

Spring 2016 Trip Descriptions

****All return times are approximate and depend on group pace, traffic, and weather. We do our best to return on time but sometimes things happen****

Registration for trips through Spring Break will open on January 19th

Maryland Heights Hike Saturday Jan. 23rd Registration ends Jan. 21st

Come join us for a hike up to Maryland Heights, overlooking scenic Harper's Ferry, West Virginia this **Saturday, January 23rd**. With its 300-foot cliff over the confluence of the Potomac and Shenandoah Rivers, Maryland Heights was a key strategic lookout during the U.S. Civil War and today affords one of the region's best and most dramatic views.

Cost: \$10

What to wear: Clothes appropriate for the weather (warm jacket, gloves, hat, shell), warm footwear you can comfortably hike in.

What to bring: a daypack containing ID, 2 water bottles, lunch, sunscreen, rain jacket and any other layers you might need

When/Where: Meet at Skyline Fitness Center on the Fairfax Campus at 8am. We will drive the trail, hike, eat lunch along the trail, and return to campus in the late afternoon/early evening.

Sport Rock Climbing Gym Trip Friday Jan. 29th / Friday Feb. 5th Registration ends Jan. 28th / Feb. 4th

Want to climb in one of the premier climbing gyms in the area? We'll be running a van from the Fairfax Campus to Sport Rock Alexandria. The cost of the trip includes rentals for any necessary gear from our equipment room as well as basic climbing instruction and safe belaying from our staff.

Cost: \$10 (includes transportation, rentals, and our knowledgeable staff)
+\$14 Sport Rock Student Day Pass to be paid by the participant upon arrival at the gym (bring your Mason ID). The day pass rate for non-student faculty/staff is \$18.

What to wear: Comfortable clothing that you can easily climb in.

What to bring: Water, snacks, Mason ID, climbing shoes/harness if you have them.

When/Where: Meet at Skyline Fitness Center on the Fairfax Campus at 6:30pm. We will drive to the gym, climb, and return to campus between 10-10:30 pm.

Billy Goat Trail Hike Saturday Feb. 6th Registration ends Feb. 4th

Come join us on a hike along the cliff top Billy Goat Trail in Potomac, Maryland! Just a short distance away from Mason this is a great introduction to hiking trips with Outdoor Adventures and a great way to see the natural beauty just a short drive from campus. The hike has minimal elevation change (very

little up and downhill) but is quite rocky and rugged in spots requiring the use of your hand for some scrambles. The hike will be between 5-7 miles depending on the group's wishes and timing. Be sure to bring your camera!

Cost: \$10

What to wear: weather appropriate clothing and good walking or hiking shoes (closed-toed sneakers or boots)

What to bring: a daypack containing ID, 2 water bottles, lunch, sunscreen, rain jacket and any other layers you might need

When/Where: Meet at Skyline Fitness Center on the Fairfax Campus at 8am. We will drive to the trail, hike, eat lunch along the trail, and return to campus around 3-4pm.

Wilderness First Aid **Saturday Feb. 6- Sunday Feb 7th**
Registration ends Feb. 4th

Want to be prepared in a backcountry emergency? This course teaches and certifies you in the basics of Wilderness and Remote First Aid. You will learn how to respond to common emergencies far from outside help and with minimal resources. This is a two-day, sixteen-hour course. You must attend the course in its entirety and pass the final written exam in order to be certified.

Cost: \$75

What to wear: weather appropriate clothing and good walking or hiking shoes (closed-toed sneakers or boots)

What to bring: a daypack containing ID, 2 water bottles, lunch, sunscreen, rain jacket and any other layers you might need, plus whatever else you might bring with you on a day hike or other outdoor activity.

When/Where: This course will run from 8am until 5pm both days on the Science and Technology Campus of George Mason University in Manassas, VA.

White Grass Cross Country Ski Day **Saturday Feb. 20th**
Registration ends Feb. 18th

We'll be heading out to beautiful West Virginia to explore the 30 miles of trail offered by White Grass Ski Touring Center. White grass has groomed cross country trails as well as downhill trails through the woods. Beginners are welcome since the trip will include a one hour lesson.

Cost: \$45 (If you have your own XC skis/boots/poles) This cost includes transportation, area use fee, one hour lesson, and our knowledgeable trip leaders

or

\$65 if you need to rent skis/boots/poles. This cost includes transportation, area use fee, one hour lesson, equipment rentals, and our knowledgeable trip leaders

What to wear: weather appropriate clothing that will keep you warm and dry while skiing. Wool or synthetic socks will be key. Good warm boots in case we get tired of skiing and want to take the snowshoes out.

What to bring: a daypack containing ID, 2 water bottles, lunch, sunscreen, shell jacket, gloves, warm jacket, and any other layers you might need. There is also a café on site so you may want to bring money for a snack or warm drink. **We may or may not be in the neighborhood of the café around lunch time so don't rely on it for lunch.**

When/Where: Meet at Skyline Fitness Center on the Fairfax Campus at 7am. We will drive to White Grass, ski, eat lunch along the way, and return to campus between 7 and 8pm.

Shenandoah Snowshoe Trip Saturday Feb. 27th Registration ends Feb. 25th

Don't let winter get you down. We're going to take a snowshoe trip to Shenandoah National Park. This is a great way to get out and enjoy the world around us even when the snow is flying. You don't need any experience with snowshoeing to have fun on this trip. So come on out and enjoy the winter wonderland with us.

No snow? No Problem. If there isn't any snow we'll ditch the snowshoes and go for a nice scenic hike instead.

Cost: \$10

What to wear: weather appropriate clothing and good warm walking or hiking shoes (closed-toed sneakers or boots)

What to bring: a daypack containing ID, 2 water bottles, lunch, sunscreen, rain jacket, gloves, warm jacket, and any other layers you might need

When/Where: Meet at Skyline Fitness Center on the Fairfax Campus at 8am. We will drive the trail, hike, eat lunch along the trail, and return to campus in the late afternoon/early evening.

*******SPRING BREAK EVENTS*******

Adirondack Winter Skills Seminar Sat March 5th –Fri March 11th **Registration ends Feb. 26th**

Do you like adventure? Do you like learning new skills? Do you want to learn how to be comfortable and have fun in cold snowy weather? The Adirondack Winter Skills Seminar is for you. This week long program over Spring Break will include, winter camping, snow shoeing, cross country skiing, winter peak bagging and a beginner ice climbing course!

Cost: \$450 –includes transportation, all necessary equipment (except warm clothing) and all meals except for the two travel days.

What to wear: weather appropriate clothing and good walking or hiking shoes (closed-toed sneakers or boots)

What to bring: a daypack containing ID, harness, helmet, climbing shoes, 2 water bottles, lunch, sunscreen, rain jacket, and any other layers you might need. If you own ropes or anchor equipment bring it; otherwise this will be provided.

When/Where: Spring Break! The 6 million acre Adirondack Park is the largest park in the continental United States and is the world's largest state park. This incredible park contains vast wilderness, mixed use.

- Itinerary:**
- March 5th**- meet at Skyline on the Fairfax campus at 8am. Load up the van and hit the road. Drive to the Adirondacks. We will stop for lunch on the drive and do dinner at a diner when we arrive in Keene Valley. These meals are not included.
 - March 6th** – Snowshoe/ski into our backcountry basecamp for the next few days and start exploring. This will be a great opportunity to start practicing on the XC skis.
 - March 7th** – It's summit day! We will snowshoe to the top of New York's highest peak. Mount Marcy, at just over a mile high, is a great winter summit. Despite its relatively modest elevation we will be in a true alpine zone with views for miles in either direction.
 - March 8th** – We will leave our comfortable base camp behind for a wilder backcountry site where we will practice the art of winter camping. This will be a great day to learn the savvier side of winter camp craft. Depending on time and group enthusiasm we may go for a classic Adirondack cross country ski tour.
 - March 9th** – Ice, ice, baby. This is day one of our ice climbing clinic. We will snowshoe into the Dogleg Crag near the north face of Pitchoff Mountain. Here you will learn the basics of crampon use, ice tools, and the finer points of vertical ice climbing.
 - March 10th** – Day two of our ice climbing clinic will give participants more opportunity to practice their technique from the day before on some potentially longer and steeper routes.
 - March 11th** – Return to campus. Meals on this travel day are not included.

Registration for trips after Spring Break will open on March 14th

Caledon State Park Hike Saturday March 19th Registration ends March 18th

We're going to Caledon State Park for an easy 6 mile hike through the woods and marshes. Along the way there will be lots of opportunity for birdwatching and checking out this beautiful area! It's sure to be a nice way to find some peace in your crazy college schedule.

Cost: \$10

What to wear: weather appropriate clothing and good walking or hiking shoes (closed-toed sneakers or boots)

What to bring: a daypack containing ID, 2 water bottles, lunch, sunscreen, rain jacket and any other layers you might need

When/Where: Meet at Skyline Fitness Center on the Fairfax Campus at 8am. We will drive to Caledon State Park, hike, eat lunch along the trail, and return to campus around 3-4pm.

Great Falls Rock Climbing Saturday March 26th Registration ends March 24th

Great Falls offers some of the closest climbing to campus. We welcome all levels of climbers and encourage those with no experience to come out and learn. This is a great area whether it's your first time climbing outside or you're a trad master. All necessary climbing equipment is provided.

Cost: \$15

What to wear: weather appropriate clothing that you can comfortably climb in and good walking or hiking shoes (closed-toed sneakers or boots).

What to bring: a daypack containing ID, 2 water bottles, lunch, sunscreen, rain jacket and any other layers you might need. If you have your own climbing shoes, harness, and helmet you may bring them but they must be inspected and approved by the trip leader in order to use on our trips.

When/Where: We will meet at Skyline Fitness Center at 7:45am and drive to Great Falls. We will drive to Great Falls, climb, and return to campus between 3 and 4pm.

Big Devils Stairs Hike Saturday March 26th Registration ends March 24th

We're going to Shenandoah National park to hike a moderate 5.5 mile hike. Get off the beaten path and explore a little visited gorge in the northern region of Shenandoah National Park. This is an out and back hike from Skyline drive where the first half of the hike is largely downhill and the second half is uphill back to the van. With great views to the South and East don't miss this opportunity to get out and see a new part of the park!

Cost: \$10

What to wear: weather appropriate clothing and good walking or hiking shoes (closed-toed sneakers or boots)

What to bring: a daypack containing ID, 2 water bottles, lunch, sunscreen, rain jacket and any other layers you might need

When/Where: Meet at Skyline Fitness Center on the Fairfax Campus at 8am. We will drive to the trail, hike, eat lunch along the trail, and return to campus in the later afternoon/early evening.

Stony Man Mtn Hike Saturday April 2nd Registration ends March 31st

We're going to Shenandoah National park to hike for a moderate 5ish mile hike through the woods. Following the ridge of the Appalachian mountains we'll enjoy great views of the valley below and of Stony Man himself. This hike can be made a little shorter or longer depending on the desires of the group.

Cost: \$10

What to wear: weather appropriate clothing and good walking or hiking shoes (closed-toed sneakers or boots)

What to bring: a daypack containing ID, 2 water bottles, lunch, sunscreen, rain jacket and any other layers you might need

When/Where: Meet at Skyline Fitness Center on the Fairfax Campus at 8am. We will drive the trail, hike, eat lunch along the trail, and return to campus in the late afternoon/early evening.

**Anchor Building Clinic Sat April 2nd-Sun April 3rd
Registration ends March 30th**

The first step to being able to climb independently outside is to learn the basics of climbing anchor building. In this two day course we will go over the basics of building top rope anchors, gear placement and the effect of angles on anchor strength. We will also discuss appropriate anchor equipment and safety considerations.

This course will be taught entirely outside and will go rain or shine. Climbing shoes are nice to have but not required since the focus of the course will be anchor building, and not climbing (but there will be an opportunity to get a climb or two in).

This is NOT a certification course; rather it is intended to teach the basics of placing gear, building anchors, and appropriate knots and materials for anchoring and master points. Climbing is dangerous and only you can decide when you are ready to climb without guides or instructors. Anchors are only as good as you make them and as good as the strength of each part of the system. Use good judgement and seek further professional instruction if needed.

This course will be limited to a maximum of 6 people. Prior outdoor climbing experience is required.

Cost: \$100

What to wear: weather appropriate clothing and good walking or hiking shoes (closed-toed sneakers or boots)

What to bring: a daypack containing ID, harness, helmet, climbing shoes, 2 water bottles, lunch, sunscreen, rain jacket, and any other layers you might need. If you own ropes or anchor equipment bring it; otherwise this will be provided.

When/Where: Meet at Skyline Fitness Center on the Fairfax Campus at 8am. We will do introductions and an overview of the weekend at Skyline and then head out to Great Falls where the majority of the course will be taught. We will return to Campus around 4pm both days.

Mary's Rock Hike Sunday April 3rd Registration ends March 31st

Another classic hike along the Appalachian Trail to a great viewpoint; this classic hike is in Shenandoah National Park. This is an easy/moderate hike with rewarding views of the Shenandoahs.

Cost: \$10

What to wear: weather appropriate clothing and good walking or hiking shoes (closed-toed sneakers or boots)

What to bring: a daypack containing ID, 2 water bottles, lunch, sunscreen, rain jacket, gloves, warm jacket, and any other layers you might need

When/Where: Meet at Skyline Fitness Center on the Fairfax Campus at 8am. We will drive the trail, hike, eat lunch along the trail, and return to campus in the late afternoon/early evening.

Bikepacking Overnight C&O Saturday & Sunday April 16th-17th Registration ends April 13th

So what is bikepacking? Simply put, it's backpacking with a bike. Mason Outdoor Adventures now has a small fleet of bikes that have been specially equipped to be able to hold enough gear for an ultralight overnight. Bags have been made to fit the frame, handlebars, and seats specifically for our bikepacking trips. Put everything you need into the bags on your bike, and pedal until you reach a campsite! We provide the bikes and the helmets! You can bring your own bike but it will need to have a way to carry equipment such as racks and panniers, or your own bikepacking style setup. This will be an introductory trip on the C&O Canal to get folks accustomed to this style of ultralight bike touring.

Cost: \$40

What to wear: weather appropriate clothing that you can comfortably cycle in for several hours and sneakers

What to bring:

Small daypack you can ride with*

ID

Lunch/snacks for the first day

Sunscreen

Rain jacket* and any other layers you might need.

Headlamp or small flashlight

Plastic bowl and eating utensil* (short Tupperware works well)
Toothbrush
Any minimal toiletries you may require (contact solution, etc)
Optional knife

*These items are available to rent

****We will provide Saturday dinner and Sunday breakfast & lunch as well as group camping and sleeping equipment****

When/Where: Meet at Skyline Fitness Center at 7:45am on the 16th. We will go over equipment and pack up here and then drive out to the trail. We will spend the day riding and camp for the evening. We will finish the ride the following morning and return to campus in the early afternoon on Sunday.

Hiking Old Rag Saturday April 23rd Registration ends April 21st

One of the most popular hikes in Virginia, Old Rag is a moderately difficult 5-6 hour hike that offers spectacular views of the Shenandoah Mountains both at the summit and along the way. It's a must do for any Virginia hiker and covers everything from shaded forest trails to summit rock scrambling.

Cost: \$10

What to wear: weather appropriate clothing and good walking or hiking shoes (closed-toed sneakers or boots)

What to bring: a daypack containing ID, 2 water bottles, lunch, sunscreen, rain jacket and any other layers you might need

When/Where: Meet at Skyline Fitness Center on the Fairfax Campus at 7:30am. We will drive to Old Rag, hike, eat lunch along the trail, and return to campus around 5-6pm.

Overnight Rock Climbing Annapolis Rock Sat April 23rd - Sun April 24th **Registration Closes April 20th**

Head out to Maryland with us to have a fun weekend of rock climbing and hiking. Annapolis Rock offers nice views and fun climbing. Located along the Appalachian Trail; Annapolis Rock requires an easy 1.5 mile approach hike to get to the climbing. We'll hike in with our overnight gear and our climbing equipment and set up camp. We'll then spend the weekend rock climbing and camping. We will return to campus late Sunday afternoon or early Sunday evening. This is a great opportunity to get more climbing experience and instruction.

Cost: \$35 with your own gear \$45 if you need to rent overnight equipment

What to wear: weather appropriate clothing that you can comfortably climb in and good walking or hiking shoes (closed-toed sneakers or boots).

What to bring:

Camping Gear:

- Backpacking pack* (big enough for your personal equipment as well as your share of group gear and food)
- Sleeping Pad*

- Sleeping Bag appropriate for the temperatures*
- 2 (liter-sized) water bottles
- Headlamp or flashlight*
- Wool or synthetic socks for each day plus a spare pair (avoid cotton)
- Rain gear* (no umbrellas)
- Plastic bowl and eating utensil* (Tupperware works well)
- Clothing appropriate for the weather and that you can easily climb and hike in (synthetics are best, *cotton is strongly discouraged* except for t-shirts)
- Good shoes or boots
- Sunscreen
- VERY minimal necessary toiletries (contact solution, toothbrush etc)
- Lunch/snacks for the first day
- Optional knife

Climbing Gear:

- Climbing shoes*
- Climbing Harness*
- Climbing Helmet*

When/Where: We will meet at Skyline Fitness Center at 7am Saturday and drive to Annapolis Rock. We will return to campus around 5pm Sunday.

These items are available to rent individually or you can rent all of them by paying the additional \$10 gear fee. If you have your own climbing shoes, harness, and helmet you may bring them but **they must be inspected and approved by the trip leader in order to use on our trips.*