



# NORTH AMERICAN RIVER RUNNERS, INC.

SINCE 1975

## SAMPLE ITINERARIES COLLEGE/YOUNG ADULT GROUPS

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](http://www.NARR.com)**