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UNIVERSITY RECREATION & WELLNESS

## Fall 2022 Adventure Trip Schedule

### **Whitewater Raft and Kayak the Middle Yough - [Register](#)**

Date: Saturday, September 3 - Sunday, September 4  
Location: Ohiopyle, PA  
Pre-Trip Meeting: Tuesday, August 30 from 8 PM - 10 PM  
Cost: \$65

Join us on a multi-sport adventure on the Middle Yough River in PA! One day will be spent whitewater rafting down the river with fun class II rapids and the next day you'll take on a new challenge, whitewater kayaking down the same stretch of river. No previous whitewater experience is necessary.

*Amenities: Potable running water, indoor restrooms, & shower facilities available at campsite  
Drive Time: Approximately 3 hours away*

### **Climb Carderock - [Register](#)**

Date: Monday, September 5  
Location: Carderock, MD  
Pre-Trip Meeting: Tuesday, August 30 from 8 PM - 9 PM  
Cost: \$35

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 meeting other sophomores and 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 with running water available in parking lot  
Drive Time: Approximately 45 minutes one way*

### **Whitewater Kayak the Potomac - [Register](#)**

Date: Saturday, September 10  
Location: Potomac, MD  
Pre-Trip Meeting: Tuesday, September 6 from 8 PM - 9:30 PM  
Cost: \$30

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*



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**Kaya DC Monuments - [Register](#)**

Date: Sunday, September 11

Location: Washington, D.C.

Pre-Trip Meeting: Tuesday, September 6 from 8 PM - 9:30 PM

Cost: \$35

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*

**Climb Sugarloaf Mountain - [Register](#)**

Date: Saturday, September 17

Location: Dickerson, MD

Pre-Trip Meeting: Tuesday, September 13 from 8 PM - 9 PM

Cost: \$35

Join the Adventure Program on the cliffs of one of Maryland's best kept secrets-Sugarloaf Mountain! Feel your arms pumping as you reach the top or your climb and breathe in the refreshing spring air while taking in the beautiful sights. The 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.

*Amenities: Portable toilets available in the parking lot*

*Travel Time: Approximately 1 hour away*

**Whitewater Raft the Potomac - [Register](#)**

Date: Saturday, September 18

Location: Potomac, MD

Pre-Trip Meeting: Tuesday, September 13 from 8 PM - 9:00 PM

Cost: \$30

Join the Adventure Program for an adventurous day on the water! You'll spend the day whitewater rafting the Potomac and running some class II rapids! 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*



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**Kayak & Camp Assateague Island National Seashore - [Register](#)**

Date: Saturday, September 24 - Sunday, September 25

Location: Berlin, MD

Pre-Trip Meeting: Tuesday, September 20 from 8 PM - 10 PM

Cost: \$70

Enjoy a weekend at the beach, Adventure Program style! See wild horses and blue herons as you paddle along Assateague Island National Seashore to our island campsite. Once at camp, we'll enjoy some time on the beach, watch a beautiful sunset over the ocean and experience the comforts of a campfire. This is a truly unique and fun experience, and you don't want to miss out on this adventure!

*Amenities: Portable toilets available periodically*

*Travel Time: Approximately 3 hours one way*

**Climb Great Falls - [Register](#)**

Date: Sunday, September 25

Location: Great Falls, VA

Pre-Trip Meeting: Tuesday, September 20 from 8 PM - 10 PM

Cost: \$35

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.

*Amenities: Indoor restroom facilities available with running water*

*Travel Time: Approximately 45 minutes one way*

**Mountain Bike Rosaryville State Park - [Register](#)**

Date: Saturday, October 1

Location: Upper Marlboro, MD

Pre-Trip Meeting: Tuesday, September 27 from 8 PM - 9:30 PM

Cost: \$35

Join us for a day of mountain biking! On this adventure, we'll bike the 9-mile Perimeter Loop through the woods of Rosaryville State Park. You'll learn to tackle roots, rocks, and stream crossings on your bike. No previous mountain biking experience required, but participants should be comfortable on a bike.

*Amenities: Portable toilet available in the parking lot*

*Travel Time: Approximately 45 minutes one way*



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**Hike White Oak Canyon - [Register](#)**

Date: Sunday, October 9

Location: Shenandoah National Park – Syria, VA

Pre-Trip Meeting: Tuesday, October 4 from 8 PM - 9 PM

Cost: \$30

Escape to the hills of Shenandoah National Park for a day of hiking. Enjoy the fall colors and cascading waterfalls 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*

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

Date: Saturday, October 15 - Sunday, October 16

Location: Annapolis Rocks – Boonsboro, MD

Pre-Trip Meeting: Tuesday, October 11 from 8 PM - 9:30 PM

Cost: \$65

Welcome the fall 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 the city while enjoying the spectacular fall colors and views from Annapolis Rocks!

*Amenities: Outdoor toilet facilities (privy)*

*Travel Time: Approximately 1 hour 30 minutes one way*

**Canoe the Monocacy River - [Register](#)**

Date: Sunday, October 16

Location: Frederick, MD

Pre-Trip Meeting: Tuesday, October 11 from 8 PM - 9 PM

Cost: \$35

Join the Adventure Program for a canoeing adventure on the Monocacy River, one of Maryland's Wild and Scenic Rivers. Spend a leisurely fall 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*



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**Old Rag Sunrise Hike - [Register](#)**

Date: Saturday, October 22 - Sunday October, 23  
Location: Shenandoah National Park, VA  
Pre-Trip Meeting: Tuesday, October 18 from 8 PM - 9:30 PM  
Cost: \$55

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 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*

**Hike Maryland Heights - [Register](#)**

Date: Sunday, October 23  
Location: Harpers Ferry, West Virginia  
Pre-Trip Meeting: Tuesday, October 18 from 8:00-9:00 PM  
Cost: \$30

Experience the natural beauty of historic Harpers Ferry, a town located at the convergence of the Shenandoah and Potomac rivers! Harper's Ferry is well known as the mid-way point of the Appalachian Trail and has no shortage of outdoor adventures for those looking to play outside. Hike up to the infamous Maryland Heights overlook for sweeping views of the town and its conjoining rivers.

*Amenities: Indoor restrooms with running water available in town  
Travel Time: Approximately 1 hour 30 minutes away*

**Kayak the Ghost Fleet of Mallows Bay - [Register](#)**

Date: Sunday, October 30  
Location: Nanjemoy, MD  
Pre-Trip Meeting: Tuesday, October 25 from 8:00-9:30 PM  
Cost: \$30

Spend your Halloween paddling through the Ghost Fleet of Mallows Bay! You'll paddle beneath cliffs along the Potomac River and explore the ancient relics of the largest shipwreck fleet in the Western Hemisphere. The "ghost fleet" consists of approximately 100 sunken wooden steamships, and you'll have the opportunity to paddle around the remains of the sunken ships. Halloween costumes encouraged!

*Amenities: Portable toilets available at boat ramp  
Travel Time: Approximately 1 hour 30 minutes one way*



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

Date: Saturday, November 5 - Sunday, November 6  
Location: Seneca Rocks, WV  
Pre-Trip Meeting: Tuesday, November 1 from 8:00-9:30 PM  
Cost: \$65

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

*Amenities: Cabin with bunk beds and indoor restrooms with running water  
Travel Time: Approximately 3 hours one way*

**Bike & Cave along the C & O Canal - [Register](#)**

Date: Saturday, November 12  
Location: Sharpsburg, MD  
Pre-Trip Meeting: Tuesday, November 8 from 8 PM - 9:30 PM  
Cost: \$35

Get the best of both biking and caving! On this trip, we'll begin our adventure with a bike ride on the scenic C&O Canal Towpath. Then we'll lock our bikes up and explore some lesser known caves right off the towpath! Never caved before? Don't worry, we'll teach you all you need to know. Join us for this unique adventure!

*Amenities: Restrooms and running water are sparsely available on the trail  
Travel Time: Approximately 2 hours one way*

**Wind Cave Adventure - [Register](#)**

Date: Saturday, November 19  
Location: Pequea, PA  
Pre-Trip Meeting: Tuesday, November 15 from 8 PM - 9 PM  
Cost: \$35

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*