



NORTH AMERICAN RIVER RUNNERS, INC.

SINCE 1975

SAMPLE ITINERARIES SCHOOL 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

8:30 am Arrive at NARR
Settle into Campground
9:00 am Welcome and Orientation Games
12:30 pm Taco Lunch
1:30 pm Teambuilding Activities
6:00 pm Pizza Dinner
8:30 pm Bonfire

DAY TWO

8:30 am Hot Breakfast Buffet
Check-out of Campground
9:00 am Whitewater Trip on Lower New River
Deli-style lunch riverside
6:30 pm Departure

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 Dinner Buffet
7:00 pm Ice Breaker Games
8:30 pm Bonfire

DAY THREE

8:00 am Breakfast Buffet
9:00 am Whitewater Trip on Lower New River
Deli-style lunch riverside
6:00 pm Dinner Buffet
7:30 pm Mountain Music with "Gary and Lara"
9:00 pm Bonfire

DAY TWO

8:00 am Hot Breakfast Buffet
9:00 am Teambuilding Activities
12:30 pm Taco Lunch
1:30 pm Teambuilding Activities
6:00 pm Dinner
7:30 pm Storyteller Granny Sue
8:30 pm Bonfire

DAY FOUR

7:30 am Breakfast
Check-out of Bunkhouse
9:00 am Climbing Tower
12:00 pm Deli Lunch
12:30 pm Departure

CREATIVE TEAMBUILDING PROGRAMS ON AMERICA'S BEST WHITEWATER

Running the New & Gauley Rivers, West Virginia

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