

FOUR RIVERS EXPEDITION

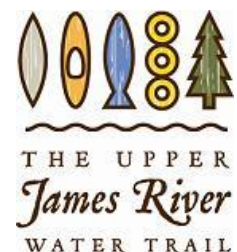
4 RIVERS * 5 AWESOME ACTIVITIES * 6 DAYS OF FUN



Twin River Outfitters is excited to offer groups a 6 days / 5 nights summer adventure exploring four different rivers in the Blue Ridge Mountains of Virginia. If your group is looking for something different compared to a traditional summer camp, then look no further. This is perfect for Scouting or Church Youth Groups wanting a high adventure summer camp experience but lead by your own adult leadership with all the details handled by an expert outfitter.

TRIP HIGHLIGHTS:

- Canoe, Kayak, Raft, Tube, and Bike four awesome rivers
- Includes a 2 Day Canoe Camping along the Upper James River Water Trail
- White Water Raft the James River Gorge
- Kayak a 10 mile section of the Jackson River
- Tube the crystal clear waters of the Cow Pasture River
- Mountain bike a 25 mile section of the Greenbrier River Trail
- Troop lead, with experienced local guide handling the details so your group can focus on having fun



TWIN RIVER OUTFITTERS
BUCHANAN, VIRGINIA
Web: canoevirginia.net Phone 540-261-7334



DAILY ITENERARY

DAY 1 CHECK IN & CANOE CAMPING TRIP

Arrive by 1 pm and check in with the staff of [Twin River Outfitters](#) where you will be issued your gear and provided a detailed expedition briefing in our class room. We will then launch in canoes on the first leg of our expedition to explore the [Upper James River Water Trail](#) by canoe where you will be camping riverside near Arcadia.

DAY 2 CONTINUE JAMES RIVER CANOE TREK & EVENING HIKE

We continue our white water canoe camping trip to Natural Bridge Station stopping at Wilderness Canoe Campground. This 13 mile paddle features many fun rapids, and some impressive scenery of the Blue Ridge Mountains. The group will arrive at midafternoon and set camp then after a hearty dinner go on an optional evening 3 mile hike to the "[Devils Marble Yard](#)".

DAY 3 - WHITE WATER RAFTING JAMES RIVER GORGE

We swap our canoes for some white water rafts and depart for a 7 mile float down through the [James River Gorge](#). This is where the mighty James River cuts its way through the Blue Ridge Mountains and include some fun rapids that are pretty easy in a raft. Eat lunch riverside along the way and take out where the [Appalachian Trail food bridge](#) crosses the James. Once we load up we will then ride by van to [Douthat State Park](#) where we will set up our base camp.

DAY 4 - GREENBRIER RIVER MOUNTAIN BIKE TRIP

We get an early start and head just over the WV State line where we will mountain bike for approximately 25 miles along the scenic [Greenbrier River Trail](#), rated as one of the premier rail to trails in the country. Eat lunch river side at a great swimming hole along the way. After the trip we will return to our Douthat Base Camp.

DAY 5 - KAYAKING JACKSON RIVER

Whitewater kayak an exciting section of the Jackson River from paddling from Clifton Forge to Iron Gate including the exciting Rainbow Gap rapids. Bring your "A" game as this trip features numerous rapids to test hone your white water paddling skills. Camp again at our base camp at Douthat State Park.

DAY 6 - RIVER TUBING ON THE COW PASTURE RIVER

After breakfast and breaks camp and we depart for our last river activity a fun tubing float down the crystal clear cow pasture river. This three hour tubing trip is a great way to whined down from the week's adventure. The group will then return to [Twin River Outfitters](#) by 3pm for departure.

TRIP DETAILS

PRICING

Cost: The trip cost is \$395.00 per person.

What is included: Your trip includes all costs associated with a 6 day / 5 night multi-sport adventure. Pricing also includes costs of all camping fees, food, specialty equipment, guide services, and all transportation costs once you arrive at our shop.

REQUIRED GROUP SIZE

These trips are open to any groups with a minimum of 12 to a maximum of 25 participants including responsible adult leadership. This includes, but is not limited to Boy Scouts, Girl Scouts, Church Youth Groups, and Family Groups.

One adult leader participant is required for every 6 youth participants. Coed groups require both male and female leadership. The standard minimum age is 12, except for family groups. These trips are led by your group's leadership with assistance from Twin River Outfitters which will provide all logistic support (food, transportation, activities) and guides some of the activities (not all). All participants must be able to pass basic swim test. Completion of a liability waiver is required all participants which need to be also signed by parents or guardians for any minors.

AVAILABLE 2012 DATES

June 10-15 2012

June 17-22 2012

June 24-29 2012

July 8-13 2012

August 5-10 2012

August 12-17 2012

August 19-24 2012

Other dates may be available call for details.

RESERVATION PROCEDURES

Advanced reservations are required for all trips. Summer 2012 Four River Expeditions reservations are due by 1 April 2012. A \$150 dollar per person deposit is required by 1 May 2012 with the balance paid by cash, check, or credit card upon check in. Deposit Refund Policy: Cancellation of trips for any reasons require than 1 month notice for refund, less \$10 per person cancellation fee. Trips canceled with less than 1 month notice will not be refunded.

Reservations can be made by calling Twin River Outfitters at 540-261-7334 or by email to tro@canoeverginia.net.

REQUIRED GEAR LIST

The outfitter will provide the following:

All transportation services, food, paddling, biking, and tubing activities. The outfitter will also provide all group camping gear that is required such as water containers, water filters, cooking stoves, fuel bottles, tables, coolers, plates, silverware, cups, pots, pans, latrine items, dry bags, first aid kit, throw ropes, and maps. Dry bags will be issued to all participants to store their personal gear in for the duration of the trip.

Each expedition member is expected to bring the following:

- Tent (can be 2 or 3 person type)
- Sleeping bags (night time temps will not be less than 50 degrees)
- Sleeping pad
- Two water bottles
- Small flashlight and extra batteries
- Bath towel and/or bandana
- Hat (wide brim), eye glass straps
- Bug spray
- Personal toiletries (toothbrush, soap, medicines).
- SUNSCREEN, being sun burnt will ruin your trip.....!!!!
- Pocket knife
- Folding camp chair
- Sturdy hiking boots (broken in)
- River shoes/camp shoes/ water shoes
- Socks - 3 pair
- Swim trunks - 3 sets river shorts (quick dry, you will be in river daily)
- Underwear - 5 sets
- T - Shirts - 3 Sets
- Rain gear or poncho
- One Long sleeve shirt, or jacket (no cotton)
- Fleece pants or long underwear bottoms
- Day pack - small
- Optional Items: fishing pole & bait, fishing license (16 and older), sunglasses, pillow

Each Group is expected to have the following items:

- At least 1 cell phone (2 are better) plus chargers
- Digital camera
- Completed troop medical forms for each member
- Completed liability waiver release forms
- Games, playing cards, training guides, devotional materials, etc.

MENU

All food is provided by the outfitter. Food is prepared by the group with each member taking turns with preparation, and clean up supervised by an adult leader and Twin River Outfitter staff. Typically breakfasts are served by 8 am each morning. Lunches and snacks are also prepared in the morning and packed in lunch bags for the day's activities. Dinner meals are prepared and typically served between 6 – 7 pm depending on each day's activities.

	BREAKFAST	LUNCH	DINNER	SNACK
DAY 1 Check In Canoe Trip	N/A	N/A	Grilled cheese burgers & hot dogs with fixings, potato chips, baked beans, cookie tray. Drinks: Water, & Ice Tea	Crackers, Beef Jerky
DAY 2 Canoe Trip & Hike	Bagels, Cream Cheese, Hot Oat Meal, Fruit. Drinks: Milk, Orange Juice, Coffee, Water	Sandwich Wraps, with assorted meats, cheeses, and condiments. Chips and assorted fruit. Cookie tray. Drinks: Water & Gatorade Drinks	Pizza & Salad. Cookie Tray. Drinks: Water, Soda, Tea	Chicken or Tuna & Crackers
DAY 3 Rafting	Assorted cereals. Drinks: Milk, Orange Juice, Coffee, Water	Ham or Turkey & Cheese Sandwiches, crackers, fruit. Drinks: Water, Soda.	Chicken Fajitas with beans, rice. Chips & Salsa. Fruit Tray. Drinks: Water, Soda, Tea	Trail Mix
DAY 4 Mountain Biking	Bacon, Scrambled Eggs, Toast, donuts. Drinks: Milk, Orange Juice, Coffee, Water	MREs (Military Meals Ready to Eat). Drinks: Water, Gatorade Drinks.	Spaghetti Dinner, Salad. French Bread. Drinks: Water, Tea	Assorted Fruit Cups, Crackers
DAY 5 Kayaking	Bagels, Cream Cheese, Oat Meal, Fruit Drinks: Milk, Orange Juice, Coffee, Water	Sandwich Wraps, with assorted meats, cheeses, and condiments. Chips and assorted fruit. Cookie tray. Drinks: Water & Gatorade Drinks	Grilled Steak or Chicken baked potatoes, and vegetables. Dinner Salad. Cake. Drinks: Water, & Tea.	Ice Cream
DAY 6 Tubing	Cereal & Donuts. Drinks: Milk, Orange Juice, Coffee, Water	Roast Beef & Cheese Sandwiches, crackers, fruit. Drinks: Water, Soda.	NA	Whatever's left

Note: Special diet requirements can be met upon advanced request.