

Appalachian Adventure Trip - July 16-21, 2012

Monday, July 16

- 7:30 AM Depart Upper Arlington for Natural Bridge State Park – Powell Ky (240 miles - 4 hours)
- 12:00 PM Lunch
- 1:00 PM Hike to Natural Arch
- 3:00 PM Drive to Cumberland Gap National Park (120 miles – 2 ½ hours)
- 6:00 PM Set-up Camp
- 7:00 PM Dinner and Campfire Fun

Tuesday, July 17

- 7:30 AM Breakfast
- 9:00 AM Hike to White Rocks and Sand Cave (via Ewing Trail to Ridge Trail). Backpack lunch at White Rocks. 7 mile round trip.
- 6:00 PM Dinner and Campfire Fun

Wednesday, July 18

- 7:30 AM Breakfast
- 8:00 AM Break Camp
- 9:30 AM Gap Cave Tour – 2 hours total
- 12:00 PM Lunch
- 12:30 PM Drive from Cumberland Gap to Fayetteville, WV (261 miles - 4 ½ hours)
- 5:00 PM Set Up Camp
- 6:00 PM Swimming, Disc Golf, Corn Hole
- 7:30 PM Dinner and Campfire Fun

Thursday, July 19

- 8:00 AM Breakfast
- 9:00 AM Rafting on the Lower New River (<http://www.rivermen.com/site/trips/new-river-lower-summer/>)
- 3:00 PM Swimming, Disc Golf, Corn Hole
- 6:30 PM West Virginian Buffet
- 8:00 PM Campfire Fun

Friday, July 20

- 8:00 AM Hot Breakfast
- 8:30 AM Break Camp
- 9:30 AM Drive to Chillicothe Campground (167 miles - 3 1/4 hours) (Walnut Creek or Sun Valley Campground)
- 1:00 PM Lunch
- 2:00 PM Swimming and Hiking
- 6:00 PM Dinner Buffet at Tecumseh
- 8:00 PM Tecumseh Outdoor Drama
- Late evening Our last campfire with stories by Uncle Jim, Uncle Billy Bob, and Sideshow Lloyd.

Saturday, July 21

- Morning- Sleep in! breakfast, break camp and head back to Columbus.
- 12:00 PM Arrive home