SPRING 2018 TRIPS

FEBRUARY $ Rec Members / $ Rec Non

FEB. 10 (Saturday) TRAIL BUILDING

Bells Bend Park, Nashville, TN FREE!
Sign-up by: Friday, Feb. 2
Pre-Trip Meeting: Tuesday, 2/6 at 5:30 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

FEB. 17 (Saturday) CAVING

Howard’s Waterfall Cave, GA $44 / $48
Sign-up by: Friday, Feb. 9
Pre-Trip Meeting: Tuesday, 2/13 at 6:00 pm

This cave is good if you have already been caving. It involves a lot of crawling and a 2 hour drive. However, we are rewarded with an impressive amount of cave formations! Be prepared for a physical workout and to get dirty! Price includes caving equipment and batteries. Plan to spend 4-5 hours in the cave. Estimated trip duration: 7:30 am – 8 pm.

FEB. 18 (Sunday) (Beginner – Adv.) CLIMBING

Kings Bluff, TN $33 / $36
Sign-up by: Friday, Feb. 9
Pre-Trip Meeting: Tuesday, 2/13 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 – 6 pm.

FEB. 24 (Saturday) HIKING

Walls of Jericho, TN $24 / $26
Sign-up by: Friday, Feb. 16
Pre-Trip Meeting: Tuesday, 2/20 at 5:30 pm

The Walls of Jericho is a Wilderness Area, located on Tennessee/Alabama border. We will hike 7 miles total, but the trail is rated difficult due to the 1130’ elevation change. The reward is the destination, a simply beautiful creek surrounded by steep walls. Come check it out! Estimated trip duration: 7 am – 7 pm.
**SPRING BREAK**

March 3-9 (Sat. – Fri.) CANOE-CAMPING

Paddling Florida’s Panhandle Trip
Blackwater River & Econfina Creek $340 / $365
Sign-up by: Fri., Jan. 12
Pre-Trip Meeting: Wednesday, 1/17 at 5:30 pm

This Spring Break, we will be driving down to Florida’s gulf coast to paddle the Panhandle! First, we will check out the wildlife and gulf beaches at Big Lagoon State Park, FL. There will be a chance to hang out at the beach and relax before heading to Florida’s Blackwater River State Forest. We will spend 3 days and 2 nights canoe-camping down the incredible Blackwater River. The water in the Blackwater is a dark, tannin-stained color and it contrasts vividly with the snow-white sand bars at each bend. After completing the Blackwater, we will switch gears and drive east to the Econfina, a beautiful creek littered with natural springs that feed into it. The springs provide a mixture of crystal clear and turquoise water to paddle through. This is definitely an area that you have to just be there to experience all of its beauty. No experience is necessary for this week of camping and paddling, but you must know how to swim. In order to properly prepare for this fun adventure, plan on attending 2 Pre-Trip Meetings. Estimated trip duration: 6:30 am Sat. to 9:00 pm Fri. For more info, please check our web at www.vanderbilt.edu/outrec

COST INCLUDES: Transportation via a 12 passenger van to and from Vanderbilt, group equipment, boats, in camp meals, and camping fees. **Space is limited to the first 10 people that sign up, so don't delay.**

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**MARCH**

March 17 (Saturday) SERVICE WORK

Shelby Bottoms Park, Nashville, TN FREE!
Sign-up by: Friday, March 2
Pre-Trip Meeting: Tuesday, 3/13 at 6:00 pm

Shelby Bottoms 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 clear some invasive plants that are blocking the river views from the Nature Trail. Experienced trail volunteers and equipment will be provided to help us. Lunch is also provided, and biking afterward is an option. Estimated trip duration: 8 am – 3 pm.

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MARCH 17 (Saturday) BOULDERING

Little Rock City, TN $45 / $49
Sign-up by: Friday, March 2
Pre-Trip Meeting: Wednesday, 3/14 at 5:30 pm

Join the VU Outdoor Rec climbers for a day of ego-bruising, stone crushing, and awesomeness as we descend upon one of the east coast’s most renowned boulder fields, Little Rock City. This field is home to the many notable boulder problems that could keep the most seasoned climbers busy for year. We will spend the day testing the limits of our strength as well as our skin! **Space is limited to 8 people, so don’t delay!!! Climbing shoe rental is $7 extra. Estimated trip duration: 7 am to 7 pm.**
MARCH 18  (Sunday) HORSEBACK RIDING

JuRo Ranch, Mt. Juliet, TN $60 / $66
Sign-up by:  Friday, March 2
Pre-Trip Meeting:  Tuesday, 3/13 at 5:00 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. Before the ride, we will have a picnic lunch at a beautiful picnic area at Percy Priest Lake. The tip for the guides is included in the trip fee. Estimated trip duration: 10:30 am – 4 pm.

MARCH 24  (Saturday) WHITEWATER KAYAKING
** This trip is for Beginner to Intermediate Kayakers **

Clear Creek, TN $69 / $76
Sign-up by:  Friday, March 2
Pre-Trip Meeting:  Tuesday, 3/20 at 5:00 pm

If the spring showers bring us enough rain, then we’re off to paddle the beautiful waters of Clear Creek. This is a fantastic destination for beginner paddlers looking for something a bit more challenging than the Hiwassee. The consistent elevation drop and exciting turns through the boulders make for an exhilarating day on the river. Experience is necessary and a solid roll is a must. This trip is limited to the first 6 people who sign up. Estimated trip duration: 7 am to 10 pm.

Note:  There will be two special and two normal pool sessions 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, two is preferred:  Tuesdays Mar. 13 or 20 or Wednesdays Mar. 14 or 21 from 7– 9 pm.

MARCH 24  (Saturday) RAPPELLING

Stephen’s Gap Cave, AL $44 / $48
Sign-up by:  Friday, March 16
Pre-Trip Meeting:  Tuesday, 3/20 at 6:00 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 small 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.

MARCH 25  (Sunday) HIKING

Fiery Gizzard Trail, SCSP, TN $22 / $24
Sign-up by:  Friday, March 16
Pre-Trip Meeting:  Wednesday, 3/21 at 5:30 pm

This trip will involve hiking a 9.6-mile loop of the difficult, yet rewarding Fiery Gizzard Trail. Highlights will include cascading streams, waterfalls, and panoramic overlooks. Hiking boots are advised for this very rocky trail. Estimated trip duration: 7 am – 7 pm.
MARCH 31 (Saturday)  CAVING

Indian Gravepoint Cave, TN
$33 / $36
Sign-up by:  **Friday, March 23**
Pre-Trip Meeting:  Tuesday, 3/27 at 5:30 pm

This cave serves as a good introduction to the underground world. Features include stalactites, domes, crawls, walks, and climbs. Be prepared for a physical workout and to get dirty! Price includes caving equipment and batteries. Plan to spend 4-5 hours in the cave. Estimated trip duration:  7:30 am – 6 pm.

APRIL

APRIL 7-8 (Sat. - Sun.)  BACKPACKING

Laurel Falls SNA, TN
$64 / $70
Sign-up by:  **Friday, March 30**
Pre-Trip Meeting:  Tuesday, 4/3 at 6:00 pm

Laurel Falls State Natural Area is a beautiful place in the spring! On Saturday, we will hike up a creek, passing house sized boulders. The hike will lead us to the impressive Laurel Waterfall, and our campsite will be on top, not that far from the top of the waterfall. On Sunday a side hike to a panoramic overlook is a great way to start the day! Expect to hike 6-8 miles total 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. – 7 pm Sun.

APRIL 7 (Saturday)  STAND UP PADDLEBOARDING

Harpeth River, TN
$47 / $52
Sign-up by:  **Friday, March 30**
Pre-Trip Meeting:  Tuesday, 4/3 at 5:00 pm

The Harpeth River provides a closer location for our 2nd SUP Trip. We will paddle a 7 mile stretch, hopefully from Gossett Tract to the Harris Street Bridge. The river is fairly deep to shallow in spots and should be fine for beginners. This State Scenic River has tree-lined banks and some exposed bluffs. Estimated trip duration:  8 am – 5 pm.

APRIL 8 (Sunday)  LAKE CLEAN-UP / CANOEING

Cordell Hull Lake, TN  FREE!
Sign-up by:  **Friday, March 30**
Pre-Trip Meeting:  Wednesday, 4/4 at 5:30 pm

At points during our hike along the north side of the lake we have noticed trash washed up on the former shorelines from the summer before. By canoeing around the lake, we can stop and pick up trash, using the canoes to do the hauling. This is a pretty area worthy of our time. Beginners are welcome. All paddling equipment is provided. Est. trip duration:  8 am – 6 pm.
APRIL 14 (Saturday)  KAYAKING

Harpeth River, TN  $41 / $45
Sign-up by:  Friday, April 6
Pre-Trip Meeting:  Tuesday, 4/10 at 5:00 pm

This 6.5-mile trip is designed specifically for the beginner kayaker.  The nearby Harpeth River is a gentle, State Scenic River, and kayaking is a great opportunity to paddle your own boat.  All equipment is included in the trip fee.  Enjoy a day a on the river.  Estimated trip duration:  8 am – 4 pm.

APRIL 15 (Sunday)  KAYAK TOURING

Center Hill Lake, TN  $43 / $47
Sign-up by:  Friday, April 6
Pre-Trip Meeting:  Tuesday, 4/10 at 6:00 pm

Kayak touring is a fun, relaxing way to explore a lake.  We will spend part of the day paddling around on scenic Center Hill Lake in middle Tennessee.  Highlights will include wooded shorelines and checking out a cove or two.  Beginners are welcome.  All paddling equipment is provided.  Estimated trip duration:  8 am – 5 pm.

APRIL 21 (Saturday)  HIKING

Stone Door, SCSP, TN  $27 / $30
Sign-up by:  Friday, April 13
Pre-Trip Meeting:  Tuesday, 4/17 at 5:00 pm

South Cumberland State Park is home of the Great Stone Door, awesome overlooks, and wonderful waterfalls.  We hope to get enough people for two groups so we can each hike 5.5 miles (rated easy to moderate) in opposite directions.  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:  7:30 am – 6 pm.

APRIL 22 (Sunday)  CANOEING

Pinney River, TN  $40 / $44
Sign-up by:  Friday, April 13
Pre-Trip Meeting:  Tuesday, 4/17 at 6:00 pm

The Pinney River is only a little over an hour away, west of Nashville.  We will paddle a scenic 6 mile section of this Class I river.  Highlights include rock walls, spectacular bluffs, and typically clear water.  This is a great trip for beginner paddlers.  All equipment is included in the trip fee.  Estimated trip duration:  8 am – 6 pm.

>>> You can now register and pay for the trips on-line!

Go to www.vanderbilt.edu/outrec
select: Adventure Trips.
MAY

MAY 4 - 7 (Fri. - Mon.) BACKPACKING

Great Smoky Mountain N.P., TN $136 / $149
Sign-up by: Friday, April 6
Pre-Trip Meetings: #1 Thursday, 4/12 at 5:00 pm
#2 Wednesday, 4/18 at 5:00 pm

Springtime in the Smokies: a perfect way to round off another semester at Vanderbilt! We plan on hiking three 5-8 mile days up, down, and around the Smokies. Specific trails are still to be determined. Beginners are welcome, but you need to be in shape, as the terrain will be challenging! Be prepared for all types of weather. We will have two one-hour important Pre-Trip Meetings for this trip. Please plan to attend both. Est. trip duration: 8 am Fri. – 8 pm Mon.

BIG SUMMER EXPEDITIONS

May 4 – 9 (Fri. - Wed.) CLIMB, CAMP, HIKE & RAFT

New River Gorge National River, WV
Cost: $399 / $424
Sign-up by: Friday, Feb. 23
Pre-Trip Meeting: Monday, March 19 at 5:30 pm

Treat yourself at the end of the semester with the Outdoor Rec’s Adventure Road Trip! This May we are off to the New River Gorge, WV for some incredible hikes, pristine climbing, and adrenaline pumping white water rafting. On the way to “the New” we will be hiking through Grayson Highlands, keeping an eye out for the wild ponies that live there, and then summiting Mt. Rogers (5,729 ft), the highest point in Virginia! From there, we continue to the New River Gorge National River. Once there we drive across the New River Gorge Bridge, the longest steel span in the western hemisphere and third tallest in the US, to hike along the picturesque gorge wall and down to a coal mine ghost town. Rock climbing and a full day of rafting on class II-V rapids will fill the rest of our time in this gorge-ous place (yes, pun intended). This trip is bound to have a great mix of excitement, relaxation, and a ton of photo ops! This trip is limited to the first 9 people who sign up! Est. trip duration: 7 am Fri. to 10 pm Wed.

Cost includes: Van transportation from Vanderbilt and back, group equipment, climbing equipment, in-camp food, camping fees, whitewater rafting fees, and park entrance fees.
May 19-27 (Sat - Sun.)  HIKE, CAMP, & BACKPACK

Arches NP, Canyonlands NP, Utah
Black Canyon of the Gunnison NP, Colorado
Cost: $599 / $634
+ your airfare to & from Denver, CO
Sign-up by: Friday, Feb. 23
Pre-Trip Meeting: Thursday, March 22 at 5:30 pm

On this trip we will explore 3 national parks! There are many
arches, fins, pinnacles, towers, canyons, buttes, and even
balanced rocks to discover. Red rocks and blue skies will be the
theme while we are in Utah. Canyonlands is a gem of a park
just waiting to be explored! We will finish the trip in CO at a park
that has some of the steepest cliffs, oldest rock, and craggiest
spires in North America. Due to the desert nature of the Utah
parks, we will only go on one overnight backpacking trip (in the
Needles section of Canyonlands). The rest of the time will be
spent day hiking. This trip will include a 2-day backpacking trip,
5 days of hiking, and a bit of driving. We will also stay in a hotel
on 3 nights. Beginner backpackers are welcome on this
incredible trip.

Cost includes: Van transportation (from/to the Denver
airport), group equipment, in-camp food, camping fees, hotel on
each end of the trip & on Monday, backcountry permit fees, and
park entrance fees.

Space is limited to the first 9 people that sign up . . . !