



Active Terps Live Well



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UNIVERSITY RECREATION & WELLNESS

Fall 2023 Adventure Trip Schedule

*[*Make sure to review our Fall 2023 Trip Registration Guide*](#)*

Whitewater Raft and Kayak the Middle Yough

Date: Saturday, September 2 - Sunday, September 3
Location: Ohiopyle, PA
Pre-Trip Meeting: Tuesday, August 29 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

Date: Sunday, September 3
Location: Carderock, MD
Pre-Trip Meeting: Tuesday, August 29 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

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

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



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Drive Time: Approximately 45 minutes one way

Canoe DC Monuments

Date: Sunday, September 10

Location: Washington, D.C.

Pre-Trip Meeting: Tuesday, September 5 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

Kayak & Camp Assateague Island National Seashore

Date: Saturday, September 16 - Sunday, September 17

Location: Berlin, MD

Pre-Trip Meeting: Tuesday, September 12 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

SUP Spa Creek

Date: Saturday, September 16

Location: Annapolis, MD

Pre-Trip Meeting: Tuesday, September 12 from 8 PM - 9 PM

Cost: \$35

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; Spa Creek is the perfect place to enjoy some sunshine and time on the water!

Amenities: Restroom with running water available at Truxton River Park (accessible at start and finish of



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trip)

Travel Time: Approximately 50 minutes one way

Climb Great Falls

Date: Sunday, September 24

Location: Great Falls, MD

Pre-Trip Meeting: Tuesday, September 19 from 8 PM - 9 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

Date: Saturday, September 30

Location: Upper Marlboro, MD

Pre-Trip Meeting: Tuesday, September 26 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

Mountain Bike & Camp Pocahontas State Park

Date: Saturday, October 7 - Sunday, October 8

Location: Chesterfield, VA

Pre-Trip Meeting: Tuesday, October 3 from 8 PM - 10 PM

Cost: \$55

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



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Hike White Oak Canyon

Date: Saturday, October 7

Location: Shenandoah National Park – Syria, VA

Pre-Trip Meeting: Tuesday, October 3 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

Date: Saturday, October 14 - Sunday, October 15

Location: Annapolis Rocks – Boonsboro, MD

Pre-Trip Meeting: Tuesday, October 10 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

Date: Sunday, October 15

Location: Frederick, MD

Pre-Trip Meeting: Tuesday, October 10 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

Date: Saturday, October 21 - Sunday October, 22

Location: Shenandoah National Park, VA

Pre-Trip Meeting: Tuesday, October 17 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

Backpack Shenandoah

Date: Saturday, October 28 - Sunday, October 29

Location: Shenandoah National Park

Pre-Trip Meeting: Tuesday, October 24 from 8 PM - 9:30 PM

Cost: \$55

Nature's calling! Leave the busy city for a weekend of peaceful backpacking in the famous, beautiful hills of Shenandoah National Park. This is a perfect time to soak-up the fall colors and enjoy the fresh mountain air.

Amenities: Outdoor toilet facilities (privy)

Travel Time: Approximately 2 hours, 30 minutes one way

Kayak the Ghost Fleet of Mallows Bay

Date: Sunday, October 29

Location: Nanjemoy, MD

Pre-Trip Meeting: Tuesday, October 24 from 8 PM - 9:30 PM

Cost: \$35

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

Date: Saturday, November 4 - Sunday, November 5

Location: Seneca Rocks, WV

Pre-Trip Meeting: Tuesday, October 31 from 8 PM - 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

Date: Sunday, November 12

Location: Sharpsburg, MD

Pre-Trip Meeting: Tuesday, November 7 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

Date: Saturday, November 18

Location: Pequea, PA

Pre-Trip Meeting: Tuesday, November 14 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



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Travel Time: Approximately 2 hours, 15 minutes away

Thanksgiving Adventure: Backpack the Appalachian Trail

Date: Wednesday, November 22-Sunday, November 26

Location: Appalachian Trail - Virginia

Pre-Trip Meeting: Tuesday, November 7 & Tuesday, November 14 from 8 PM - 9:30 PM

Cost: \$150 (includes meals)

Spend your Thanksgiving on the trail! The Adventure Program is on a quest to section hike the entire Appalachian Trail, which stretches approximately 2,180 miles and over 14 states from Georgia to Maine along the Appalachian Mountains. This Thanksgiving, join us on our endeavor as we continue our journey and head south along the trail in Virginia. You'll spend five days and four nights backpacking on the trail while enjoying beautiful scenery, trying your hand at backcountry cooking and making new friends. Make this Thanksgiving a memorable one!

Amenities: Outdoor toilet facilities (privies)

Travel Time: Approximately 3 hours one way