

SAMPLE TWO-WEEK TRIP (ages 13-14)

	Week 1	Week 2
<div style="border: 1px solid black; padding: 2px;">SUN</div> <div style="border: 1px solid black; padding: 2px;">July</div> <div style="border: 1px solid black; padding: 2px;">16</div> <div style="border: 1px solid black; padding: 2px;">2006</div>	12-2 Arrival of Group Members/Gear issue 2:30 Group Welcome 4:30 Store (for last minute items) 6:00 Backpack to ▲ Deep Forest * Cooking Class/Dinner * First Night Discussions (lightning protocol, poisonous plants & animals, bear safety, LNT introduction, etc. ▲ Deep Forest	Backpack to Roaring Run. Explore Falls and go down 50' Natural Water Slide. 4:30 Meet REBA in _____ to issue Ⓢ (re-supply food, meal, schedule, maps, white gas, etc) & Store . ▲ Upper Site
<div style="border: 1px solid black; padding: 2px;">MON</div> <div style="border: 1px solid black; padding: 2px;">July</div> <div style="border: 1px solid black; padding: 2px;">17</div> <div style="border: 1px solid black; padding: 2px;">2006</div>	9:00 High Ropes 2:00 Climbing Wall w/ ABBIE ▲ Bluff Site (alt. Greenbrier)	Backpack Baldwin on the James River. 1:00 Meet REBA in _____(BT_) to Canoe to Eagle Valley Farm on the James River. ▲ EVF
<div style="border: 1px solid black; padding: 2px;">TUE</div> <div style="border: 1px solid black; padding: 2px;">July</div> <div style="border: 1px solid black; padding: 2px;">18</div> <div style="border: 1px solid black; padding: 2px;">2006</div>	9:00 Low Ropes 2:00 Flat Water Kayak Class w/ ROB ▲ Woodpecker Ridge (Alt Pendragon)	9:00 Canoe to Catawba Island ▲ Catawba Island
<div style="border: 1px solid black; padding: 2px;">WED</div> <div style="border: 1px solid black; padding: 2px;">July</div> <div style="border: 1px solid black; padding: 2px;">19</div> <div style="border: 1px solid black; padding: 2px;">2006</div>	Backpack to Fenwick via Blue & Fenwick Trail. Explore Beaver Habitat Area and Water Falls. Orienteering Class ▲. Field & Forest	Canoe to Springwood. ▲ Lower Springwood
<div style="border: 1px solid black; padding: 2px;">THU</div> <div style="border: 1px solid black; padding: 2px;">July</div> <div style="border: 1px solid black; padding: 2px;">20</div> <div style="border: 1px solid black; padding: 2px;">2006</div>	Backpack to Lignite via Baldwitch Trail ▲ Lignite (alt Fenwick)	8:30 Meet DREW & NATE in _____ (BT_) to Kayak Balcony Falls section of James River. 4:00 In BUS_ (BT_) w/ DREW to Roaring Run ▲ Upper Site
<div style="border: 1px solid black; padding: 2px;">FRI</div> <div style="border: 1px solid black; padding: 2px;">July</div> <div style="border: 1px solid black; padding: 2px;">21</div> <div style="border: 1px solid black; padding: 2px;">2006</div>	9:30 Meet JOE in _____ to Rockclimb (y) Lignite rock face. ▲ Lignite (Alt Fenwick)	9:00 In _____ w/ FRANKLIN to Cave Island Ford. 1:30 Return to Base Camp. 3:30 ◆ Shower ◆ 4:00 Store 5:00 Zip Line w/ FRANKLIN 6:30 Dinner 7:30 Campfire w/ JASON & ALEX ▲ Deep Forest
<div style="border: 1px solid black; padding: 2px;">SAT</div> <div style="border: 1px solid black; padding: 2px;">July</div> <div style="border: 1px solid black; padding: 2px;">22</div> <div style="border: 1px solid black; padding: 2px;">2006</div>	Backpack Ritchpatch trail to Bear Claw ▲ Bear Claw	7:00 Equipment Return 8:30 Breakfast 10:00 Depart

▲ - Campsite