

# SAMPLE ITINERARIES

## CORPORATE 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.

### INTINERARY ONE

#### DAY ONE

4:00 pm Arrive at NARR  
Lodging Options – Camping, Rustic Structures, Deluxe Cabins, Hotels, or Resorts  
5:00 pm Dinner  
6:00 pm Evening Paintball

#### DAY TWO

8:00 am Hot Buffet Breakfast  
9:00 am Rafting on the Lower New with a riverside deli-style lunch  
5:00 pm Dinner Buffet  
9:00 pm Bonfire

#### DAY THREE

9:00 am Hot Breakfast Buffet  
10:00 am Teambuilding Ropes Course  
12:00 pm Lunch  
1:00 pm Check-out of Campground Departure

### INTINERARY TWO

#### DAY ONE

1:00 pm Arrive at NARR  
Lodging Options – Camping, Rustic Structures, Deluxe Cabins, Hotels, or Resorts  
2:00 pm Teambuilding Ropes Course  
5:00 pm Steak Dinner

#### DAY TWO

8:00 am Hot Breakfast Buffet  
9:00 am Guided Hiking Trip  
12:30 pm Taco or Deli Lunch  
1:30 pm Business Meetings  
Enjoy on base activities – Sand Volleyball, Playing in our Lake, Hiking, Mountain Bike Rentals, etc.  
5:00 pm Dinner Buffet  
6:00 pm Paintball Games  
9:00 pm Bonfire

#### DAY THREE

9:00 am Hot Breakfast Buffet  
Departure

### Additional Services:

- NARR can provide an edited video of your rafting trip with a copy for each employee

**If you have any special requests we will do our best to meet them!**

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)**