

## Proposed Red River Gorge High Adventure Trip

### Description:

Crew will travel to the Red River Gorge area of Daniel Boone National Forest, in Kentucky. For this portion of the trip, participants will enjoy a day of rock climbing the technical routes present in the area, along with a three-day, two-night backpacking trek through Red River Gorge. The crew will then travel south to the Cumberland Falls area of the National Forest, where they will get wet and wild while Whitewater Rafting on the Cumberland River. For the last portion of the trip, the crew will make its way to Louisville, KY, where they will get to tour Churchill Downs (site of the Kentucky Derby) and the Louisville Slugger museum, along with competing in the traditional Extreme Bowling event. All of the camping will be in standard troop tents, except for the last night, where the crew will stay in a hotel in Louisville. The majority of the meals during the first portion of the trip will be prepared by the crew, either at the campsites, or on the trail. While at the rafting outfitter, the meals will be provided. Each participant will also be responsible for 5 meals, mostly during the travel portions of the trip. Crew will depart from Strongsville on Saturday morning, returning the afternoon of the following Saturday.

### Activities:

**Backpacking through Red River Gorge:** The Red River Gorge Geological Area is located within the Daniel Boone State Forest in East-Central Kentucky. This intricate canyon system features an abundance of high sandstone cliffs, rock shelters, waterfalls, and natural bridges. The crew will backpack about 20 miles, mostly along the Sheltoewe Trace Trail. Along the way, they will visit several natural sandstone arches (over 100 exist in this area), as well as hike across a 200-foot suspension bridge over the Red River. Most importantly, it is expected that everyone will adhere to proper Leave No Trace principles.

**Rock Climbing:** A full day of top-rope climbing and rappelling in the Red River Gorge. Known as "The Red," these sandstone rock faces create one of the more popular climbing destinations in the country. Several routes, ranging in difficulty, will be available, and the opportunity to earn the Climbing Merit Badge may also be possible.

**Whitewater Rafting:** A full day of whitewater rafting on the Cumberland River, in southern Kentucky. The trip starts at the Outfitter and then "puts-in" just below Cumberland Falls. After a view of the falls (from the bottom!), the trip heads downstream, encountering Class III rapids with names like Center Rock and Surfing Rapid. Lunch is served on the Cumberland Star riverboat during a 5 mile cruise to the take-out point.

**Natural Bridge State Resort Park:** Named for the 78 foot long natural sandstone bridge that acts as the park's centerpiece, this area has several unique sandstone formations, including a Balanced Rock. The crew will spend time touring the park, hike some short trails, and visit popular park destinations like Lovers Leap and Fat Man Squeeze.

**Various Tours:** Other tours include a behind the scenes tour of Churchill Downs in Louisville, KY, (home of the Kentucky Derby), where they will get to visit the Jockeys' Quarters, Millionaires' Row, and the Press Box. The crew will also tour the Louisville Slugger Baseball Bat Factory, with each participant receiving a souvenir mini-bat.

Costs: Total trip cost is estimated between **\$400-\$450**, depending on transportation costs. In addition, each participant will need to pay for 5 meals, with an estimated cost of **\$50-\$70**.

## Proposed Virginia and North Carolina High Adventure Trip

### Description:

Crew will begin this High Adventure trip by traveling to Grayson Highlands State Park, in southern Virginia. Here, they will embark on a three day, two-night backpacking trek through the Mt. Rogers National Recreation Area, including summiting Mt. Rogers, the highest point in Virginia. After getting off of the trail, the crew will then travel to Charlotte, NC, where the remainder of the trip will be spent participating in various high adventure activities at the US National Whitewater Center, such as whitewater rafting, ziplining, and high-ropes courses. All of the camping will be in standard troop tents, except for the last night, where the crew will stay in a hotel. The majority of the meals will be prepared by the crew, either at the campsites, or on the trail. Crew will depart from Strongsville on Saturday morning, returning the afternoon of the following Sunday.

### Activities:

**Backpacking through Mt. Rogers National Recreation Area:** The Mt. Rogers/Grayson Highlands area is one of the premier hiking spots on the East Coast, featuring sweeping vistas and highland meadows. Known for its grassy balds that offer panoramic views of the Virginia highlands, wild ponies that roam the area, and being the highest point in Virginia, Mt. Rogers is one of the most uniquely beautiful sections of the Appalachian Mountains. This backpacking loop will cover about 20 miles, mostly in the Mt. Rogers National Recreation Area, and will include stretches of hiking on the Appalachian Trail.

**US National Whitewater Center:** Situated on 1300 acres, the USNWC offers a wide variety of outdoor activities for all ages and skill levels. The following activities are a sampling of what the crew members could choose to participate in, although not all activities may be available, due to wait times, line lengths, and crowd sizes:

Adventure Rafting: The USNWC is home to the world's largest man-made whitewater river, featuring class II-IV rapids throughout multiple channels. Adventure Rafting is designed for those looking to get the most whitewater excitement.

Ziplines and Jumps: Several ziplining options are available, like the Figure 8, Double Down, and Canyon Zip. There is also a Canopy Tour, where participants are guided through the tree canopy traveling from platform to platform on a series of zips, sky bridges, cargo net climbs, rappels and other high adventure challenges. In addition to the Ziplines, there are various Jump options, ranging from 30 to 100 feet in the air, where you climb to the top of a platform, and then are harnessed to a power fan which "lowers" you back to the ground.

Mountain Biking: The USNWC is home to over 30 miles of singletrack showcasing the preserved woodlands throughout the property and along the Catawba River. The trails offer varying levels of difficulty for guests of all ages and abilities.

Ropes Courses and Climbing: Multiple high-ropes courses are available to choose from, with some of them featuring challenging traverses and elements above land and water. The USNWC is also home to a large outdoor climbing wall, featuring roped climbs reaching 30 feet and designed to accommodate all skill levels. In the Deep Water solo climb, guests climb without ropes or harnesses, as the walls are built arching over a 20 foot deep pool. Climbers release from the wall and fall into the pool at the completion of their climb.

**Various Tours/Activities:** Due to the distance from Strongsville, there will be two days of travel on each end of the trip. During each way of travel, there may be an opportunity to visit a destination or participate in an activity. Crew members will decide before the trip on these potential options.

Costs: Total trip cost is estimated between **\$525-\$575**, depending on transportation costs. In addition, each participant will need to pay for 5 meals, with an estimated cost of **\$50-\$70**.

## Response Form

If you are currently in the 8<sup>th</sup> grade or above, you may be eligible for an invitation to the 2018 Troop 701 High Adventure Trip. After reading the descriptions of the trips, and discussing the trips/costs with your family, use this form to vote for which trip you would be interested in attending if you were to receive an invitation. Please return the form by Tuesday, October 17<sup>th</sup>. You can either bring the completed form to a troop meeting or event, or email your choice to the troop email account (troop701bsa@gmail.com).

Please select which trip you would be most interested in attending:

\_\_\_\_\_ Red River Gorge, KY

\_\_\_\_\_ Virginia and North Carolina

Name: \_\_\_\_\_

**Please return the form by Tuesday, October 17<sup>th</sup>.**