

Flat Rock Adventure Trip 2017

Whitewater Adventure

Itinerary

- Sunday** Arrive at Flat Rock
Trip Packing
Depart for New River Gorge, WV
Dinner on the Road
Camping at ACE Adventure Resort – Minden, WV
- Monday** All Day Duckie Rafting on the Upper New River - WV
Lunch on the River
"The Lake" @ ACE
Dinner and Camping @ ACE
- Tuesday** Breakfast at Campsite
½ Day Rafting Trip on Lower New River - WV
Lunch @ ACE Campsite
Depart to Lake Norman State Park – Troutman, NC
Dinner, Swimming, Camping @ Lake Noman State Park
- Wednesday** Breakfast at Campsite
Drive to U. S. National Whitewater Center – Charlotte, NC
Rafting, Rock Climbing, Zip-lining, & more @ U.S. National Whitewater Center
Dinner and Camp @ Crowder's Mountain State Park – Kings Mountain, NC
- Thursday** Breakfast at Campsite
Pack up, Drive to Outdoor Adventure Rafting – Benton, TN
Lunch at Campsite
Extreme Rafting Trip on Middle Ocoee River - TN
Dinner and Camping @ OAR – Benton, TN
- Friday** Breakfast at Campsite
Hike Benton Falls
Explore Olympic Section / Sack Lunch
Depart for Flat Rock River YMCA Camp
Stop on the road for Dinner
Arrive back to Flat Rock in time for Closing Campfire/Activities
- Saturday** Breakfast at Flat Rock
Depart for home

ACE Adventure Resort – <https://aceraft.com/>

U.S. National Whitewater Center – <http://usnwc.org/>

Outdoor Adventure Rafting – <http://raftoar.com/>