
NC Outdoor Adventures

VERY IMPORTANT: We suggest all customers get trip insurance, as we DO NOT offer refunds within 14 days of a scheduled trip. We highly recommend this for groups unless you are 100 confident in your ability to rebook in case of a cancellation. We are NOT affiliated with any trip insurance but you can Google your options online for trip insurance companies near you. Keep in mind most trip insurance companies require the trip insurance be purchased a month prior to your trip for coverage.

Intro to Rock Climbing or Rappelling (Scout rates \$85 for groups of 6-11 or \$75 for group 12+) Cost includes: certified guides, gear, permit and insurance Cost of climbing AND rappelling 6-11: \$125 and 12+ \$100

These courses are designed for anyone who wants to experience climbing or rappelling outdoors. NCOA does have gear for smaller children! No experience is necessary. During the Intro to Climbing course you will learn basic knots, climbing techniques, safety practices and checks, as well as climbing terms and lingo needed for proper communication between climber and belayer. During Intro to Rappel you will learn proper rappel technique, how to lower over edges, the third hand safety technique, types of gear and how to do a fireman's belay.

Please bring the following items with you for this class:

- Water
- Snacks
- Sunscreen
- Wear clothes that allow movement and quick dry clothes are best, yoga clothes make good climbing clothes
- Proper foot wear, keep in mind you will be hiking to climbing locations
- Pack to carry up the gear provided by TA (string bags are not good for this activity)
- FYI - snug fitting black soled running shoes work well for beginner climbing
- A good attitude and sense of adventure
- locations: Pisgah National Forest, Linville Gorge Wilderness Area, Crowders, Pilot, and Stone Mountain State Parks, Rocky Face Recreational area

Approved Course for Climbing Merit Badge:

This 2-day course ends with the Scouts earning the rock-climbing merit badge. Each scout Rappels a minimum of 3 times, Climbs 3 times and belays 3 times. Same location options as above. Cost is for group size of 6 \$158, group of 7-11 \$148 group, groups of 12+ is \$138, Group of 20 \$128

IMPORTANT NOTES ABOUT ROCK CLIMBING/RAPPELLING: All State Parks have a group size limit of 12, Pisgah National Forest's group size limit is 25 and Rocky Face Recreational Area allows for large groups up to 125 with advance

notice. Permits for state parks should be turned in with a minimum 2 weeks' notice. If you have groups larger than 12 (or 25 for Pisgah) most parks allow us to split the groups while ½ the group climbs/rappels while the other ½ of the group hikes. If you do not want to split your group Rocky Face Recreational Area is the best location.

Girl Scout climbing guidelines: Older Scouts can climb and rappel at any locations we offer including Pilot, Stone, Crowders, Rocky Face and Pisgah National Forest. Brownies are able to rock climb (not old enough to rappel) at the Rocky Face Recreational area only. The reason is because there is no hike in, no access to cliff ledges and bathrooms are on site. Please note Rocky Face is south facing and has NO shade. Climbing is best done at this location in Spring, Fall and Winter.

If you have a group smaller than 6 accommodations can be made but prices increase to cover costs of insurance, guides and gear use etc.

Boulder Garden and Bamboo Forest Kayak Trip (\$60)

Kayak trips: All Whitewater Kayak trips include guides, shuttle, boat, paddles, helmets and PFD.

OUR MOST POPULAR TRIP!!! Come visit the Blue Ridge Mountains and float the picturesque and historic Toe River in Spruce Pine NC. This is a three - four-hour paddle with some whitewater is great for beginners and novice paddlers of all ages. If you have a child less than 80lbs they need to be added to the boat of an adult that cost is \$45. Youths between 80-100 pounds need to specify booking a youth kayak and guardian must be confident of child's ability to paddle the entire duration of the trip. If you are not sure it is best to put the child in a boat with an adult or capable partner.

This river boasts a serene mountain atmosphere with no large crowds, an abundance of wildlife, farms, rolling hills and beautiful wild flowers! Large Boulders pop out of the crystal clear waters and make for a great place to dock the boats and explore a bit with your guide. Guests enjoy exploring boulders and the jumping rock near the end of the trip as well as the swimming hole at the last rapid. This is a one of a kind kayaking experience with several class two rapids and one class III depending on water levels. Higher water can be expected in the Spring with lower waters during the summer.

Note: We use inflatable kayaks. They are very forgiving and very hard to flip over making them the perfect boat for beginner whitewater paddles.

Spider Lily Paddle

Cost:

\$50 to add a child under 70 lbs is \$40

Cost guide and all gear including boat, paddles and personal flotation devices (also known as a life jacket or PFD) and shuttle back to the parking lot.

Children (age 5 and up) welcome. Anyone under 70 pounds must be in boat with parent/guardian. Youths 71-100 pounds must book a youth kayak but parents must be

confident in the ability of the child to paddle the duration of the trip. If you are unsure please add the child to your boat at booking.

Note weight in boats for this trip must remain below 250 lbs because the lilies grow on shoals (shallow areas).

****Blooming only happens once a year from May to June!** LIMITED AVAILABILITY! Trips WILL sell out so you should book these months in advance if you want to experience this trip!

Join us on a paddle trip to view a very unique experience! This area is home to one of the largest populations of rocky shoals spider lilies in the world. This large plant has adapted to live in a very harsh environment and puts on one of the greatest natural "shows" on the east coast. During their peak bloom from about mid-May to mid-June, these plants cover the river in a blanket of white. You get the opportunity to paddle through a maze of flowers!

Please note to get into and out of your boat you will need to be able to walk down a small bank. The lilies grow on the shoals of the Catawba River. Shoals are very shallow rocky areas. Please expect to have to navigate around rocks and the occasional scoot to get off a rock. A certain amount of physical fitness is required.

NCOA boats include guides, boats, paddle, life jackets and boat drop/pickup and shuttle if needed. Depending on trip option chosen BBQ may also be included. After boating you can enjoy a short hike through the Canal trail to take in a ton of pre railroad history. This short easy trail takes you back to the parking lot. If you do not want to hike back you can ask your guide for a ride back to the parking lot.

After the paddle you can join us for BBQ picnic plate with a vegetarian option upon request. If you have eaten Scotts homemade BBQ then you know this is a do not miss yummy opportunity.

For park info check out <http://www.southcarolinaparks.com/landsfordcanal/landsfordcanal-unique.aspx>

Guides appreciate tips.

TRIP INSURANCE HIGHLY RECOMMENDED FOR THIS TRIP!!!! PLEASE READ POLICIES BELOW!!!!

IMPORTANT NOTE: THERE IS A \$5 PER PERSON CASH PARK FEE AT THE GATE. MAKE SURE TO BRING \$5 CASH!

Please note that in the past leaders have waited until cookie money is in to set dates with us. Last year Thrifty Adventures grew in size acquiring teaching courses in climbing at two local colleges. To ensure dates and guide availability I HIGHLY recommend booking ASAP (just to get the dates on the books). A deposit of 25% must be made to secure a date with final payment due the week prior to your trip.

GUIDED PLANT IDENTIFICATION

Several hike options:

(1) Spider Lily Plant and Critter Walk, Catawba SC. Takes place from Mid-May to Mid-June.

Cost is \$20 per person. Minimum Group size of 6. Discounted to \$15 if booked with Spider Lily Trip.

(2-6) Blue Ridge Mountain guided hikes for every season followed by food tastings to support local farming.

The Appalachian Mountains are among some of the oldest and most bio-diverse mountains on the Earth and are home to a vast array of animal and plant species. In fact, no other mountain range in North America has more species of plants than the Blue Ridge. In this series of plant walks we will discover, smell, and even get to taste some of these native specimens. Guests will learn to use all of their senses in the identification of these species and a brief history of the plants and/or the area we are visiting will be provided. Some of the areas we will visit are ecologically sensitive areas so proper forest stewardship will also be highlighted

Who is this for: Anyone! Hike description includes difficulty and length information. Kids 8 and under are free! While kids are always welcome, please be mindful as we do not want children leaving these classes to forage on their own without supervision! It is important to note: some of the plants we learn about have look a-likes that can be deadly. This is why education is key!

Cost: \$40

Kids 8 and under are free but pay \$8 for food tasting

Where: Trips meet at the Thrifty Adventures Farm in Bakersville NC and take place at several locations locally.

River Snorkel and Ecology Programs

Join our guides as put the health of our rivers and streams to the test in Mitchell County. We will search for critters beneath the surface with snorkels and kick nets. They will be caught, identified and released. The number of creatures we identify helps to determine the health of our water ways.

Cost: \$25