Saturday, June 10

- Meet in room 290 at the Campus Recreation Center on Saturday, departure time is TBA.
- Eat, pack your gear and fill water bottles before you come.
- Wear hiking clothes and swimming clothes if you wish to swim.
- Ride about 4 hours from UAB to Rock Island State Park.
- Eat lunch from your bag.
- Park maps at office: 82 Beach RD Rock Island, TN
- Hike to Great Falls- ½ mile hike down the gorge and then a rock hop and swim if desired. (steep, strenuous and rugged hike, waterfall is rain dependent).
- Drive right up to Twin falls. There’s a good trail that starts at the falls. It’s a loop trail about a mile and a half long.
- Eagle trail takes you to small waterfall – mile and a half round trip.
- Food recommendation for dinner: Fog light food house – Cajun food kind of upscale balcony overlooks water, closed on Sundays and is only open for supper.
- Camp at Rock Island State Park. We have two campsites booked, and there is to be no more than two tents and ten people per site. Please pick your tent partners before we leave UAB.

Sunday, June 11

- Wake up and eat breakfast at camp, boiling water provided.
- Dress in boating clothes.
- Pack up camp, but leave out a dry set of clothes and shoes for after the boating. Pack a picnic for boating.
- Kayak Center Hill Lake for a flat water experience or The Caney Fork River, which has class I-III class rapids. This decision will be made based on participant experience and desire.
- Drive home (possibly stop for dinner).

*Bring food for one breakfast, two lunches and snacks. Bring money for two dinners.*

Pre-trip meeting and deadline for sign-up, June 7 at 6:00pm in room 290 of The Campus Recreation building.

On that date, pick up equipment, packing list, and receive additional instructions.

Trip fee covers equipment and transportation.

Participants are responsible for all meals.

Any questions not answered at pre-trip meeting should be directed to:

Adventure Recreation Office 205-996-4913 or Outdoor@Uab.edu

and Dalton Williams 205-275-6937