

This is a 1 week expedition based program that focuses on leadership development, discipleship and personal growth. Through outdoor expeditions and adventures; team and individual challenge, fun, friendship and learning, we will focus on high highs, strong connections, trust, leadership development and discipleship.

We will work hard and we will play hard!

Saturday:

- Arrive at Canaan (3:30-4:00pm)
- Get to know each you/ Expectations for the trip
- Dinner in MP 6:30
- Basecamp 101
 - Shelter
 - Water
 - Food
 - Packing
- Evening Bonfire

Sunday-Wednesday:

- Dawn Patrol- Leave for Max Patch
- Begin backcountry hiking trip from Max Patch to Hot Springs
- Finish on Wednesday afternoon
- Travel to Hot Springs Campground for warm showers and dinner

Thursday:

- Caving at Worley's Cave

Friday:

- Ducky Trip on French Broad Section 9
- Return to Canaan
- Pick up Between 5:30 and 6:00pm on Friday

