



Active Terps Live Well



DIVISION OF STUDENT AFFAIRS  
UNIVERSITY RECREATION & WELLNESS

## Spring 2026 Adventure Trip Schedule

Spring 2026 Adventure Trip Registration opens **Monday, January 26 at 8:00 AM**. Registration will be locked to one trip until Thursday, January 29 at 8:00 AM, after which you may sign up for as many as you'd like.

Register online at [activeterp.umd.edu](http://activeterp.umd.edu). For more information, see our [Spring 2026 Trip Registration Guide](#).

### Adventure Trip Difficulty Scale

Difficulty Rating	Description
<b>Beginner</b>	A "beginner" trip is designed to be accessible for anyone. No experience is required! Expect some physical challenge throughout the experience. There will be plenty of opportunities for leisure and relaxation.
<b>Intermediate</b>	An "intermediate" trip is likely to provide moderate physical or mental challenge. If trying out the activity for the first time, be ready to get out of your comfort zone! Expect more difficult environmental conditions and terrain.
<b>Advanced</b>	An "advanced" trip is for people who are looking for a challenge. Terrain will be more difficult and access to common services are rare. Experience is helpful, but excitement for a challenge is most important. This will be difficult and rewarding! You will delve deep into the backcountry where nature is truly wild.

See [Adventure Trips Essential Eligibility Criteria](#) for information on ability requirements for a safe experience. For more information about difficulty levels or assistance and accommodations on Adventure Trips, please reach out to Sam Shrestha at [sshres07@umd.edu](mailto:sshres07@umd.edu) or (301) 405-3616. The RecWell Adventure program is committed to providing accessible programs to as many individuals as possible!

All trips have a mandatory Pre-Trip Meeting to discuss trip details, expectations, what to pack, and more. These occur on the Tuesday before the trip. Please pay attention to the location and time of the Pre-Trip Meeting. Failure to attend could cause a forfeiture of your registration.



## 02/07 Snow Tube Liberty Mountain

Date: Saturday, February 7

Location: Fairfield, PA - [See Liberty Mountain Details](#)

Estimated Time: 9:00 AM - 4:00 PM

Pre-Trip Meeting: Tuesday, February 3 from 8:00 PM to 9:00 PM virtually via Zoom.

Cost: \$50 - **Please note this trip is non-refundable**

Take a trip down memory lane to childhood snow days, or try sledding for your first time on our snow tube liberty mountain adventure! Trip cost includes transportation to and from Liberty Mountain and a tubing ticket for 2 hours of fun!

**Difficulty:** Beginner - This trip is great for first timers! No technical skill or experience is necessary. Just be sure to bundle up for the cold! A waterproof jacket and pants are highly recommended to stay dry. Plan to bring a hat, gloves, and gator or scarf.

*Amenities: Indoor restroom facilities, running water, and shops available at the base of the mountain.*

*Travel Time: Approximately 2 hours one-way*

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## 02/07 - 02/08 Cave & Hike West Virginia

Date: Saturday, February 7 to Sunday, February 8

Location: Seneca Rocks, WV - [See Seneca Rocks Details](#)

Estimated Time: 8:00 AM Saturday to 5:00 PM Sunday

Pre-Trip Meeting: Tuesday, February 3 from 8:00 PM to 9:30 PM in the Adventure Program.

Cost: \$75

Join us for this wild and wonderful adventure to West Virginia! We'll spend most of the weekend underground exploring one 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 cozy cabin rooms in the shadows of Seneca Rocks.

**Difficulty:** Intermediate - This trip requires you to fit through tight spaces and scramble over and around rocks while in the cave. The hike involves a steep incline and rocky scrambles up to the viewpoint at the summit. Lastly, please be prepared for cold weather!

*Amenities: Cabin with beds, heat, electricity, and indoor restrooms with running water.*

*Travel Time: Approximately 3 hours one way*

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## 02/14 Shred Liberty Mountain

Date: Saturday, February 14

Location: Fairfield, PA - [See Liberty Mountain Details](#)

Estimated Time: 07:30 AM - 6:00 PM

Pre-Trip Meeting: Tuesday, February 10 from 8:00 PM to 9:00 PM virtually via Zoom.

Cost: \$35 - **Please note this trip is non-refundable**

Hit the slopes for a day on this skiing and snowboarding adventure! Trip cost provides transportation and does NOT include a lift ticket or equipment. You are responsible for purchasing your own lift ticket and rentals separately. You are welcome to use your own equipment, season pass, Epic pass, or equivalent. A helmet is required while on the mountain. This trip will depart to return to campus at 3:30 PM.

[For information on how to purchase a lift ticket in advance, see here.](#)

[For more information on how to purchase rentals in advance, see here.](#) Ski rentals include skis, boots, poles, and a helmet. Snowboard rentals include a snowboard, boots, and a helmet. Goggles and winter clothing (jacket, snow pants, gloves, buff/gator, etc) are NOT provided.

If you fail to purchase your lift ticket and rentals in advance, you will NOT receive a refund. Book those NOW when you sign up! On site prices will be 10-20% higher than online.

**Difficulty:** Intermediate - This does NOT include a lesson so previous ski or snowboard experience is required. Trip Leaders will not provide instruction and do not act as on-mountain guides for this experience. A waterproof jacket and pants are highly recommended to stay dry. Plan to bring a hat, gloves, pair of goggles, and gator or scarf.

*Amenities: Indoor restroom facilities, running water, and shops available at the base of the mountain.  
Travel Time: Approximately 2 hours one-way*

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## 02/15 Cave Wind Cave

Date: Sunday, February 15

Location: Pequea, PA - Email [sshres07@umd.edu](mailto:sshres07@umd.edu) for more details

Estimated Time: 8:00 AM to 6:00 PM

Pre-Trip Meeting: Tuesday, February 10 from 8:00 PM to 9:00 PM in the Adventure Program.

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 adventurous spirit and a willingness to get muddy!

**Difficulty:** Beginner - This trip requires you to fit through tight spaces and scramble over rocks; however, as a tectonic cave, tunnels are larger and surfaces are largely dry. The sections we traverse in Wind Cave are the most beginner friendly cave environment out of the locations the Adventure Program visits. This is a good place for newer cavers to start.

*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*

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## 02/21 Snow Tube Liberty Mountain

Date: Saturday, February 21

Location: Fairfield, PA - [See Liberty Mountain Details](#)

Estimated Time: 9:00 AM - 4:00 PM

Pre-Trip Meeting: Tuesday, February 17 from 8:00 PM to 9:00 PM virtually via Zoom.

Cost: \$50 - **Please note this trip is non-refundable**

Take a trip down memory lane to childhood snow days, or try sledding for your first time on our snow tube liberty mountain adventure! Trip cost includes transportation to and from Liberty Mountain and a tubing ticket for 2 hours of fun!

**Difficulty:** Beginner - This trip is great for first timers! No technical skill or experience is necessary. Just be sure to bundle up for the cold! A waterproof jacket and pants are highly recommended to stay dry. Plan to bring a hat, gloves, and gator or scarf.

*Amenities: Indoor restroom facilities, running water, and shops available at the base of the mountain.*

*Travel Time: Approximately 2 hours one-way*

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## 02/21 - 02/22 Winter Backpack the Appalachian Trail

Date: Saturday, February 21 to Sunday, February 22

Location: Harpers Ferry, WV - [See Appalachian Trail Details](#)

Estimated Time: 9:00 AM Saturday to 5:00 PM Sunday

Pre-Trip Meeting: Tuesday, February 17 from 8:00 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 six 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** - This trip will teach basic backpacking skills, and requires you to carry a 25-40 lb pack over gentle to moderate inclines and declines for 4-6 miles each day. Temperatures will be cold during both the day and night, so be prepared to bundle up! We highly recommend waterproof boots or shoes, layered clothing, gloves, a hat, and a scarf or gator.

*Amenities: Outdoor toilet facilities (privies) are available occasionally*  
*Travel Time: Approximately 1 hour, 30 minutes away*

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## 02/22 Cave Whitings Neck

Date: Sunday, February 22

Location: Shepherdstown, WV - Email [sshres07@umd.edu](mailto:sshres07@umd.edu) for more details

Estimated Time: 8:00 AM - 6:00 PM

Pre-Trip Meeting: Tuesday, February 17, from 8:00 PM to 9:00 PM at the Adventure Program.

Cost: \$40

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

**Difficulty:** **Intermediate** - This trip requires you to scramble over rocks and down narrow corridors. It has several drops and tight spaces that can be challenging to navigate. This trip is recommended for those seeking a physical and mental challenge!

*Amenities: Portable toilets are available at the parking lot. No restrooms are available at the cave.*  
*Travel Time: Approximately 2 hours one-way*

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## 02/28 Hike Annapolis Rocks

Date: Saturday, February 28

Location: Frederick, MD - [See Annapolis Rocks Details](#)

Estimated Time: 9:00 AM to 5:00 PM

Pre-Trip Meeting: Tuesday, February 24, from 8:00 PM to 9:00 PM virtually via Zoom.



Cost: \$25

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

**Difficulty:** Beginner - This relatively wide, flat trail covers roughly five miles in total. A few sections have a gentle incline and some rocky terrain.

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

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### 03/01 Intro to Mountain Biking: Fairland

Date: Sunday, March 1

Location: Burtonsville, MD - [See Fairland Details](#)

Estimated Time: 9:00 AM - 5:00 PM

Pre-Trip Meeting: Tuesday, February 24, from 8:00 PM to 9:30 PM in the Adventure Program.

Cost: \$35

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

**Difficulty:** Beginner - Previous biking experience required, but no mountain biking experience is needed. This trip starts on beginner mountain biking trails and progresses as the day goes on. Expect uphill & downhill, roots, and other features along the path.

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

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### 03/07 Hike Harpers Ferry

Date: Saturday, March 7

Location: Harpers Ferry, WV - [See Maryland Heights Hike Details](#)

Estimated Time: 9:00 AM - 5:00 PM

Pre-Trip Meeting: Tuesday, March 3, from 8:00 PM to 9:00 PM virtually via Zoom.

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. There also will be opportunity to explore U.S. History through seeing Civil War battlements and exploring the Harpers Ferry Lower Town, including the [John Brown Museum](#).

**Difficulty:** Beginner - This trip includes steep uphill to a viewpoint, covering five to six miles in total. There is roughly 1,000 ft in elevation gain over 2.5 miles to reach the top. Expect the incline to feel steep, with plenty of breaks to drink water and catch your breath.

*Amenities: Indoor restrooms available at the parking lot and in the town*

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

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### 03/07 - 03/08 Backpack Shenandoah National Park

Date: Saturday, March 7 - Sunday, March 8

Location: Shenandoah National Park

Estimated Time: 8:00 AM Saturday to 6:00 PM Sunday

Pre-Trip Meeting: Tuesday, March 3 from 8:00 to 9:30 PM in the Adventure Program.

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.

**Difficulty:** Beginner - portions of this hike may include uphill. Expect to hike 4-6 miles each day. This trip requires you to carry a 25-40 lb pack, and there is the potential for cold temperatures during the day and night. Expect to camp in the backcountry without access to flush bathrooms, electricity, or cell phone service. This trip is a great introduction to backcountry camping and backpacking!

*Amenities: Outdoor toilet facilities (privy)*

*Travel Time: Approximately 2 hours, 30 minutes one-way*

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### 03/08 Intro to Rock Climbing: Carderock

Date: Sunday, March 8

Location: Carderock, MD - [See Carderock Details](#)

Estimated Time: 8:00 AM to 5:00 PM



Pre-Trip Meeting: Tuesday, March 3 from 8:00 PM to 9:00 PM virtually via Zoom.

Cost: \$30

Just a few miles from the Capital Beltway, Carderock offers some of the best climbing around the D.C. area. Harness up and get ready to spend a leisurely day on the rocks while meeting other students and learning new skills. In between climbs, enjoy the view over the Potomac and some leisurely downtime as you cheer on your friends.

**Difficulty:** Beginner - Carderock is a great climbing spot for beginners and advanced climbers alike. The area features technical [slab](#) climbs, but with plenty of easy-to-grip jugs and flakes to hold on to. This is perfect for a first time experience with outdoor climbing. Climbing shoes are provided.

*Amenities: Indoor restroom facilities with running water available in parking lot*

*Drive Time: Approximately 45 minutes one-way*

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## 03/14 - 03/20 Backpack the Great Smoky Mountains

Date: Saturday, March 14 to Friday, March 20

Location: Gatlinburg, TN - [See Great Smoky Mountains National Park Details](#)

Estimated Time: 7:00 AM day 1 to 9:00 PM day 7

Pre-Trip Meeting: Tuesday, March 3 & Tuesday, March 10 from 8:00 - 9:30 PM in person at the Adventure Program. **\*Both required\***

Cost: \$250.00 - **Please note this trip is not refundable within 13 business days of the trip.**

In this 7-day wilderness trip, you will drive to the Great Smoky Mountains National Park to backpack roughly 33 miles through the mountains along the Appalachian Trail between Davenport Gap and Newfound Gap. On the journey, you'll enjoy old growth forests, mountain vistas, rushing streams, and sparkling stars. Each night will be spent tent camping at an Appalachian Trail shelter that has access to outdoor latrines. All backpacking equipment and meals are provided. Waterproof hiking boots or shoes are recommended!

**Difficulty:** Advanced - The Great Smoky Mountains are rough and wild with little access to standard amenities. Backpacking will include hiking through uneven terrain with steep ascents and descents. Expect to hike between 6-9 miles each day carrying a 30-40 lb backpack. Previous backpacking experience is recommended but not required. This trip will be both challenging and rewarding!

*Amenities: Outdoor toilet facilities (privies) are available occasionally*

*Drive Time: Approximately 9 hours one-way*

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### 03/15 - 3/21 Hike the High Five

Date: Sunday, March 15 to Saturday, March 21

Location: Various, see below.

Estimated Time: 8:00 AM day 1 to 8:00 PM day 7

Pre-Trip Meeting: Tuesday, March 3 & Tuesday, March 10 from 8:00 - 9:30 PM in person at the Adventure Program. **\*Both required\***

Cost: \$190.00 - **Please note this trip is not refundable within 13 business days of the trip.**

In this 7-day spring break experience, you will road trip through Virginia, Tennessee, Kentucky, Georgia, South Carolina, and North Carolina to hike to the highest point in each state for a variety of stunning views! The group will be able to access amenities throughout the trip with 1-3 hour drives on most days, and some access to cell phone service. Campsites will have access to a mix of outdoor privies and indoor restroom facilities, with plenty of opportunities to relax by an evening campfire. All driving will be done by trip leaders. Camping equipment and meals are provided. Sturdy shoes or hiking boots are recommended! On this trip, you will explore the following five peaks:

1. Mount Rogers, VA (9 miles, 2500 ft elevation gain)
2. ~~Clingman's Dome, TN (1.3 miles, 700 ft elevation gain)~~
3. Brasstown Bald, GA (1.3 miles, 850 ft gain)
4. Sassafras Mountain, SC (8.4 miles, 4400 ft elevation gain)
5. Mount Mitchell, NC (6 miles, 2800 ft elevation gain)
6. Black Mountain, KY (3.4 miles, 500 ft elevation gain)

**Difficulty:** Beginner - This trip is accessible to people having their first camping experiences. It is recommended for hikers with good physical fitness. Each day will include a mix of driving and hiking up to a summit, with longer hiking days having shorter drives. Expect that some hikes will be physically challenging with steep inclines.

*Amenities: Outdoor toilet facilities (privies) and indoor restrooms are available throughout the trip.*

*Drive Time: Approximately 9 hours one-way*

**\*Update:** Due to road closures, the Clingman's Dome hike in Tennessee has been changed to Black Mountain, Kentucky.\*

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### 03/28 Cherry Blossom Kayak on the Potomac

Date: Saturday, March 28

Location: Washington, D.C. - [See Washington D.C. Marina Details](#)

Estimated Time: 8:00 AM - 5:00 PM

Pre-Trip Meeting: Tuesday, March 24 from 8:00 PM - 9:30 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.*



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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 - This trip will cover a 4-5 mile stretch of flat water and includes basic kayak instruction.

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

*Travel Time: Approximately 45 minutes one-way*

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### 03/28 - 03/29 Rock Climb & Camp Annapolis Rocks

Date: Saturday, March 28 to Sunday, March 29

Location: Boonsboro, MD - [See Annapolis Rocks Details](#)

Estimated Time: 9:00 AM Saturday to 5:00 PM Sunday

Pre-Trip Meeting: Tuesday, March 24 from 8:00 PM to 9:30 PM in the Adventure Program

Cost: \$55

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

**Difficulty:** Intermediate - This trip requires you to backpack 2 miles to the climbing site and campsite while carrying a heavy pack. There are several beginner routes and a larger variety of intermediate and advanced routes to try out. Climbing shoes are provided.

*Amenities: Outdoor toilet facilities (privy)*

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

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### 3/29 Canoe the Monocacy

Date: Sunday, March 29

Location: Frederick, MD - [See Monocacy River Water Trail Details](#)

Estimated Time: 9:00 AM to 6:00 PM

Pre-Trip Meeting: Tuesday, March 24 from 8:00 PM to 9:00 PM virtually via Zoom



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 spring day trying your hand at canoeing and enjoying the beautiful scenery of Western Maryland.

**Difficulty:** Beginner - Most of the six to seven mile stretch of river is lazy and calm with enough flow to keep you going without paddling. The second half of the river features a Class I and a Class II rapid to end with some excitement!

*Amenities: Outdoor toilet facilities (privies/portable toilets) available in parking lot*

*Travel Time: Approximately 1 hour, 15 minutes one-way*

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## 04/04 Intro to Coastal Kayaking: Mallows Bay

Date: Saturday, April 4

Location: Nanjemoy, MD - [See Mallows Bay Details](#)

Estimated Time: 8:00 AM to 5:00 PM

Pre-Trip Meeting: Tuesday, March 31 from 8:00 PM to 9:30 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

Spend a day exploring the Ghost Fleet of Mallows Bay! You'll paddle beneath the cliffs along the Potomac River and explore the ancient relics of the largest shipwreck fleet in the Western Hemisphere. This trip is perfect for first-time kayakers looking to learn, or anyone interested in exploring a century-old ship graveyard.

**Difficulty:** Beginner - This trip will begin with instruction and practice of basic paddle strokes before completing a 2-3 hour loop around the bay.

*Amenities: Portable toilets available at the boat ramp*

*Travel Time: Approximately 1 hr, 30 minutes one-way*

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## 04/05 Hike Sugarloaf Mountain

Date: Sunday, April 5

Location: Dickerson, MD - [See Sugarloaf Details](#)

Estimated Time: 9:00 AM - 5:00 PM

Pre-Trip Meeting: Tuesday, March 31 from 8:00 PM - 9:00 PM virtually via Zoom.



Cost: \$25

Sugarloaf is a mountain in Western Maryland used for hiking, horse-back riding, and climbing. It is populated by many different species of trees, wildflowers, and animals emerging as the temperatures warm up. We'll explore a variety of trails that take us up to the peak and along the gorgeous mountainside!

**Difficulty:** Beginner - This hike will include some inclines and declines and remain on well-marked and well-maintained trails. Expect some rocks and roots along the path. Expect to hike five to seven miles.

*Amenities: Indoor restroom facilities available at parking lot*

*Travel Time: Approximately 1 hr, 15 minutes one-way*

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## 04/05 Mountain Bike Rosaryville State Park

Date: Sunday, April 5

Location: Upper Marlboro, MD - [See Rosaryville State Park Details](#)

Estimated Time: 9:00 AM - 5:00 PM

Pre-Trip Meeting: Tuesday, March 31 from 7:00 PM to 8:30 PM in the Adventure Program.

Cost: \$40

On this adventure, we'll bike the 10-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.

**Difficulty:** Beginner - This trip will cover a 10-mile loop of beginner mountain biking trails, including roots, rocks, and hills. Previous biking experience required, but no mountain biking experience required.

*Amenities: Portable toilet available in the parking lot*

*Travel Time: Approximately 45 minutes one-way*

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## 04/11 BIPOC Rock Climb Carderock

Date: Saturday, April 11

Location: Carderock, MD - [See Carderock Details](#)

Estimated Time: 9:00 AM to 6:00 PM

Pre-Trip Meeting: Tuesday, April 7, from 8:00 PM to 9:00 PM in the Adventure Program.

Cost: \$30



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Just a few miles from the Capital Beltway, Carderock offers some of the best climbing around the D.C. area. Harness up and get ready to spend a leisurely day on the rocks while meeting other students and learning new skills. In between climbs, enjoy the view over the Potomac and some leisurely downtime as you cheer on your friends. This trip is intended to create space for individuals who identify as black, indigenous, or people of color. All are welcome!

**Difficulty:** **Beginner** - Carderock is a great climbing spot for beginners and advanced climbers alike. The area features technical [slab](#) climbs, but with plenty of easy-to-grip jugs and flakes to hold on to. This is perfect for a first time experience with outdoor climbing. Climbing shoes are provided.

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

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## 04/11 - 04/12 Canoe & Camp Shenandoah

Date: Saturday, April 11 - Sunday, April 12

Location: Bentonville, VA - [See Shenandoah South Fork Details](#)

Estimated Time: 9:00 AM Saturday to 5:00 PM Sunday

Pre-Trip Meeting: Tuesday, April 7 from 8:00 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:** **Intermediate** - This paddle covers roughly 15 miles over two days, including sections of leisurely flat water and exciting rapids up to Class II.

*Amenities: Indoor restroom facilities available at the end of the trip*  
*Travel Time: Approximately 2 hours one-way*

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## 04/12 Hike Catoctin Mountain

Date: Sunday, April 12

Location: Thurmont, MD - [See Catoctin Mountain Details](#)

Estimated Time: 9:00 AM - 5:00 PM

Pre-Trip Meeting: Tuesday, April 7 from 8:00 PM to 9:00 PM virtually via Zoom.

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:** Intermediate - portions of this hike may include steep uphill and rocky terrain. Expect to hike 7-8 miles.

*Amenities: Indoor restroom facilities with running water available at Visitor Center*

*Travel Time: Approximately 1 hour, 15 minutes one-way*

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## 04/18 Women's Mountain Bike Fairland

Date: Saturday, April 18

Location: Burtonsville, MD - [See Fairland Details](#)

Estimated Time: 9:00 AM - 5:00 PM

Pre-Trip Meeting: Tuesday, April 14, from 7:00 PM to 8:30 PM in the Adventure Program.

Cost: \$35

Mountain biking is an opportunity to get out of your comfort zone with a trail-riding adventure! This trip is designed to teach basic mountain biking skills and provide an opportunity to get outside on some of the best beginner mountain biking trails in the area. This trip is intended to create space for individuals who identify as women. All are welcome!

**Difficulty:** Beginner - Previous biking experience required, but no mountain biking experience is needed. This trip starts on beginner mountain biking trails and progresses as the day goes on. Expect uphill & downhill, roots, and other features along the path.

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

*Travel Time: Approximately 30 minutes one-way*

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## 04/18 - 04/19 Sunrise Hike Old Rag Mountain

Date: Saturday, April 18 to Sunday, April 19

Location: Nethers, VA - [See Old Rag Mountain Details](#)

Estimated Time: 11:00 AM Saturday to 4:00 PM Sunday

Pre-Trip Meeting: Tuesday, April 14 from 8:00 PM to 9:30 PM in the Adventure Program

Cost: \$50



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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*

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## 04/19 Kayak Wye Island

Date: Sunday, April 19

Location: Queenstown, MD - [See Wye Island Map](#)

Estimated Time: 8:00 AM to 6:00 PM

Pre-Trip Meeting: Tuesday, April 14 from 8:00 PM to 9:30 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: \$35

Explore the coastal inlets of the eastern shore by navigating the channels around Wye Island Nature Preserve. Get excited to embrace the sights and sounds of Chesapeake Bay wildlife as we paddle around the edge of the island! No experience is necessary but good physical condition is helpful.

**Difficulty:** **Intermediate** - the coastal channels around the island are sheltered from the bay and sea, but are affected by tides and may have waves that are more challenging than flat water

*Amenities: No toilet at the boat launch, but stops available on the way*  
*Travel Time: Approximately 1 hr, 45 minutes one-way*

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## 04/25 Mountain Bike Schaeffer Farms

Date: Saturday, April 25

Location: Germantown, MD - [See Schaeffer Farm Details](#)

Estimated Time: 9:00 AM - 5:00 PM

Pre-Trip Meeting: Tuesday, April 21 from 7:00 PM to 8:30 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 experience. This trip will leave you feeling challenged and accomplished! The Schaeffer Farms Trail is suitable for advanced beginners and intermediate riders.

**Difficulty:** Intermediate - Previous biking experience required, some previous mountain biking experience recommended. Start on beginner/green trails before progressing to more challenging blue/intermediate trails.

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

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## 04/25 - 04/26 Kayak and Camp Janes Island

Date: Saturday, April 25 to Sunday, April 26

Location: Crisfield, MD - [See Janes Island State Park Details](#)

Estimated Time: 8:00 AM Saturday to 5:00 PM Sunday

Pre-Trip Meeting: Tuesday, April 21 from 8:00 to 9:30 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: \$60

Enjoy a weekend on the Eastern Shore at Janes Island State Park. Janes Island offers a tranquil setting to explore the wildlife of the Chesapeake Bay, including birds, fish, crabs, and other salt marsh dwellers. The park has over 30 miles of water trails for us to explore by kayak, as well as pristine beaches and saltwater marshes. Once at camp, we'll relax during dinner and enjoy the comforts of a campfire.

**Difficulty:** Beginner - Paddling trips at Janes Island can be affected by the tides, but kayakers are largely protected by sandy beaches, trails through marshy wetlands, and surrounding barrier islands. It is a great place for beginner paddlers to explore.

*Amenities: Indoor restroom and shower facilities available in the campground*  
*Travel Time: Approximately 3 hours one-way*

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## 04/26 Pride Rock Climb Great Falls

Date: Sunday, April 26

Location: Great Falls, VA - [See Great Falls Park Details](#)

Estimated Time: 9:00 AM to 6:00 PM



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Pre-Trip Meeting: Tuesday, April 21, from 8:00 PM to 9:00 PM in the Adventure Program.

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. This trip is intended to create space for individuals who identify as part of the LGBTQ+ community. All are welcome!

**Difficulty:** Beginner - this trip is meant for beginner climbers to try outdoor climbing for the first time. While there are a variety of difficulty levels, expect to start on some easier climbs and progress to harder ones throughout the day. Climbing shoes are provided.

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

*Travel Time: Approximately 45 minutes one-way*

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## 05/02 Rock Climb Sugarloaf

Date: Saturday, May 2

Location: Frederick, MD - [See Sugarloaf Mountain Details](#)

Estimated Time: 9:00 AM - 5:00 PM

Pre-Trip Meeting: Tuesday, April 28, from 8:00 PM to 9:00 PM virtually via Zoom.

Cost: \$35

On this trip, we'll spend the day top-rope climbing on the natural rock faces at Sugarloaf Mountain. 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 Maryland's mountains.

**Difficulty:** Beginner - This area features several sections of 30-45 foot, scrambly climbs with large cracks and juggy holds. For seasoned climbers, there are a number of overhangs to explore. Climbing shoes are provided.

*Amenities: Indoor restroom facilities available at parking lot*

*Travel Time: Approximately 1 hr, 15 minutes one-way*

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## 05/02 - 05/03 Sunrise Hike Old Rag Mountain

Date: Saturday, May 2 to Sunday, May 3



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Location: Nethers, VA - [See Old Rag Mountain Details](#)

Estimated Time: 11:00 AM Saturday to 4:00 PM Sunday

Pre-Trip Meeting: Tuesday, April 28 from 8:00 PM to 9:30 PM in the Adventure Program

Cost: \$50

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*

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## 05/03 Hike the Billy Goat Trail

Date: Sunday, May 3

Estimated Time: 9:00 AM - 5:00 PM

Location: Potomac, MD - [See Billy Goat Trail Details](#)

Pre-Trip Meeting: Tuesday, April 28 from 8:00 PM to 9:00 PM virtually via Zoom.

Cost: \$25

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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