



OWG NC ROCKS SAMPLE ITINERARY

This is a sample itinerary and represents the ideal progression of events on an Outdoor Wellness Group rock climbing expedition in the Linville Gorge, North Carolina. The following is approximate and flexible due to weather conditions, crew requests and priority of crew safety.

Day 1 - Monday

- 1500 - Arrival, basecamp/crew/staff introduction, move into rooms at basecamp
- 1530 - Introduction to OWG gear/expedition route
- 1600 - Pack packs for expedition, Store extra gear in rooms
- 1700 - Depart basecamp
- 1800 - Arrival at Camp 1, introduction to area, set up tents and sleeping systems, start campfire
- 1900 - Meet @ campfire for guide-cooked dinner, crew conversation about how the day went
- 2000 - Clean up, meet at fire for evening meeting to discuss expectations for the following days
- 2100 - Sleep

Day 2 - Tuesday

- 0600 - Snooze alarm, guides making coffee
- 0700 - Breakfast and brief crew check-in, prep day-packs
- 0800 - Stretch
- 0815 - Step off to crag
- 0900 - Introduction to site, climbing, gear prep, demos
- 0930 - Top-rope rock climbing
- 1200 - Lunch at crag
- 1300 - Introduction to rappelling and other systems
- 1330 - Rappelling/traversing
- 1600 - Collect equipment and move back to Camp 1, photos enroute
- 1700 - Recovery, stretching, change-over for dinner/evening meeting, start campfire
- 1830 - Meet at campfire for dinner
- 1930 - Clean up, meet at fire for evening meeting to discuss topic of the evening
- 2100 - Sleep



Day 3 - Wednesday

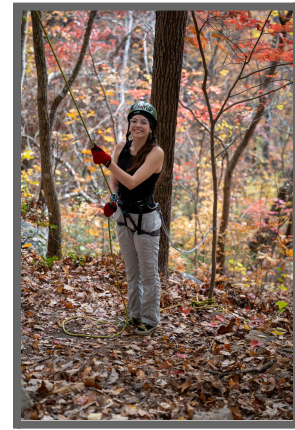
- 0600 - Snooze alarm, guides making coffee
- 0700 - Breakfast and crew check-in, prep day-packs
- 0800 - Stretch
- 0815 - Step off to crag
- 0900 - Introduction to site, activities, gear prep, demos
- 0930 - Rock climbing/Rappelling/Traversing



1200 - Lunch at crag
1300 - Rock climbing/Rappelling/Traversing
1600 - Collect equipment and move back to Camp 1, photos enroute
1700 - Recovery, stretching, change-over for dinner/evening meeting, start campfire
1830 - Meet at campfire for dinner
1930 - Clean up, meet at fire for evening meeting to discuss topic of the evening
2100 - Sleep

Day 4 - Thursday

0600 - Snooze alarm, guides making coffee
0700 - Breakfast and crew check-in, prep day-packs
0800 - Stretch
0815 - Step off to location of the day
0900 - Introduction to site, activity of the day
1200 - Lunch
1300 - Retrograde to Camp 1, breakdown, prep for movement to basecamp
1400 - Movement to basecamp
1500 - Basecamp introduction
1530 - Gear cleanup / Showers / Prep for Banquet
1700 - Banquet
1900 - Final evening meeting at Fire Pit
2100 - Sleep



Day 5 - Friday

TBD - Wake up (based upon crew needs)
TBD - Breakfast/Coffee
TBD - Gifts, Final Remarks, Departure

Please feel free to contact us with any questions! We look forward to hearing from you.