



Nature Trips at SUUSI

At SUUSI, we delight in exploring both the beauty of the natural world and the creativity of the people who shape and live within it. Together, we'll forage for mushrooms, wander through a local herb farm, tour a beloved winery, and visit historic bridges rich with stories.

We'll pause to listen deeply to the quiet music of the woods, paddle along the world's second-oldest river, and bike scenic riverway trails and around Claytor Lake State Park. Along the way, we'll scramble over rocks to breathtaking overlooks and waterfalls—sharing fresh air, discovery, and a sense of connection at every turn.

If you're here with your young ones, or with multiple generations of extended family, we can take you on [Family Friendly adventures](#) crafted to keep everyone happy.





You'll find accessible exploring and hiking trips listed in the Hiking section of the catalog, along with adventures for every interest and energy level. Bike scenic trails, float rivers and lakes by tube, kayak, or canoe, hike to mountain summits, or try something bold—like climbing a rock wall.

Curious about the cosmos? Discover the colorful birthplaces and burial grounds of stars and explore the celestial forces that shape our tides, weather, and seasons. Love wildlife? Choose from full-day adventures or nearby outings close to campus.

However you like to experience the outdoors, there's a way for you to join the fun of Nature—at your own pace and in your own way!

Nature trips go out **rain or shine**. Please remember to pack a poncho or raincoat on every trip. As a general Nature rule, plan and be prepared by having the right equipment, including the [appropriate footwear](#), water, etc. Much time and attention have been devoted to evaluating each trip's requirements to afford every participant the best experience possible. Please carefully consider trip descriptions and your own needs when choosing your schedule. For other tips, please see the [Nature FAQ](#) and don't hesitate to reach the Nature Director at nature@suusi.org.



Make sure to arrive at the Nature Tent 15 minutes BEFORE the trip's scheduled departure time. That is when Nature staff will review all trip requirements and equipment and will inquire about health and other concerns.

Nature FAQ



Should I pre-register for Nature trips?

Yes. Don't wait until you arrive at SUUSI to sign up for Nature trips. Reservations at venues, equipment rentals, and transportation needs are based on advance registrations. Trips with

low pre-registration numbers may be canceled. Some Nature trips will have deadlines for adding/dropping and refund or cancellation that are different than the usual 24 hours ahead of time. These will be marked individually. If you have any questions, please don't hesitate to reach out to the Nature Director at nature@suusi.org.

From where do Nature trips depart?

Youth and Middler Nature trips will depart from the youth program area. All other trips will depart from outside of the Nature Tent. It will be marked on the SUUSI map you will receive when you arrive and check in during registration.

Even if the trip takes place on campus, please go to the Nature Tent area first to check in.

When do trips depart? What if I'm late?

Please meet 15 minutes early to check in with your trip leader. Trips leave at the time stated in the catalog, or earlier if everyone has arrived. If you are not present when departure is nearing and others are waiting on standby, your spot may be forfeited.

What do I need to bring? What happens if I do not have all the required equipment?

Some equipment may be provided by SUUSI. Read all the information on your trip type and the description for each of your trips carefully. The trip requirements are real. If the equipment or supplies are listed as required then this is what you must provide. Before the trip departs the trip leader is required to make sure all participants have the proper equipment. If you don't show up on time with the right gear you won't be allowed to go. At least a quart of water and rain gear are required for nearly all Nature trips. If you have questions about trip requirements, drop by the Nature Tent/Office, ask a Nature staffer, or get in touch with the directors at nature@suusi.org.

There are [shoe requirements](#) for Nature trips – please check your trip description for a list of what is accepted.

Are Nature trips ever canceled (if it's raining, for example)? Do locations ever change?

The Nature program will cancel a trip only if conditions are unsafe. Locations may be changed to assure safety, to improve the experience if site conditions are not good, or if the site is no longer available.

Are waivers required to go on a Nature trip?

Yes. A few trips require two waivers: one for SUUSI and one for the owner of the property we will be visiting. Parents or guardians must co-sign an assumption of responsibility form for minors under their supervision. Nature trip leaders will warn you about common risks and hazards, but they cannot protect you against all hazards.

What guidelines should I use when choosing a Nature trip?

Check the difficulty rating for your trip below each description and in the legend at the beginning of each Nature program section. Trip difficulty ratings are there for your safety, and the

Nature staff have devoted a great deal of time, expertise, and attention to evaluating each trip's requirements to afford every participant the best experience possible. Some of our trips are very physically challenging. Please consider the level of difficulty and evaluate your current capabilities before registering for any Nature trip. 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.

We ask that you prepare for your own well-being. If the day is not a good day for you to carry out the activity safely, either physically or mentally, please don't go on the trip. Always 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 the required items. For example, a sunburn or poison ivy can spoil your day, or maybe even your week.

What if I have physical limitations or need assistance?

If you have specific physical limitations or need more information to determine whether you possess the abilities needed for an activity before SUUSI, please contact Nature staff at nature@suusi.org. At SUUSI, visit the Nature table at check-in or the Nature Tent during the week. Anyone under a physician's care should consult with their physician before pre-registering for an activity. Please notify your trip leader of any limitations before leaving the Nature Tent. If you need one-on-one assistance to participate, your support person is welcome to come along as long as they also are registered for the trip.

One of the goals of SUUSI Nature programming is to provide opportunities for participants to challenge themselves and stretch beyond their typical comfort zone. However, the safety and well-being of trip participants always remain the first priority of Nature Staff, who are authorized to refuse to take a person they consider inappropriately prepared on a trip. Thank you for joining in helping to make Nature programming as safe, accessible, adventurous, and enjoyable as possible.

My child wants to go on a Nature trip. What do I need to know?

Look for **FF (Family Friendly)** after the title to find trips that are open to children 13 and younger. An adult must register for the trip and accompany each child under 14 years old, except on Nature trips run through the Youth and Middler programs. The accompanying adult is responsible for the child's safety and behavior during the activity and must maintain direct supervision of the child at all times.

Please note that VA law requires children under 8 to use an age-, weight- and size-appropriate car seat or booster seat. Parents or guardians must bring a seat to the Nature Tent 15 minutes before the trip departs.

What can I do if the trip I want is full?

If the trip you want is full when you register, don't despair. Sometimes people drop trips and spaces open up. You can add your name to a watch list in your registration by selecting the trip you want and selecting that option. Nature staff will do their best to monitor the list to let you know if space has become available – and you can check in SOLIS later, too. If space hasn't become available prior to the close of online registration, you may be able to add a trip at check-in on Sunday, or at the SUUSI office and Nature Tent during SUUSI.

Even if a trip remains full as you're checking throughout the week of SUUSI, you are welcome to come to the Nature Tent 15 minutes before the start time and check in as a standby. If there is a "no show" you can go in their place. This is especially likely late in the week after some folks have expended their energy. Remember to be prepared with the required equipment (clothes, shoes, water, etc.) and fees.

Does SUUSI give refunds for Nature trips?

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 don't show up, arrive at the Nature Tent late, or arrive without their required equipment. If you cancel your Nature trip at least 24 hours in advance, a credit can be issued to be used for another Nature trip, workshop, or activity during the current SUUSI. **Please make sure to pay attention** to cancellation, refund, and add/drop dates for certain Nature trips. We now can make known these deadlines when SUUSI is required to make deposits and reservations with outside vendors.

Shoe requirements ✕

The point of these requirements is to keep your feet protected from rocks, broken glass, etc. Your shoes must stay on your feet throughout the trip and have a sole that is thick enough to stop sharp objects. Slip-ons, ancient shoes that are barely together, or other footwear that does not protect your feet will not be allowed.

OK for ALL Aquatics and Hiking trips

Tied, closed-toe shoes with soles thick enough to protect the bottoms of your feet, such as sneakers, tennis shoes, running shoes, hiking boots, and thick-soled water shoes that secure around the foot and have adequate toe protection are allowed. A slip-resistant grip is recommended.



OK for canoeing, kayaking, rafting, or tubing – but NOT hiking

Open- and closed-toe water shoes with thick soles that stay securely on your feet with straps around the back of your heel are allowed.




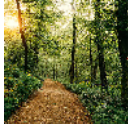



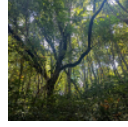
NOT PERMITTED FOR ANY ADVENTURE, AQUATICS, OR HIKING TRIP

Open-toe sandals, crocs, flip-flops, and shoes that slip on or don't tie/fasten tightly enough to keep them on are not allowed.*



*If you have a medical necessity for open-toed shoes and would like to participate in a Nature excursion, please reach out to the Nature Directors at nature@suusi.org to inquire if an exception can be made.

Easy-Read Features: [Disable Black-and-White Mode](#) [Change Layout: 3-Column](#) [Disable Animations](#)

<p>501 - Under the Wisdom Tree – Stone, Lead, Iron, Salt, Coal: Mining in Southwest Virginia 99 openings</p> <p>The first geologists arrived about 15-20,000 years ago. The next culture that recognized "good" rocks reached this region about 300 years ago. They found no gold, but the ground had other treasures. Each mineral resource tapped in our area has its own story, from initial discovery to exhaustion and abandonment.</p>  <p>Free Gentle M 12:30-1:15pm All Ages</p>	<p>502 - Under the Wisdom Tree – Native Americans in Southwest Virginia 99 openings</p> <p>The first people here came by foot... but from where? What made the New River Valley a good place to live, in the days before I-81 traffic and food/drink from BT's? Before joining in the next land acknowledgment, get dangerously savvy about who has lived here in the past and why there is no Native American reservation</p>  <p>Free Gentle Tu 12:30-1:15pm All Ages</p>	<p>503 - Under the Wisdom Tree – Colonial Settlement in Southwest Virginia 99 openings</p> <p>The first known explorers in this region arrived in 1671. Mass migration started in the 1730's – and those colonists were dramatically different from the Anglican English who established slavery in Tidewater Virginia. Still, the wealthy elite who controlled the colony of Virginia were advocates of unlimited</p>  <p>Free Gentle W 12:30-1:15pm All Ages</p>
<p>504 - Under the Wisdom Tree – Evolution of the Radford Area 99 openings</p> <p>This city has seen better days, and now it's going through hard times. During the good times, Radford was a hoppin' place to live, work, and play. Even today, there's a unique industry nearby – how many other places do you know that make "energetics"? Radford University is a key part of the city's economy today, but</p>  <p>Free Gentle Th 12:30-1:15pm All Ages</p>	<p>511 - Horseback Ride Monday (Family Friendly) 8 openings</p> <p>Ride on breathtaking trails that pass through landscapes from dense forest to windswept ridge tops. Just 5 minutes from campus, Winterfrost Farms is a non-profit horse rescue that offers a 500-acre home to 60 horses. The horses are fostered at Winterfrost until they can be adopted to a forever home. The</p>  <p>\$130.00 Moderate M 8:15-11:45am Ages 8+</p>	<p>512 - Forest Bathing Monday 14 openings</p> <p>Start the week with an early morning reverent immersion in the forest. Enjoy the silent mindfulness practice of Forest Bathing. It's the perfect opportunity to center yourself and begin your SUUSI week energized by the coolness of the early morning in slow movement, silent meditation, and acute observation of the</p>  <p>\$29.00 Gentle M 8:30-11:30am Ages 14+</p>

521 - Hahn Horticulture Garden (Family Friendly)

14 openings

The Hahn Horticulture Garden at Virginia Tech spans nearly six acres, with numerous smaller gardens and features like ponds, pavilions, pergolas, arbors, decks, walls, and bridges. Display beds are created and planted by students, volunteers, faculty, and staff. The garden showcases hundreds of plant species



\$29.00 Gentle Tu 9am-12:30pm Ages 8+

522 - Teen/YA Wildwood Wander and Wade

13 openings

After a very short drive we'll explore the trails of Wildwood Park discussing anything that draws our attention including plants, wildlife, geology, and the traces of human history that have left their mark here. Try out a plant ID app or identify birdsongs with your phone, take some photos or just absorb the relaxing

\$29.00 Gentle Tu 2:30-4:30pm Ages 14-25

523 - Take Me Out to the Ball Game (Family Friendly)

28 openings

Join us for an outing to "America's favorite pastime." With smaller stadiums, nothing beats an evening of baseball rooting for the local team. This year we go to see the Pulaski River Turtles play the Kingsport Axmen in Historic Calfee Park, built in 1935 as a Works Progress Administration project. Bring along



\$40.00 Gentle Tu 5:45-11:15pm Ages 2+

524 - Sunset Horseback Ride (Family Friendly)

8 openings

We'll ride into the Sunset! Join us for a twilight experience on breathtaking trails that pass through landscapes from dense forest to windswept ridge tops. Just 5 minutes from campus, Winterfrost Farms is a non-profit horse rescue that offers a 500-acre home to 60 horses. The horses are fostered at Winterfrost



\$130.00 Moderate Tu 6:30-9:30pm Ages 8+

531 - Herb Farm Tour and Herbal Lunch

14 openings

Join us for this perennial favorite. Beagle Ridge Garden and Herb Farm in Wytheville has 14 theme display gardens showcasing herb and perennial collections. We will stroll through the gardens, eat lunch, watch the hummingbirds feast on the flowers, and visit the "Flying Flowers" butterfly conservatory.



\$67.00 Gentle W 9am-4pm Ages 14+

532 - 18th-Century Life at Smithfield (Family Friendly)

14 openings

Historic Smithfield uses the complex histories of the region's indigenous peoples, the Preston Family, and the enslaved community to inform their present and future, seeking to inspire a new generation of Americans through the stories and values of all who lived at Smithfield. We will have a guided tour of the



\$36.00 Gentle W 9-11:30am Ages 10+

534 - Moon Hollow Brewing

14 openings

Moon Hollow is a woman-owned and led five-barrel microbrewery located in Prices Fork, VA. They craft quality beers including gluten free beers, seltzers, and non-alcoholic drinks in a safe and inclusive environment. They are part of the Old Prices Fork School Revitalization Project. Although they don't serve



\$29.00 Gentle W 6-9:30pm Ages 21+

535 - Teen Forest Bathing

13 openings

Step out into the twilight to experience a different moment in nature. Enjoy the outdoor mindfulness practice of Forest Bathing on a relatively flat trail where we can commune with the living earth. Learn how to walk like a fox, listen like a deer, and see like an owl. We will spend the evening in slow movement, silent



\$29.00 Gentle W 6:30-9pm Ages 14-17

536 - Creating SUUSI Campfire Memories (Family Friendly)

28 openings

There's nothing like a campfire circle for creating community! Join us for a campfire on the Sélu Conservancy grounds. Bring your songs and stories as we let the fun (and marshmallow roasting) happen. Bring the kids! Children under 8 riding in a car or van must have a car seat or booster seat. Please bring it to



\$10.00 Gentle W 6:30-8:45pm Ages 2+

541 - Forest Bathing Thursday

14 openings

Refresh in the middle of the week with a deep, sensory immersion in the forest. Enjoy the outdoor mindfulness practice of Forest Bathing on a relatively flat trail where we can commune with the living earth. Learn how to walk like a fox, listen like a deer, and see like an owl. We will spend the morning in slow



\$29.00 Gentle Th 9am-Noon Ages 14+

542 - Radford Planetarium Show

48 openings

After a short walk across campus we will relax and enjoy a tour of the night sky with the planetarium star projector as well as multimedia shows.



\$5.00 Gentle Th 9:45-11am Ages 8+

543 - Chateau Morrisette Winery

14 openings

After a scenic drive to the Blue Ridge Parkway, we'll visit the winery for a guided tour and wine tasting (included in cost). Please eat lunch on campus before leaving. Recommended: extra money for wine or gifts. Bring ID. Drive time: 60 minutes.



\$65.00 Gentle Th 12:30-5:30pm Ages 21+

544 - Bowling, Laser Tag, Axes, and Arcades - Early Excursion (Family Friendly)

14 openings

After a quick drive over to New River Valley SuperBowl in Christiansburg, you select the activities you want to enjoy. Bowl with friends, join a game of laser tag, throw axes, or play games in the arcade. Take a break from the fun to order pizzas and other tasty treats from the grill. Bring the kids! Children under 8

\$24.00 Gentle Th 5:30-9pm Ages 2+

545 - Bowling, Laser Tag, Axes, and Arcades - Late Excursion

14 openings

After a quick drive over to New River Valley SuperBowl in Christiansburg, you select the activities you want to enjoy. Bowl with friends, join a game of laser tag, throw axes, or play games in the arcade. Take a break from the fun to order pizzas and other tasty treats from the grill. Recommended: book axe

\$24.00 Gentle Th 7:30-11pm Ages 14+

551 - Mushroom Foray

14 openings

Join us for a hunt! We will start with on campus with a short informational session on fungi facts and then we will foray into the wild to learn about the areas most hospitable for their growth. It is likely we will locate and harvest some edible ones.



\$29.00 Gentle F 9am-12:30pm Ages 14+

552 - Glencoe Mansion Museum - Family Friendly

14 openings

Explore the history of Radford and beyond, from the early Native Americans to the present industries, with engaging and informative exhibits. We will have a guided tour of the Wharton family's home and learn about their role in Southwest Virginia's post-Civil War development. We will also learn of frontier heroine



\$29.00 Gentle F 9:45am-12:15pm Ages 8+

554 - Teen/YA Campfire Closing

50 openings

Gather after TWOB for a short drive over to Selu Conservancy where we will roast marshmallows, eat s'mores, and talk together making memories in the light of the fire.

\$29.00 Gentle F 9:30pm-Midnight Ages 14-25

611 - Mill Creek

13 openings

A beautiful trek! The total hike is about three miles out from the parking lot and back. We will follow the trail makers from the reservoir to the Waterfall Trail. We'll navigate over rock outcrops, and the trail becomes very narrow in spots as we go up the gorge. At one point, before the falls, we'll also cross a branch



\$35.00 Challenging M 8:30am-12:30pm Ages 14+

612 - A Day At Mountain Lake

14 openings

Spend a day at Mountain Lake — yes, this is the location of the iconic movie, Dirty Dancing! There will be several options for how you might fill your time, and you can decide on the spot. Enjoy exploring the now-dry lake riverbed, hike the two-mile perimeter of the lake, visit the shops, take in some birding, check out the



\$35.00 Gentle M 8:15am-1:15pm Ages 14+

621 - Stiles Falls (Family Friendly)

13 openings

Stiles Falls is a 45-foot waterfall located on the property of Camp Alta Mons. The hike begins with an easy walk to the trailhead, then changes to steep inclines, several creek crossings, and rock hopping up to the falls and water pool. There are large boulders around the falls and a water pool where you can sit and relax, or



\$53.00 Challenging Tu 8:30am-2:30pm Ages 12+

622 - Cascades Falls (Family Friendly)

13 openings

We'll hike along Little Stoney Creek to the spectacular 66-foot Cascades Falls and the cold swimming hole at the bottom. The hike is a climb up a groomed, but rocky trail and is easier and smoother on the descent. Wear a swimsuit underneath your clothes and bring secure, slip-resistant, immersible footwear for



\$53.00 Strenuous Tu 12:15-6pm Ages 8+

623 - Claytor Lake Hike

14 openings

This gentle four-mile hike explores the well-maintained Hidden Valley trail loop through nearby Claytor Lake State Park. We'll see many varieties of trees, plants, and birds, with lots of views of the lake. Required: car seat or booster seat for children under 8. 20-minute drive time.



\$37.00 Moderate Tu 1-5:30pm Ages 8+

624 - Sunset on Bald Knob

14 openings

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



\$35.00 Moderate Tu 6:30-10:30pm Ages 12+

625 - Nature Conservancy Service Project

13 openings

We will be helping The Nature Conservancy(TNC) by cleaning and repairing trails in the Falls Ridge area. There are approximately 5 miles of trails in this area, giving participants an opportunity for hands-on work while learning about the work being done by TNC to preserve various parcels of land in their



Free Very Strenuous W 8:30am-4pm Ages 14+

632 - McAfee Knob

13 openings

With its stunning, 270-degree panoramic views of the surrounding valley and mountains and signature ledge that has become a popular place for photos, McAfee Knob should be included in any trip that includes hiking in Virginia's Blue Ridge. It's been recognized by USA Today Travel as one of the most



\$60.00 Strenuous W 9am-4pm Ages 14+

633 - Dismal Falls (Family Friendly)

14 openings

A long-time favorite for enjoying a beautiful area with minimal elevation change. A good nature experience for families; 8+ age range due to the length of the hike there and back. We drive over Cloyd's Mountain through scenic, pastoral countryside to a popular recreation area. We'll hike a mostly flat section of the



\$35.00 Moderate W 1-6pm Ages 8+

634 - Wildwood Stroll or Roll (Accessible*, Family Friendly)

14 openings

Connelly's Run is a stream that flows from a historic spring down to the New River through a wooded canyon with varying microclimates, all within Radford's Wildwood Park. Stroll or roll as you are able along the 6-foot wide, fully-paved streamside shared-use trail. We will enter from a small parking lot above the



\$29.00 Gentle W 1:30-4:30pm Ages 2+

641 - Triple Slog

13 openings

This hike is so enjoyable that some SUUSI-goers do it every year! We hike a short distance down the road to get to a point where we can enter 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



\$53.00 Very Strenuous Th 12:15-6pm Ages 14+

642 - New! Hoover Mountain/Crayola Mine

14 openings

Visit the picturesque New River Trail Park, and learn about where UPS brown as well as many Crayola colors come from while taking the Miner's Loop, Pigment Loop, and Paint Mine trails for a total of 2.5 miles. This is our first time offering this trip.

\$31.00 Moderate Th 8:30am-Noon Ages 14+

651 - Dragon's Tooth

13 openings

Dragon's Tooth is one of Virginia's iconic hiking destinations, part of the "Triple Crown," and is well-known and popular. Our out-and-back route starts on the Dragon's Tooth Trail, moving steadily upward, and with stream crossings on rocks and becomes more challenging after we join the Appalachian Trail. The last half-mile



\$60.00 Very Strenuous F 8:15am-2:45pm Ages 14+

652 - Last Cascades

13 openings

Our Friday afternoon trip to Cascades Falls should be a pleasant close to the week, and has been a perennial favorite for some. We'll hike along Little Stoney Creek to the spectacular 60-foot Cascades waterfall and the cold swimming hole at the bottom. The hike is a climb up a groomed, but rocky trail and is easier



\$53.00

Strenuous

F 12:30-6pm

Ages 14+

711 - Intro to Whitewater Canoe

14 openings

Want to learn how to maneuver a canoe in moving water or brush up on rusty skills not recently used? Join us in this instructional clinic to practice how to read and navigate river features with different strokes and techniques from the front or back of the boat (yes, they are often different!). We will review safety and



\$57.00

Moderate

M 8:30am-12:45pm

Ages 14+

712 - Intro to Whitewater Kayaking- Monday

8 openings

Curious about kayaking? Want to learn how to maneuver one in moving water or brush up on rusty skills not recently used? Join us in this instructional clinic to practice how to read and navigate river features while having a lot of wet fun! We will review safety and rescue practices while engaging in "river play" - surfing,



\$65.00

Challenging

M 1-5:30pm

Ages 14+

713 - Evening Downstream Canoe

14 openings

Join us for an evening float on the New River from the Claytor Lake dam boat launch to Dudley Landing at Bissett Park. There are bald eagles nesting in this section of the river and there are islands that we can navigate through/past as we make our way downstream. We will likely see a variety of wildlife as the day



\$49.00

Gentle

M 6:30-10pm

Ages 14+

721 - Family-Friendly Canoe

14 openings

Bring a friend or your family and paddle downstream on a pleasant section of the New River as well as a small portion of the Little River. There are a few easy class-one rapids and lots of beautiful scenery, including a network of intimate islands. We will stop at the takeout to wade and play in the river if we have



\$57.00

Gentle

Tu 8:30am-12:45pm

Ages 10+

722 - Adult Tubing- Tuesday

13 openings

A tubing trip for adults only! A beautiful location with some exciting rapids to go down, this is a great way to kick up your feet and float down the river to the Big Falls at McCoy. Take out at the beach below the falls and hang out or head up to shoot the falls again. Recycle through the rapids as much as you care to with a

\$67.00

Moderate

Tu 1-5:30pm

Ages 18+

723 - Evening Canoe

14 openings

Always a favorite at SUUSIs past! Come for a peaceful and serene dusk-into-night canoe trip at a new location- the SELU Conservancy on the Little River. We will paddle "downstream" (really flat water) from the Conservancy dock to the Little River Dam, located just below the Claytor Dam on the New River. We



\$45.00

Gentle

Tu 6:30-10pm

Ages 14+

731 - River Cleanup

14 openings

Back by popular demand – roll up your sleeves and come help clean up the New River by canoe! We are getting an early start on the day to take advantage of the cooler weather in the morning. Over different years, we have pulled out of the river everything from the usual trash you would expect to tires and even an



Free

Strenuous

W 8:30am-12:45pm

Ages 14+

732 - Family-Friendly Tubing

13 openings

Let's go tubing with your family! A beautiful location with some exciting rapids to go down, this is a great way to kick up your feet and float down the river. There also rocks to relax on and watch from, not to mention swimming at the beach/shore. Recycle through the rapids as much as you care to with a short walk back



\$67.00*

Moderate

W 1-5:30pm

Ages 6+

733 - Intro to Whitewater Kayaking- Wednesday

8 openings

Curious about kayaking? Want to learn how to maneuver one in moving water or brush up on rusty skills not recently used? Join us in this instructional clinic to practice how to read and navigate river features while having a lot of wet fun! We will review safety and rescue practices while engaging in "river play" - surfing,

\$65.00

Challenging

W 1-5:30pm

Ages 14+

741 - All-Day Whitewater Canoe

8 openings

Join us on this all-day river adventure - a favorite from the past! Challenge yourself as we put our knowledge and skills to the test on this stretch of the New river featuring class I & II rapids. We'll take on ledges, zig-zag rapids, and standing waves with plenty of time in-between to rest, swim, and play. We will have lunch on

\$99.00

Very Strenuous

Th 8:30am-6pm

Ages 14+

742 - All-Day Whitewater Kayak

6 openings

Join us on this all-day river adventure - a favorite from the past! Challenge yourself as we put our knowledge and skills to the test on this stretch of the New river featuring class I & II rapids. We'll take on ledges, zig-zag rapids, and standing waves with plenty of time in-between to rest, swim, and play. We will have lunch

\$99.00

Very Strenuous

Th 8:30am-6pm

Ages 14+

743 - Stand-Up Paddleboard (SUP)

14 openings

Would you like to learn the basics of Stand-Up Paddleboarding on Claytor Lake? Our participants will learn some basic paddle strokes and skills, paddleboard and equipment care, and other safety information. After a little instruction, we will put our newly-learned skills to use on the lake. Join us as we spend an



\$69.00

Moderate

Th 1-5:30pm

Ages 14+

744 - Swimming at Randolph Park (Family Friendly)

14 openings

Join us as we explore the Evelyn Alexander Water Park at Randolph Park in Dublin, boasting a water purifying system that eliminates red eyes, green hair, itchy skin, and faded suits. It features eight lanes, a 38-foot-long water slide, walk-in access to heated water, spray toys and water drops, shaded swimming, a



\$35.00

Gentle

Tu 1:30-4:30pm

Ages 4+

751 - Last Canoe Trip (Family Friendly)

14 openings

Don't miss out on this breathtakingly scenic portion of the New River from Eggleston to Pembroke on the last full day of SUUSI. On this canoe trip we'll travel multiple bends in the river and will be surrounded by rolling hills of farmland, high bluffs littered with caves, and even a natural bridge! We will enjoy some fun



\$67.00

Challenging

F 11:30am-5:45pm

Ages 14+

752 - Adult Tubing- Friday

27 openings

A tubing trip for adults only! A beautiful location with some exciting rapids to go down, this is a great way to kick up your feet and float down the river to the Big Falls at McCoy. Take out at the beach below the falls and hang out or head up to shoot the falls again. Recycle through the rapids as much as you care to with a

\$67.00 Moderate F 1-5:30pm Ages 18+

811 - Climbing Wall - YA/Median

25 openings

Mingle with and cheer for your peers as you all take on Radford's climbing wall - no travel or experience necessary! Whether you can scale 5.12s with ease or you've never had your hand in a chalk bag, there will be something for you. Stick to the ropes, or channel your inner Alex Honnold and try the bouldering wall. The



\$20.00 Challenging M 1-3pm Ages 18-35

821 - New River Trail - Shot Tower

13 openings

Enjoy a scenic bike ride along the New River with a historic destination! We will bike approximately 3 miles round trip from Foster Falls to the Jackson Ferry Shot Tower along the New River Trail. The NRT is a flat, gravel trail with one steep hill up to the tower that can be walked if needed. Spend some time learning



\$85.00 Strenuous Tu 8am-2pm Ages 14+

822 - Climbing Wall - Teens

25 openings

Think you've got what it takes to conquer Radford's climbing wall? Come find out — and bring your friends to cheer you on! No experience necessary, so whether you're a total newbie or you've been climbing for years, there's a route to challenge you. Choose between the roped wall or throw it back to basics on the



\$20.00 Challenging M 2-3:30pm Ages 14-17

823 - Teen Night Caving

12 openings

Ever wondered what's hiding beneath your feet? Get ready to explore Tawney's Cave — an underground world carved out of limestone that used to be the ocean floor. You'll wade through mud and water, squeeze through passages, and discover massive rooms like the epic Moon Room, all while learning how



\$20.00 Strenuous Tu 6-6pm Ages 14-17

831 - Climbing Wall - 9-13s

25 openings

Come cheer each other on as you tackle Radford's very own climbing wall — no experience needed! Whether it's your first time climbing or you've been scaling walls for years, there's a challenge just right for you. Try the roped wall or test your skills on the bouldering wall. The Radford Outdoors staff will teach you



\$20.00 Challenging W 1-3pm Ages 9-13

841 - James Cave - 9-13s

13 openings

This cave seems especially designed for adventuresome kids! You can experience caving at it's best with climbing, walking, mud, water, and finally, rolling; yes, rolling! We have a long crawl that is just perfect for rolling through. Maybe we will follow a creek and find a second entrance. This is an awesome trip, but



\$20.00 Challenging Th 1-5pm Ages 9-13

842 - Riverway Bike Ride

13 openings

This bike ride will start from campus and run along the Riverway Trail, which parallels the New River. It is a gentle, scenic ride, then climbs moderately through the forests of Bisset Park, Wildwood Park, and Radford City Park. There is a tunnel connecting Bisset Park with Wildwood Park so we won't have to



\$55.00 Strenuous Th 8:30-11:30am Ages 14+

851 - Climbing Wall - Family

25 openings

Radford University has its own climbing wall located in Peters Gym - no travel necessary!. Challenge yourself: opportunities will be provided for both the novice as well as the experienced. Training will be provided. Required: Closed-toe, tied shoes, and water. Two waivers are required. For children under 18, a parent



\$20.00 Challenging F 1-3pm Ages 9+

[NUUS SIGNUP](#)[DONATE TO SUUSI](#)[PRIVACY POLICY](#)[POLICIES & BYLAWS](#)[INCIDENT FORM](#)[LOG IN TO SOLIS](#)[CONTACT](#)[FACEBOOK](#)[INSTAGRAM](#)[YOUTUBE](#)[FACEBOOK GROUP](#)