

EXTREME!

Sunday	Campers arrive at Cheerio Adventures between 2:00 - 3:00 PM Group Interaction Course Issue Gear
Monday	Drive to Massie Gap, Backpack from Massie Gap to Cabin Ridge Rhodo Gap Trail to Crest Trail, Crest Trail to Cabin Ridge
Tuesday	Backpack VA highlands Horsetrail to Rhodo Gap Trail to AT to Deception Rock Climbing at Deception Return to NROC
Wednesday	Caving at Roberts Cave In Camp Activities
Thursday	Canoe/Kayak from River Camp to Alleghany Access Camp at Allegheny Access
Friday	Canoe/Kayak from Alleghany Access to Low Water Bridge Drive to WV Camp at raft company
Saturday	Raft Lower Nolichucky River Drive to NROC
Sunday	Pack up and head to Camp Cheerio Check-in at Camp Cheerio
Mon-Fri.	Campers at Camp Cheerio
Saturday	Campers Pick up at Camp Cheerio between 9:00 –11:00 AM

***Please note:**

- The actual order and location of adventure activities may vary due to availability of sites, weather conditions and other situations beyond our control.
- Drop-off is at Cheerio Adventures in Mouth of Wilson, VA
- Pick-up is at Camp Cheerio in Glade Valley, NC