



Frost Valley YMCA
2010 Adventure Trips

West Virginia Whitewater 4 - Itinerary



| | |
|--------------------------------|--|
| Sunday August 8 | Participants should arrive at Frost Valley at 2:00 pm. We will spend the rest of the day getting to know each other and checking out gear. |
| Monday August 9 | 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. |
| Tuesday August 10 | We'll begin our first day of activities by testing our limits and learning about each other as we swing around on some high elements. After lunch we'll get down and dirty as we compete in the mud obstacle course. |
| Wednesday August 11 | Our first day of whitewater will be in duckies (inflatable kayaks) on the Upper New River (class I - III rapids). |
| Thursday August 12 | Time for big rafts and big water on the Lower New River (class I - V rapids). |
| Friday August 13 | Today we will take a guided mountain bike tour through the beautiful and historical New River Gorge in the morning, and relax and play in the lake afterward. |
| Saturday August 14 | Now for a different kind of challenge - caving at Lost World Caverns where we'll get incredibly muddy as we travel through a series of rooms and tunnels. |
| Sunday August 15 | The group will decide what they want to do for today. Some options include swimming in the lake, bowling in town and watching fireworks in the evening. |
| Monday August 16 | 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 August 17 | Hopping back into the boats, we'll finish our final day of rafting along the Gauley before returning to our mountaintop campsite. |
| Wednesday August 18 | On our final day out, we'll stretch our muscles as we rock climb and rappel. |
| Thursday August 19 | Today we'll head back to Frost Valley to clean up gear and spend one final night together with our new friends. |
| Friday August 20 | It's time to finish any gear clean up and head home. Parent pick up time is 11:00 am. |

****This itinerary is subject to change****

**ACE Adventure Center is West Virginia's oldest and largest whitewater rafting outfitter. They will provide our camping and guided activities while we are in Oak Hill. Frost Valley has utilized ACE services for over 20 years!*

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