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UNIVERSITY RECREATION & WELLNESS

Spring 2024 Adventure Trip Schedule

*[*Make sure to review our Spring 2024 Trip Registration Guide*](#)*

Wind Cave Adventure

Date: Saturday, February 3

Location: Pequea, PA

Mandatory Pre-Trip Meeting: Tuesday, January 30 from 8 PM - 9 PM in the Adventure Program

Cost: \$30

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!

Difficulty: Beginner but note that this trip requires you to fit through very tight spaces and scramble over and around rocks

Amenities: There are no restroom facilities or running water on this trip, apart from stops made to and from the cave

Travel Time: Approximately 2 hours, 15 minutes one-way

Hike the Billy Goat Trail

Date: Saturday, February 10

Location: Potomac, MD

Mandatory Pre-Trip Meeting: Tuesday, February 6 from 8 PM - 9 PM in the Adventure Program

Cost: \$35

The Billy Goat Trail is one of the most well-known hikes in the Metro D.C. area, and for good reason. With nearly a mile of fun rock-hopping and spectacular views of the Potomac River along the way, this circuit is loads of fun with plenty to see. Join the Adventure Program as we hike [Section A of the trail](#).

Difficulty: Intermediate - this trip requires you to scramble over tall boulders and jump from rock to rock. There is also a substantial rock scramble that you can learn more about [here](#).

Amenities: Indoor restroom facilities with running water available at the parking lot

Drive Time: Approximately 45 minutes one-way



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Cave & Hike West Virginia

Date: Saturday, February 10 - Sunday, February 11

Location: Seneca Rocks, WV

Mandatory Pre-Trip Meeting: Tuesday, February 6 from 8 PM - 9:30 PM in the Adventure Program

Cost: \$75

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 staying in a bunkhouse cabin at [Thorn Spring Campground](#).

Difficulty: Beginner

Amenities: Indoor restrooms with running water are available at the campground and hike. No restrooms are available at caving locations.

Travel Time: Approximately 3.5 hours one-way

Hike Shenandoah National Park

Date: Saturday, February 17

Location: Syria, VA

Mandatory Pre-Trip Meeting: Tuesday, February 13 from 8 PM - 9 PM in the Adventure Program

Cost: \$30

Escape to the hills of Shenandoah National Park for a day of hiking. Enjoy the budding spring and cascading waterfalls as you hike through the wooded hollows of this gem of a national park.

Difficulty: Beginner

Amenities: Portable toilets available in the parking lot

Travel Time: Approximately 2 hours, 30 minutes one way

Cave Whitings Neck

Date: Sunday, February 18

Location: Shepherdstown, WV

Mandatory Pre-Trip Meeting: Tuesday, February 13 from 8 PM - 9 PM in the Adventure Program

Cost: \$30



We're heading underground to warmer temperatures! Solutional caves like Whittings Neck offer year-round temperatures in the 50s. Come explore the features and formations that Whittings 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!

Difficulty: Intermediate - this trip has several drops and tight spaces that can be challenging to navigate.

Amenities: Portable toilets are available at the parking lot. No restrooms are available at the cave.

Travel Time: Approximately 3 hours one-way

Winter Backpack the Appalachian Trail

Date: Saturday, February 24 - Sunday, February 25

Location: Harpers Ferry, WV

Mandatory Pre-Trip Meeting: Tuesday, February 20 from 8 PM - 9:30 PM in the Adventure Program

Cost: \$50

This trip is designed to teach backpacking basics 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.

Difficulty: Beginner but note that this trip requires you to carry a heavy pack. There also may be cold temperatures during the day and night.

Amenities: Outdoor toilet facilities (privies) are available occasionally

Travel Time: Approximately 1 hour, 30 minutes away

Bike the DC Monuments

Date: Sunday, February 25

Location: Washington, DC

Mandatory Pre-Trip Meeting: Tuesday, February 20 from 8 PM - 10 PM in the Adventure Program

Cost: \$40

Get excited to bike around D.C. and take a look at its magnificent monuments! We'll cover about 10 miles over four hours of biking, mostly on trails and sidewalks around the National Mall. Bikes and helmets are provided.

Difficulty: Beginner - previous biking experience required



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Amenities: Indoor restroom facilities with running water available in the parking lot
Drive Time: Approximately 45 minutes one-way

Mountain Bike Fairland

Date: Saturday, March 2

Location: Burtonsville, MD

Mandatory Pre-Trip Meeting: Tuesday, February 27 from 8 PM - 10 PM in the Adventure Program

Cost: \$40

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 afternoon on-trail adventure.

Difficulty: Beginner - previous biking experience required (does not need to be mountain biking)

Amenities: Portable toilet available in the parking lot
Travel Time: Approximately 30 minutes one-way

Hike Catoctin Mountain

Date: Sunday, March 3

Location: Thurmont, MD

Mandatory Pre-Trip Meeting: Tuesday, February 27 from 8 PM - 9 PM in the Adventure Program

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.

Difficulty: Beginner - portions of this hike may include steep, uphill

Amenities: Indoor restroom facilities with running water available at Visitor Center
Travel Time: Approximately 1 hour, 15 minutes one-way

Hike Harpers Ferry

Date: Saturday, March 9

Location: Harpers Ferry, WV



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Mandatory Pre-Trip Meeting: Tuesday, March 5 from 8 PM - 9 PM in the Adventure Program
Cost: \$25

Experience the natural beauty of historic Harpers Ferry, a town located on 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.

Difficulty: Beginner

Amenities: Indoor restrooms available at the parking lot and in the town
Travel Time: Approximately 1 hour, 30 minutes one-way

Women's Backpack Shenandoah National Park

Date: Saturday, March 9 - Sunday, March 10

Location: Shenandoah National Park

Mandatory Pre-Trip Meetings: Tuesday, February 27 and March 5 from 8 PM - 9:30 PM in the Adventure Program

Cost: \$45

We're celebrating Women's History Month with a women's backpacking affinity trip. This trip is intended to create space for individuals who identify as women to come together for a weekend of backpacking and camaraderie in Shenandoah National Park.

Difficulty: Beginner - portions of this hike may include steep, uphill. Also, this trip requires you to carry a heavy pack and there is the potential for cold temperatures during the day and night.

Amenities: Portable toilets available in the parking lot
Travel Time: Approximately 2 hours 30 minutes one-way

Spring Break Backpack the Appalachian Trail

Date: Monday, March 18 - Saturday, March 23

Location: Appalachian Trail, North Carolina

Mandatory Pre-Trip Meetings: Tuesday, March 5 and March 12 from 8 PM - 9:30 PM in the Adventure Program

Cost: \$200

Be a part of the Adventure Program's history and join us as we embark on our next section hike of the Appalachian Trail (AT) along the Tennessee and North Carolina border. Over the next several years, the



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Adventure Program will be section hiking the AT in its entirety with the ultimate goal of reaching the Northern Terminus, Mt. Katahdin in Maine. Ten years ago the Adventure Program began at the Southern Terminus, Mt. Springer in Georgia, and began the voyage north. Be a part of this year's hiking team and help us get closer to our goal. No previous backpacking experience is necessary, but you should be in good physical condition.

Difficulty: Intermediate - you can expect to backpack around 8 miles a day, and portions of this route may include steep, uphill. Also, this trip requires you to carry a heavy pack and there is the potential for cold temperatures during the day and night.

Amenities: Outdoor toilet facilities (privies) available
Travel Time: Approximately 7 hours one-way

Hike Annapolis Rocks

Date: Saturday, March 30
Location: Frederick, MD

Mandatory Pre-Trip Meeting: Tuesday, February 26 from 8 PM - 9 PM in the Adventure Program
Cost: \$25

Join us for a day hike on a section of the Appalachian Trail to beautiful Annapolis Rock. [This hike](#) is famous for its unique rock features and stunning panoramic views on a clear day.

Difficulty: Beginner

Amenities: Outdoor toilet facilities (privy) are available at the overlook
Travel Time: Approximately 1 hour, 30 minutes one-way

Bike and Camp the C&O Canal

Date: Saturday, March 30 - Sunday, March 31
Location: Harpers Ferry, WV

Mandatory Pre-Trip Meeting: Tuesday, March 26 from 8 PM - 10:00 PM in the Adventure Program
Cost: \$65

The 184.5-mile-long Chesapeake & Ohio Canal is located along the north bank of the Potomac River, starting in Washington, DC, and ending in Cumberland, MD. On this trip, you'll bike ~20 miles of the canal while towing your camping equipment in bike trailers. There are designated campsites along the canal where you'll be able to set up camp for an evening under the stars.

Difficulty: Intermediate - previous biking experience required



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Amenities: Outdoor toilet facilities (privies) are available occasionally

Travel Time: Approximately 1 hour, 30 minutes one-way

Sunrise Hike Old Rag Mountain

Date: Saturday, April 6 - Sunday, April 7

Location: Nethers, VA

Mandatory Pre-Trip Meeting: Tuesday, April 2 from 8 PM - 9:30 PM in the Adventure Program

Cost: \$45

Don't miss out on this Adventure Program classic! You will scale [Old Rag Mountain](#) in the dark early morning hours 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.

Difficulty: Advanced - this hike is very strenuous with close to 4,000 feet of elevation change over 9.1 miles. It also has a challenging rock scramble that can be difficult for some.

Amenities: Portable toilets are available at the trailhead and $\frac{3}{4}$ into the hike

Travel Time: Approximately 2 hours, 15 minutes one-way

Cherry Blossom Kayak on the Potomac

Date: Saturday, April 6

Location: Washington, D.C.

Mandatory Pre-Trip Meeting: Tuesday, April 2 from 8 PM - 10 PM in the Adventure Program. A portion of the meeting will take place in the ERC pool so you will need to bring a swimsuit.

Cost: \$40

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.

Difficulty: Beginner

Amenities: Indoor restroom facilities available at the marina and on the island

Travel Time: Approximately 45 minutes one-way



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Canoe & Camp the Shenandoah River

Date: Saturday, April 13 - Sunday, April 14

Location: Bentonville, VA

Mandatory Pre-Trip Meeting: Tuesday, April 9 from 8 PM - 9:30 PM in the Adventure Program

Cost: \$60

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.

Difficulty: Beginner

Amenities: Indoor restroom facilities available at the end of the trip

Travel Time: Approximately 2 hours one-way

Mountain Bike Schaeffer Farms

Date: Sunday, April 14

Location: Germantown, MD

Mandatory Pre-Trip Meeting: Tuesday, April 9 from 8 PM - 10 PM in the Adventure Program

Cost: \$40

Get ready for an exhilarating day biking on the trails of Schaeffer Farms! From weaving through dirt trails to crossing streams, mountain biking is a thrilling sport for bikers of all experience levels. This trip will leave you feeling challenged and accomplished! The Schaeffer Farms Trail is suitable for advanced beginners and riders with intermediate abilities.

Difficulty: Intermediate - previous biking experience required, previous mountain biking experience recommended

Amenities: Indoor restroom facilities with running water are available at the trailhead

Travel Time: Approximately 30 minutes one-way

Pride Backpack Shenandoah

Date: Saturday, April 20 - Sunday, April 21

Location: Shenandoah National Park

Mandatory Pre-Trip Meeting: Tuesday, April 9 and April 16 from 8 PM - 9:30 PM in the Adventure Program

Cost: \$45



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We're celebrating UMD's Pride Month with a pride backpacking affinity trip. This trip is intended to create space for individuals who identify as part of the LGBTQ+ community to come together for a weekend of backpacking and camaraderie in Shenandoah National Park.

Difficulty - Beginner - portions of this hike may include steep, uphill. Also, this trip requires you to carry a heavy pack.

Amenities: Portable toilets available in the parking lot
Travel Time: Approximately 2 hours 30 minutes one-way

Climb and Camp Annapolis Rocks

Date: Saturday, April 27 - Sunday, April 28

Location: Frederick, MD

Mandatory Pre-Trip Meeting: Tuesday, April 23 from 8 PM - 9:30 PM in the Adventure Program

Cost: \$55

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!

Difficulty: Beginner - this trip requires you to backpack 2 miles to the climbing and campsite while carrying a heavy pack

Amenities: Outdoor toilet facilities (privy)
Travel Time: Approximately 1 hour 30 minutes one-way

Mountain Bike & Camp Pocahontas State Park

Date: Saturday, May 4 - Sunday, May 5

Location: Chesterfield, VA

Mandatory

Pre-Trip Meeting: Tuesday, April 30 from 8 PM - 10 PM

Cost: \$70

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.



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Difficulty: Beginner - previous biking experience required (does not need to be mountain biking)

Amenities: Indoor restroom and shower facilities are available

Travel Time: Approximately 3 hours one-way

ClimbYo Great Falls

Date: Sunday, May 5

Location: Great Falls, VA

Mandatory Pre-Trip Meeting: Tuesday, April 30 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. 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!

Difficulty: Beginner

Amenities: Indoor restroom facilities available

Travel Time: Approximately 45 minutes away