



## Sample Schedule

### Go With The Flow

#### Sunday:

- Arrival
- Equipment Issue, Group Welcome, Store Visit, Hike to campsite
- Dinner & Campfire

#### Monday:

- Leave No Trace River Class
- Low Ropes Challenge Course
- Flat-Water Kayak Clinic & Kayak Roll Clinic

#### Tuesday:

- Canoe Claytor Lake to Crab Creek Island

#### Wednesday:

- Canoe to McCoy
- White-Water Rescue Class

#### Thursday:

- Canoe to Pembroke Island

#### Friday:

- White-Water Kayak/ Ripplemead to Bluff City

#### Saturday:

- Sea Kayak/ Glen Lynn to Shanklins Ferry

#### Sunday:

- Rock Climb Bozoo
- Food/ Store Re-supply

#### Monday:

- Sea Kayak to Bertha Camping Area

#### Tuesday:

- Sea Kayak to Bluestone Lake State Park
- Shuttle to New River Gorge

#### Wednesday:

- White-Water Kayak Upper New River Gorge

#### Thursday:

- White-Water Raft Lower New River Gorge

#### Friday:

- Return to Base Camp
- Shower, Visit Camp Store
- 900' Zip Line
- WA Olympics
- Spaghetti Dinner
- Campfire/Skits

#### Saturday:

- Equipment Return
- Breakfast
- Depart

\* This itinerary is an example of a trip. Each trip is different and subject to change

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