



Sample Itinerary

Rivers and Rocks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12pm arrival Opening circle & gear up	Backpack to Spruce Knob Lake	Hike out to trailhead	River beautification project	Meet USFS	Top rope climbing and rappelling at Seneca Rocks	Breakfast at the yurts
Shuttle to Spruce Knob Mountain Center	Paddle School	Shuttle to South Branch of Potomac River	Paddle to take out	Stewardship project	Shuttle back to Spruce Knob Mountain Center	Clean & de-issue borrowed gear
Intro to land navigation	Stewardship Project	River beautification project	Shuttle to Seneca Rocks		Showers	11:30 am departure
Backpack to camp	Backpack to camp	Paddle to riverside campsite	Summit hike	Seneca Creek exploration	Dinner and campfire at the yurts	
Primitive campsite	Primitive campsite	Primitive campsite	Camp w/ access to amenities	Camp w/ access to amenities	Dorms	

*Daily schedule and activities subject to change