



Active Terps Live Well



DIVISION OF
STUDENT AFFAIRS
UNIVERSITY RECREATION & WELLNESS

Spring 2022 Adventure Trip Schedule

Cross Country Ski New Germany State Park - [Register](#)

Date: Saturday, February 5

Location: Grantsville, MD

Pre-Trip Meeting Tuesday, February 1 from 8:00-9:00 PM

Cost: \$55 (includes ski rental)

Enjoy the day cross country skiing through the snowy hills of Western Maryland in New Germany State Park. You'll learn the basics of cross country skiing on some of the best groomed tracks around while also getting a workout and enjoying the wooded scenery.

Amenities: Indoor restroom facilities available

Travel Time: Approximately 2 hours, 45 minutes away

Wind Cave Adventure - [Register](#)

Date: Saturday, February 12

Location: Pequea, PA

Pre-Trip Meeting: Tuesday, February 8 from 8:00-9:00 PM

Cost: \$25

*Must be fully vaccinated to participate

Unlike other caves the Adventure Program visits, Wind Cave is a tectonic cave, and as a result has unique features. For example, the cave has temperatures similar to a refrigerator at 38 degrees, and instead of finding stalactites and stalagmites in this cave, you'll find icicles. Join us and find out what makes Wind Cave so unique! No previous caving experience is necessary, just an adventuresome spirit and a willingness to get muddy!

Amenities: N/A

Travel Time: Approximately 2 hours, 15 minutes away



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Cave Whitings Neck - [Register](#)

Date: Saturday, February 19

Location: Shepherdstown, WV

Pre-Trip Meeting: Tuesday, February 15 from 8:00-9:00 PM

Cost: \$30

*Must be fully vaccinated to participate

We're heading underground to warmer temperatures! Solutional caves like Whitings Neck offer year round temperatures in the 50's. Come explore the features and formations that Whitings Neck Cave has to offer. Crawl through the "Birth Canal" and get turned around in the "Milkshake Room." No previous caving experience is necessary, just an adventuresome spirit and a willingness to get muddy!

Amenities: Portable toilets in the parking lot

Travel Time: Approximately 2 hours 30 minutes one way

Intro to Backpacking on the Appalachian Trail - [Register](#)

Date: Saturday, February 26 - Sunday, February 27

Location: Harpers Ferry, WV

Pre-Trip Meeting: Tuesday, February 22 from 8:00-9:30 PM

Cost: \$50

*Must be fully vaccinated to participate

This trip is designed to teach the basics of backpacking while exploring a section of the iconic Appalachian Trail. We'll begin at Gathland State Park and finish in Historic Harpers Ferry, backpacking approximately four to five miles each day. A trip highlight is a view of the confluence of the Potomac and Shenandoah Rivers from the heights of Weverton Cliffs.

Amenities: Outdoor toilet facilities (privies) available

Travel Time: Approximately 1 hour, 30 minutes away

Cave & Hike West Virginia - [Register](#)

Date: Saturday, March 5-Sunday, March 6

Location: Seneca Rocks, WV

Pre-Trip Meeting: Tuesday, March 1 from 8:00-9:30 PM

Cost: \$60

*Must be fully vaccinated to participate

Join us for this wild and wonderful adventure in West Virginia! We'll spend most of the weekend underground exploring two of the area's many caves. We'll also hike up Seneca Rocks for a breathtaking view of the valley below and spend our evening nestled in the shadows of Seneca Rocks.

Amenities: Indoor restrooms with running water available at campground

Travel Time: Approximately 3 hours one way



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Hike Catoctin Mountain Park - [Register](#)

Date: Saturday, March 12

Location: Thurmont, MD

Pre-Trip Meeting: Tuesday, March 8 from 8:00-9:00 PM

Cost: \$25

Join us for a day of hiking in Catoctin Mountain Park, famous for its beautiful vistas and cascading waterfalls. This is a great opportunity to escape campus and experience one of Maryland's most beautiful parks.

Amenities: Indoor toilet facilities available at Visitor Center, water access

Travel Time: Approximately 1 hour, 15 minutes one way

Hike Shenandoah National Park - [Register](#)

Date: Sunday, March 20

Location: Shenandoah National Park – Rileyville, VA

Pre-Trip Meeting: Tuesday, March 15 from 8:00-9:00 PM

Cost: \$30

*Must be fully vaccinated to participate

Looking to cross a national park off your list? Escape to the hills of Shenandoah National Park for a day of hiking! Enjoy the fresh air as you hike through the wooded hollows of this gem of a national park.

Amenities: Portable toilets available in parking area

Travel Time: Approximately 2 hours, 30 minutes one way

Spring Break Multi-Sport Adventure: Red River Gorge - [Register](#)

Date: Saturday, March 20-Friday, March 25

Location: Stanton, KY

Pre-Trip Meeting: Tuesdays, March 8 & 15 from 8:00-9:30 PM

Cost: \$250

*Must be fully vaccinated to participate

**Registration opens February 7 at noon

Join us in Red River Gorge for a Spring Break spent in the mountains of Kentucky! You'll hike along rivers and to sandstone arches, climb world-renown crags, and enjoy a cozy campfire in the evenings while getting to know fellow Terps. This trip is open to all experience levels and beginner friendly, so no outdoor experience is needed. Just bring a willingness to try new things and be ready for an adventure!

Amenities: Potable running water, indoor restrooms, & shower facilities available at campsite

Drive Time: Approximately 8 hours one way



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Climb Carderock - [Register](#)

Date: Saturday, March 26
Location: Carderock, MD
Pre-Trip Meeting: Tuesday, March 15 from 8:00-9:00 PM
Cost: \$25

Just a few miles from the Capital Beltway, Carderock offers some of the best urban climbing around. Harness up and get ready to spend a leisurely day on the rocks while making new friends. Climbing at Carderock is open to climbers of all skill levels, so it is a great place for both experienced climbers and those who are just trying it out for the first time.

*Amenities: Indoor restroom facilities available in parking lot
Drive Time: Approximately 45 minutes one way*

Cherry Blossom Kayak on the Potomac - [Register](#)

Date: Saturday, April 2
Location: Washington, D.C.
Pre-Trip Meeting: Tuesday, March 29 from 8:00-9:30 PM
Cost: \$30

Paddle along the Potomac River and enjoy unique views of the D.C. Monuments and cherry blossoms. We'll paddle to Theodore Roosevelt Island where we will take a break for lunch and visit the monument. You'll have another opportunity to enjoy the views from the water as we paddle back to Columbia Island Marina. No kayaking experience is necessary.

*Amenities: Indoor restroom facilities available at the marina and on the island
Travel Time: Approximately 45 minutes away*

Old Rag Sunrise Hike - [Register](#)

Date: Saturday, April 2-Sunday, April 3
Location: Nethers, VA
Pre-Trip Meeting: March 29 from 8:00-9:30 PM
Cost: \$55
*Must be fully vaccinated to participate

Don't miss out on this Adventure Program classic! You will scale Old Rag Mountain in the dark hours of the early morning while the rest of the world is still asleep. After some challenging hiking and rock scrambling under a starry sky, you'll be rewarded with a memorable sunrise on the summit of Old Rag and one of the East Coast's most incredible panoramic views.

*Amenities: Portable toilets available at the trailhead
Travel Time: Approximately 2 hours, 15 minutes away*



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Mountain Bike & Camp Pocahontas State Park - [Register](#)

Date: Saturday, April 9-Sunday, April 10
Location: Chesterfield, VA
Pre-Trip Meeting: Tuesday, April 5 from 8:00-9:30 PM
Cost: \$50
*Must be fully vaccinated to participate

Spend an exhilarating weekend mountain biking the singletrack trails of Central Virginia's Pocahontas State Park. Located just outside of Richmond, Pocahontas State Park is home to over 64 miles of trail and over 25 miles are dedicated to directional mountain biking. After a day of biking, you'll be able to relax around the campfire and rest up for another day of exploring the park by bike.

*Amenities: Indoor restroom and shower facilities available
Travel Time: Approximately 3 hours away*

Canoe the Monocacy River - [Register](#)

Date: Sunday, April 10
Location: Frederick, MD
Pre-Trip Meeting: Tuesday, April 5 from 8:00-9:00 PM
Cost: \$25

Join the Adventure Program for a canoeing adventure on the Monocacy River, one of Maryland's Wild and Scenic Rivers. Spend a leisurely spring day trying your hand at canoeing and enjoying the beautiful scenery of Western Maryland.

*Amenities: Outdoor toilet facilities (privies/portable toilets) available in parking lot
Travel Time: Approximately 1 hour away*

Mountain Bike Fairland - [Register](#)

Date: Saturday, April 16
Location: Burtonsville, MD
Pre-Trip Meeting: Tuesday, April 12 from 8:00-9:30 PM
Cost: \$25

Mountain biking is exhilarating and fun - come give it a try with the Adventure Program! This trip is designed to give new riders the required knowledge and skills to tackle some of the best dirt trails in the area. Adventure Program Trip Leaders will provide some on-campus instruction before heading out to Fairland Recreational Park for some on-trail adventure.

*Amenities: Indoor restroom facilities with running water available at trailhead
Travel Time: Approximately 30 minutes one way*



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Climb & Camp Annapolis Rocks - [Register](#)

Date: Saturday, April 16-Sunday, April 17

Location: Frederick, MD

Pre-Trip Meeting: Tuesday, April 12 from 8:00-9:30 PM

Cost: \$55

*Must be fully vaccinated to participate

Welcome the spring weather with a weekend of adventure at Annapolis Rocks. We will backpack a short distance on the Appalachian Trail to our climbing site, set up camp for the weekend, and spend two days rock climbing and hiking. Enjoy a weekend away from College Park while enjoying the spectacular views from Annapolis Rocks!

Amenities: Outdoor toilet facilities (privy) available at campground

Travel Time: Approximately 1 hour 30 minutes one way

Whitewater Kayak Antietam Creek - [Register](#)

Date: Saturday, April 23

Location: Sharpsburg, MD

Pre-Trip Meeting: Tuesday, April 19 from 8:00-9:30 PM

Cost: \$30

Join us for a thrilling day of whitewater paddling on Antietam Creek! This trip is designed to introduce participants to the technical skills of whitewater and offer them a chance to put them to the test. Enjoy the beautiful 8 mile stretch as we paddle from Devil's Backbone Park to Molly's Hole. No previous white water experience necessary.

Amenities: N/A

Travel Time: Approximately 1 hour, 20 minutes away

Canoe & Camp the Shenandoah River - [Register](#)

Date: Saturday, April 23- Sunday, April 24

Location: Bentonville, VA

Pre-Trip Meeting: Tuesday, April 19 from 8:00-9:30 PM

Cost: \$45

*Must be fully vaccinated to participate

Spend the weekend canoeing a section of the beautiful South Fork of the Shenandoah River while enjoying the scenery and paddling through rapids and ripples. After a day of paddling, you'll camp on the banks of the river in George Washington National Forest where you'll be in awe of the star-filled sky.

Amenities: Indoor restroom facilities available at end of trip

Travel Time: Approximately 2 hours away



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Stand Up Paddleboard Gunpowder Falls State Park - [Register](#)

Date: Saturday, April 30

Location: Middle River, MD

Pre-Trip Meeting: Tuesday, April 26 from 8:00-9:00 PM

Cost: \$25

Join us for a relaxing day on the water and try your hand at stand up paddleboarding (SUP). SUP's offer a full body workout and are a great way to explore the water; Gunpowder Falls State Park is the perfect place to enjoy some sunshine and time on the water!

Amenities: Restrooms available at the marina

Travel Time: Approximately 1 hour 15 minutes away

Whitewater Kayak the Potomac - [Register](#)

Date: Saturday, May 7

Location: Potomac, MD

Pre-Trip Meeting: Tuesday, May 3 from 8:00-9:30 PM

Cost: \$25

Join the Adventure Program for an adventurous day on the water! This is an introductory trip so no previous whitewater experience is necessary. You'll start off learning the basics in the pool at the pre-trip meeting, and trained trip leaders will have you running some class II rapids on the Potomac by the end of the trip. Expect to get your adrenaline pumping, learn paddling skills, and meet some new people!

Amenities: Indoor restroom facilities with running water at Old Angler's Inn

Drive Time: Approximately 45 minutes one way

ClimbYo: Climbing & Yoga at Great Falls - [Register](#)

Date: Sunday, May 8

Location: Great Falls, MD

Pre-Trip Meeting: Tuesday, May 3 from 8:00-9:00 PM

Cost: \$30

Join us on the Virginia side of the Potomac River as we scale the rock cliffs above the river. Adventure Program trip leaders will accommodate your skill level whether this is your first time climbing or you are a regular at our climbing wall. Spend the day pushing your limits on the rock and be rewarded with breathtaking views of the Potomac River rushing by. Throughout the day, break for Yogafit practice with one of our RecWell Yogafit instructors. Including modifications for "yogis" new and old, practice will focus on stretching, strengthening, and relaxation. Don't miss out on this unique adventure!

Amenities: Indoor restroom facilities available

Travel Time: Approximately 45 minutes away