

Senior Ironman July 13-17
Ages 14-18, Maximum 12

Sunday, July 13	10:00am	Meet at the 4-H Conference Center for registration, packing and loading vans
	5:00pm	Arrive at Passages to Adventure Fayetteville, WV.
Monday, July 14	9:00am	Whitewater Rafting on the New River with Passages to Adventure
	3:00pm	Rappelling at Ram's Head with Passages to Adventure
Tuesday, July 15	10:00am	High Ropes Challenge Course with Passages to Adventure
Wednesday, July 16	10:00am	Caving at Glade Cave Bridgewater, VA.
	7:00pm	Pizza and Pool Party at 4-H Center Pool, campout in Thwaite Shelter
Thursday, July 17	10:00am	Participants can be picked up at the 4-H Conference Center

Wilderness Trip Coordinators: