



NORTH AMERICAN RIVER RUNNERS, INC.

SINCE 1975

SAMPLE ITINERARIES CAMPS

NARR offers a large variety of activity options and choices of accommodations. Each program is custom designed to meet your goals within the schedule you have in mind. These sample itineraries are based on some of the most popular experiences that we provide.

TWO-DAY ADVENTURE TRIP INTINERARY

DAY ONE

9:00 am Arrive at NARR
Settle into Campground
9:30 am Welcome and Orientation Games
1:30 pm Taco Lunch
2:00 pm Teambuilding Activities
5:00 pm Pizza Dinner
6:30 pm Paintball Games
9:00 pm Bonfire

DAY TWO

8:00 am Hot Breakfast Buffet
Check-out of Campground
9:00 am Whitewater Trip on Lower New River
Deli-style lunch riverside
3:00-4:00 pm Return to NARR base
Departure

THREE-DAY ADVENTURE TRIP INTINERARY

DAY ONE

2:00 pm Arrive at NARR
Settle into Bunkhouse/Campground
3:00 pm Welcome and Orientation Games
5:00 pm Pizza Dinner
6:30 pm Paintball Games
8:30 pm Bonfire

DAY THREE

8:00 am Hot Breakfast Buffet
Check-out of Bunkhouse/Campground
9:00 am Whitewater Trip on Lower New River
Deli-style lunch riverside
3:00-4:00 pm Return to NARR base
Departure

DAY TWO

8:00 am Hot Breakfast Buffet
9:00 am Whitewater Trip on Upper New River
with Duckies, Deli-style lunch riverside
3:00-4:00 pm Return to NARR base
5:00 pm Dinner Buffet
6:30 pm Climbing Tower
8:30 pm Bonfire

FOUR-DAY ADVENTURE TRIP INTINERARY

DAY ONE

- 2:00 pm Arrive at NARR
Settle into Bunkhouse
- 3:00 pm Welcome and Orientation Games
- 6:00 pm Pizza Dinner
- 7:00 pm Mountain Music with "Gary and Lara"

DAY TWO

- 8:00 am Hot Breakfast Buffet
- 9:00 am Teambuilding Activities
- 12:00 pm Taco Lunch
- 1:00 pm Teambuilding Activities
- 5:00 pm Dinner Buffet
- 8:00 pm Bonfire

DAY THREE

- 8:00 am Hot Breakfast Buffet
- 9:00 am Whitewater Trip on Lower New River
Deli-style lunch riverside
- 5:00 pm Dinner Buffet
- 6:30 pm Paintball Games
- 8:30 pm Bonfire

DAY FOUR

- 8:00 am Hot Breakfast Buffet
Check-out of Bunkhouse
- 9:00 am Climbing Tower
- 12:00 pm Deli Lunch
- 1:00 pm Departure

CREATIVE TEAMBUILDING PROGRAMS ON AMERICA'S BEST WHITEWATER

Running the New & Gauley Rivers, West Virginia

1-800-950-2585 ~ www.NARR.com