

308 Contra Dance

Limit 100

Dance to the infectious rhythms of live traditional music at the 9th annual SUUSI Contra Dance. Beginners must attend Beginning Contra workshop on Monday night before attending this session. All dances and mixers are walked through and called.

Bob Lavelly learned to Contra dance at SUUSI in 1988 and has been an avid dancer ever since that time. He calls on local callers and musicians in the Blacksburg area.

\$10 T drop-in 16+ 8:15-10pm

309 Scrabble Tips & Playoff

Limit 20

First night: Scrabble tips and 1 game; second night: 2 games in the 3-game SUUSI playoffs with prizes. This is for fun and suitable for beginners.

Recommended Reading: *Everything Scrabble* by Joe Edley & John D. Williams, Jr.

Beth Flanagan & Cathy Murphy have been playing Scrabble for fun since childhood. They want to share their love of the game with others. Their practice includes winning and losing to each other regularly.

\$10 TW preferred 16+ 8pm-10pm

311 Laid-Back Folk Dancing

No Limit

This is dancing for FUN. No partners needed. Wonderful folk music. Easy patterns and Steps. Slow-paced for those who need it.

Lilly McEachern started folk dancing 65 years ago and still loves it. Her doctorate is in psychology, but she likes this better.

\$12 WThF preferred 12+ 8:15-10:00pm

All Day Workshops

401 Artisans Bazaar and Gallery

Limit 12

Sell your original art and craft work at SUUSI. For a 15% commission and 6 hours of work we provide an attractive and publicized space where people will buy your work. We track your sales and accept credit cards for you. All work must be your own, tagged and inventoried before your arrival. Your attendance is required for the set-up and organizational meeting on Monday at 10AM.

Carol Eaglehart is a professional artist and art marketer who has participated in this Bazaar for many years.

\$35 MTWThF 18+

402 Teen Way Off Broadway (TWOB)

Limit 30

This is a teens-only, intense, week-long theater experience that concludes with a Friday night performance for the entire SUUSI community. Actors, singers, dancers, stagehands, set designers, set builders, and tech support are needed! Teens, if you have a love for the stage, designing and building sets, technical theater or theater production, this is for you. If you have no theater experience and want to try it out in a safe, supportive atmosphere, this is for you too.

Chris Groom has helped write, produce and direct TWOB many times.

\$25 MTWThF required 14-17 M 10-12; TWTh 2-4; F all day

Nature Trips 2002

“All Our Relations” represents the full Circle of Sacred Life, of which we are part. The sacred circle includes not only the two-legged relatives of all colors and persuasions, but also all the peoples in nature of four legs, those with wings and fins, the green standing tree and plant people, the mineral and stone people, those that live within and crawl upon the Earth, and those in the starry realm. Everything, both the known and unknown, the ancestors who have gone beyond, as well as those children of generations to come, is Blessed in our sacred SUUSI circle of wholeness and holiness.

Experience the Nature Program with “All Our Relations”. The 80 trips on our schedule are offered at a variety of times to fit your schedule during the day and evening, some physically easy, and some demanding - even very strenuous trips. Whether a first timer or a veteran, join us on a venture into nature.

Our trip descriptions are limited by the available space in this brochure, but Our Web site (www.suusi.org/nature99) has more background material...and lots of pictures.

Need A Clue to Decode the Nature Schedule?

4+ participants must be at least 4 years old

12+ open to everyone 12 and older

14-17only must be 14-17 years old

Teens 14-17 years old

YA 18-25 years old Young Adults

M=Monday T=Tuesday W=Wednesday

Th=Thursday F=Friday

Gentle - good trail, some roots/rocks (no elevators...)
Very Strenuous - high energy, requires physical strength and coordination (no fear...)

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 Tent 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.

Discovery Trips

501 Morning Bird Monday Limit 9

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 and drinking water. Recommended: binoculars, a good field guide (e.g. Peterson’s or National Geographic). Also offered on Friday (trip #540).

\$9 M Moderate 12+ 6:45am-9:45am

503 New River Bike Trail Monday 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. Also offered on Wednesday (#521) and Friday (#541).

\$30 M Moderate 14+ 7:45am-12:30pm

504 Dixie Caverns Monday 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 is not needed. Also offered on Wednesday (#525).

\$12 M Moderate 4+ 8:30am-12:30pm

505 Herb Gardens and Gardening Limit 14

Harvest the ancient tradition of growing plants for flavor and aroma. Visit a local herb garden to learn more about layout, types of herbs, and how to grow your own herbs. Required: sturdy shoes and canteen.

\$8 M Gentle 14+ 8:30am-12:00noon

507 Journey Home Limit 18

With the beat of the drum, journey across time and space to other orders of reality. Encounter power animals, spiritual teachers and guides to awaken lost memories, hidden knowledge and healing powers linked to the ancestral wisdom of our forebears. Learn how to travel beyond the limits of physical existence to find your personal power animals and guides, using them to tap into creative sources. Hayride to the top of Buckeye Mountain and experience sundown to the flames of a fire and the energy of drumming and dancing. Bring small drum or rattle and blanket. Wear sturdy shoes and bring drinking water.

\$14 M Gentle 14+ 5:30pm-10:00pm

510 Fern ID Limit 14

New! Take advantage of the abundance of local ferns to acquaint yourself with this intriguing group of plants. We will identify ferns and fern allies (mosses, club mosses, and liverworts!) while exploring their fascinating sex life and other details of their biology. Required: sturdy shoes and canteen. Recommended: field guide (Fern Finder or Peterson's).

\$9 T Moderate 12+ 8:00am-12:00noon

511 Mushrooms of the Southern Appalachians Limit 9

New! Remember all those colors people say are 'unnatural'? Fungus can be found in most of these colors, from translucent orange to hot pink to deep purple. While we can't promise you'll see all these colors, we can promise that you will explore the rich diversity of fungi in the local mountains. Required: sturdy shoes and canteen. Recommended: field guide (Mushrooms in Color is good).

\$9 T Moderate 14+ 1:00pm-5:00pm

512 Armchair Discovery: Wildflowers Limit 30

See the splendor of nature through photos. This slide program will provide a glimpse of Virginia wildflowers not available during SUUSI, along with some you can see on our other trips. Free

T Gentle 8+ 2:00pm-3:30pm

513 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 and drinking water. Recommended: binoculars, a good field guide (e.g. Peterson's or National Geographic). Dinner provided.

\$9 T Moderate 12+ 5:15pm-9:15pm

514 Drum Down the Sun Limit 18

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: cushion to sit on, insect repellent and snack.

\$9 T Gentle 14+ 5:30pm-10:00pm

520 Nature Photography Limit 9

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, camera and drinking water. Recommended: insect repellent and extra film.

\$12 W Gentle 12+ 7:30am-12:00noon

521 New River Bike Trail Wednesday Limit 14

See trip #503 for trip description. Also offered on Monday (#503) and Friday (#541).

\$30 W Moderate 14+ 7:45am-12:30pm

522 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. This will be an on-campus walking trip.

\$9 W Moderate 12+ 8:30am-12:15pm

523 Yoga on the Trail Limit 14

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. Required: Intent, mindfulness, beach towel or yoga mat, sturdy shoes, canteen.

\$9 W Moderate 14+ 1:00pm-5:30pm

524 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. Required: walking shoes and a canteen.

\$9 W Moderate 8+ 1:00pm-5:00pm

525 Dixie Caverns Wednesday Limit 14

See trip #504 for description. Also offered on Monday.

\$12 W Moderate 4+ 1:00pm-5:00pm

531 Chateau Morrisette Winery Thursday 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. Also offered on Friday (#544).

\$13 Th Gentle 21+ 12:15pm-6:30pm

532 Afternoon Herb Tea Limit 14

A favorite every year! Relax with herbs, herb tea and gentle conversation. Pat Mercer provides an informal tea for you along with information to re-create the experience at home.

\$8 Th Gentle 18+ 2:00pm-4:00pm



533 Armchair Discovery: Wildlife Limit 30

A second chance to see the splendor of nature through photos. This slide program will provide a glimpse of wildlife that lives in these mountains. This is a chance to glimpse elusive wildlife while learning more about who shares these mountains with us.

Free Th Gentle 8+ 2:00pm-3:30pm

534 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 explore the biodiversity of an Appalachian cove forest before joining participants on trip #652 for a feast at the Homeplace Restaurant. Dinner included in price of trip. 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

535 Spirit Voyage Limit 18

Seek keys to healing by entering a dream-like flow of imagery. While journeying to the beat of the drum, learn to travel into another realm of consciousness. We will travel in a "Spirit Canoe" with our power animals or spirit guides to find gifts for healing others. Hayride to the top of Buckeye Mountain and experience sundown to the flames of a fire and the energy of drumming and dancing. Bring small drum or rattle and blanket. Wear sturdy shoes and bring drinking water.

\$14 Th Gentle 14+ 5:30pm-10:00pm

540 Morning Bird Friday Limit 14

See trip #501 for description. Also offered on Monday.

\$9 F Moderate 12+ 6:45am-9:45am

541 New River Bike Trail Friday Limit 14

See trip #503 for trip description. Also offered on Monday (#503) and Wednesday (#521).

\$30 F Moderate 14+ 7:45am-12:30pm

542 Fossils of Appalachia Limit 18

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. Required: sturdy shoes and canteen. Recommended: sunscreen, rock hammer, and box of tissues for delicate specimens.

\$10 F Gentle 12+ 8:00am-12:30pm

543 Magical Plants Limit 14

For as long as people have wandered Mother Earth, plants have held 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. This will be an on-campus walking trip.

\$8 F Gentle 14+ 10:15am-12:15pm

544 Chateau Morissette Winery Friday Limit 14

See trip # 531 for description. Also offered on Thursday.

\$13 F Gentle 21+ 12:15pm-6:30pm

545 Hooch in the Holler — From Pilsner to Stout Limit 18

New! Participants will taste and rank 8 microbrewery brews collected on travels around the continent. Most brews are not available in the southeast. We will begin with lagers and will work our way through ales, and porters, ending with stouts. Ranking each sample will allow each participant to explore her or his preferences for these out of the ordinary offerings to determine which brew would offer the best company if you were stranded on a desert island. Total consumption approximately 16 oz. Bring a towel, blanket, or small camp chair to sit on.

\$15 F Gentle 21+ 1:00pm-5:00pm

546 Edible Plants Limit 14

New! Nature is for eating! While our berry cobbler is baking on the fire we will explore the forest to see what else we can eat from the wild. Learn outdoor cooking techniques and expand your knowledge of wild edibles. Cobbler provided. Wear sturdy shoes and bring drinking water.

\$14 F Gentle 12+ 1:00pm-5:00pm

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. The following are requirements and some 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 ½ 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 (and maybe a change of clothes).

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 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 four miles.
FREE M *Gentle-Moderate* 8+ 8:30am-11:30am

602 Warspur Limit 14

This is a three-mile loop through a wilderness area featuring many lush ferns and a virgin hemlock stand by an underground stream. We'll hike out to an overlook that provides a sweeping view across a sheltered valley and dense forest to Potts Mountain and White Rock in the distance. One short steep section and the rest is easy rambling.
\$9 M *Moderate* 14+ 7:30am-12:30pm

603 Buffalo Mountain Limit 14

A scenic drive through rural sections of Montgomery and Floyd counties followed by a short but steep hike (half mile in length and about 400-500 feet in elevation) to the top of Buffalo Mountain. The combination of high elevation (3,971 feet), wind-exposed openings at the summit, and magnesium-rich soils make this spot unique. The south face of the mountain contains grassy, prairie-like openings with Midwestern grasses and wildflowers such as bog bluegrass. It is also the only known location in the world for a mealybug called Puto Kosztarabi.
\$9 T *Moderate* 14+ 7:30am-12:30pm

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 and interesting cliffs and rock formations near the top.
\$9 W *Moderate* 14+ 8:00am-12:30pm

605 Half Acre of Rocks Limit 14

This trip begins with about a mile and a half climb along a forest road. Then bushwhack down to a rock outcropping with a great view of the valley below. Return the way we came for a total hiking distance of just over three miles. One of our shorter drives to the scenic Ellett valley.
\$9 Th *Moderate* 14+ 8:00am-12:30pm

606 Poverty Creek Limit 14

This trip, after a short van ride, will meander along a beautiful small mountain stream. There are some nice quiet pools and some interesting rock overhangs along the stream. The trip is almost totally flat, and will be about two miles, depending on how far we wander down the creek before backtracking. Since there are some creek crossings on stepping-stones, laced sneakers or boots are recommended and required if you wish to wade in some of the deeper pools.
\$9 Th *Gentle* 14+ 8:30am-12:00noon

607 Bald Knob Limit 14

This hike starts at the Mountain Lake Hotel and is part of the Mountain Lake wilderness area. 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 F *Moderate* 14+ 8:00am-12:30pm

608 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

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 four miles.
\$12 M *Moderate/Strenuous* 8+ 1:00-8:00pm

626 Triple Slog Monday 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. Bring a change of clothes and towel for the ride back. Total loop distance is three miles. Also offered on Thursday (#654).
\$9 M *Strenuous* 18+ 1:00pm-6:00pm

627 Upper Bottom Creek Limit 14

One of our longer drives to the upper end of Bottom Creek. This is a popular hike in a gorgeous area and one that we haven't offered in a while. We will slog upstream for about half a mile on this three-mile loop. Bring a dry bag for anything you don't want to get wet. Wear slip-resistant laced sneakers (**required**) as you enjoy the opportunity to swim and scramble among the rocks in the creek.
\$9 M *Strenuous* 18+ 1:00pm-6:00pm

628 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. Deep turbulent pools amid a jumble of rocks provide a beautiful spot to swim and sun before the two-mile hike back. Laced sneakers are required if you plan to get wet.
\$9 T *Moderate* 14+ 1:00pm-6:00pm

629 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

630 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+ 12:45pm-5:00pm

631 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-5:30pm

632 Mud Wallow Limit 14
Back by popular demand! **NEW**—short van drive to a new location on private land. This site is in the bed of the Roanoke River, so gourmet riverbank mud will be available for the ultimate in spa treatments, with a sunny field to let it bake in, and running water available for quick clean-ups. And unlike the old site, this mud won't stain you yellow!
\$9 W *Gentle* 14+ 1:00pm-5:00pm

633 Teens' Where the Hell Are We Going? Limit 14
Back again this year because everyone had a great time the past two 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 one quart of water, sturdy hiking shoes, and laced sneakers in case water is involved.
\$9 W *Gentle-Strenuous* Teens 14-17 Only 1:00pm-5:30pm

634 Triple Slog Thursday Limit 14
Yet another triple slog adventure - last chance of the week! Also offered on Monday. See trip #626 for description.
\$9 Th *Strenuous* 18+ 1:00pm-6:00pm

635 Cascades Uphill Limit 14
636 Cascades Downhill Limit 14

Something for everyone on this one-way traverse. The **UP** group will follow the trail along tumbling Little Stony Creek to the spectacular 60-foot Cascades waterfalls with a large cold swimming hole at its base. **Wear** a swimsuit (there is no privacy) and laced sneakers (**required**) if you dare to get wet! Another smaller set of falls is a big plus for this route. Hike out to the road to the van that carried the **DOWN** group. They will reverse the route of the **UP** group. The total hike is a bit over three miles. Register for the direction you prefer.
\$9 F *Moderate/Strenuous* 14+ 1:00pm-6:00pm

637 Dismal Adults Limit 14
(AKA Dismal Falls for Adults)
See trip #630 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 Hikes

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 McAfee's Knob Limit 14
Climb 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. Total hiking distance is seven miles.
\$13 M *Strenuous* 14+ 10:00am-6:00pm

651 Tinker Cliffs Limit 14
New! Spectacular bluff-top views, rushing streams, intriguing rock formations, pastures and forest are the many rewards of the new Andy Layne trail to the cliffs of Tinker Ridge. We will follow the trail to Scorched Earth Gap where we pick up the Appalachian Trail and a final ascent to the cliffs which extend for about a half-mile along the west side of the mountain. Some tough, steep stretches as the trail rises 1700 feet to an elevation of 3000 feet. Be prepared to help carry the provided lunch and be sure to bring 2 quarts of water. Total hiking distance is 5 ½ miles.
\$13 W *Very Strenuous* 14+ 8:00am-4:00pm

652 Dragon's Tooth Limit 14
An old favorite and a must for many SUUSI hikers, this is a steep hike along a scenic and rugged section of the Appalachian Trail to jagged sandstone crags and a renowned panoramic view. Considered a top attraction for the area. Bring a pack to help carry lunch and two quarts of water. We'll finish the day with a great country-style dinner at the popular Homeplace restaurant, joining participants on trip #534. Attention Vegans! Most of the vegetables are cooked with meat as a seasoning. A change of clothes for dinner is recommended. Dinner included in price of trip.
\$24 Th *Strenuous* 14+ 10:00am-8:00pm

Evening Hikes

Evenings in the mountains are special times. The night approaches slowly and the sky turns brilliant colors as the heat of the day fades. Note: Nights in the mountains can be surprisingly cool. You may want to bring a light jacket.

676 Bald Knob Sunset Limit 14
See trip #607 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

679 Wind Rocks Sunset 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-10:30pm

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 and kayaks, it's all within your reach. If you've always wanted to learn (or relearn) to paddle, you can start with 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 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 please read the trip descriptions carefully for the river rating. 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. A rain jacket might just make your day! (No ponchos allowed though.) It's a great idea to be prepared.

701 Introduction to Canoeing 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, and change of clothes.** Nylon shorts over swimsuit are recommended for women.

\$24 M Moderate 12+ 1:15pm-5:30pm

702 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, and 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

703 Sunrise Canoe Limit 13

Enjoy quiet, birds, 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, and 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 T Moderate 12+ 5:30am-9:30am

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 very 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, and glasses strap.** Bring dry clothes and a towel if you think you might get wet.

\$24 T Moderate 8+ 1:00pm-4:30pm

705 Sunset Canoe Limit 13

This has become a popular trip since we started it two years ago. 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 way, 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. A FLASHLIGHT IS REQUIRED FOR EVERY PARTICIPANT, OR YOU DON'T GO. If you plan to swim, wear a swimsuit and bring a towel and change of clothes.**

\$28 T Moderate 14+ 4:00pm-10:00pm

706 Canoe Fishing with Artificials Limit 8

New this year! Explore and fish a non-challenging section of the New River in canoes. We will drift downstream catching and releasing smallmouth and rock bass as well as various panfish species. Bring your own rod and reel and receive advice on lure selection and tactics from Mark Harris, an avid fisherman and river fishing guide. A 5-day Virginia fishing license can be purchased beforehand at local stores. Mark is always happy to talk about fishing and is anxious for others to share this wonderful experience. **Required: basic canoeing skills, laced sneakers, white or light-colored shirt for visibility, drinking water, and 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+ 5:00pm-9:15pm

707 Introduction to Sea Kayaking Limit 13

What's a sea kayak? Basically, it's a kayak designed for flat water; there will be a few styles for you to try out. Since the ocean is a bit far for us to visit on a day trip, we will be touring a scenic area of Claytor Lake, so the water will be calm with an occasional wake. 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 half hour or so will be devoted to learning the basics of handling the boat. **Required: Some previous paddling experience, laced sneakers, drinking water, glasses strap, sunscreen, towel, swimsuit, and change of clothes.** Nylon shorts over swimsuit are recommended for women. Lunch provided.

\$35 W Moderate 12+ 9:00am-4:30pm

708 Sit-on-Top Wednesday Limit 8

Be the captain of your own ship! 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 Class I 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.** Also offered on Thursday.

\$24 W Moderate 12+ 1:00pm-5:30pm

709 Night Owl Canoe at Whitethorn Limit 13

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 W Moderate 14+ 7:00pm-10:30pm

710 Sit-on-Top Thursday Limit 8

See trip # 708 for trip description. Also offered on Wednesday.

\$24 Th Moderate 12+ 8:00am-12:30pm

711 Eggleston Excursion Limit 13

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 river canoeing skills, laced sneakers, drinking water, glasses strap, and sunscreen.** Bring dry clothes and a towel.

\$24 Th Moderate plus 12+ 1:15pm-6:00pm

712 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, and 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 14+ 6:45pm-10:00pm

713 The Last Canoe Trip Limit 13

This is a great way to wrap up your week at SUUSI! We'll paddle down a pleasant stretch of the New River and reflect on life, the universe, and everything...or not. **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-5:00pm

721 Introduction to Whitewater Kayaking Limit 6
 Want to try out a decked boat? This is the intro for you. This course is designed to teach you the basic skills you'll need for an introduction to whitewater kayaking 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, and change of clothes.** Nylon shorts over swimsuit are recommended for women. Lunch provided.
 \$35 Th *Strenuous* 12+ 8:30am-5:30pm

722 Whitewater Kayaking Limit 6
 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 REALLY!! (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* 12+ 8:00am-5:30pm

731 Teen Tubing Limit 52
 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 (*and required for folks under 17 years old*). 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 your tube. We will do our best to alert you to possible trouble spots but if any one thing is for sure on the river, 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

732 Family Tubing Tuesday Limit 37
 See trip #731 for general trip description. But open to family groups only.
 \$12 T *Moderate* 9+ 1:15pm-5:30pm

733 Adult Tubing Thursday Limit 37
 See trip #731 for general trip description. But open to adults only.
 \$12 Th *Moderate* 18+ 1:15pm-5:30pm

734 Tubing Friday Limit 37
 See trip #731 for general trip description. Open to everybody.
 \$12 F *Moderate* 12+ 1:15pm-5:30pm

Adventure Trips Caving, Rappelling, and Rock Climbing

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.

Requirements: These are **not** optional or "gee, maybe" but real, safety-based mandates. Our many years of experience, including occasional mishaps, have taught us where we must insist, for your safety and your enjoyment.

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, and in such case, there will be no refunds.

Your cave environment will be WILD with no handrails, sidewalks, steps or any permanent lighting, but Mother Nature fully air-conditions your cave at a *COOL*, 53 degrees F. guaranteed all summer. SUUSI will provide helmets and headlamps with batteries. The cave will provide darkness, mud, rock, fossils, a few bats, and exquisite formations thousands of years in the making.

CAVING REQUIREMENTS:

1. Sturdy above-ankle boots with **deep tread soles** to provide footing in cave mud. **No exceptions!**
2. Inexpensive work or garden gloves for a more secure grasp for clawing
3. Long heavy pants
4. Long-sleeved shirt
5. Jacket or sweat shirt to prevent hypothermia
6. Drinking water in a water bottle or canteen
7. Small inexpensive pack for water bottle, and other personal gear so your hands will be free
8. Two old hand towels, one for you and one to clean your helmet and headlamp
9. Complete change of clothes so you can sit in the van to ride back
10. Plastic bag for dirty cave clothes
11. Athletic kneepads are strongly recommended for knee protection
12. Tie for long hair is suggested

RAPPELLING REQUIREMENTS:

1. Sturdy above-ankle boots with tread soles
2. Full leather gloves
3. Canteen or water bottle
4. Shorts and T-shirts OK
5. Athletic kneepads are recommended for knee protection
6. Tie for long hair is suggested

CLIMBING REQUIREMENTS:

1. If you have climbing shoes, bring them, or tennis shoes
2. Canteen or water bottle
3. Shorts and T-shirts OK
4. Athletic kneepads are recommended for knee protection
5. Tie for long hair is suggested
6. Rain jacket may be needed

800 Introduction to Rappelling - Morning Limit 9

A limestone cliff face will be used overlooking Sinking Creek with an excellent view of Spruce Run Mountain in the distance. This cliff has shade and a good trail to the top and four different rappels. Over the years, we've introduced hundreds of our SUUSI friends to the exhilarating but safe sport of descending ropes using specialized high friction devices. You will begin on the short rock cliff with a easy slant ledge before the drop begins. When your comfort level increases, you can move on to the 65-foot rappel. This a more technical rappel off the cliff utilizing all that you have learned. Introduction to Rappelling is required for Pig Hole Caving: By Rope #803. Read Rappelling Requirements. Waiver required.

\$25 M *Strenuous* 14+ 8:30am-1:00pm

801 Introduction to Rappelling - Afternoon Limit 9

See #800 for trip description. Waiver required.

\$25 M *Strenuous* 14+ 12:30pm-5:00pm

802 Introduction to Caving 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, climb through rock maze, and come out at a surprising location. There is an excellent display of sea shell fossils. Read Caving Requirements, come prepared. Waiver required.

\$25 M *Very Strenuous* 14+ 12:30pm-6:00pm

803 Pig Hole Caving Limit 14

New trip: Pig Hole By Rope or Pig Hole By Pipe, your choice. By Rope: rappel in 90-foot entrance drop **OR** By Pipe: slide down the 4-foot pipe (rappelling not required). Pig Hole Cave is one of the largest open cave pits in Virginia. At Hess Hollow we will cross the bridge with a ceiling of over 100 feet. Just beyond Hess Hollow is the Queen's Bath, a crystalline rim pool, with unique formations. By Rope Prerequisite: SUUSI Rappelling required, prior year OK. By Pipe: no prerequisite. Waiver required.

\$25 T *Very Strenuous* 14+ 12:30pm-6:00pm

804 NEW Night Caving Limit 14

Come on and get messy on Tuesday Night at Tawney's. Dark in and dark out! Chance to experience Mother Earth from the inside and bring some of her back with you on your outside. You will see, touch, smell and feel a cave formed in limestone that was once ocean floor. See #802 for further trip description. Read Caving Requirements, come prepared. Waiver required.

\$25 T *Very Strenuous* 14+ 7:00pm-midnight+

805 Rock Climbing Morning Limit 9

Spectacular climbing area in West Virginia. 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. Waiver required. Lunch provided.

\$25 Th *Very Strenuous* 14+ 8:00am-2:00pm

806 Rock Climbing Afternoon Limit 9

See #805 for trip description. Lunch provided. Waiver required.

\$25 Th *Very Strenuous* 14+ 11:00am-5:00pm

807 Introduction to Caving Limit 14

Old Mill Cave has a variety of passage types. Just inside the entrance there is a short but tight crawl (10 feet), 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. Waiver required.

\$25 F *Very Strenuous* 14+ 8:00am-12:30pm

2002 Nature Workshop Summary

Monday

Morning

501	Morning Bird Monday	6:45am-9:45am
503	New River Bike Trail Monday	7:45am-12:30pm
504	Dixie Caverns Monday	8:30am-12:30pm
505	Herb Gardens and Gardening	8:30am-12:00noon
601	"Not So" Hike	8:30am-11:30am
602	Warspur	7:30am-12:30pm
800	Introduction to Rappelling - Morning	8:30am-1:00pm

Afternoon

625	Cascades Cookout	1:00pm-8:00pm
626	Triple Slog Monday	1:00pm-6:00pm
627	Upper Bottom Creek	1:00pm-6:00pm
701	Introduction to Canoeing	1:15pm-5:30pm
731	Teen Tubing	1:15pm-5:30pm
801	Introduction to Rappelling - Afternoon	2:30pm-5:00pm
802	Introduction to Caving	12:30pm-6:00pm

All day

650	McAfee's Knob	10:00am-6:00pm
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Evening

507	Journey Home	5:30pm-10:00pm
676	Bald Knob Sunset	7:00pm-10:30pm
702	Night Owl Canoe for Young Adults	6:45pm-10:30pm

Tuesday

Morning

510	Fern ID	8:00am-12:00noon
603	Buffalo Mountain	7:30am-12:30pm
703	Sunrise Canoe	5:30am-9:30am

Afternoon

511	Mushrooms of the Southern Appalachians	1:00pm-5:00pm
512	Armchair Discovery: Wildflowers	2:00pm-3:30pm
628	Falls of the Little River	1:00pm-6:00pm
629	Triple Slog for Teens and Young Adults	1:00pm-6:00pm
630	Dismal Women I	2:45pm-5:00pm
704	Family Canoe	1:00pm-4:30pm
732	Family Tubing Tuesday	1:15pm-5:30pm
803	Pig Hole Caving I	2:30pm-6:00pm

Evening

513	Not an Early Bird	5:15pm-9:15pm
514	Drum Down the Sun	5:30pm-10:00pm
705	Sunset Canoe	4:00pm-10:00pm
706	Canoe Fishing with Artificial	5:00pm-9:15pm
804	Night Caving	7:00pm-midnight

Wednesday

Morning		
520	Nature Photography	7:30am-12:00noon
521	New River Bike Trail Wednesday	7:45am-12:30pm
522	Wildflower Identification	8:30am-12:15pm
604	Bear Cliffs	8:00am-12:30pm

Afternoon		
523	Yoga on the Trail	1:00pm-5:30pm
524	Travertine Falls Discovery	1:00pm-5:00pm
525	Dixie Caverns Wednesday	1:00pm-5:00pm
631	Upper Cascades	1:00pm-5:30pm
632	Mud Wallow	1:00pm-5:00pm
633	Teens' Where the Hell Are We Going?	1:00pm-5:30pm
708	Sit-On-Top Wednesday	1:00pm-5:30pm

All Day		
651	Tinker Cliffs	8:00am-4:00pm
707	Introduction to Sea Kayaking	9:00am-4:30pm

Evening		
709	Night Owl Canoe at Whitethorn	7:00pm-10:30pm

Thursday

Morning		
605	Half Acre of Rocks	8:00am-12:30pm
606	Poverty Creek	8:30am-12noon
710	Sit-on-Top Thursday	8:00am-12:30pm
805	Rock Climbing – Morning	8:00am-2:00pm

Afternoon		
531	Chateau Morrisette Winery Thursday	12:15pm-6:30pm
532	Afternoon Herb Tea	2:00pm-4:00pm
533	Armchair Discovery: Wildlife	2:00pm-3:30pm
534	Explore the Cove	1:00pm-8:00pm
634	Triple Slog Thursday	1:00pm-6:00pm
711	Eggleston Excursion	1:15pm-6:00pm
733	Adult Tubing Thursday	1:15pm-5:30pm
806	Rock Climbing – Afternoon	11:00am-5:00pm

All Day		
652	Dragon's Tooth	10:00am-8:00pm
721	Introduction to Whitewater Kayaking	8:30am-5:30pm

Evening		
535	Spirit Voyage	5:30pm-10:00pm
679	Wind Rocks Sunset	6:00pm-10:30pm
712	Night Owl Canoe at Castle Rock	6:45pm-10:00pm

Friday

Morning		
540	Morning Bird Friday	6:45am-9:45am
541	New River Bike Trail Friday	7:45am-12:30pm
542	Fossils of Appalachia	8:00am-12:30pm
543	Magical Plants	10:15am-12:15pm
607	Bald Knob	8:00am-12:30pm
608	Get in Touch with Your Inner Nature	8:00am-12noon
807	Introduction to Caving	8:00am-12:30pm

Afternoon		
544	Chateau Morrisette Winery Friday	12:15pm-6:30pm
545	Hooch in the Holler	1:00pm-5:00pm
546	Edible Plants	1:00pm-5:00pm
635	Cascades Uphill	1:00pm-6:00pm
636	Cascades Downhill	1:00pm-6:00pm
637	Dismal Adults	1:00pm-6:00pm
713	The Last Canoe Trip	1:00pm-5:00pm
734	Tubing Friday	1:15pm-5:30pm

All Day		
722	Whitewater Kayaking	8:00am-5:30pm

Teen Nature Trips (14-17 year olds)

731	Teen Tubing	M	1:15pm-5:30pm
629	Triple Slog for Teens and Young Adults	T	1:00pm-6:00pm
633	Teens' Where the Hell Are We Going?	W	1:00pm-5:30pm

Young Adult Nature Trips (18-25 year olds)

702	Night Owl Canoe for Young Adults	M	6:45pm-10:30pm
629	Triple Slog for Teens and Young Adults	T	1:00pm-6:00pm

Women Only Nature Trips

630	Dismal Women	T	12:45pm-5:00pm
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Family Friendly Nature Trips

Monday

501	Morning Bird Monday	6:45am-9:45am	12+
504	Dixie Caverns Monday	8:30am-12:30pm	4+
601	"Not So" Hike	8:30am-11:30am	8+
625	Cascades Cookout	1:00pm-8:00pm	8+
701	Introduction to Canoeing	1:15pm-5:30pm	12+
676	Bald Knob Sunset	7:00pm-10:30pm	12+

Tuesday

510	Fern ID	8:00am-12:00noon	12+
703	Sunrise Canoe	5:30am-9:30am	12+
704	Family Canoe	1:00pm-4:30pm	8+
732	Family Tubing Tuesday	1:15pm-5:30pm	9+
512	Armchair Discovery: Wildflowers	2:00pm-3:30pm	8+
513	Not an Early Bird	5:15pm-9:15pm	12+

Wednesday

520	Nature Photography	7:30am-12:00noon	12+
522	Wildflower Identification	8:30am-12:15pm	12+
707	Introduction to Sea Kayaking	9:00am-4:30pm	12+
524	Travertine Falls Discovery	1:00pm-5:00pm	8+
525	Dixie Caverns Wednesday	1:00pm-5:00pm	4+
631	Upper Cascades	1:00pm-5:30pm	6+
708	Sit-On-Top Wednesday	1:00pm-5:30pm	12+

Thursday

710	Sit-On-Top Thursday	8:00am-12:30pm	12+
721	Introduction to Whitewater Kayaking	8:30am-5:30pm	12+
711	Eggleston Excursion	1:15pm-6:00pm	12+
533	Armchair Discovery: Wildlife	2:00pm-3:30pm	8+
679	Wind Rocks Sunset	6:00pm-10:30pm	12+

Friday

540	Morning Bird Friday	6:45am-9:45am	12+
542	Fossils of Appalachia	8:00am-12:30pm	12+
722	Whitewater Kayaking	8:00am-5:30pm	12+
546	Edible Plants	1:00pm-5:00pm	12+
713	The Last Canoe Trip	1:00pm-5:00pm	12+
734	Tubing Friday	1:15pm-5:30pm	12+

