



FROST VALLEY YMCA Adventures

West Virginia White Water Itinerary

SUNDAY	Participants arrive at Frost Valley at 2:00 pm. We will spend the rest of the day getting to know each other and prepping for our trip.
MONDAY	We will spend this day checking gear, packing food, team building, and any other trip prep needed.
TUESDAY	Today we will wake up bright and early to take the long drive down to Oak Hills, West Virginia. We'll set up camp at ACE Adventure Center upon our arrival.
WEDNESDAY	We'll begin our first day of activities by testing our limits and learning about each other as we build our team with engaging games and activities. After lunch we'll get down and dirty as we compete in the mud obstacle course.
THURSDAY	Our first day of whitewater will be in duckies (inflatable kayaks) on the Upper New River (class I-III rapids)
FRIDAY	Time for big rafts and big water on the Lower New River (class I-V rapids).
SATURDAY	Now for a different kind of challenge – caving at Lost World Caverns. Here, we'll get incredibly muddy as we travel through a series of rooms and tunnels.
SUNDAY	We'll stretch our muscles as we rock climb and rappel, checking out West Virginia from a new perspective.
MONDAY	Today we'll pack our gear and head out for an overnight stay on the Summer Gauley River (class I-V rapids). We'll camp out on a beach along the route.
TUESDAY	Hopping back into the boats, we'll finish our final day of rafting along the Gauley before returning to our mountaintop campsite.
WEDNESDAY	Today we'll head back to Frost Valley to clean up gear and celebrate our trip as an Adventure group.
THURSDAY	Today we continue to pack up gear. We will also debrief and reflect on the great moments and share them with all the other trips and Adventure Village.
FRIDAY	In the morning, we'll finish cleaning gear and reminiscing about our adventure, and then it's time to head home. Parent pick up time is 11:00 a.m.

****THIS ITINERARY IS SUBJECT TO CHANGE****

*Participants can expect to paddle 5-8 miles a day in inclement weather. This trip is designed to be challenging, and participants should have basic camping skills prior to the start of the trip. Participants should be able to listen and follow written and verbal communication. Leadership and decision making skills will be stressed.

If you have any questions about the trip, please feel free to call the Frost Valley Adventures office at (845) 985-2291 ext 265.

