



## **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 after Columbus Day weekend will begin October 1<sup>st</sup>

### **Hiking Old Rag      Sunday September 30<sup>th</sup>      Registration ends 10am Sep. 28<sup>th</sup>**

One of the most popular hikes in Virginia, Old Rag is a moderately difficult 6-7 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. You'll put your arms as well as your legs to good use scrambling down, around, and over rock on this must do hike.

**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 liters of water, 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.