Start the week by becoming acquainted with the campus and parts beyond without traveling far from SUUSI. Total hiking distance is about four miles.

FREE M Gentle-Moderate 0+ 8:30am-11:30am

**603 Buffalo Mountain****Limit 14**

A scenic drive through rural sections of Montgomery and Floyd counties followed by a short but steep hike (half mile in length and about 400-500 feet in elevation) to the top of Buffalo Mountain. Along with great views from the summit, Buffalo Mountain Natural Area Preserve features a variety of unusual conditions that combine to make the preserve home to fourteen plant species, three invertebrate species and six natural communities that are rare in Virginia. Specialized and unusual vegetation includes many grassy, prairie-like glades. The contrasting micro-climates found at the summit are the result of sub-alpine winds and temperatures.

\$11 M Moderate 14+ 7:30am-12:30pm

**604 A Gift of Nature****Limit 14**

We will explore a segment of Roanoke's developing greenways system and learn how we can take back a "gift of nature" to our respective communities. Star Trail takes us up Mill Mountain to a city park approximately 1000' above the urban sprawl of Roanoke. Since this is a city park, we can enjoy such amenities as air-conditioned restrooms! The Roanoke Valley Greenways Coordinator will hike the trail with us and give us "food for thought" on how we can support or initiate similar efforts. Also a talented naturalist, our local leader received rave reviews last year. Total hiking distance is 3.4 miles with a steep uphill climb through the woods and then back down the same way.

\$11 T Moderate/Strenuous 14+ 7:30am-12:00noon

**605 Sinking Creek****Limit 14**

We have a short van ride to the trailhead, and then begin hiking the Appalachian Trail up Sinking Creek Mountain. After an invigorating climb, we follow a ridgeline until we stop for a great view of the valley to the west. Relax for a bit and enjoy the view, then it's downhill all the way as we backtrack to the starting point. The meadow at the beginning of the trail has offered the pleasant surprise of abundant butterflies on previous trips.

\$11 T Moderate/Strenuous 14+ 7:30am-12:30pm

**606 Half Acre of Rocks****Limit 14**

This trip begins with about a mile and a half climb along a forest road. Then bushwhack down to a rock outcropping with a great view of the valley below. Return the way we came for a total hiking distance of just over three miles. This is one of our shorter drives to the scenic Ellett valley.

\$11 W Moderate 14+ 8:00am-12:30pm

**607 Kelly Knob****Limit 14**

When we say strenuous, we mean it. You'll understand when you see the first half-mile of the hike. We hike straight up to the ridge top, then follow the Appalachian Trail along the ridgeline out to a rock cliff at the knob. The views back to Blacksburg, down to Sinking Creek and the New River, and into West Virginia are fabulous. Total hiking distance is 4 miles.

\$11 Th Strenuous 14+ 7:30am-12:30pm

**608 Bald Knob****Limit 14**

This hike starts at the Mountain Lake Hotel, the site of the popular film "Dirty Dancing." A steep, half-mile climb up a fern-bordered trail brings us to the 4361-foot high knob. It's the highest point in the area, with extensive views in several directions and some interesting cliffs and rock formations. The descent is easier following a jeep road. Total hiking distance is about a mile.

\$11 Th Moderate 14+ 8:00am-11:30am

**609 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.

\$11 F Mostly Easy 14+ 8:30am-12:00noon

**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 Cascades Monday****Limit 14**

This is a perennial SUUSI favorite. We'll hike along Little Stoney Creek up to the spectacular 60-foot Cascades waterfall and the cold swimming hole at the bottom. Bring/wear a swimsuit (there is no privacy for changing) and laced sneakers (required) if you dare to get in that water! The total hiking distance is 4 miles. The hike is also offered on Wednesday (#632) and Friday (#636).

\$11 M Moderate/Strenuous 8+ 1:00pm-6:00pm

**626 Falls of the Little River Monday Limit 14  
for Medians and Young Adults**

A favorite for many years, this trip takes us to a remote and beautiful spot to swim and sun. The hike is along an open and sunny forest road that drops down a steep section (about a half mile) to the water. Deep, turbulent pools amid a jumble of rocks provide an opportunity to sun and soak or explore a small set of rapids. Total hiking distance is about four miles. Also offered on Friday (#638) for all ages.  
\$11 M *Moderate/Strenuous* 18-35 only 1:00pm-6:00pm

**627 Women's Mud Wallow Limit 14**

As requested, this popular hike is being offered on Monday for women only! It is a short van drive to a location on private land. This site is in the bed of the Roanoke River, so gourmet riverbank mud will be available for the ultimate in spa treatments, with a sunny field to let it bake in, and running water available for quick clean-ups. And unlike the old site, this mud won't stain you yellow! Bring or wear swimsuit, laced sneakers (**required for getting in water**), towel(s) and change of clothes for trip back. Also offered on Wednesday (#631) for both genders.  
\$11 M *Gentle* Women Only 14+ 1:30pm-4:30pm

**628 Triple Slog Tues Median Friendly Limit 14**

This hike is so enjoyable that some SUUSI-goers do it every year. Medians are especially encouraged to take this hike in order to join others of their age group, but all ages are welcome. We hike into the forest above the Cascades waterfall, bushwhack down to Little Stoney Creek, and take off into the wild. We hike in the stream and swim/wade through pools, climb around trees and rocks, and climb and play in three waterfalls. **You will get wet** (completely soaked if you like). Due to the climbing and scrambling on wet, slippery rocks, this is one of our most challenging hikes. Wear laced sneakers (**required**) and a swimsuit/nylon shorts and bring a towel and/or dry clothes for the ride back. **Backpacks and contents likely to get soaked in the fun!** Total loop distance is 3 miles. Also offered on Thursday (#633).

\$11 T *Strenuous* 14+ 1:00pm-6:00pm

**629 Dismal Women Limit 14  
(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 almost an hour 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) and swimsuit, and shift your gears for an afternoon of total relaxation. Also offered on Friday as a Family-Friendly trip (#637).

\$11 T *Gentle/Moderate* Women Only 18+ 1:00pm-6:00pm

**630 Upper Cascades Limit 14**

We will visit the Upper Cascades, which is more private than the famous Cascades downstream and the hike is much easier. There is plenty of time to sun on the rocks and swim in the cold stream (if you dare!). Laced sneakers required if you want to wade. Hike is about two miles round trip through mostly forested area.

\$11 W *Moderate* 6+ 1:00pm-6:00pm

**631 Mud Wallow Limit 14**

Back by popular demand! See Monday #627 for trip description, but Wednesday's trip is for both men and women.

\$11 W *Gentle* 14+ 1:30pm-4:30pm

**632 Cascades Wednesday Limit 14**

This is a perennial SUUSI favorite. See Trip #625 (Cascades Monday) for a general description. Also offered on Friday (#636).

\$11 W *Moderate/Strenuous* 8+ 1:00pm-6:00pm

**633 Triple Slog Thursday Limit 14**

Yet another triple slog adventure - last chance of the week! Also offered on Tuesday (#628). See trip #628 for description, but this trip is for all age groups.

\$11 Th *Strenuous* 18+ 1:00pm-6:00pm

**634 Cove Mountain/Homeplace 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 Homeplace restaurant (you keep a-eatin' it, and they keep a-bringin' it). The Dragon's Tooth hike (#654) will join us there. Attention vegetarians: most of the vegetables are cooked with meat as a seasoning. The total hiking distance is about 3 miles. Price includes dinner.

\$24 Th *Very Strenuous* 14+ 1:30pm-8:00pm

**635 Great "Have It Your Way" Teen Hike Limit 14**

This is a hike for teens with a great sense of adventure! Show up at 1:00 and we'll decide together where we're going. Tired after a long week and just want some relaxation and a great view? Have a burst of energy and want to hike all uphill? Your leader will have many options for you. Bring a quart of water, sturdy hiking shoes, and laced sneakers for possible wading or creek walks.

\$11 Th *Gentle-Strenuous* 14-17 1:00pm-6:00pm

**636 Cascades Friday Limit 14**

This is a perennial SUUSI favorite. See Trip #625 (Cascades Monday) for a general description. Also offered on Wednesday (#632).

\$11 F *Moderate/Strenuous* 8+ 1:00pm-6:00pm

**637 Family-Friendly Dismal Falls**      **Limit 14**

See #629 for a general description of the trip. Bring the kids and enjoy the afternoon, watching them discover the great outdoors.

\$11 F *Gentle/Moderate* 0+ 1:00pm-6:00pm

**638 Falls of the Little River Friday**      **Limit 14**

See trip #626 for description. This is the perfect trip to relax and enjoy the last afternoon of SUUSI.

\$11 F *Moderate/Strenuous* 14+ 1:00pm-6:00pm

**All Day Hikes**

These trips combine the advantages of both the morning and afternoon trips and turn them into longer adventures. Tired of the lunches at the cafeteria? Come along for a picnic lunch.

**651 Tinker Cliffs**      **Limit 9**

We start the hike through light woods to a sunny pasture and along a stream. We will follow the trail to Scorched Earth Gap where we pick up the Appalachian Trail and a final ascent to the cliffs which extend for about a half-mile along the west side of the mountain. There are tough, steep stretches as the trail rises 1700 feet to an elevation of 3000 feet. Spectacular bluff top views across the Catawba Valley. Be prepared to help carry the provided lunch and be sure to bring 2 quarts of water. Total hiking distance is 5 1/2 miles.

\$15 M *Very Strenuous* 14+ 7:30am-5:30pm

**652 Day on the Appalachian Trail**      **Limit 14**

We'll begin after morning ingathering and spend the day hiking at a leisurely pace. "Type A" personalities welcome, but this is a trip to stop, look and enjoy. Bring your camera, binoculars and field guide. Lunch on the trail. This is a wonderful chance to enjoy old friends and new.

\$15 M *Moderate* 14+ 10:15am-4:00pm

**653 McAfee's Knob**      **Limit 14**

This is a return of an old favorite last offered in 2001. Start with a strenuous climb on the Appalachian Trail from a mountain gap to the knob, which offers a truly spectacular view from an open cliff face. This is a favorite of the Appalachian Trail through hikers. Return on the same trail. Be prepared to carry the provided lunch in a backpack or fanny bag, and be sure to bring at least 2 quarts of water.

\$15 T *Strenuous* 14+ 10:15am-6:15pm

**654 Dragon's Tooth/Homeplace**      **Limit 14**

This old traditional SUUSI hike has been a favorite among hardy hikers in years past. This year we are changing it by starting in the middle of the day (eat lunch on campus before the hike) and ending at the Homeplace restaurant for dinner, where we will join the Cove Mountain hike (#634). 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. Be sure to bring extra water. We will return along a wooded path and finish the day with a great country style dinner at the Homeplace restaurant (you keep a-eatin' it, and they keep a-bringin' it). Attention vegetarians: most of the vegetables are cooked with meat as a seasoning. The total hiking distance is about 5 miles. Price includes dinner.

\$24 Th *Very Strenuous* 14+ 10:30am-8:00pm

**Evening Hikes**

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. Note: Nights in the mountains can be surprisingly cool. You may want to bring a light jacket.

**675 Bald Knob Sunset**      **Limit 14**

The trail starts at the historic Mountain Lake Hotel. A steep, half-mile climb up a fern-bordered trail brings us to the 4361-foot high knob. It's the highest point in the area, with extensive views in several directions and some interesting cliffs and rock formations. We'll pause to enjoy this beautiful time of day at the top of the mountain as we wait for the sun to set. As the night coolness emerges, we hike down a jeep road to the van. Total hiking distance is about a mile. Flashlight is required.

\$11 M *Moderate* 12+ 7:00pm-10:30pm

**676 A Natural High**      **Limit 14**

The woods 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 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. White clothing is suggested; flashlight is required. Wear laced sneakers, for walking through the creek, and bring something to sit on.

\$11 T *Gentle* 14+ 6:30pm-9:30pm

**677 Wind Rock Sunset Tuesday Limit 14**

This is an easy quarter-mile 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 is required. Also offered on Thursday without dinner(#678).

\$13 T Gentle 12+ 6:00pm-10:30pm

**678 Wind Rock Sunset Thursday Limit 14**

Same as #677 except the trip leaves later, and dinner is NOT provided, so eat dinner on campus beforehand.

\$11 Th Gentle 12+ 7:00pm-10:30pm

**Aquatic Trips:**

**Canoeing, Kayaking, Tubing, and Whitewater Rafting**

Being within easy driving distance of the New River offers SUUSI-goers a great variety of aquatic experiences. In places the New is one of the most exciting whitewater rivers in the Southeast, yet there are calm river sections with breathtaking views second to none, as well as the impounded water of Claytor Lake. From flat-water to whitewater, in canoes, tubes, kayaks, and rafts, it's all within your reach. If you've always wanted to learn (or relearn) to paddle, you can start with one of our intro courses and finish up the week experiencing some excellent summer whitewater.

**IMPORTANT: PLEASE READ THE FOLLOWING INFORMATION CAREFULLY**

1. Sometimes Mother Nature doesn't cooperate. Trips will go rain or shine, but they may be relocated, and/or could take more or less time than indicated, due to stream flow or weather. All participants will be expected to help load and unload gear. Because our vans are used several times a day, **ALL TRIPS MUST LEAVE PROMPTLY** at the time shown on the schedule. You should be at the Nature tent - *with all your gear* - at least 15 minutes early. You should have drinking water with you for all trips - which means your water bottle should be filled *before* you leave the dorm.
2. Life jackets (provided) **MUST** be worn. You do not need to be a great **swimmer** to enjoy our river trips **BUT** you do need to be sure of your abilities should you be separated from your boat or tube in deep or moving water. Your leaders will do their 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. The difficulty ratings for these trips are not exaggerated; a measure of physical strength is necessary, especially in the occasional rescue situation.

3. Laced sneakers or thick soled booties are required on ALL trips. We enforce this rule not to spoil your trip, but to protect your feet from sharp objects like glass and metal which inconsiderate people leave behind. Footwear must be sturdy and must stay on securely in moving water. Would-be participants without the right shoes will be left high and dry. If you have any doubt, please have a nature staffer check 'em out well before departure time. (The only possible exception to this rule applies to kayak trips 723 and 727; sneakers often simply will not fit into the limited spaces in these decked boats.)

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, please sign up for an instructional workshop (see 702, 711, 720 or 723). American Whitewater rates the sections of the New River that we'll use by the following scale:

**Class I: Easy** - Fast moving water with riffles and small waves. Few obstructions, all obvious and easily missed with little training.

**Class II: Novice** - Straightforward rapids with wide, clear channels which are evident without scouting. Occasional maneuvering may be required, but rocks and medium sized waves are easily missed by trained paddlers.

**Class III: Intermediate** - Rapids with moderate, irregular waves which may be difficult to avoid and which can swamp an open canoe. Complex maneuvers in fast current and good boat control in tight passages or around ledges are often required.

The volume of water in the river is fairly constant throughout the day due to control of the outflow from Claytor Lake, but it can vary during times of drought or heavy rainfall, which can make some rapids more difficult.

**Tips:**

1. Do not take anything (rings, watches, pendants, meal tickets, KEYS, etc) with you on the river if it would break your heart to return without it. The river gods can be grabby, so leave valuables in your room or in the van. Protective straps are recommended if you need to wear glasses on the river. If you want to bring a camera, make it a waterproof disposable, not your favorite Nikon.
2. Amazing as it might seem, it can be darn cold on the river in July! Synthetic fiber and wool garments will help. Cotton will actually make you colder. A rain jacket or paddling jacket will be very welcome if there's a shower! (No ponchos allowed though.) It's a great idea to be prepared.
3. Suggested Reading: *Classic Virginia Rivers: A Paddler's Guide to Premier Whitewater and Scenic Float Trips in the Old Dominion* by Ed Grove (Eddy Out Press, 703-533-8334).

## Canoe Trips

### **701 River Clean-up Service Project Monday Limit 13**

Some people – tourists and locals alike - don't recognize the value of our rivers as irreplaceable and fragile treasures of nature. They leave trash along the banks, which can spoil the experience for others. We want to try to do our part to help with this problem. Equipped with large plastic bags, participants will float in their canoes along the banks, picking up whatever we can for disposal or recycling. This will be a leisurely float, with time to enjoy wildlife and perhaps a dip in the river. This trip is free thanks in part to the generosity of Tangent Outfitters. **Required: Laced sneakers, drinking water, glasses strap, sunscreen, swimsuit, and change of clothes.** A hat would be a good idea to protect you from overhanging branches along the shore. Nylon shorts over swimsuit are recommended for women. Also offered on Tuesday (#705). **Class I**  
FREE M Moderate 14+ 8:00am-12:30pm

### **702 Intro to Canoeing & Moving Water Limit 13**

Are you clueless about canoes? Or has most of your canoeing experience been in lakes or mangrove swamps? Are you unfamiliar with what happens when moving water has to change course to go over or around a rock? Then this instructional workshop is a prerequisite before you try a trip on the New River. You will learn how to "read" the river to pick out the best path, and what strokes will help you change direction quickly. We will discuss safety and stability in a canoe, and demonstrate how to protect yourself and your equipment should you find yourself in the water without your boat unexpectedly. **Required: Laced sneakers, drinking water, glasses strap, sunscreen, swimsuit, and change of clothes.** Nylon shorts over swimsuit are recommended for women. **Class I-II**  
\$29 M Moderate 12+ 1:00pm-5:30pm

### **703 Sunset Canoe Limit 13**

We will start out on the river in late afternoon for a quiet paddle down a scenic stretch of the New River. At a sandy bank along the way, we'll stop and have our evening meal, a little more special than the normal SUUSI trail lunch, and perhaps a chance to swim before paddling on. Wildlife should be very active at this time of day. We will experience twilight descending on the river, and if we're lucky we'll enjoy a beautiful sunset. **Required: laced sneakers, drinking water, glasses strap. A FLASHLIGHT IS REQUIRED FOR EVERY PARTICIPANT, OR YOU DON'T GO.** If you plan to swim, wear a swimsuit and bring a towel and change of clothes. NOTE: This trip passes through areas of river in which water runs quickly through rocks. Paddlers should have recent whitewater canoeing skills (see trip #702) and be able to steer around obstacles in riverbed. The participant should be able to perform a self rescue if separated from canoe. **Class I-II**  
\$29 M Moderate 14+ 4:00pm-10:00pm

### **704 Sunrise Canoe 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 extraordinary way to start your day and come into close contact with the beauty of this area. **Required: basic canoeing skills** (see trip #702), **laced sneakers, drinking water, and glasses strap.** Bring dry clothes and a towel. A light breakfast of bagels, coffee and tea will be provided. **Class I**  
\$29 T Moderate 12+ 6:30am-9:30am

### **705 River Clean-up Service Project Tues Limit 13**

See trip #701 for trip description. **Class I**  
FREE T Moderate 14+ 8:00am-12:30pm

### **706 Family-Friendly Canoe Limit 13**

This is a family affair that's loads of fun. Grab the kids and paddle a mostly flat-water section of the New River. You need very basic moving water canoeing skills (see trip #702) and some help from the kids. We know you'll have a great time. **Required: no more than one child per adult; your child must be registered separately; basic canoeing skills, laced sneakers, drinking water, and glasses strap.** Bring dry clothes and a towel. Also offered Wednesday (#709). **Class I**  
\$29 T Moderate 8+ 1:00pm-5:30pm

### **707 Night Owl Canoe at Radford Limit 13**

A quiet trip downstream 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** (see trip #702), **laced sneakers, drinking water, and glasses strap. A FLASHLIGHT IS REQUIRED FOR EVERY PARTICIPANT, OR YOU DON'T GO.** Bring dry clothes and a towel. Other Night Owl trips Wednesday (#710), Thursday (#712). **Class I**  
\$29 T Moderate 14+ 6:45pm-10:00pm

### **708 Canoe Fishing Limit 8**

**NEW!** This is a quiet, meditative trip on a flat section of the New River. Fishing from a canoe is a unique experience you'll never forget, and this trip is led by a professional fishing guide on our nature staff! Spinning or other casting rods will lead to higher success, though fly rods may be used if desired. Light tackle (4-12 lb) is best for catching the generally plentiful smallmouth bass. Please note the departure and return times. **Required: basic canoeing skills** (see trip #702), **laced sneakers, drinking water, glasses strap, and fishing equipment. A VA Freshwater Fishing License is also required- Nature staff can help with obtaining one (approx. \$10 for 5 day license - available at Walmart).** Bring dry clothes and a towel. **Class I**  
\$29 W Moderate 12+ 7:00am-11:30am

**709 Family-Friendly Canoe** **Limit 13**  
See trip #706 for trip description. **Class I**  
\$29 W *Moderate* 8+ 1:00pm-5:30pm

**710 Night Owl Canoe at Whitethorn** **Limit 13**  
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** (see trip #702), **laced sneakers, drinking water, glasses strap. A FLASHLIGHT IS REQUIRED FOR EVERY PARTICIPANT, OR YOU DON'T GO.** Bring dry clothes and a towel. Other Night Owl trips Tuesday (#707), Thursday (#712). **Class I**  
\$29 W *Moderate* 14+ 6:45pm-10:00pm

**711 Intro to Whitewater Canoeing** **Limit 13**  
If you have some canoeing experience and you would like to move up a notch, or you would like to build your confidence in being able to handle whitewater, this all-day instructional workshop is for you. The morning will be spent reviewing basic paddling strokes and learning some new ones, developing safety and self-rescue skills, and trying them out in an outdoor classroom setting. After lunch, we'll paddle down a Class II section of the New River, trying out our strokes and enjoying the scenery. Note the Strenuous rating – this will be a workout. **Required: basic moving water canoeing skills** (see trip #702), **laced sneakers, drinking water, glasses strap, and sunscreen.** Bring dry clothes and a towel. Lunch provided. **Class I-II**  
\$39 Th *Strenuous* 12+ 8:30am-5:30pm

**712 Night Owl Canoe 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** (see trip #702), **laced sneakers, drinking water, and glasses strap. A FLASHLIGHT IS REQUIRED FOR EVERY PARTICIPANT, OR YOU DON'T GO.** Bring dry clothes and a towel. Other Night Owl trips Tuesday (#707), Wednesday (#710). **Class I**  
\$29 Th *Moderate* 14+ 6:45pm-10:00pm

**713 Whitewater Canoe** **Limit 13**  
A popular Friday trip returns this year. We will experience Class II whitewater with sections to paddle quietly and enjoy the scenery. Time permitting, you can swim through the final rapid or try your surfing skills in the standing waves below a ledge. Note the Strenuous rating – this trip is physically demanding. **Required: Previous whitewater canoeing experience!** (see trip #711), **laced sneakers, drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit.** NOTE: This trip passes through areas of river in which water runs quickly through rocks. Paddlers should have recent whitewater canoeing skills and be able to steer around obstacles in riverbed. The participant should be able to perform a self-rescue if separated from canoe. Lunch provided. **Class I-II.**  
\$39 F *Strenuous* 12+ 8:00am-5:30pm

**714 The Last Canoe Trip** **Limit 13**  
This is a great way to wrap up your week at SUUSI! We'll paddle down a pleasant stretch of the New River and reflect on life, the universe, and everything...or not. **Required: basic canoeing skills** (see trip #702), **laced sneakers, drinking water, glasses strap, sunscreen, swimsuit, towel, change of clothes.** Nylon shorts over swimsuit are recommended for women. **Class I**  
\$29 F *Moderate* 12+ 1:00pm-5:00pm

### Kayaking Trips

**720 Roll Clinic** **Limit 8**  
**NEW!** If you have always wondered what it would be like to roll in a kayak, now is your chance! In this class you will learn new skills and have some fun. It will teach the fundamentals of rolling and escaping (called a 'wet exit') a white water kayak in the safety of the VA Tech pool. This is also a great way to get acquainted with a kayak before venturing out to the New River on our Intro to Whitewater Kayaking trip (#723). **Required: glasses strap, change of clothes, towel, and swimsuit.** Nose plugs recommended, swim goggles or a mask may be worn if desired.  
\$11 M *Moderate* 12+ 9:00am-11:30am

**721 Sit-on-Top Tuesday** **Limit 8**  
Be the captain of your own ship! We'll paddle through a Class II rapid and then on downstream where you'll have a chance to try your hand at surfing some small Class I ledges. 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, drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit.** Also offered on Wednesday (#724) and Thursday (#726). **Class I-II.**  
\$29 T *Moderate* 12+ 12:30pm-5:00pm

**722 Basic Coastal Sea Kayak** **Limit 8**  
**NEW!** Improve your sea kayak skills and knowledge through this class. We will teach and practice fitting and adjusting a sea kayak, basic strokes, safety equipment and practices, "T" and paddle-float recoveries, and other important aspects of sea kayaking. The course will follow the American Canoe Association Coastal Kayak Basic Strokes and Rescues curriculum, will be taught by a certified instructor, and participants will receive a participation card at the end of the day. **Required: Some previous paddling experience, laced sneakers, drinking water, glasses strap, sunscreen, swimsuit, and change of clothes.** Lunch provided. **No rapids.**  
 \$39 T *Moderate* 14+ 9:00am-4:30pm

**723 Intro to Whitewater Kayaking** **Limit 6**  
 Want to try out a decked boat? This is the intro for you. This course is designed to teach you the basic skills you'll need for an introduction to whitewater kayaking on the New River. This workshop is both physically demanding and personally rewarding. For a head start on this trip, you may want to consider signing up for trip #720 as well. **Required: Booties or river sandals (see Note #3 under Aquatic Trips for this special case), drinking water, glasses strap, sunscreen, swimsuit, towel, and change of clothes.** Nylon shorts over swimsuit are recommended for women. Lunch provided. **Class I-II**  
 \$39 W *Strenuous* 12+ 8:00am-5:30pm

**724 Sit-on-Top Wednesday** **Limit 8**  
 See trip #721 for trip description. Also offered on Tuesday (#721) and Thursday (#726).  
 \$29 W *Moderate* 12+ 12:30pm-5:00pm

**725 Introduction to Sea Kayaking** **Limit 13**  
 Claytor Lake is an impounded section of the New River upstream from Radford. The wooded shores and some spectacular cliffs give you a hint of what this must have looked like before Claytor Dam – and all the vacation homes – were built. We will try out several styles of sea kayaks and sit-on-tops, which are larger than their whitewater cousins, and designed for lakes and coastal waters. This lake is very deep in most places, so you need to be confident that you can handle an upset (wearing a life jacket, of course). We will carry lunch with us for a picnic on the shore. **Required: Some previous paddling experience, laced sneakers, drinking water, glasses strap, sunscreen, swimsuit, and change of clothes.** Nylon shorts over swimsuit are recommended for women. Lunch provided. **No rapids.**  
 \$39 Th *Moderate* 12+ 9:00am-4:30pm

**726 Sit-on-Top Thursday** **Limit 8**  
 See trip #721 for trip description. Also offered on Tuesday (#721) and Wednesday (#724).  
 \$29 Th *Moderate* 12+ 12:30pm-5:00pm

**727 Whitewater Kayaking** **Limit 6**  
 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. Note the Strenuous rating – this trip is physically demanding. **Required: Previous whitewater kayaking experience REALLY!!** (see trip #723), **booties or river sandals (see Note #3 under Aquatic Trips for this special case), drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit.** Nylon shorts over swimsuit are recommended for women. Lunch provided. **NOTE:** This trip passes through areas of river in which water runs quickly through rocks. Paddlers should have recent whitewater kayaking skills and be able to steer around obstacles in riverbed. The participant should be able to roll a kayak, or perform a wet exit and self-rescue, if capsized (see trip #720). Lunch provided. **Class I-II**  
 \$39 F *Strenuous* 12+ 8:00am-5:30pm

**Tubing Trips**

Enjoy the water in a big tube! 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 (*and required for folks under 17 years old*). Bring sunscreen, and a strap to secure your glasses. Long-sleeved shirts are recommended to prevent rubber burns. **Laced sneakers are required, or no-go.** River sandals, aquasocks, etc. are not acceptable. Bring a change of clothes for the bus ride back to campus, or you'll wear a plastic bag. You do not need to be a great swimmer to enjoy tubing BUT you do need to be comfortable with your abilities should you find yourself in moving water without your tube. The bottom is rocky, uneven and slippery, and you could wind up with a bruised butt.

**731 Teen Tubing** **Limit 37**  
 Open to teens only.  
 \$15 M *Moderate* 14-17 only 1:15pm-5:30pm

**732 Adult Tubing** **Limit 37**  
 Open to adults only.  
 \$15 Th *Moderate* 18+ 1:15pm-5:30pm

**733 Family-Friendly Tubing** **Limit 37**  
 Open to everybody.  
 \$15 F *Moderate* 9+ 1:15pm-5:30pm

## Whitewater Rafting

### **741 Whitewater Rafting**

**Limit 47**

**NEW!** After a long hiatus, this popular trip is back! Spend the day braving the rapids in West Virginia with a reputable rafting company. This will be a high adventure trip down the river in a guided raft - we are busy searching for the most excitement we can find! No previous experience is required, although you do need to be prepared to work hard carrying and paddling your raft. Because SUUSI will have to guarantee the number of attendees, this trip has a **100% NON REFUNDABLE DEPOSIT- no exceptions**, although you may find someone else to go in your place. **Required: laced sneakers, drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit.** You may wish to wear a t-shirt and baseball hat on the river under your lifejacket and helmet. Nylon shorts over swimsuit are recommended for women. Bring along some money if you wish to purchase souvenirs or photos from your trip. Lunch and dinner provided, and possibly breakfast depending on departure time. Waiver required. All participants must fit into the rafting company's Type V personal flotation devices, which expand to a maximum chest size of 54 inches. All participants must also be at least 54 inches tall. **Class III-V**

\$130 W *Strenuous* 15+ TBA - Very Early  
Morning to Late Evening

### **Adventure Trips:**

#### ***Caving, Rappelling, Rock Climbing, and Challenge Course***

If you want to get down and dirty or up high and pretty, this area of southwest Virginia is world-class. The underworld of caves offers an array of diversity at every turn in the limestone passageway. The cliffs near Bozoo, formed over the eons, offer great rappelling and rock climbing experiences. These are strenuous or very strenuous, challenging activities for adventurers in good physical condition and young at heart.

**Requirements:** Please read the "Requirements" section for your adventure trip. These are **not** optional, but real, safety-based mandates. Our many years of experience, including occasional mishaps, have taught us where we must insist, for your safety and your enjoyment.

Read the requirements, make your equipment list, and come with that gear. You will not be allowed to take the trip if you arrive at the Nature tent without the proper gear, and in such case, there will be no refunds.

## Rappelling

Over the years, we've introduced hundreds of our SUUSI friends to the exhilarating but safe sport of descending ropes using specialized high friction devices.

### **RAPPELLING REQUIREMENTS:**

1. Sturdy above-ankle boots with tread soles
2. Full leather gloves
3. Canteen or water bottle
4. Shorts and T-shirts OK
5. Athletic kneepads are recommended for knee protection
6. Tie for long hair is suggested

### **800 Intro to Rappelling Morning**

**Limit 9**

Rappelling is in a new location this year; a limestone cliff face next to a beautiful creek and waterfall. This cliff has complete shade and a good trail to the top with several different rappels. There is a short ½ mile uphill hike to the rappelling site. Introduction to Rappelling (this year or a prior year) is required for Giant Caverns #805. Waiver required. Lunch provided.

\$28 M *Strenuous* 14+ 8:00am-2:00pm

### **801 Intro to Rappelling Afternoon**

**Limit 9**

See #800 for trip description. Waiver required., Lunch provided.

\$28 M *Strenuous* 14+ 11:00pm-5:00pm

## Rock Climbing

The ultimate challenge in mountain sports: pit yourself against the face of a sheer rock wall. Spectacular climbing area in West Virginia.

### **CLIMBING REQUIREMENTS:**

1. If you have climbing shoes, bring them, or tennis shoes
2. Canteen or water bottle
3. Shorts and T-shirts OK
4. Athletic kneepads are recommended for knee protection
5. Tie for long hair is suggested
6. Rain jacket may be needed

### **802 Rock Climbing Morning**

**Limit 9**

Several climbing routes offered from easy to technically difficult. Highly experienced instructors will teach you to stretch your limits and to learn about your body and your self-confidence. There is a short ½ mile uphill hike to the rappelling site. Waiver required. Lunch provided.

\$28 Th *Very Strenuous* 14+ 8:00am-2:00pm

### **803 Rock Climbing Afternoon**

**Limit 9**

See #802 for trip description. Lunch provided. Waiver required.

\$28 Th *Very Strenuous* 14+ 11:00am-5:00pm

### **Challenge Courses**

**NEW!** Challenge Courses help you develop group communication skills, leadership, trust and respect for individuals with differences and abilities. They involve group problem solving, cohesion and teamwork, create a supportive environment for learning and increase self confidence and self-esteem in team members.

#### **809 Ropes Course**

**Limit 9**

**NEW!** The low course has group challenges such as how do you get an entire group with different skills and strengths over an 8 foot high wall, while the high course has more personal challenges such as crossing between two trees walking on a rope; most of the high challenges are 20 to 50 feet above the ground. Safety harnesses are provided to make these activities safe. We will have a combination of low and high course activities. This course is entirely outdoors and doesn't have any special requirements except for drinking water, tied shoes and a tie for long hair. Waiver required. Lunch provided.

\$30 F *Very Strenuous* 14+ 10:15am-4:15pm

### **Caving**

Your cave environment will be WILD with no handrails, sidewalks, steps or any permanent lighting, but Mother Nature fully air-conditions your cave at a COOL, 53° F. guaranteed all summer. SUUSI will provide helmets and headlamps with batteries. The cave will provide darkness, mud, rock, fossils, a few bats, and exquisite formations thousands of years in the making.

#### **REQUIREMENTS FOR ALL CAVING TRIPS:**

1. Sturdy above-ankle boots with **deep tread soles** to provide footing in cave mud. **No exceptions!**
2. Inexpensive work or garden gloves for a more secure grasp for clawing
3. Long heavy pants
4. Long-sleeved shirt
5. Jacket or sweat shirt to prevent hypothermia
6. Drinking water in a water bottle or canteen
7. Small inexpensive pack for water bottle and other personal gear so your hands will be free
8. Two old hand towels, one for you and one to clean your helmet and headlamp
9. Complete change of clothes so you can sit in the van to ride back
10. Plastic bag for dirty cave clothes
11. Athletic kneepads are strongly recommended for knee protection
12. Tie for long hair is suggested

#### **804 Introduction to Caving**

**Limit 11**

Links Cave has a good variety of caving features: walking passage, a looping small passage which terminates in a 5.9 climb (which you can try), a canyon area, a nice formation area, and several fairly easy climbs. This excellent cave is shorter and perfect for your first cave. Read the Caving Requirements and come prepared. Waiver required.

\$28 M *Very Strenuous* 14+ 1:00pm-6:00pm

#### **805 Giant Caverns Vertical Cave**

**Limit 9**

**NEW!** Giant Caverns, with the second largest room in a Virginia cave, is new to SUUSI. It was a commercial cave about 100 years ago. They would crank people down the entrance drop on a winch, but we will rappel the entrance drop which we will have to ascend by rope to exit (you will be taught ascending in the cave). Come discover this new vertical cave with us. Prerequisite: SUUSI Rappelling required, prior year OK. Read the Caving Requirements and come prepared. Waiver required. Lunch provided.

\$28 T *Very Strenuous* 14+ 11:00am-6:00pm

#### **806 Greenville Saltpeter Cave**

**Limit 11**

**NEW!** This cave has four large entrances, many very large passages with some round rooms with sunken floors which have many passages entering and sometimes fog so thick that you can't see the other side of the room. The Saltpeter entrance has the evidence of saltpeter mining which was done during the revolutionary war because the British cut us off from our supply of gunpowder. In one very large passage we will see a small waterfall coming through the roof of the cave. We'll exit through a very large walking passage through a large creek to a separate entrance making this a through trip. The drive to this cave is a little longer (about 1 ¼ hours, just into West VA), but worth it. Read the Caving Requirements and come prepared. Waiver required. Lunch provided.

\$28 W *Very Strenuous* 18+ 7:30am-2:30pm

#### **807 James Cave Upstream**

**Limit 11**

The upstream passage of James Cave has a completely different characteristic from the downstream section. We enter through the same sinkhole entrance but for the upstream passage we turn left to a walking passage through a huge room with pretty formations and a stream running through the floor. This is an easier trip for a Friday afternoon. Read the Caving Requirements and come prepared. Waiver required.

\$28 F *Strenuous* 14+ 8:00am-12:30pm

#### **808 Teen Night Caving**

**Limit 11**

The downstream passage of James Cave has a crawl through a narrow passage, a 14 foot drop which requires some challenging down climbing and an 8 foot drop which is a stretch to reach. We reach a canyon which follows a stream which you will walk through to reach a room with pristine formations just before the cave becomes very low. Read the Caving Requirements and come prepared. Waiver required.

\$28 W *Strenuous* 14-17 6:00pm-Midnight