

# APPALACHIAN MOUNTAINS TREK

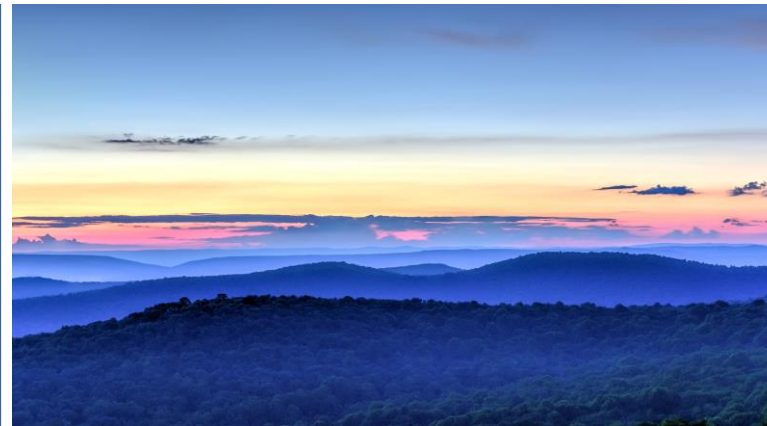
ACTIVITY: TREKKING

DURATION: 4 DAYS

GRADE:



CHALLENGE YOURSELF  
HELP OTHERS



## SHENANDOAH NATIONAL PARK TREK MAY 2020

### DAY 1: FLY TO CHARLOTTESVILLE

Fly to Charlottesville to meet the group and have our welcome briefing dinner.

### DAY 2: WHITE OAK CANYON & CEDAR RUN

After an early breakfast, we drive out to Shenandoah National Park and start with one of the South East's best hikes; White Oak Canyon and Cedar Run Trails loop. Today's beautiful but strenuous hike will pass dozens of waterfalls and have several river crossings. After a big day of hiking, we head back to the lodge for dinner.

### DAY 3: OLD RAG MOUNTAIN

Today's adventure will test your physical and mental strength as we summit Old Rag Mountain. Those who have a fear of heights will push themselves as we scramble over boulders and cross over crevasses to finally arrive at the summit. After our hike we head back to the lodge for our celebratory meal!

### DAY 4: FLY HOME

Sign up for an optional Helicopter flight and fly home!

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## CHALLENGE GRADING

This is a Grade Level 2 Challenge Event. The grading system that Adventure Fundraising uses to judge the difficulty of events are;

Level 1: Difficult

Level 2: Challenging

Level 3: Hard

Level 4: Ultimate

Level 5 EXTREME!!!

All of our events require training ahead of time and ADFR will provide you with a Training Guide specific for your event. You will need to ensure that you follow the regimen provided to ensure you are physically prepared for your challenge event.



## DAY 1- FLY TO CHARLOTTESVILLE TRANSFER TO SHENANDOAH NP

We meet at the Charlottesville airport where your Adventure Fundraising leader will greet you as we pack our gear into the trailer. We then drive to our lodge close to Shenandoah National Park. Dinner and briefing will lead to an early night sleep as we will be up bright and early to start our first day of trekking tomorrow.

## DAY 2- WHITE OAK CANYON AND CEDAR RUN TRAIL

After an early breakfast, we drive to the trailhead of White Oak Canyon and Cedar Run Trail Loop. The trail begins with gradual uphill elevation and we will be rewarded with passing many waterfalls. If the weather is warm enough, we can jump in some of the pools beneath the falls for a brisk swim! As we continue uphill, the trail gets steeper and we will need to push our legs to keep going. At the steepest parts of today's hike, we get sweeping scenic views of the forest and hills, making this strenuous hike well worth it. The downhill section passes several more waterfalls as we work our way back to the trailhead.

**Distance covered:** 9 mi

**Approx. time taken:** 7 hours

**Meals:** Breakfast, Lunch & Dinner **Included**

## DAY 3- OLD RAG MOUNTAIN

After a hardy breakfast, we transfer to the trailhead of today's spectacular hiking adventure, Old Rag Mountain. The trail is steep and at points uneven so we will need to be aware of our footing as we climb up in elevation. The higher we climb, the more amazing the scenic viewpoints become. When we get closer to the summit, there are sections we need to use our hands as we scramble to the top. The view from the summit is beautiful and a well earned reward for all of our hard work. We head down the mountain and have our celebration meal and congratulate each other on our accomplishment of completing the adventure!

**Distance covered:** 9 mi

**Approx. time taken:** 7 hours

**Meals:** Breakfast, Lunch & Dinner

## DAY 4 – OPTIONAL HELICOPTER FLIGHT AND FLY HOME

Today you have the option to take a scenic helicopter flight over the beautiful mountains that we have spent the past few days trekking through or head back to the airport to fly home.

Meals: Breakfast

*Adventure Fundraising has the right to amend and change the itinerary*



**TeamChallenge**  
CROHN'S & COLITIS  
FOUNDATION



*CHALLENGE YOURSELF  
HELP OTHERS*