



Nature Trips 2001

We encourage you to sign up for at least one Nature trip. You'll be spending a week in the New River Valley, in our special community of SUUSI people and Nature. While you're here, be sure to see the locals - the local wildflowers, the local trails, the local caves, and the local rivers.

Add richness to your life. Stretch your spirit...and maybe your body...add one or more Nature Workshops to your 2001 SUUSI schedule.

In our SUUSI circle, with interlocking components of the interdependent web, Nature trips get out in the natural world to experience biodiversity. And we have a diversity of experiences to offer - we have over 90 trips on our schedule for 2001, offering trips at all hours of the day and night. Some trips are physically easy, and some are demanding - even strenuous. Whether you are attending SUUSI for the first-time or a veteran, we think there's a Nature trip on our schedule just calling you.

Our trip descriptions are limited by the available space in this catalog, but our Web site has more background material... and lots of pictures. C'mon, take a peek at the peaks at www.suusi.org to pique your interest.

NOTE: Many trips involve traveling in vans off-campus, for up to an hour in one direction. It's a good chance to meet people and make new friends, as well as to discuss what you saw on the trip. (Rides home are also a valued rest period and nap-time, especially near the end of the week...)

Seating in the vans is limited, since everyone must have a seat belt, so the capacity of many trips fills up quickly. Register early if you want a better chance at getting a space. Indicate an alternate selection on your Registration form, so if your first choice is full we can get you into "Plan B."

We'll mail out the confirmation notices in early July, so you'll know your schedule several weeks before SUUSI. We will not have a waiting list this year for Nature trips (or workshops). However, if you don't get your first choice initially, a space may open up later. Check for available space during Registration on Sunday, July 22.

This year, we'll offer a series of Nature-on-the-campus programs, similar to General Workshops. You won't have to travel in vans - we'll transport you with words and pictures instead. You can have the best of both worlds. There's all the convenience of just walking to an evening program in a nearby classroom, plus a high-quality exploration of the natural world led by your own SUUSI guide.

Need A Clue to Decode the Nature Schedule?

M=Monday	T=Tuesday	4+	participants must be at least 4 years old
W=Wednesday	Th=Thursday	12+	open to everyone 12 and older
F=Friday		14-17only	must be 14-17 years old
Gentle - good trail, some roots/rocks (no elevators...)		Teens	14-17 years old
Very Strenuous - high energy, requires physical strength and coordination (no fear...)		YA	18-25 years old Young Adults

Many trips are great opportunities for families. You don't need to be athletic to "do Nature," but some basic guidelines will help you enjoy these trips:

- Register **now** rather than wait until you arrive at SUUSI. We rent the vans based on advance registration. (Long ago SUUSI outgrew the informal, mooch-a-van-from-a-participant approach for these trips.) To keep costs down, we usually cancel trips with low registration before SUUSI... so don't wait to register. Ideally we cancel zero/zippo/no trips before SUUSI. If you don't get the trip you want when you pre-register, don't despair. You can often add more trips at Registration on the first day of SUUSI - and even after SUUSI starts, come by the Nature Office throughout the week to see what trips still have spaces available.
- Be at the departure point 10-15 minutes before your trip is scheduled to leave. SUUSI is a magical vacation time, but the vans run on real-world time. And we'll take stand-by Nature trippers just before we leave, so don't be late.
- If a trip is full even at Registration, consider coming to the assembly point at the start time and taking a chance as a standby, because often there is a "no show". (Yeah, we've discovered some folks really will oversleep...)
- Since our trip leaders are all volunteers and must fulfill their responsibilities to everyone, we require any person needing one-on-one assistance at SUUSI to be accompanied on Nature trips by a caregiver who also registers for the workshop. Each child under 14 must be accompanied by an adult who takes responsibility for that child's safety and behavior during the trip.
- Register the kids too, whatever their age, if you want them to join you on a trip. Everyone on a trip has to register. Be sure each child and each adult signs up for a trip, so we can ensure there's a seat belt for everyone in the vans and handle other logistics. Unless we say otherwise in the trip descriptions, the minimum age requirement is 18 years of age to take a Nature trip. To help you decipher the trip descriptions: 0+ means anyone can go, 12+ means anyone at least 12 years old at SUUSI registration can go, etc. The trips we have designated as Family Friendly are open to families with children less than 14 years old but are appropriate for children and adults of all ages. We encourage adults without children to participate in these trips.
- The requirements for trips are real. We emphasize safety, along with fun and companionship. If it's listed in the trip description, you really do have to wear tied and OK-to-get-wet shoes, bring water/flashlight/leather gloves, etc. We want you to get into the natural setting at SUUSI - but we really do say "No" when we think the trip is a bad match for your skills or preparation. If you don't show up on time with the right gear, we can't take you hiking, caving, canoeing, etc.
- We have an "assumption of responsibilities" (waiver) form for Nature trips, to ensure you know what we're getting into. Mother Nature has beautiful vistas and wondrous patterns but also tree roots in trails, rocks in rivers, rain in the sky... and the trip leaders can't provide a cocoon of protection against all natural hazards. Parents or guardians must sign forms for children under their care, and adults must sign for themselves as well.
- Don't make anyone depend on random acts of kindness or someone else bringing the quota of common sense. Nature workshops are group experiences as well as personal explorations, so please be considerate of others when deciding if you can handle a trip. We want you to stretch yourself, but not the patience of your companions.
- On rare occasions we will change a trip's intended location to ensure safety. We cancel trips because of unsafe weather, not just because of rain. (It rains regularly in the mountains during the summer, and we assume you're not so sweet that you'll melt...) If we actually have to cancel a trip, we'll refund your money -or you can donate it to SUUSI. Refunds are not offered to people who don't come to the assembly point *****on time***** with the required gear - water bottles, laced sneakers, flashlights, etc.
- If you have specific physical limitations or other questions, we can help you determine what trips are do-able. Anyone under physician's care should get their physician's permission before registering for trips. Trip leaders are under orders to "play it safe" and may block participants from trips they consider inappropriate.

501 Morning Bird 1 Limit 14
Birds are most active in the early hours of the day. A cool morning for walking and listening to birdsong — what a way to start the day! Light breakfast provided. Required: sturdy shoes. Recommended: binoculars, a good field guide (e.g. Peterson's or National Geographic). Bob Merkel or Joyce King, leader.
\$9 M *Moderate* 12+ 6:45am-9:45am

502 Morning Bird 2 Limit 14
See trip #501 for trip description.
\$9 F *Moderate* 12+ 6:45am-9:45am

503 Half-Day Bird Limit 13
Here's an opportunity to visit a variety of habitats — woodlands and forest edges, fields and pastures, riparian and open water — to find about 40 species of Virginia's summer birds.
\$9 Th *Moderate* 12+ 7:30am-11:30am

504 Not an Early Bird Limit 14
Walk into a beautiful pastoral landscape to find birds of open fields, pasture and woodland. After our walk, we'll eat a leisurely dinner and watch the sunset while the birds are finding roosts for the night. Required: sturdy shoes. Recommended: binoculars, a good field guide (e.g. Peterson's or National Geographic). Dinner provided. Joyce King, leader.
\$9 W *Moderate* 12+ 4:45pm-8:45pm

505 Teen Ecology Limit 14
A Ho Mitakuye Oyasin is Lakota for we are related to all things. See how this works in nature. Learn how the Earth Mother creates an interdependent ecological web and how you are related to the rock people, the tree people and the creepy crawlies.
\$9 W *Gentle* 14-17 only 1:00pm-5:00pm

506 Fossils of Appalachia Limit 14
Participants will visit sites where the local rocks contain both marine fossils and plant fossils. You'll see how the ancient collision of continents shaped this beautiful land. Geology workshop 530 is recommended. Required: sturdy shoes and canteen. Recommended: sunscreen, hammer, box of tissues for delicate trilobite specimens.
\$10 Th *Gentle* 12+ 8:00am-12:00noon

507 Dixie Caverns Limit 14
A caving trip easy enough for everyone. This is your opportunity to see a cave while avoiding all the mud and hard work of our wild cave trips. The cavern is well lit and has comfortable walkways with many small steps. It's cool inside; you may wish to bring a light jacket. Great for families or those wanting to explore in comfort. Children must be accompanied by a parent and register for the trip. Caving equipment not required.
\$12 M *Moderate* 4+ 1:30pm-5:30pm

508 Mountain Lake Discovery Limit 14
Mountain Lake area is home to the Virginia Biological Station and offers great opportunities for natural studies. We'll visit the researchers there to discover what they're learning about the birds, mammals, or reptiles of the region, and then sit by a quiet lake to eat lunch (provided) before returning to Blacksburg. Required: sturdy shoes and canteen. Recommended: binoculars.
\$10 T *Moderate* 12+ 8:00am-2:00pm

509 Nature Photography Limit 14
A lovely drive and breathtaking views. Our photography expert, Bob Lynch, will help you make the best of the PTO's (picture taking opportunities). Whether you are an ace or novice photographer, the morning promises to be fun. Required: sturdy shoes and canteen. Recommended: Insect repellent and extra film.
\$12 M *Gentle* 12+ 7:30am-12:00noon

512 New River Bike Trail 1 Limit 14
See the New River on two wheels. Enjoy bicycling on a well-constructed bike path. We'll cover 12 miles over gentle, scenic terrain along the river. Helmets will be required and will be provided (or bring your own). Required: tied shoes, water bottle in backpack or bike bag. Recommended: shorts and raingear. High quality bicycles provided. Recent bicycling experience is expected.
\$30 T *Moderate* 14+ 8:00am-12:30pm

513 New River Bike Trail 2 Limit 14
See trip # 512 for trip description.
\$30 Th *Moderate* 14+ 8:00am-12:30pm

514 New River Bike Trail 3 Limit 14
See trip # 512 for trip description.
\$30 F *Moderate* 14+ 8:00am-12:30pm

515 Bicycle Maintenance for the Mechanically Challenged Limit 20
Ever want to fix or maintain your bike but not know where to start? Flat tire? Chain problems? Seat need adjusting? Bring your tired and huddled bicycles or just bring yourself and let Matt Gooding show you how easy it is to keep that bike in tune.
\$8 M *Easy* 14+ 2:00pm-5:00pm

516 Tree Identification Limit 14
Using a learning key based on the trees of a local park, you will learn how to identify some of the diverse trees of the Appalachian forest. Required: sturdy shoes and canteen. Recommended: insect repellent.
\$8 T *Gentle* 12+ 6:00 pm-8:30pm

517 Herb Gardening Techniques Limit 14
Pat Mercer has been doing successful herb gardening for years. Accompany her to a local garden for a workshop on gardening techniques and styles. She has wonderful handouts to accompany the presentation.
\$8 M *Gentle* 14+ 8:30am-12:00noon

518 Afternoon Herb Tea Limit 14
A treat for our herbal connoisseurs. Pat Mercer will provide for a tea, in that memorable informal style that works best at SUUSI. Look forward to learning what can be done with herbs to make tea time special.
\$8 Th *Gentle* 18+ 2:00pm-4:00pm

519 Wildflower Identification Limit 14
Learn how to use field guides for plant identification. This trip will focus on the features that allow a plant to say "This is me!" and how different field guides help. Recommended: Newcomb's Wildflower Guide. Required: sturdy shoes and canteen.
\$9 W *Moderate* 12+ 8:30am-12:30pm

520 Magical Plants Limit 14
 For as long as man has wandered Mother Earth, plants have been imbued with magical powers. Find out what plants will keep your lover from straying and which will provide inner insight. Possibly even see plants that purport to give the ability to defy gravity! Required: sturdy shoes and canteen.
 \$8 F *Gentle* 14+ 10:15am-12:15pm

521 Explore the Cove Limit 14
 Learn why the rocks are so wrinkled into mountains, the coves so full of oaks, the flowers so scarce in spots and abundant in others. There are patterns in nature...we'll show you the biodiversity of an Appalachian cove forest before joining trip #631 for a feast at the Homeplace Restaurant. Dinner provided. Attention vegetarians! Most of the vegetables are cooked with meat as a seasoning. Required: sturdy footwear and canteen. Recommended: insect repellent and field guide of your choice.
 \$24 Th *Moderate* 14+ 1:00pm-8:00pm

522 Yoga on the Trail New! Limit 13
 Explore a revitalizing blend of yoga and hiking. We will practice yoga as we hike, offering quiet places along the trail to reflect and renew. Yoga warm-ups and stretches, walking meditation and yogic breathing in the clean, clear air will help increase your awareness of nature and are powerful ways to still the mind and become fully present in the moment. Reaching the summit near sunset, we will practice yoga postures and gaze upon the expansiveness of the sky about and the valley below opening up your place in Nature. Requirements: Intent, mindfulness, beach towel or yoga mat, sturdy footwear and canteen.
 \$12 Th *Moderate* 14+ 5:30pm-10:00pm

523 Drum Down the Sun Limit 12
 Enjoy drumming in the evening overlooking the New River Valley from Butt Mountain. Journey into another space where we can get in touch with those ancient primal connections. RJ Perz-Edwards is lead drum this evening. If it rains, an alternate dry location will be provided. Required: Sturdy footwear, canteen and your own drum. Recommended: insect repellent and snack.
 \$9 W *Gentle* 14+ 5:30pm-10:00pm

524 Dismal Drums Limit 12
 Dismal Falls will be the location for this celebration of the ancient universal heartbeat. Drumming touches many places: performing, healing, producing community, and celebrating multiculturalism. Kate Hofmann leads this afternoon journey. If it rains, an alternate dry location will be provided. Required: Sturdy footwear, canteen and your own drum. Recommended: insect repellent and snack.
 \$9 Th *Gentle* 14+ 1:00pm-5:00pm

525 Travertine Falls Discovery Limit 14
 Enjoy Virginia Nature Conservancy's Falls Ridge Nature Preserve from a naturalist's point of view. See how living organisms interact with the local geology to create this beautiful rock formation and unique ecosystem.
 \$9 M *Moderate* 8+ 1:30pm-5:30pm

526 Pandapas Pond Discovery Limit 14
 The Appalachian forest is home to an astonishing variety of mushrooms, ferns, flowers and trees. We're also bound to find birds, insects, and other wildlife. We'll locate and identify as many species as we can on a leisurely walk in the area around Pandapas Pond.
 \$9 Th *Moderate* 8+ 8:00am-12:00noon

527 There and Back Again New! Limit 14
 This trip provides a tour of the fabulously interesting Radford Wastewater Filtration Plant. Learn what it takes to clean up the by-products of human metabolism: from pump stations to purification and back to the New River.
 \$9 M *Gentle* 8+ 9:00am-12:00noon

528 Chateau Morrisette Winery 1 Limit 14
 After a scenic drive to the Blue Ridge Parkway, we'll visit the winery for an elegant lunch, winery tour and wine tasting. Bring \$15-\$25 for lunch (wine with lunch is extra). Recommended: camera and extra money for wine or gifts to bring back.
 \$13 Th *Gentle* 21+ 12:15pm-6:30pm

529 Chateau Morrisette Winery 2 Limit 14
 See #528 for trip description.
 \$13 F *Gentle* 21+ 12:15pm-6:30pm

530 Ecology of SUUSI - Geology Limit 30
 From the beginning to the formation of our earth, from first life to Pangaea, from the ice ages to today...continents, oceans, mountains and forests have come and gone. Charlie Grymes will bring you up to date with modern geology in general and local Appalachian geology in particular.
 \$4 M *Gentle* 8+ 2:00pm-4:00pm

531 Ecology of SUUSI - Rivers Limit 30
 The New River is one of the oldest rivers on earth. The collision of North America with Africa formed the Appalachians, but the river basin was there before the mountains. They rose up around it. So unlike most mountain rivers, which run swiftly down steep slopes, the New meanders in loops and oxbows, as if it were crossing a meadow, 320 river miles to go 145 crow-fly miles. Whether you're planning to canoe, kayak, or go tubing on the river, here's an opportunity to learn more about the unique place you're in.
 \$4 T *Gentle* 8+ 2:00pm-4:00pm

532 Ecology of SUUSI - Caves Limit 30
 Karst geology: perfect place for spending time underground. Learn what makes caves and caving special. Ken Schmidt will take you on an indoor journey into the dark places that are found all around Blacksburg.
 \$4 W *Gentle* 8+ 2:00pm-4:00pm

533 Ecology of SUUSI - Birds Limit 30
 Some of North America's most colorful birds inhabit the New River Valley. Some are year-round residents, many are tropical species which nest in Virginia then return to the tropics in the winter. A slide presentation will introduce you to birds of the area, and help you learn identification skills you can use next time you're in the field.
 \$4 Th *Gentle* 8+ 2:00pm-4:00pm



Hiking Trips

All journeys start with a single step, so come explore the Southern Appalachians on a SUUSI hiking trip. We'll guide you through some natural beauty and places for reflection that you'll remember throughout your life. We practice "safe hiking" with no exceptions.

Note the requirements and suggestions for our hikes:

Required on all trips:

1. A desire for fun, adventure, and self-discovery.
2. Canteens or water bottles: at least 1 quart of water for 1/2 day and at least 2 quarts for a long day.
3. Proper footwear is absolutely, positively necessary. So no bare feet and no open-toe shoes of any kind (no flip-flops, no Tevas, etc.)

Required on some trips:

1. Trips involving wading or swimming require laced sneakers, not Tevas or aqua sox.
2. Evening trips require flashlights.

Suggestions:

1. Rain jacket or poncho - you never know when you'll be in need.
2. Sunscreen.
3. Snacks if you're planning to expend a lot of energy.
4. Insect repellent.
5. A dry bag for any "slogging" type trips if you have anything you don't want to get soaked.
6. Swimsuit and towel for the water hikes.

We'll enjoy making new friends and experience what Mother Nature and Father Time have wrought in our SUUSI neighborhood.

Morning Hikes

These trips are designed to try to beat the heat of the day. We hike early to enjoy the coolness of misty mountain mornings and return before the worst of the heat builds up.

601 "Not So..." Hike 1 Limit 20
This hike is not so long, not so far and not so early with NO VAN TRIP! We'll explore an area of biodiversity (field and forest) in the Tech area. We will walk through the interdependent web of nature without traveling far from SUUSI. Total hiking distance is about three miles.
\$7 M *Gentle-Moderate* 8+ 8:30am-11:30am

602 Bald Knob Limit 14
This hike starts at the Mountain Lake Hotel, the site of the popular film "Dirty Dancing." 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. The descent is easier following a jeep road. Total hiking distance is about a mile.
\$9 T *Moderate* 14+ 8:00am-12:00noon

What's a "gentle" trip? Save the high heels and Jennifer Lopez-style dresses for Nightlife. Assume you'll walk on an occasionally-rough surface, with steps that lack handrails. There are no elevators, but no long sections of steep climbing either.

603 Pandapas Silent Walk Limit 14
We'll take a short early morning walk around two small Forest Service ponds with a beaver dam at the end of one while enjoying the quiet morning. Last year, a group of geese joined our SUUSI group for part of the walk around the pond. We'll be back in time for breakfast and morning Ingathering.
\$9 T *Gentle* 18+ 6:15am-8:15am

604 Bear Cliffs Limit 14
This hike is a little over a mile to a set of cliffs that give *great* views back to the east. On a clear day you can see Blacksburg. The trail features fabulous ferns along the way.
\$9 W *Moderate* 8+ 7:30am-12:30pm

605 Kelly Knob Limit 14
When we say strenuous, we mean it. You'll understand when you see the first half-mile of the hike-no elevators, but straight up to the ridge top. Then the Appalachian Trail follows the ridgeline out to a rock cliff at the knob where the views back to Blacksburg, down to Sinking Creek Valley to the New River, and into West Virginia are fabulous. Total hike is 4 miles.
\$9 Th *Strenuous* 14+ 7:30am-12:30pm

606 "Not So" Hike 2 Limit 20
See trip #601 for trip description.
\$7 Th *Gentle-Moderate* 8+ 8:30am-11:30 am

607 Get In Touch With Your Inner Nature Limit 14
Come with us on a quiet easy walk along a creek in the woods. We will take time to explore the effects of being in Nature on our different senses and the interdependent web between them.
\$9 F *Gentle* 14+ 8:00am-12:00noon

608 Audie Murphy's Hike Limit 14
We will drive up Brush Mountain to a level stretch of the Appalachian Trail. After a short hike, we'll reach a vista on a narrow ledge, where we can relax and enjoy the view. This hike even has an historic marker commemorating WWII hero and film star Audie Murphy. Come along with (or without) your kids and learn all about it. Total hike is 1.5 miles.
\$9 F *Gentle* 6+ 8:00am-12:00noon

Afternoon Hikes

These hikes take advantage of the warmer temperatures in the afternoon by being mostly swimming or wading trips. Come see how refreshing a cold mountain stream can be on a hot summer day!

625 Cascades Cookout Limit 14
This is a modification of our traditional Cascades hike. Our destination is the spectacular 60-foot Cascades waterfall and the cold swimming hole at the bottom. Bring/wear a swimsuit (there is little privacy for changing) and laced sneakers (required) if you dare to get in that water! Then we'll have a cookout dinner at the park at the bottom after the hike. The total hiking distance is 4 miles.
\$12 M *Moderate/Strenuous* 8+ 12:30pm-8:00pm

626 Triple Slog 1 Limit 14
This hike is so enjoyable that some SUUSI-goers do it every year. We hike into the forest above the Cascades waterfall, bushwhack down to Little Stony Creek, and take off into the wild. We hike in the stream and swim/wade through pools, climb around trees and rocks, and climb and play in three waterfalls. You will get wet (completely soaked if you like). Wear laced sneakers and a swimsuit/nylon shorts and bring a towel for the ride back. Total loop distance is 3 miles.
\$9 M *Strenuous* 18+ 1:00pm-6:00pm

627 Falls of the Little River Limit 14
 This hike follows an old forest road that meanders along a ridgeline before dropping down to a small set of rapids in the Little River. There is a beautiful spot to swim and sun before the 2-mile hike back. Laced sneakers are required if you plan to get wet.
 \$9 T *Moderate* 14+ 1:00pm-6:00pm

628 Triple Slog for Teens and Young Adults Limit 13
 See trip #626 for description. This is a trip for the young adults and teens to enjoy together.
 \$9 T *Strenuous* 14-25 only 1:00pm-6:00pm

629 Dismal Women Limit 28
 (AKA Dismal Falls for women only)
 If you want to commune with nature with minimal effort, then this is the trip for you! The drive is almost an hour and passes through some beautiful countryside. The hike is mostly flat. We arrive at an enticing, small waterfall with time galore to swim, sun, skip rocks, nap, read, whatever! We climb over some slippery rocks to get in the water. Bring your laced sneakers (required) and swimsuit, and shift your gears for an afternoon of total relaxation.
 \$9 T *Gentle/Moderate* Women Only 18+ 1:00pm-6:00pm

630 Upper Cascades Limit 14
 We will visit the Upper Cascades, which is more private than the famous Cascades downstream and the hike is much easier. There is plenty of time to sun on the rocks and swim in the stream (if you dare!) Laced sneakers required if you want to wade. Hike is about two miles round trip.
 \$9 W *Moderate* 6+ 1:00pm-6:00pm

631 Cove Mountain/Homeplace Restaurant Limit 14
 This loop covers the lower portion of the popular hike to Dragon's Tooth. While hiking along the Appalachian Trail, we will have some great views from several spots as we do some rock scrambling along the rocky ridge of Cove Mountain. We will return along a wooded path and finish the day with a great country style dinner at the popular Homeplace restaurant (you keep a-eatin' it, and they keep a-bringin' it). Attention vegetarians: most of the vegetables are cooked with meat as a seasoning. A change of clothes for dinner is recommended. The total hiking distance is about 4 miles. Note: Discovery trip # 521 (Cove Mountain) will also have dinner at the Homeplace.
 \$24 Th *Strenuous* 14+ 1:00pm-8:00pm
 (includes dinner)

632 Teens' Where the Hell Are We Going? Limit 14
 Back again this year because everyone had a great time the past 2 years. This is a hike for teens with a great sense of adventure! Show up at 1:00, and we'll decide together where we're going. Tired after a long week and just want some relaxation and a great view? Have a burst of energy and want to hike all uphill? Your leader will have many options for you. Bring at least 1 quart of water, sturdy hiking shoes, and laced sneakers in case water is involved.
 \$9 Th *Gentle-Strenuous* Teens 14-17 Only 1:00pm-5:30pm

633 Triple Slog 2 Limit 14
 Yet another triple slog adventure - last chance of the week!
 See trip #626 for description.
 \$9 F *Strenuous* 18+ 1:00pm-6:00pm

634 Cascades Limit 14
 This is a perennial SUUSI favorite. See Trip # 625 for a general description (we'll be doing it today without the cookout dinner.)
 \$9 F *Moderate/Strenuous* 8+ 12:30pm-6:00pm

635 Dismal Adults Limit 28
 (AKA Dismal Falls for Adults)
 See trip #629 for general trip description. This is the perfect trip to relax and regain a bit of energy at the end of SUUSI!
 \$9 F *Gentle/Moderate* 18+ 1:00pm-6:00pm

All Day Trips
 These trips combine the advantages of both the morning and afternoon trips and turn them into longer adventures. Tired of the lunches at the cafeteria? Come along for a picnic lunch.

650 Learning to Backpack Limit 10
 Do you love to hike and you are ready to take the next step: overnight in the backcountry? We wouldn't take you away from a night of SUUSI, but we can teach you all you need to know to plan and take your own trip back home. What you will learn: how far to go, what gear do you want/need (everyone's different), how to pack your pack, how to select a campsite, what food to bring, and how to do all this using Leave No Trace Outdoor Ethics. We will embark on a short hike with many scheduled stops for hands-on learning, including preparing our lunch before heading back to campus. *Todd Remaley*, a distance hiker for 15 years, has hiked the 2100+-mile Appalachian Trail, some of the Continental Divide, and is a park ranger. His approach to backpacking is as a minimalist: don't take it if you can live without it. *Jennifer Lucas*, a natural-born organizer not willing to forego all the comforts of home, is interested in maximizing comfort without carrying too much weight. She has been backpacking for 6 years.
 \$25 M *Moderate* 14+ 8:30am-4:00pm

651 McAfee's Knob Limit 14
 This is a return of an old favorite. We haven't offered this hike for 6 years (way too long for such a beautiful hike). Climb on the Appalachian Trail from a mountain gap to the knob, which offers a truly spectacular view. This is a favorite of Appalachian Trail through-hikers. Be prepared to carry the provided lunch and be sure to bring 2 quarts of water.
 \$13 T *Strenuous* 14+ 10:00am-6:00pm

652 Rice Fields Limit 14
 So popular last year that we had to bring it back! This is a beautiful challenging hike along the Appalachian Trail on Peters Mountain. The hike begins with a steady climb up the mountain to a ridgeline. The climb is steep and rocky, the ridgeline wooded and peaceful. The Rice Fields are extensive open pastures with rock outcroppings. We'll eat lunch at the large field and enjoy the sweeping westward views. After lunch, we'll return along the same trail. Be prepared to carry the provided lunch and be sure to bring at least 2 quarts of water. Hike is about 9-10 miles.
 \$13 Th *Strenuous* 14+ 8:00am-5:00pm

Evening Trips
 Evenings in the mountains are special times. The night approaches slowly and the sky turns brilliant colors as the heat of the day fades. Some of these trips are sunset trips, where we relax and contemplate the events of the day. Others may not have a dramatic view of the sunset, but offer less noticed aspects of eventide, such as the stillness of the forest, or the nighttime sounds of forest creatures, or the subtle ways the light changes as dusk gathers.

Note: Nights in the mountains can be surprisingly cool. You may want to bring a light jacket. Also, for obvious reasons, flashlights are required on all trips.

675 Deep Forest Novice Meditation Limit 13
 The woods are known for eliciting a sense of awe and ecstasy in those who open themselves to the energies of these pristine natural settings. This guided meditation is especially appropriate for Nature-lovers who are new to meditation and who are open to the possibilities of a heightened and deepened connection with nature. Flashlight is required. Wear whites and bring something to sit on.
 \$9 M Gentle 14+ 6:30pm-10:00pm

676 Bald Knob Sunset Limit 14
 See trip #602 for general description. We will add to the enjoyment of this trip by relaxing at the top as twilight creeps upon us. Flashlight is required.
 \$9 M Moderate 12+ 7:00pm-10:30pm

677 Wind Rock Sunset 1 (and service project) Limit 14
 This is an easy walk along a fairly flat stretch of the Appalachian Trail to Wind Rock, near the Mt. Lake Wilderness. This year we will give back to the area by taking trash bags to carry out any trash. Come improve one of the most beautiful areas that SUUSI visits. We'll eat a leisurely dinner (provided) and see the colors in the sky change as the summer sun sets. Flashlight is required.
 \$9 T Gentle 12+ 6:00pm-10:30pm

678 Advanced Meditation Limit 13
 Celebrate our connection to nature. We will meditate in a secluded quiet grove surrounded by a creek. There will be a short but steep hike involved, hence the moderate rating, but this location is worth the effort. Flashlight is required.
 \$9 W Moderate 14+ 6:00pm-10:00pm

679 Wind Rock Sunset 2 Limit 14
 This is an easy walk along a fairly flat stretch of the Appalachian Trail to Wind Rock, near the Mt. Lake Wilderness. We'll eat a leisurely dinner (provided) and see the colors in the sky change as the summer sun sets. Flashlight is required.
 \$9 Th Gentle 12+ 6:00pm-10:30 pm

Aquatic Trips

We are fortunate here in the New River Valley to have one of the most exciting whitewater rivers in the Southeast. Yet there are sections of the New River that are as calm as a lake with breathtaking views second to none. You have a unique opportunity at SUUSI to experience all that the New River has to offer.

From flatwater canoeing to the challenge of whitewater in tubes, canoes, and kayaks, it's all within your reach. If you've always wanted to learn (or relearn) to paddle, you can start your week in one of our intro courses and finish up the week experiencing some excellent summer whitewater.

IMPORTANT: PLEASE READ THE FOLLOWING INFORMATION CAREFULLY

1. Sometimes Mother Nature doesn't cooperate. Stream flow, wind and weather all affect our workshops. Should this occur, the trips may be relocated and/or could take more or less time than indicated. All participants will be expected to help load and unload gear. Life jackets (provided) MUST be worn. Due to the tight van schedules, all trips must LEAVE AND RETURN by the time shown on the schedule. You should be at the departure point at least 10 minutes prior to the time shown.
2. You do not need to be a great swimmer to enjoy our river trips BUT you do need to be comfortable with your abilities should you find yourself in moving water without

the vehicle you just had (i.e., your boat or tube). We will do our best to alert you to possible trouble spots but if any one thing is for sure in aquatics, it is that the river is the boss and it may well have a different plan for your adventure than you did

3. Laced sneakers or thick soled booties are required on ALL trips. We know this is a pain but so are stitches in the foot! We'd hate to leave you off a departing trip cuz you have on weenie footwear but WE WILL. If you have any doubt, please have a nature staffer check 'em out well before departure time. (The only possible exception to this rule applies to kayak trips 705, 721 and 722; sneakers often simply will not fit into the limited spaces in these decked boats.)
4. Before you sign up for any canoe or kayak trip, please remember that the skills for paddling lakes or quiet coastal waters are not the same as those needed for Class I - III rivers. If you've never paddled whitewater streams or if it's been a long, long time, get the most out of your SUUSI experience by taking one of the two Introductions To Whitewater workshops (trips 708 and 721).

As a reminder, the American Whitewater Affiliation rates the sections of the New River that we'll use by the following scale:
 Class I: Easy - Occasional small rapids with waves low and regular. Correct course is easy to determine.
 Class II: Medium - Somewhat frequent, unobstructed rapids with regular waves, easy eddies and turns. Course is fairly easy to determine.
 CLASS III: Difficult - Small falls, large irregular waves, and numerous rapids. Fairly extensive maneuvering required for rapids. Course is not always easily recognizable.

Tips:

1. Do not take anything (rings, watches, pendants, KEYS, etc) with you on the river if it would break your heart to return without it. The river gods can be grabby.
2. Amazing as it might seem, it can be darn cold on the river in July! Synthetic fiber and wool garments will help. Cotton will actually make you colder. It's a great idea to be prepared.
3. Want to go rafting? Look for rafting trips to return next year (2002). We're gonna try offering this trip once every 3 years in hopes of reaching critical mass.

701 Sit-on-This! 1 Limit 8

...your kayak that is. Sit-on-top kayaks are way cool! We'll paddle through a Class II rapid and then on downstream where you'll have a chance to try your hand at surfing some small ledges. This is your chance to learn new skills and have some fun. If you have always wondered what the experience would be like, now is your chance! Required: basic canoeing skills, laced sneakers, drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit.
 \$24 M Moderate 12+ 8:00am-12:30pm

702 Introduction to Canoeing 1 Limit 13

Never been in a canoe or it's been a long time? This course is designed to let you get the feel of canoeing on a nice flat section of the New River. We'll teach you the basic strokes and how to get into and out of the boat safely. Then you'll have time to just relax and paddle around some. If you've always wanted to canoe, this course is your passport to a fun-filled week on the water at SUUSI. Required: Laced sneakers, drinking water, glasses strap, sunscreen, swimsuit, change of clothes. Nylon shorts over swimsuit are recommended for women.
 \$24 M Moderate 12+ 1:15pm-5:30pm

703 Night Owl Canoe for Young Adults Limit 13
 A quiet trip downstream through the town of Radford to Bisset Park on a flat section of the New River, but registration is limited to Young Adults. Paddling after dark is a unique experience you'll never forget. Required: basic canoeing skills, laced sneakers, white or light-colored shirt for visibility, drinking water, glasses strap. A FLASHLIGHT IS REQUIRED FOR EVERY PARTICIPANT, OR YOU DON'T GO. Bring dry clothes and a towel if you think you might get wet.
 \$24 M Moderate 18-25 only 6:45pm-10:30pm

704 Family Canoe Limit 13
 This is a family affair that's loads of fun. Grab the kids and paddle a mostly flat-water section of the New River. You need basic moving water canoeing skills and some help from the kids. We know you'll have a great time. Required: no more than one child per adult; your child must be registered separately; basic canoeing skills, laced sneakers, drinking water, glasses strap. Bring dry clothes and a towel if you think you might get wet.
 \$24 T Moderate 8+ 1:30pm-5:00pm

705 Introduction to Sea Kayaking Limit 13
 New this year! What's a sea kayak? Basically, it's a larger version of a whitewater kayak. It's longer, heavier, has more room inside, and it's designed to track a straighter course. Although capable of handling rough open water in the hands of an experienced paddler, we will be touring a scenic area of Claytor Lake, so the seas won't be a problem. However, this is deep water, and it is possible to tip ANY small boat, so please be sure of your swimming ability before you sign up. The first hour or two will be devoted to learning the basics of handling the boat. Required: Previous paddling experience, laced sneakers, booties or river sandals (see "Note 3" under Aquatic Trips for this special case), drinking water, glasses strap, sunscreen, swimsuit, change of clothes. Nylon shorts over swimsuit are recommended for women. Lunch provided.
 \$35 T Moderate 14+ 9:00am-4:30pm

706 Night Owl Canoe at Whitethorn Limit 13
 Another favorite returns. This is a quiet trip upstream and back on a flat section of the New River. Paddling as day turns into night is a unique experience you'll never forget. Please note the departure and return times! Required: basic canoeing skills, laced sneakers, white or light-colored shirt for visibility, drinking water, glasses strap. A FLASHLIGHT IS REQUIRED FOR EVERY PARTICIPANT, OR YOU DON'T GO. Bring dry clothes and a towel if you think you might get wet.
 \$24 T Moderate 14+ 6:45pm-10:30pm

707 Sit-on-This! Too Limit 8
 See trip # 701 for trip description.
 \$24 W Moderate 12+ 8:00am-12:30pm

708 Introduction to Whitewater Canoeing Limit 13
 If you are comfortable with canoeing on lakes, know the basic flatwater strokes and would like to try something with a little more challenge, this course is for you. We've taken a popular section of the New River and turned it into a fun-filled day-long whitewater clinic. We will spend about 45 minutes teaching you some basic moving water strokes, then we will paddle down a section of river which includes some Class II rapids to test your skills. Required: basic canoeing skills, laced sneakers, drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit. Nylon shorts over swimsuit are recommended for women. Lunch provided. (Recommended Reading: Any book on paddling in whitewater.)
 \$35 W Strenuous 12+ 8:30am-5:30pm

709 Sunset Canoe Limit 13
 A variation on our very popular Night Owl canoe trips. We will start out on the river in late afternoon for a quiet paddle down a scenic stretch of the New River. At a sandy bank along the river, we'll stop and have our evening meal, a little more special than the normal SUUSI trail lunch, and perhaps a chance to swim before paddling on. Wildlife should be very active at this time of day. As we approach our takeout at Pembroke, in the shadow of majestic Castle Rock, the sun will be lower and lower in the sky, and if we're lucky we'll be able to enjoy a beautiful sunset. Required: basic canoeing skills, laced sneakers, white or light-colored shirt for visibility, drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit. A FLASHLIGHT IS REQUIRED FOR EVERY PARTICIPANT, OR YOU DON'T GO.
 \$28 W Moderate 14+ 4:00pm-10:00pm

710 Sunrise Canoe Limit 13
 Enjoy the quiet, the birds and other wildlife, and a beautiful view of the New River Valley at dawn all from the comfort of your canoe while paddling down a flat section of the New River. This is an incomparable way to start your day and come into close contact with the beauty of this area. Required: basic canoeing skills, laced sneakers, drinking water, glasses strap. Bring dry clothes and a towel if you think you might get wet. A light breakfast of bagels, coffee and tea will be provided.
 \$24 Th Moderate 12+ 5:30am-9:30am

711 Eggleston Excursion Limit 13
 This is one of SUUSI's most popular canoe trips! We'll start at the metropolis of Eggleston and cruise down a Class I section of the New River. As we continue downstream, the banks rise to high cliffs and palisades on both sides of the river. Our journey takes us past Caesar's Arch to Castle Rock and Pembroke. If time permits, we'll pause along the way to cool off in the river. Required: basic canoeing skills, laced sneakers, drinking water, glasses strap, and sunscreen. Bring dry clothes and a towel.
 \$24 Th Moderate+ 12+ 1:15pm-6:00pm

712 Introduction to Canoeing 2 Limit 13
 See trip #702 for trip description.
 \$24 Th Moderate 12+ 1:15pm-5:30pm

713 Night Owl Canoe at Castle Rock Limit 13
 This is a quiet trip upstream and back on a flat section of the New River with spectacular views and the sun setting over the Virginia mountains. Paddling as evening turns into night is a unique experience you'll never forget. Please note the departure and return times! Required: basic canoeing skills, laced sneakers, white or light-colored shirt for visibility, drinking water, glasses strap. A FLASHLIGHT IS REQUIRED FOR EVERY PARTICIPANT, OR YOU DON'T GO. Bring dry clothes and a towel if you think you might get wet.
 \$24 Th Moderate 18+ 6:45pm-10:30pm

714 Whitewater Canoe Limit 12
 This is a traditional favorite. Paddle down a beautiful section of the New River. Mix the fun of Class II rapids with sections of flat water where you can relax and enjoy the scenery. This trip is physically demanding. Required: previous whitewater experience or attendance in one of our Introduction To Whitewater Canoe workshops (trip #708 or a similar introductory trip at a previous SUUSI), laced sneakers, drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit. Nylon shorts over swimsuit recommended for women. Lunch included.
 \$35 F Strenuous 14+ 8:30am-5:30pm

715 The Last Canoe Trip Limit 13
 This is a great way to wrap up your week at SUUSI! We'll paddle down a scenic stretch of the New River from Eggleston to Castle Rock past farmland and wooded ridges. Required: basic canoeing skills, laced sneakers, drinking water, glasses strap, sunscreen, swimsuit, towel, change of clothes. Nylon shorts over swimsuit are recommended for women.
 \$24 F Moderate 12+ 1:00pm-5:30pm



Adventure Trips

721 Introduction to Whitewater Kayaking Limit 7
 Even if you've never been in a kayak, this course is designed to teach you the basic skills you'll need for an introduction to whitewater on the New River. This workshop is both physically demanding and personally rewarding. Required: Booties or river sandals (see "Note 3" under Aquatic Trips for this special case), drinking water, glasses strap, sunscreen, swimsuit, towel, change of clothes. Nylon shorts over swimsuit are recommended for women. Lunch provided.
 \$35 Th Strenuous 14+ 9:00am-5:00pm

If you want to get down and dirty or up high and pretty, this area of southwest Virginia is world-class. The underworld of caves offers an array of diversity at every turn in the limestone passageway. The cliffs along Sinking Creek, formed over the eons, offer fantastic views from the rock outcroppings while rappelling. These are strenuous or very strenuous, challenging activities for adventurers in good physical condition and young at heart.

722 Whitewater Kayaking Limit 7
 Here's your chance to experience the thrill of an entire day in a kayak! Although this is not primarily an instructional workshop, there will be opportunities to learn new skills and play in the rapids. Required: Previous whitewater kayaking experience (see trip #721), booties or river sandals (see "Note 3" under Aquatic Trips for this special case), drinking water, glasses strap, sunscreen, change of clothes, towel, and swimsuit. Nylon shorts over swimsuit are recommended for women. Lunch provided.
 \$35 F Strenuous 14+ 8:00am-5:30pm

The requirements below are not optional or "gee, maybe" but real, safety-based mandates. Our many years of experience, including occasional mishaps, have taught us when we must insist, for your safety and enjoyment.

731 Teen Tubing Limit 42
 McCoy Falls on the New River offers gentle to moderate rapids through which you can recycle as often as time permits. The Buddy System is a must for safety. Tubes are provided and life jackets are available. Bring sunscreen, and a strap to secure your glasses. Long-sleeved shirts are recommended to prevent rubber burns. Laced sneakers are required, or no-go. River sandals, aquasocks, etc. are not acceptable. Bring a change of clothes for the bus ride back to campus. A tip worth repeating: You do not need to be a great swimmer to enjoy our river trips BUT you do need to be comfortable with your abilities should you find yourself in moving water without the vehicle you just had (i.e., your tube). We will do our best to alert you to possible trouble spots but if any one thing is for sure in aquatics, it is that the river is the boss and it may well have a different plan for your adventure than you did.
 \$12 M Moderate 14-17 only 1:15pm-5:30pm

Read the requirements, make your equipment list, and come with that gear. You will not be allowed to take the trip if you arrive at the van without the proper gear. This is for your personal safety.

CAVING REQUIREMENTS:

1. Sturdy above-ankle boots with deep tread soles to improve your footing in cave mud. No exceptions!
2. Long pants
3. Long-sleeved shirt
4. Jacket or sweat shirt to prevent hypothermia
5. Inexpensive work or garden gloves for a more secure grasp.
6. Two old hand towels, one for you and one to clean your helmet and headlamp
7. Complete change of clothes for the van ride back
8. Bring a small inexpensive pack for water bottle and other personal gear so your hands will be free for caving (climbing, crawling, and clawing).
9. Athletic kneepads are strongly recommended for knee protection
10. A tie for long hair is suggested

732 Family Tubing 1 Limit 42
 See trip #731 for general trip description. But open to family groups only.
 \$12 T Moderate 9+ 1:15pm-5:30pm

SUUSI will provide helmets and headlamps with batteries. Your caves will be WILD with no hand rails, sidewalks, or any permanent lighting, but Mother Nature fully air-conditions all caves at a COOL, 53 degrees F guaranteed all summer long. No waiver, no trip.

733 Young Adult Tubing Limit 27
 See trip #731 for general trip description. But open to young adults only.
 \$12 W Moderate 18-25 only 1:15pm-5:30pm

RAPPELLING REQUIREMENTS:

1. Sturdy above-ankle boots with tread soles
 2. Leather gloves.
- No exceptions! No waiver, no trip.

734 Adult Tubing Limit 42
 See trip #731 for general trip description. But open to adults only.
 \$12 Th Moderate 18+ 1:15pm-5:30pm

CLIMBING REQUIREMENTS:

1. Climbing shoes, if you have them; otherwise, bring tennis shoes
2. A tie for long hair
3. Canteen or water bottle
4. Shorts and T-shirt are OK
5. Athletic kneepads are recommended
6. Sunscreen and/or a rain jacket may be needed

735 Family Tubing 2 Limit 42
 See trip #731 for general trip description. But open to family groups only.
 \$12 F Moderate 9+ 1:15pm-5:30pm

And remember: no waiver, no trip. If under 18, be sure to get the waiver forms signed by a parent or guardian.

800 Introduction to Rappelling 1 Limit 10
 Last year's new cliff face was very popular - a great place to rappel. This cliff face overlooks Sinking Creek with an excellent view of Spruce Run Mountain in the distance. This cliff has shade and a good trail to the top. Over the years, we've introduced hundreds of our SUUSI friends to the exhilarating but safe sport of descending ropes using specialized friction devices. You will begin on the short rock cliff with an easy slant ledge before the drop begins and when your comfort level increases, you can move on to the 65-foot rappel. This is a more technical rappel off the cliff utilizing all that you have learned. Introduction to Rappelling is required for Vertical Cave trip #807. Bring leather gloves and boots. Read Rappelling Requirements.
 \$25 M *Strenuous* 18+ 8:30am-1:00pm



801 Introduction to Rappelling 2 Limit 10
 See trip #800 for trip description.
 \$25 M *Strenuous* 14+ 12:30pm-5:00pm

802 Introduction to Caving at Tawney's Limit 14
 Tawney's Cave is a favorite of past SUUSI cavers as well as many locals. Tawney's has a good variety of caving features: large rooms, mostly walking passages, a nice formation area, a fairly easy climb, and for the more adventurous we may have time for an optional side trip that requires going through a squeeze, crawling through water and in mud to the beautiful Emerald Room with many speleothems. Read Caving Requirements, come prepared.
 \$25 M *Strenuous* 14+ 12:30pm-6:00pm

803 Intermediate Caving Limit 14
 Starnes Cave is a classic Virginia cave with lots of variety. This cave features large rooms, beautiful passages, and a nice waterfall. The trip length is what makes it an intermediate category. Prerequisite: previous SUUSI Caving trip required, prior year OK. Read Caving Requirements, come prepared. Lunch provided.
 \$35 T *Very Strenuous* 14+ 8:00am-6:00pm

Never been in a "wild" cave? It's a powerful experience to be without natural light, where there's very little sound. At SUUSI, we're careful to introduce you to caving gradually. As you discover how you handle the caving challenges, safely and with help, you just might discover that you have the strength to handle other challenges in your life...

804 Teen Night Caving Limit 14
 Come on and get trashed right on Tuesday Night! Here's a chance to experience Mother Earth from the inside and bring some of her back with you on your outside. You will see, touch, and feel a cave formed in limestone that was once ocean floor. The development of cave formations and cave fauna will be discussed if that is important. Bring two old hand towels, one for you and one to clean your helmet and headlamp. Read Caving Requirements, come prepared.
 \$25 T *Very Strenuous* 14-17 only 7:00pm-midnight+

805 Adult Rock Climbing New Location! Limit 10
 New spectacular climbing area in West Virginia, but the drive is less than one hour. Bozou is the favorite climbing location of Blacksburg-area climbing enthusiasts. You will not be disappointed. This is the ultimate challenge in mountain sports: pit yourself against the face of a sheer rock wall. Several climbing routes offered from easy to technically difficult. Highly experienced instructors will teach you to stretch your limits and to learn about your body and your self-confidence. Read Climbing Requirements, come prepared. Lunch provided.
 \$25 W *Very Strenuous* 18+ 8:00am-2:00pm

806 Teen Rock Climbing Limit 10
 See trip #805 for trip description. Lunch (aka breakfast for teens) provided.
 \$25 W *Very Strenuous* 14-17 only 11:00am-6:00pm

807 Vertical Caving Limit 12
 This is the trip that combines rappelling and caving to go places that are not reachable without rope. This is true in Pig Hole Cave. We will do the 90-foot entrance drop into one of the largest open cave pits in Virginia. At Hess Hollow we will drop over the Empire Ledge on a second rappel of over 100 feet. Just beyond Hess Hollow is the Queen's Bath, a crystalline rim pool with unique formations. This trip is not as difficult as trip #803, Intermediate Caving, but requires more skill. Prerequisite: SUUSI Rappelling and Caving required, prior year OK. Lunch provided.
 \$35 Th *Strenuous* 14+ 10:30am-6:00pm

808 Introduction to Caving at Old Mill Limit 14
 This trip is an introduction for adventurous types. Old Mill Cave has a variety of passages. Just inside the entrance there is a short but tight crawl (10ft.), then the cave is mostly wading passage for 300 feet. There are many beautiful orange and white formations, soda straws, rimstone, and flowstone. Just before starting out of the cave is the optional but very invigorating passage of chest-deep water lasting only seven feet and opening into a truly beautiful formation room. Bring an extra large towel in addition to the normal Caving Requirements, come prepared.
 \$25 F *Strenuous* 14+ 8:00am-12:30pm

809 Beginner Caving Limit 14
 Links Cave is a classic Virginia cave with lots of variety, and we'll do it the easy way. This is the trip for those who are not so sure about caving but would like to give it a try. It has a 3-foot duck-in entrance, with a highly decorated room just a short distance inside the cave. The trip is mostly walking passage but does require some scrambling and short crawls. The Wedding Room just before the worm tube has very beautiful flowstone. Read Caving Requirements, come prepared.
 \$20 F *Moderate* 14+ 9:00am-12:30pm

2001 Nature Workshop Summary

Monday

Morning

501 Morning Bird 1	6:45am-9:45am
509 Nature Photography	7:30am-12:00noon
517 Herb Gardening Techniques	8:30am-12:00noon
527 There & Back Again	9:00am-12:00noon
601 "Not So" Hike 1	8:30am-11:30am
701 Sit-On-This! 1	8:00am-12:30pm
800 Introduction to Rappelling 1	8:30am-1:00pm

Afternoon

507 Dixie Caverns	1:30pm-5:30pm
515 Bicycle Maintenance...	2:00pm-5:00pm
525 Travertine Falls Discovery	1:30pm-5:30pm
530 Ecology of SUUSI - Geo.	2:00pm-4:00pm
625 Cascades Cookout	12:30pm-8:00pm
626 Triple Slog 1	1:00pm-6:00pm
702 Introduction to Canoeing 1	1:15pm-5:30pm
731 Teen Tubing	1:15pm-5:30pm
801 Introduction to Rappelling 2	12:30pm-5:00pm
802 Intro to Caving at Tawney's	12:30pm-6:00pm

All day

650 Learning to Backpack	8:30am-4:00pm
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Evening

675 Deep Forest Novice Medit.	6:30pm-10:00pm
676 Bald Knob Sunset	7:00pm-10:30pm
703 Night Owl Canoe for YA	6:45pm-10:30pm

Tuesday

Morning

508 Mountain Lake Discovery	8:00am-2:00pm
512 New River Bike Trail 1	8:00am-12:30pm
602 Bald Knob	8:00am-12:00noon
603 Pandapas Silent Walk	6:15am-8:15pm

Afternoon

531 Ecology of SUUSI – Rivers	2:00pm-4:00pm
627 Falls of the Little River	1:00pm-6:00pm
628 Young Adult Triple Slog	1:00pm-6:00pm
629 Dismal Women	1:00pm-6:00pm
704 Family Canoe	1:30pm-5:00pm
732 Family Tubing 1	1:15pm-5:30pm

All Day

651 McAfee's Knob	10:00am-6:00pm
705 Intro. to Sea Kayaking	9:00am-4:30pm
803 Intermediate Caving	8:00am-6:00pm

Evening

516 Tree Identification	6:00pm-8:30pm
706 NightOwl Canoe-Whitethorn	6:45pm-10:30pm
677 Wind Rock Sunset 1	6:00pm-10:30pm
804 Teen Night Caving	7:00pm-midnight+

Wednesday

Morning

519 Wildflower Identification	8:30am-12:30pm
604 Bear Cliffs	7:30am-12:30 pm
707 Sit-On-This! Too	8:00am-12:30pm
805 Adult Rock Climbing	8:00am-2:00pm

Afternoon

505 Teen Ecology	1:00pm-5:00pm
532 Ecology of SUUSI – Caves	2:00pm-4:00pm
630 Upper Cascades	1:00pm-6:00pm
733 Young Adult Tubing	1:15pm-5:30pm
806 Teen Rock Climbing	11:00am-6:00pm

All Day

708 Intro Whitewater Canoeing	8:30am-5:30pm
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Evening

504 Not an Early Bird	4:45pm-8:45pm
523 Drum Down the Sun	5:30pm-10:00pm
678 Advanced Meditation	6:00pm-10:00pm
709 Sunset Canoe	4:00pm-10:00pm

Thursday

Morning

503 Half Day Bird	7:30am-11:30am
506 Fossils of Appalachia	8:00am-12:00noon
513 New River Bike Trail 2	8:00am-12:30pm
526 Pandapas Pond Discovery	8:00am-12:00noon
605 Kelly Knob	7:30am-12:30pm
606 "Not So" Hike 2	8:30am-11:30am
710 Sunrise Canoe	5:30am-9:30am

Afternoon

518 Afternoon Herb Tea	2:00pm-4:00pm
521 Explore the Cove	1:00pm-8:00pm
524 Dismal Drums	1:00pm-5:00pm
528 Chateau Morrisette Winery 1	12:15pm-6:30pm
533 Ecology of SUUSI – Birds	2:00pm-4:00pm
631 Cove Mountain/Homeplace	1:00pm-8:00pm
632 Teen's Where... We Going?	1:00pm-5:30pm
711 Eggleston Excursion	1:15pm-6:00pm
712 Introduction to Canoeing 2	1:15pm-5:30pm
734 Adult Tubing	1:15pm-5:30pm

All Day

652 Rice Fields	8:00am-5:00pm
721 Intro. to Whitewater Kayaking	9:00am-5:00pm
807 Vertical Caving	10:30am-6:00pm

Evening

522 Yoga on the Trail	5:30pm-10:00pm
679 Wind Rock Sunset 2	6:00pm-10:30pm
713 NightOwl Canoe - Castle Rock	6:45pm-10:30pm

Friday

Morning

502 Morning Bird 2	6:45am-9:45am
514 New River Bike Trail 3	8:00am-12:30pm
520 Magical Plants	10:15am-12:15pm
607 Get In Touch - Inner Nature	8:00am-12:00noon
608 Audie Murphy's Hike	8:00am-12:00noon
808 Intro. to Caving at Old Mill	8:00am-12:30pm
809 Beginner Caving	9:00am-12:30pm

Afternoon

529 Chateau Morrisette Winery 2	12:15pm-6:30pm
633 Triple Slog 2	1:00pm-6:00pm
634 Cascades	12:30pm-6:00pm
635 Dismal Adults	1:00pm-6:00pm
715 The Last Canoe Trip	1:00pm-5:30pm
735 Family Tubing 2	1:15pm-5:30pm

All Day

714 Whitewater Canoe	8:30am-5:30pm
722 Whitewater Kayaking	8:00am-5:30pm



Looking for a Nature Trip
designed for your group or family?

Teen Nature Trips (14-17 year olds)

731	Teen Tubing	M	1:15pm-5:30pm
628	Teen & YA Triple Slog	T	1:00pm-6:00pm
804	Teen Night Caving	T	7:00pm-midnight+
806	Teen Rock Climbing	W	11:00am-6:00pm
505	Teen Ecology	W	1:00pm-5:00pm
632	Teen's Where...Going?	Th	1:00pm-5:30pm

Young Adult Nature Trips (18-25 year olds)

703	Night Owl Canoe YA	M	6:45pm-10:30pm
628	Teen & YA Triple Slog	T	1:00pm-6:00pm
733	Young Adult Tubing	W	1:15pm-5:30pm

Women Only Nature Trips

629	Dismal Women	T	1:00pm-6:00pm
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Family Friendly Nature Trips

			(age)
<u>Monday</u>			
501	Morning Bird 1	6:45am-9:45am	12+
509	Nature Photography	7:30am-12:00noon	12+
701	Sit-On-This! 1	8:00am-12:30pm	12+
601	"Not So" Hike 1	8:30am-11:30am	8+
527	There & Back Again	9:00am-12:00noon	8+
625	Cascades Cookout	12:30pm-8:00pm	8+
702	Intro. to Canoeing 1	1:15pm-5:30pm	12+
507	Dixie Caverns	1:30pm-5:30pm	4+
525	Travertine Falls	1:30pm-5:30pm	8+
530	Ecology of SUUSI-Geo.	2:00pm-4:00pm	8+
676	Bald Knob Sunset	7:00pm-10:30pm	12+
<u>Tuesday</u>			
508	Mountain Lake Disc.	8:00am-2:00pm	12+
732	Family Tubing	1:15pm-5:30pm	9+
704	Family Canoe	1:30pm-5:00pm	8+
531	Ecology of SUUSI-Rivers	2:00pm-4:00pm	8+
705	Intro. to Sea Kayaking	9:00am-4:30pm	12+
516	Tree Identification	6:00pm-8:30pm	12+
677	Wind Rock Sunset 1	6:00pm-10:30pm	12+
<u>Wednesday</u>			
604	Bear Cliffs	7:30am-12:30pm	8+
707	Sit-On This! Too	8:00am-12:30pm	12+
519	Wildflower Identification	8:30pm-12:30pm	12+
708	Intro Whitewater Canoe	8:30am-5:30pm	12+
630	Upper Cascades	1:00pm-6:00pm	6+
532	Ecology of SUUSI -Caves	2:00pm-4:00pm	8+
504	Not an Early Bird	4:45pm-8:45pm	12+
<u>Thursday</u>			
710	Sunrise Canoe	5:30am-9:30am	12+
503	Half Day Bird	7:30am-11:30am	12+
506	Fossils of Appalachia	8:00am-12:00noon	12+
526	Pandapas Pond Discovery	8:00am-12:00noon	8+
606	"Not So" Hike 2	8:30am-11:30am	8+
711	Eggleston Excursion	1:15pm-6:00pm	12+
712	Introduction to Canoeing	2:15pm-5:30pm	12+
533	Ecology of SUUSI - Birds	2:00pm-4:00pm	8+
679	Wind Rock Sunset 2	6:00pm-10:30pm	12+
<u>Friday</u>			
502	Morning Bird 2	6:45am-9:45am	12+
608	Audie Murphy's Hike	8:00am-12:00noon	6+
634	Cascades	12:30pm-6:00pm	8+
715	The Last Canoe Trip	1:00pm-5:30pm	12+
735	Family Tubing 2	1:15pm-5:30pm	9+

Twelve-Step Support Group

We start on Registration Sunday (look for time and place in the Registration NUUS) with a get-acquainted meeting for current and potential members of 12-step groups. This is a chance to connect with supportive people at the beginning of SUUSI. Based on participants, the group may continue to meet in total or split into separate specific support groups.

Men's Support Group

The room defines the space, we men bring life and energy to that space. Share with others who have your same birthright, the glory of manhood. Jim Landis facilitated this group last year. He has organized and been a member of a men's group in New York for three years. Group will meet 4:10pm-5:30pm, Monday-Friday - drop in, no registration required. Open to those 18+ and free, of course.

(Limit - 30 people)

Women's Support Group

We meet to give and receive support for facing the problems and challenges that life brings to all of us. Leave SUUSI with more connections and feeling better about yourself and your life's direction. Here you can get the support and encouragement you need to identify your goals and find ways to move toward them. Group will meet 6:45pm-8:45pm, Monday-Friday - drop in, no registration required. Open to those 18+ and free, of course.

(Limit - 12 people)

*Will you create good memories with your family this summer that will last for years rather than moments? Will you go to a place that's exciting *and* supportive, so you're comfortable enough to try something new? Come to SUUSI - it works and it lasts!*