

This is a week long expedition based program that focuses on leadership development, discipleship and personal growth. Through outdoor expeditions and adventures; team an 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:

- Campers Arrive at Canaan (3:00-4:00pm)
- Get to know each you/ Expectations for the trip
- Dinner in MP 6:30
- Basecamp 101
 - Shelter
 - Setting up hammocks and tarps
 - Gear Check
 - Check gear
 - Pack Packs
- Evening Bonfire

Sunday-Wednesday:

- Dawn Patrol- Leave for Grayson Highlands State Park
- Lunch at Grayson Highlands Trail Head
- Hiking till Wednesday
- Staying in Grayson Highlands State Park on Wednesday night

Thursday:

- Virginia Creeper Trail;
 - Whitetop to Damascus
 - 10 AM trip. Arrive no later than 9:30
- Lunch and Ice Cream Shop
- Drive to New River State Park
- Dinner Shatley Springs Restaurant
- Quiet Time at 11pm

Friday:

- Pack Camp up
- Kayaking on New River
 - Zaloos Canoes
 - Leave 8:30, Arrive 8:45
- Lunch on Road
- Return to Canaan
- Unpack and return Group gear, and rental gear
 - Set up tarps
 - Wash pots/pans
- Pick up Between 5:30 and 6:00pm on Friday

