

## **Madison Orientation Adventure Trips MOAT**

### **Trip Descriptions 2012**

All trips lead by current JMU Adventure program student employees. These students are prepared to provide basic activity instruction as well as acting as resource of information about student life at JMU.

#### **Backpacking Dolly Sods Monongahela National Forest**

This is a moderately strenuous trip within the Monongahela national Forest in West Virginia. Beautiful northern hardwood forests of maple, beech, birch, cherry and other trees cover most of the area providing cool shade as well as many opportunities to see spring and summer wildflowers, birds and other wildlife. While we plan to spend a good part of each day moving from one campsite to the next, there will be plenty of time for group activities, relaxation, and reflection. This trip does not require any previous backpacking experience as your trip leaders are ready to teach you the basics of this lifelong activity.

#### **Fitness Demands:**

Moderate- You should be able to run 3 miles in 30 minutes.

Plan to carry a 45 lb backpack through mountainous terrain. Mileage will vary from 4-8 mile per day

**Dates:** July 13-17

#### **Canoeing the Shenandoah River**

Take a step into the past as you enjoy paddling along the Shenandoah River in the Shenandoah Valley. One of the few rivers that runs from South to North the Shenandoah has played a key role in the agricultural development of the region. Many sites of historical interest can be found along the way, including ancient Indian fish dams, Civil War battle grounds and traditional farm architecture. We will be putting in near Luray, VA- and take out near Front Royal VA finding great camping spots along the way. This trip also provides abundant opportunities to see Bald Eagles and Osprey in their natural habitat.

#### **Fitness Demands:**

Mild- You will need to help carry canoes and gear from parking lot to the water's edge- 100 yards

We will be on the water about 4-6 hours each day paddling and floating

**Dates:** July 5-8 and July 10-13

### **Rock Climbing George Washington National Forest**

We will be setting up base camp near Hone Quarry in the national Forest. From our campsite, it is a short 40 minute hike to Hidden Rocks. Here you will be given instruction on belaying, rappelling and various climbing techniques. There will also be opportunities to explore Reddish Knob- the areas highest point for a great sunset. All climbing gear and instruction will be provided.

#### **Fitness Demands:**

Mild- you should be able to hike 5 miles in 3 hours

**Dates:** June 10-13

### **Base Camp Shenandoah National Park**

If you are new to camping and adventure activities this trip is for you. We will be camping in the Shenandoah national Park which will serve as a base for hiking and rock climbing activities. Some of these activities include hiking the White Oak Canyon trail where you will see waterfalls and soak your feet in clear mountain pools. We will also climb at Little Stoney man cliffs where the view allows you to see the whole Shenandoah Valley as well as into the mountains of West Virginia. All the climbing gear is provided.

#### **Fitness Demands:**

Mild- you should be able to Hike 5 miles in 3 hours

**Dates:** June 28- July 1

### **Adventure Sampler**

We will be camping at a camp ground in the George Washington national Forest for this adventure sampler. The site has bathroom facilities but no showers. This will allow us to travel by van to various local locations for our daily activities. Activities for this week include canoeing, rock climbing, and hiking. This trip will give you a preview of the amazing outdoor recreation resources that surround JMU.

#### **Fitness Demands:**

Mild- you should be able to hike 5 miles in 3 hours

**Dates:** June 17-20 and June 22-25

For more information: Contact Guy deBrun Assistant Director for Adventure and TEAM Programs [debrunb@jmu.edu](mailto:debrunb@jmu.edu) or 540-568-3713