

Virginia Bike and Hike

Virginia

Friday, March 29th – Sunday, March 31st



Trip Description:

Join us on this exciting trip biking and hiking in the Virginia mountains. On the first day of the trip, we will be hiking and exploring Grayson Highlands State Park to the top of Virginia surrounded by wild ponies. We will spend our second day biking 25+ miles along the Virginia Creeper Trail, an old railroad bed converted to a scenic bike path (bike rental included). Don't let the mileage intimidate you — most of the biking is downhill! The bike trail is smooth and crosses through some of Southern Virginia's most beautiful country landscapes. Our last day will take us to Stone Mountain State Park to the top of the 600-foot granite dome. Don't worry, we will also have enough downtime at our campsite to rest and connect with your new friends!

Trip Cost: Student = \$140 (\$150 for non-students)

Includes: transportation, equipment, instruction, and meals (excluding those on the road)

A \$70 deposit can be paid at registration. Final balance is due by Monday, March 25th.

Cancellation & Refund Policy: You must cancel 10 BUSINESS DAYS PRIOR to trip departure date to receive a refund, minus a \$15 cancellation fee. Any cancellation within 10 business days will receive NO refund. If Outdoor Adventures cancels the trip prior to departure, a full refund will be issued. You may transfer your funds to another trip as long as it is outside 10 business days from the trip date. No cancellation fee is applied for transfers if transferring 10 business days or more prior to trip departure.

Cancellation Deadline for Partial Refund: Friday, March 15th

Requirements to Participate:

The following requirements are required for your trip. If you do not meet or complete the following requirements prior to your trip, you will be removed from the trip without refund. These requirements are necessary to maintain safe and enjoyable trip experiences for all group members.

- 1) Attend the mandatory Pre-Trip Meeting: Wednesday, March 27th @ 6:00 PM in the Kaplan Center Conference Room.
- 2) You must be able to depart by 6:30AM on Friday, March 29th
- 3) You must be comfortable hiking up to 6 miles during the day, which may include hiking along steep and uneven terrain, while carrying a small backpack with personal items and group items.

Outdoor Adventures trips are human powered and adventure-based, therefore, you should expect some level of physical exertion from all of our trips. It is important to consider your current level of physical fitness and any other physical or mental limitations you may have when deciding to participate in any of our activities. For clarification on any activities and the difficulty, please contact us.

Goals of an OA trip:

- 1) Have a fun time outside and away from campus!
- 2) Learn technical outdoor skills.
- 3) Connect with our natural world and learn how to appreciate the areas we travel.
- 4) This is a group experience, so emphasis is also placed on interacting and getting to know new people.

Planned Itinerary (these times are approximate and subject to change):

Friday, March 29th:

- Meet at Outdoor Adventures by 6:30 AM (participants must be able to depart at this time)
- We will depart for Grayson Highlands State Park and summit the highest peak in Virginia, Mount Rodgers.
- After our hike we will head back to our camp, eat dinner, and go to bed.

Saturday, March 30th:

- We will wake up and head to Damascus, VA to grab our bikes and spend the entire day biking down the Virginia Creeper Trail. 30 miles downhill with some beautiful vistas along the way!
- Once we finish our bike ride, we will head back to camp and eat another delicious dinner.

Sunday, March 31st:

- We'll wake up, breakdown camp, and head to Stone Mountain, NC for one last hike of the weekend.
- Once at Stone Mountain we will hike to the summit of the 600-foot granite dome.
- We will return to campus around 5 PM, de-issue equipment and say goodbye!

Email reminders will be sent prior to every trip, so please check your email leading up to the trip. If you have any questions prior to the trip, please contact us. We are open M-Th 12PM-9PM, F 12PM-8PM, and S-S 1PM-6PM.

Phone: 336-334-4033 Email: uncg_oa@uncg.edu Web: recwell.uncg.edu/oa

Packing List:

Please contact us with any questions about the packing list. If your trip has a pre-trip meeting, the list will be reviewed in detail at the meeting. Please remember all activity-specific equipment (tents, sleeping bags, etc.) will be issued on the trip or at the pre-trip meeting. Participants are expected to bring everything on the packing list and ask questions about any substitutions.

Any item with an asterisk (*) denotes items that we will provide for you at no additional charge.

Head, Hands & Feet

- ☐ Warm Hat
- ☐ Baseball Cap or Wide-brim Hat
- ☐ Warm Gloves
- ☐ *Bike helmet
- ☐ Camp Shoes: Crocs, Tevas, Keens, Chacos or similar sport sandals (must have straps), or sneakers. NO flip-flops!
- ☐ Camp Socks: a clean pair that you have to change into and to keep your feet warm at night
- ☐ Hiking and Biking Socks: wool hiking style are highly recommended, great for comfort and blister prevention
- ☐ Hiking and Biking Boots/Shoes: broken in hiking boots or athletic shoes with good foot support—no sandals of any kind while hiking!

Upper Body

- ☐ *Jacket: appropriate for temperatures during the trip (this could be fleece, down, or similar insulating material).
- ☐ *Rain Jacket: must be high quality material and have a hood
- ☐ Camp Shirt: clean shirt to change into once arriving at camp
- ☐ Hiking and Biking Shirt: short or long sleeve, quick-dry material required—no cotton!

Lower Body

- ☐ *Rain Pants: must be a high quality material if bringing your own
- ☐ Camp Pants: long pants for lounging around the campsite and to keep warm at night (lightweight material preferred)
- ☐ Underwear
- ☐ Hiking and Biking Pants/Shorts: for optimal comfort you will want hiking specific shorts or pants, quick-dry material is ideal

Personal Items

- ☐ Sunscreen: 30+ SPF (Spray Sunscreen is not recommended)
- ☐ Lip Balm
- ☐ Sunglasses: We recommend you bring a keeper strap for these
- ☐ Camera: protective case is highly recommended (optional)
- ☐ Personal medications: prescription drugs must be on your health form
- ☐ Personal medical insurance card (required)
- ☐ Menstrual products
- ☐ *Water bottle: quart size (required)
- ☐ Toiletries: contacts/solution (bring an extra set), toothpaste, tooth brush, etc. (travel sizes are best)
- ☐ Hand sanitizer
- ☐ Insect repellent
- ☐ Small backpack or duffel bag: to keep your personal items/clothing in while traveling (nothing too big)
- ☐ Book/journal: for the vehicle or down time on the trip
- ☐ Travel pillow: travel size, not your bed pillow (optional)
- ☐ Money: food on the road and/or possible souvenirs—bring some money in cash
- ☐ *Headlamp: you must provide batteries
- ☐ (3) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- ☐ Daypack: small backpack to carry extra layers, water, etc. during the hike

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