Friday, May 5
- Meet in room 290 at the Campus Recreation Center on Friday, departure time TBA.
- Eat lunch, pack your gear and fill water bottles before you come. (7 hour drive)
- Ride to Beartree Campgrounds Virginia, part of the Mount Rogers National Recreation Area. (must be in camp site before 10, gates close).
- Eat dinner on the road.
- Camp at campgrounds with hot showers. (Bring a flash light or headlamp to set up tent.)
- Enjoy the peace and quiet.
- Sleep Thursday night.

Saturday, May 6
- Wake up and eat breakfast at camp. Boiling water will be provided.
- Drive to Whitetop Station. Begin ride on gravel trails.
- Ride 17 miles, downhill, to the town of Damascus.
- Eat lunch along the trail as you ride or at one of the many restaurants in town.
- Take pictures of the beauty along the trail and the surrounding area.
- Continue riding the trail to Abington.
- Meet back with group at Abington trail head and the van at 3PM.
- Arrive at Beartree Campgrounds; relax around the camp fire.
- Free time at Beartree. Consider a Mountain bike ride at on the Beartree Mountain Bike Trail Loop.
- Trail includes riding on the Iron Mountain Trail; parts of the trail are rocky, technical single-track.
- Eat dinner from your duffel and spend the night in Beartree campgrounds.
- Sleep Friday night.

Sunday, May 7
- Wake up and eat breakfast at camp. Boiling water will be provided.
- Pack up and check out of campgrounds.
- Take a short day hike.
- Begin drive back to Birmingham.
- Eat lunch and dinner at restaurants on the way home.
- Return to Birmingham around 10:00 PM Sunday.

*Pack food for two breakfasts and one dinner. Bring money for two dinners and one lunch. Additionally, bring food or money for one more lunch – you can choose to eat in or eat out.

Pre-Trip meeting and deadline for sign-up, Wednesday, May 3 at 6:00 PM in room 290 in Campus Recreation.
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 205-996-4913
Dalton Williams 205-275-6937