FALL 2016 TRIPS

SEPTEMBER

SEPT. 10 (Saturday) TRAIL BUILDING
Bells Bend Park, Nashville, TN
Sign-up by: Friday, Sept. 2
Pre-Trip Meeting: Tuesday, 9/6 at 5:00 pm

Bells Bend Park is a relatively new park in Nashville that is being developed as a more natural park, rather than a “ball field park”. This time we will help build a new mountain biking trail in the park. Experienced trail volunteers and equipment will be provided to help us. Lunch is also provided, and hiking afterward is an option. Estimated trip duration: 8 am – 3 pm.

SEPT. 11 (Sunday) KAYAKING
Duck River, TN
Sign-up by: Friday, Sept. 2
Pre-Trip Meeting: Tuesday, 9/6 at 6:00 pm

The Duck River is a nice river with wooded banks and large, beautiful rock bluffs. We will paddle an 8.5 mile stretch of the river, from the Normandy Dam to the Three Forks Bridge. We will portage a dam on the river which then provides a great place for swimming and playing in the water. Beginners are welcome on this Class I river. We may see . ducks! Estimated trip duration: 7 am – 6 pm.

SEPT. 17 (Saturday) HIKING
Great Stone Door, SCRA, TN
Sign-up by: Friday, Sept. 9
Pre-Trip Meeting: Tuesday, 9/13 at 5:00 pm

South Cumberland is home of the Great Stone Door, awesome overlooks, and wonderful waterfalls. We plan to hike 7.1 miles (two groups in opposite directions), spending some time at the overlooks and waterfalls. The hike is rated easy to moderate. Spend a day hiking and hanging out at one of the best parks in Tennessee. Be prepared to get wet at Greeter Falls. Estimated trip duration: 7 am – 8 pm.

SEPT. 18 (Sunday) HORSEBACK RIDING
JuRo Ranch, Mt. Juliet, TN
Sign-up by: Friday, Sept. 9
Pre-Trip Meeting: Tuesday, 9/13 at 6:00 pm

Located less than an hour away, the JuRo Stables will provide us with a 1.5 hour horseback ride. We will ride on wooded trails, across creeks, and possibly to Percy Priest Lake. Check out their horses at www.jurostables.com. After the ride, we’ll enjoy a picnic lunch at the lake before returning to VU. The price includes a tip for the guide. Estimated trip duration: 9 am – 2 pm.

SEPT. 24 (Sat.) RIVER CLEAN-UP: via CANOEING
Harpeth River, TN
Sign-up by: Friday, Sept. 16
Pre-Trip Meeting: Tuesday, 9/20 at 5:00 pm

We have cleaned this river before, so maybe it will show! This will be a 5-mile canoe trip, except the emphasis will be on picking up the trash from the Harpeth River. Equipment, transportation, clean-up supplies,
and lunch are provided. Beginners are welcome. (Note: this is during the VU Family Weekend.) Estimated trip duration: 8 am – 5 pm.

**SEPT. 25 (Sunday) HIKING**

Radnor Lake State Park, TN  
Sign-up by: **Friday, Sept. 16**  
Pre-Trip Meeting: Tuesday, 9/20 at 6:00 pm

This is your chance to go for a hike with your parents or family at the nearby Radnor Lake. This is a nice State Park that is surprisingly within Nashville! Plan on hiking about 3 hours: up and down the wooded ridges and around the lake. There is plenty of wildlife and nice views of the lake for your enjoyment. Total hiking distance is 4 - 5 miles. (Note: this is during the VU Family Weekend.) Estimated trip duration: 8 am – 12 noon.

**SEPT. 30 – 10/1 (Fri.-Sat.) WW RAFTING & CAMPING**

Ocoee River, TN  
Sign-up by: **Friday, Sept. 16**  
Pre-Trip Meeting: Tuesday, 9/27 at 6:00 pm

Whitewater rafting on the Ocoee River is packed with fun and excitement on back-to-back rapids! After camping out on Friday, we will be guided down the mighty Middle Ocoee in rafts of 5-6 paddlers each. No experience is necessary. We’ll eat lunch and have a chance to shower before heading back. Please bring $5 cash to tip your raft guide. Estimated trip duration: 6 pm Fri. – 7 pm Sat.

**OCTOBER**

**OCT. 1 (Saturday) TRAIL BUILDING**

Bells Bend Park, Nashville, TN  
Sign-up by: **Friday, Sept. 23**  
Pre-Trip Meeting: Wednesday, 9/28 at 5:00 pm

Bells Bend Park is a relatively new park in Nashville that is being developed as a more natural park, rather than a “ball field park”. This time we will help build a new mountain biking trail in the park. Experienced trail volunteers and equipment will be provided to help us. Lunch is also provided, and hiking afterward is an option. Estimated trip duration: 8 am – 3 pm.

**OCT. 2 (Sunday) (Beginner – Adv.) CLIMBING**

Black Mountain, TN  
Sign-up by: **Friday, Sept. 23**  
Pre-Trip Meeting: Tuesday, 9/27 at 5:00 pm

Wall climbers, it’s time to try the “real thing”! Black Mountain, located on the Cumberland Plateau, is a great location for you to experience the fundamentals of rock climbing with our knowledgeable staff. Some climbing experience is preferred, so try the wall first! Shoe rental = $7 extra. Estimated trip duration: 8 am – 8 pm.
**OCT. 8 (Saturday) CANOEING**  

Buffalo River, TN  
Sign-up by: **Friday, Sept. 30**  
Pre-Trip Meeting: **Tuesday, 10/4 at 5:00 pm**  

The Buffalo River is one of the last free flowing rivers in Tennessee. It is a fun Class I river that is good for beginners, but has enough interesting turns and ripples to satisfy more experienced canoeists. We will paddle a 6.9 mile stretch of the river. There are cool rock walls and clear water to enjoy. Cost includes transportation, lunch, canoe equipment and the shuttle. Estimated trip duration: 7 am – 9 pm.

**OCT. 13 - 16 (Thur. – Sun.) CANOE-CAMPING**  

Green River, Mammoth Cave Nat'l Park, KY  
Sign-up by: **Friday, Sept. 30**  
Pre-Trip Meeting: **Thursday, 10/6 at 5:00 pm**

Although this National Park is known for its caves, it actually has a great river for canoe-camping. The Green River is a fairly deep river with beautiful tree covered hills surrounding it. We plan on going on a cave tour and car camping, before beginning an 18.5 mile, 3-day, 2-night canoe-camping trip. Highlights will include the fall colors and checking out a few small caves along the way. We also plan to camp on islands each night. Beginners are welcome. Estimated trip duration: 10 am Thurs. – 5 pm Sun.

**FALL BREAK**

**OCT. 13 - 16 (Thur. – Sun.) BACKPACKING**

Great Smoky Mountain National Park, TN/NC  
Sign-up by: **Friday, Sept. 30**  
Pre-Trip Meeting: **Wednesday, 10/5 at 5:00 pm**

It’s a relatively long drive, but this park is worth it! Plan on backpacking 8-10 miles-a-day of up, down, and around the beautiful, colorful, Great Smoky Mountains. Specific trails have not yet been determined, but plan on car-camping Thursday night and then backpacking Friday – early Sunday. Hiking boots are advised. Estimated trip duration: 9 am Thurs. – 6 pm Sun.

**OCT. 22 (Saturday) HIKING**

Twin Arches Trail, Big South Fork, TN  
Sign-up by: **Tuesday, Oct. 11**  
Pre-Trip Meeting: **Tuesday, 10/18 at 5:00 pm**

Join us on either a 5.6 or a 7.8 mile moderately difficult hike in the impressive Big South Fork National Recreation Area. Highlights include Slave Falls, massive rock walls, overhangs, and the Twin Arches, the largest natural bridge complex in Tennessee. Fall colors could add to the beauty of this hike. Estimated trip duration: 7 am – 9 pm.
OCT. 29 (Saturday)  (Beg. – Inter.)  WW KAYAKING

Hiwassee River, TN
Sign-up by:  **Tuesday, Oct. 11**
Pre-Trip Meeting:  **Tuesday, 10/25 at 5:00 pm**

Tennessee’s scenic Hiwassee River is fantastic for boaters of all abilities to practice the fundamentals like eddy turns, peeling out, ferrying and reading water. This trip is designed for kayakers who have mastered the roll in the pool and are ready to try moving water and rapids. It is preferred that you have some flat water kayaking experience before signing up for this trip. Paddling equipment, including a spray jacket, is included. This trip is limited to the first 6 people who sign up. Estimated trip duration: 7 am – 10 pm.

**Note:** There will be two special and two normal pool sessions (from 7-9 pm) available to participants of this trip to work with kayak instructors on your roll prior to the trip. Participation in at least one of these sessions is mandatory: Tues. Oct. 18 or 25 or Wed. Oct. 19 or 26.

OCT. 28 –30  (Fri. - Sun.)  **CAMPING & HIKING**

Great Smoky Mountain National Park, TN
Sign-up by:  **Friday, Oct. 21**
Pre-Trip Meeting:  **Tuesday, 10/25 at 6:00 pm**

Join us in camping for 2 nights at the Cosby Campground in the Great Smoky Mountain National Park. Saturday, we will hike 10.4 moderate to difficult miles, up to Low Gap and to the Mount Cammerer Lookout Tower to check out the views of the beautiful, colorful Smokies. Sunday’s 5 mile easy hike will be along the scenic Big Creek. Camping in the fall in the Smokies . . . it should be a great weekend. Bring money for meals on the road. Estimated trip duration: 3 pm Fri – 7 pm Sun.

NOVEMBER

NOV. 5-6 (Sat. - Sun.)  **BACKPACKING**

The Great Stone Door, SCSP, TN
Sign-up by:  **Friday, Oct. 28**
Pre-Trip Meeting:  **Tuesday, 11/1 at 6:00 pm**

Savage Gulf, home to the Great Stone Door, is a great place to go backpacking. On Saturday, we will hike to and through the door enroute to a trail on the bottom of the gorge, camping at the Alum Gap campsite. On Sunday a side hike to a pair of waterfalls and panoramic overlooks is a great way to start the day! Expect to hike 5 - 6 miles a day on moderately difficult trails. This trip is designed for the experienced backpacker or the ambitious beginner. The trails are rocky (and challenging) in places, and easy in other places. Overall, the reward is well worth the effort. Estimated trip duration: 7 am Sat. – 6 pm Sun.

NOV. 5  (Saturday)  **RAPPELLING & CAVING**

Stephen’s Gap Cave, AL
Cost:  **$47**
Sign-up by:  **Friday, Oct. 28**
Pre-Trip Meeting:  **Tuesday, 11/1 at 5:00 pm**

Stephen’s Gap Cave is located in Northern Alabama and has a 100’ rappel for one of its entrances. Each participant will rappel down to the
bottom. A fireman’s belay will be used for additional safety. Once we reach the bottom, we will be able to explore the cave, and then walk out a second entrance to get out. Beginners are welcome and basic instruction will be given. Estimated trip duration: 7 am – 10 pm.

NOV. 12 (Saturday)  SPELUNKING

Indian Gravepoint Cave, TN  $35
Sign-up by:  Friday, Nov. 4
Pre-Trip Meeting:  Tuesday, 11/8 at 6:00 pm

This cave serves as a good introduction to the underground world. Features include stalactites, pits, domes, crawls, walks, and climbs. Be prepared for a physical workout, to get dirty, and to have FUN! Price includes caving equipment and batteries. Estimated trip duration: 7:30 am – 6 pm.

NOV. 13 (Sunday)  (Beginner – Adv.)  CLIMBING

Kings Bluff, TN  $33
Sign-up by:  Friday, Nov. 4
Pre-Trip Meeting:  Tuesday, 11/8 at 5:00 pm

Wall climbers, it’s time to try the “real thing!” Kings Bluff is a great location for you to experience the fundamentals of rock climbing with our knowledgeable staff. Some climbing experience is preferred, so try the wall first! Shoe rental = $7 extra. Estimated trip duration: 9 am – 5 pm.

TRIP INFORMATION:

Most trips are designed for a small group of people (10-12), and many of the trips require no previous experience. Otherwise Intermediate and Advanced level trips are indicated when applicable. The fee for each trip covers the activity, transportation, in-camp food, camping fees, and group or specialized equipment. For more information, look for flyers around campus or stop by the Outdoor Recreation Center (ORC) at 2600 Children’s Way (behind the VRWC Field House) during ORC hours.

Trip Registration is now on-line at www.vanderbilt.edu/outrec. (Go to the trip schedule tab to select the type of trip you are interested in.) You can pay on-line with a credit or debit card. Trips are open to all VU students, grad./prof. students, faculty, staff, medical staff, and VRWC members. Participants must also know how to swim for any boating trip. Alcohol is not permitted on any trip, except the ski trip.

Further Trip Details:  Call Linda at 615-343-7898 or e-mail at:  linda.rosenkranz@vanderbilt.edu
WINTER BREAK 2016:

DEC. 16-21  (Fri. – Wed.)  CANOEING and ISLAND CAMPING

Cayo Costa State Park on Cayo Costa Island, FL  $330
Sign-up by: Friday, Oct. 21
Pre-Trip Meeting: Thursday, Nov. 3 at 5:30 pm

Have you ever wanted to paddle out to a tropical island paradise and simply relax away from everything? If so, than this is the trip for you! Trade in the white snow up here in Tennessee for the white sand beaches of the Gulf of Mexico. This trip starts with a road trip down to Southwest Florida, followed by a saltwater paddle to the barrier island of Cayo Costa, which is only accessible by boat. We will spend 2 days relaxing and exploring the island, and even a day paddle to Cabbage Key (the location Jimmy Buffet wrote “Cheese Burger in Paradise”) for… well … a cheeseburger in paradise! It is going to be a great mixture of adventure and relaxation in sunny South Florida this winter break.  Estimate trip duration:  7 am Fri. to 8 pm Wed. For more info, please check our web at www.vanderbilt.edu/outrec

COST INCLUDES:  transportation (via 12-passenger van) to and from Vanderbilt University, camping/hotel fees, group and canoeing equipment, and in-camp meals.  Space is limited to the first 10 people that sign up, so don’t delay.

DEC.17-22, 2016  (Sat. – Thurs.)  DOWNHILL SKIING &/or SNOWBOARDING

Steamboat Springs, CO  $800 +
Sign-up by: Friday, Sept. 30 **
Pre-Trip Meeting: Thursday, Oct. 27 at 5:30 pm at the ORC.

Join us for our 21st annual semester break ski/snowboard trip!  The price includes van/bus transportation (from Denver) to our condo, 5 nights lodging, and a 4 day lift ticket to Steamboat Springs, Ski Town USA, with 165 named trails and 16 lifts. You will need to meet us in Denver or in Steamboat.  The base elevation is 6,900 feet, with 9,080 feet at mid mountain and 10,568’ on top of Mt. Werner.  A shuttle runs from our condo to the resort, but it is also within walking distance.  We will be staying in the La Casa Condominiums, located 250 yards from the slopes.  These large condos have the usual, plus free wifi and laundry facilities on the premises.  There are also inviting outdoor hot tubs for your enjoyment.  The rate we are paying is for “full occupancy”, which means two people are assigned per bed.  If you want a bed to yourself or if a group wants to secure a unit all to themselves, there will be an additional $320 fee for every spot less than 6.  We will have more ski trip info on the web.  Check out our site at www.vanderbilt.edu/outrec.

CHOOSE FROM 2 PACKAGES:  Meet in Denver for $800   or    Meet in Steamboat for $625.

** SAVE $75   IF YOU SIGN UP BY FRIDAY, SEPT. 16!!

Photo by: Matlacha Island Cruises  Photo by: Steven Scott  Photo by: Cayo Costa State Park
Spring Break 2017: MARCH 4-12, 2017 (Sat. – Sun.) BACKPACKING

Grand Canyon National Park, AZ $1,135
Sign-up by: Wednesday, Nov. 16.
Pre-Trip Meeting: Tuesday, Nov. 28 at 6:00 pm

2017 marks our 20th trip to the canyon since 1992. We will be flying as a group to Phoenix and riding charter bus to the canyon. We are planning on two hiking groups, both of which will hike a 25 - 40 mile trail the entire week, depending on permits. Needless to say, the Grand Canyon is incredibly beautiful, awesome and spectacular. Designed for the experienced backpacker, we will allow enthusiastic beginners on this trip. Everyone who goes must be in good physical shape by the time we leave. Participants are expected to attend one of two all day sessions on a Saturday in 2017. This will involve a Pre-Canyon Hike, then lunch, and a meeting following the hike. Expected duration: 7:30 am to 5:00 pm, but specific dates are yet to be determined. Note: this trip will not be offered again until March 2019. Estimate trip duration: 6:30 am Sat. to 7 pm Sun. For more info, please check our web at www.vanderbilt.edu/outrec

COST INCLUDES: all transportation, in-canyon food, hotel on both ends of the trip, group equipment, permits, camping and entrance fees. Space is limited to the first 18 people that sign up, so don’t delay.

MARCH 4-11, 2017 (Sat. – Sat.) BACKPACKING

Savage Gulf, South Cumberland State Park, TN $235
Sign-up by: Wednesday, Nov. 16.
Pre-Trip Meeting: Wednesday, Nov. 29 at 5:30 pm

South Cumberland State Park is home to the Great Stone Door, numerous waterfalls and spectacular overlooks. It is located about 120 miles SE of Nashville on the Cumberland Plateau. We will go backpacking from Saturday to Saturday, and we will cover 49 miles, checking out all three arms of the gulf. For most days, we will be hiking 6-8 miles a day. Temperatures can be in the 50’s to 70’s during the day, and 30’s to 50’s overnight. This trip is designed for both experienced and beginner backpackers. We will go on a local training hike before the trip. Estimate trip duration: 11 am Sat.3/4 to 5 pm Sat. 3/11. For more info, please check our web at www.vanderbilt.edu/outrec

COST INCLUDES: transportation via a 12 passenger van, “while backpacking” food, group equipment, permits, and camping fees. Space is limited to the first 10 people that sign up, so don’t delay.

Coming in the summer of 2017, cost TBA:

- Backpacking, Camping & Hiking
  Glacier National Park
  Aug. 5-13, 2017

- Climbing, Hiking, Camping, & WW Rafting
  New River Gorge National River, WV
  May 20-28, 2017

>> Specific Trip Info on-line by Dec. 2. >> On-line Registration begins on Monday, Jan. 9, 2017