UAB ADVENTURE RECREATION
White Water Rafting the Ocoee and Hiking, TN
April 14 – 16, 2017

Why Should I go on this Trip? : This trip includes white water rafting at one of the most popular destinations in the Southeast. The hike to Starr Mountain is strenuous but short and provides breathtaking sunset views of the river below and mountain chains in the distance. The hike to the waterfall is short, mostly flat, and beautiful!

Friday, April 14
- Meet in the Adventure Recreation office (room 290) at the Campus Recreation Center at 5:00 PM.
- Eat lunch before you come.
- Pack gear, food, snacks and fill water bottles before you come.
- Depart for Gee Creek Campground
  (404 Spring Creek Rd, Delano, TN 37325-7317. Phone number: 423-263-0050)
- Approximately a 3 hour drive.
- Set up the tents and cook dinner.
- Sleep Friday night.

Saturday, April 15
- Wake up and eat breakfast from pack.
- Be at Adventures Unlimited at 9:30am for a 10:00am reservation.
  (522 Highway 64, Ocoee, TN 37361)
- Dress in clothing you want to wear down the river and river shoes. Don’t forget your sunblock (and bug spray)!
- Bring plenty of water to drink on the way to and from Adventures Unlimited. Bring snacks and a packed lunch too to leave in the van for when you get hungry.
- Drive to Adventures Unlimited Outfitter. Approximately a 20 minute drive. Put rafts in the river. Pack water in raft if allowed.
- Find a nice place to eat lunch.
- Eat dinner back at the campsite.
- Hike to Starr Mountain to watch the sunset. Leave an hour and a half before sunset for the hike. Bring headlamps for the hike back down in the dark.
- Sleep Saturday night.

Sunday, April 16
- Wake up and eat breakfast and pack vans.
- Pack lunch to eat at waterfall.
- Hike to waterfall.
- Dinner on the road at restaurants.
- Return to Birmingham around than 10:00 PM on Sunday.

Money for 1 dinner, pack- two breakfasts, two lunches and two dinners.
Pre-Trip meeting and deadline for sign-up, Wednesday, April 12 at 6:00 PM in room 290 in the Adventure Recreation office. On that date, you will pick up equipment, packing list, and receive additional instructions. Trip Fee covers equipment, transportation, and entry fees. Participants are responsible for all meals. Any questions not answered at pre-trip meeting should be directed to:

Adventure Recreation Office: 996-4913