



## **Fall 2018 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 will open on August 24<sup>th</sup>**

### **Stand-Up Paddleboarding    Sunday, September 9<sup>th</sup>    Registration ends September 6<sup>th</sup>**

Ever wanted to try your hand at Stand-Up Paddleboarding? Now is your chance! Join us for a trip to Pohick Bay on the Occoquan River to test out our ISUPs. Take a break from homework and head out on the water with us! Remember, if you like it, you can always rent our boards and head out on your own.

**Cost:** \$20

**What to wear:** weather appropriate clothing, bathing suit, and secure water shoes **NO FLIP FLOPS**

**What to bring:** Bathing suit, towel, 2 bottles of water, lunch/snacks, water shoes, (can be rented from us) sunscreen, hat, change of clothes, daypack to put it all in.

**When/Where:** Meet at Skyline Fitness Center at 9am. From here we will drive to Fountainhead for the day. We will arrive back at Mason between 2-3pm