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OUTDOOR ADVENTURE PROGRAM

2014 SPRING ADVENTURE TRIPS

WINTER SKI TRIP

Get geared up for another great winter day trip to Wintergreen Resort for skiing and snowboarding!

Date: Saturday, January 25

Cost: ODU Student: \$40

SRC F/S Member: \$80

Registration: Begins January 14 at 6:30 a.m.

GEOCACHING BIKE ADVENTURE

Check out geocaching with the OAP as we explore Downtown Norfolk, visit the Nauticus Museum and explore the USS Wisconsin!

Date: Saturday, February 1

Cost: ODU Student: \$10

SRC F/S Member: \$20

STAR GAZING AT NORTHWEST RIVER PARK

Join us for an interpretive adventure in the night sky. This trip is two parts: first we will meet at the ODU planetarium to learn about what constellations we will be able to view. The second, we will travel out away from the city lights to view, and experience the night sky to identify and discover.

Date: Friday, February 21

Cost: ODU Student: \$10

SRC F/S Member: \$20

WHALE WATCHING

Here's a chance to see some of the most magnificent creatures on earth in their natural habitat at the Virginia Aquarium! Each excursion is narrated by a trained Aquarium educator.

Date: Saturday, February 22

Cost: ODU Student: \$10

SRC F/S Member: \$20

NEW QUARTER MOUNTAIN BIKING

Come tear down the single track trail, while enjoying the lush scenery of our very own New Quarter Park located in Williamsburg! Bikes included.

Date: Saturday, March 1

Cost: ODU Student: \$10

SRC F/S Member: \$20

SPRING BREAK: FLORIDA GEORGIA LINE

The spring break expedition will be heading south to the Florida Georgia line. This multi sport trip will include: kayaking the Okeefanokee swamp, exploring historic Forth Clinch, and Backpacking with wild horses on Cumberland Island.

Date: Saturday, March 8 - Saturday, March 15

Cost: ODU Student: \$175

SRC F/S Member: \$215

STONE MOUNTAIN PEAK BAGGING

Strap on your hiking boots for a weekend of camping and hiking as we hit up three peaks in one weekend, including Stone Mountain, NC.

This will be a car camping trip on which we will set up a base camp to hike from. Previous experience required.

Date: Friday, March 28 - Sunday, March 30

Cost: ODU Student: \$30

SRC F/S Member: \$60

ROANOKE RIVER CANOE CAMPING

OAP is canoeing through the Roanoke River, camping each night on chickees, a platform above the water. We will enjoy wildlife, the open skies, and the quiet peace of the river on this adventure.

Date: Friday, April 11 - Sunday, April 13

Cost: ODU Student: \$30

SRC F/S Member: \$60

OLD RAG ROCK CLIMBING

Looking to climb to new heights this semester? Well grab your sense of adventure and come rock climbing with the OAP. This climbing trip will teach you the fundamentals of climbing and body movement, while showing you the natural beauty of climbing in the outdoors! You will be climbing a famous Virginia spot known as Old Rag Mountain.

Date: Friday, April 18 - Sunday, April 20

Cost: ODU Student: \$30

SRC F/S Member: \$60

NEWPORT NEWS ADVENTURE WEEKEND

Get out and get a breath of fresh air to recharge before finals as we head up to Newport News Park for some mountain biking, kayaking, exploring, and a night under the stars.

Date: Friday, April 25 - Saturday, April 26

Cost: ODU Student: \$15

SRC F/S Member: \$30

BIKE SHARE PROGRAM

Week Long Rentals!

The Bike Share Program offers FREE week long bike cruisers to students that come with a U-lock, basket, and helmet.

Cost: FREE

Registration: Opens January 13, bikes are available on a first come first serve basis.

Semester Long Rentals!

The Bike Share Program has 10 semester long hybrid bikes available for the fall semester. The bikes come with a U-lock and helmet.

Cost: Students Only \$30

Pre-Registration: Opens January 13 at the OAC. Available first come first serve.

BIKE MAINTENANCE CLINICS

Learn how to repair simple issues on your bike including flat tires, broken chains, and the day-to-day maintenance of riding. We will be meeting in the OAC's bike/skate shop.

Registration: To schedule your clinic, contact Mike McFall at mmcfall@odu.edu

WET EXIT CLINICS

Hop in the pool and learn how to exit from our touring kayaks. Learn basic kayak terms, kayak boat parts, paddle strokes, how to safely enter a kayak from land, and how to exit from an over-turned kayak and safe reentry!

Date: Wednesday, February 26, March 26, and April 23 from 8 - 10 p.m.

Cost: FREE

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www.odu.edu/recsports

Division of Student Engagement
and Enrollment Services





OUTDOOR ADVENTURE PROGRAM

2014 SUMMER ADVENTURE TRIPS

COSTA RICA SUMMER ADVENTURE

Join us as we immerse ourselves in everything Costa Rica has to offer. We will be climbing, camping, hiking, canyoning, zip-lining, horseback riding, white water rafting, and surfing! It's not just adventure; we will also be traveling to three different areas, and immersing ourselves in a day in a life of a Costa Rican experiencing their homes, jobs, recreation, and communities.

Date: Wednesday, May 21 - Thursday, May 29

Cost: Student/F/S: \$1,400

NEW QUARTER MOUNTAIN BIKING

Join us for a day on the trails as we shred through switchbacks and hills on this awesome mountain biking excursion! You will also learn all the fundamentals of riding a mountain bike, including hand signals, shifting gears, and proper riding etiquette all while enjoying the lush scenery of New Quarter Park in Williamsburg, VA!

Date: Saturday, May 17

Cost: ODU Student: \$15

SRC F/S Member: \$30

NORTH END SURFING/YOGA

Start your morning right with an early morning Yoga and Surf session! Join us on our second outing of the summer as we ride the waves at North End! We leave ODU bright and early to begin our morning learning yoga and stretching techniques before hitting the great surf with full force! No experience is necessary as our trip leaders will help you in learning the waves and teach you how to get up on your board.

Date: Sunday, June 8

Cost: ODU Student: \$10

SRC F/S Member: \$20

2014 SPRING CLIMBING WALL

LADIES CLIMB NIGHT

Ladies, this is your opportunity to come climb at the wall. It is going to be a fun, friendly atmosphere for only the lady ODU climbers. Bring your Friends!

Date: Saturday, February 8, March 8, and April 12 from 7 - 9 p.m.

COSMIC CLIMB

Experience the glow, the sounds, and the darkness at the ODU rock wall for the Cosmic Climb. Enjoy food, prizes, challenges, and the rocking beats as you challenge your friends and climb into the night! Wear white and bring anything that GLOWS!

Date: Saturday, February 1 from 8 - 11 p.m.

YOGA AND CLIMBING

Engage your body and mind as you immerse yourself in a couples, rock climbing based yoga class. No experience necessary. Get ready to climb to new heights!

Date: Friday, February 14 from 8 - 10 p.m.

BOULDERING COMPETITION

The wall has a problem for you. Join us as we take down the top ropes, and put some problems. Bouldering is a lot like climbing, but focuses on shorter moves, and problem solving.

Date: Saturday, March 29 from 10 a.m. - 5 p.m.

Cost: Member: \$15

Community: \$25

CARDEROCK ROCK CLIMBING

Climb to new heights with the OAP on a weekend rock climbing trip! We are heading up to the Potomac River for two days of climbing and two nights of camping along the C&O Canal and Carderock.

Date: Friday, June 20 - Sunday, June 22

Cost: ODU Student: \$30

SRC F/S Member: \$60

ELIZABETH RIVER SUNSET PADDLE

Join us as we take a nice and relaxing guided kayak tour, paddling through Norfolk's rivers while watching the beautiful summer sunset. Tour leaves from the ODU campus and winds through the Lafayette River.

Date: Thursday, June 12 and Thursday, June 26

Cost: ODU Student: \$10

SRC F/S Member: \$20

NORTH END SURFING

Join us this summer out at the beach! We leave ODU bright and early in order to spend the morning catching some rays and waves. No experience is necessary as our trip leaders help you in learning the waves and teach you how to get up on your board!

Date: Saturday, July 12

Cost: ODU Student: \$10

SRC F/S Member: \$20

CLIMB FOR LIFE

Join us as we climb to raise awareness for Cancer Research. We hope to support for Relay for Life and research all around the world. As you climb the wall, you earn points to get your name entered multiple times for the end of the month prize raffle while supporting a great cause!

Date: April 1 - 30

CREATE A CLIMB

Join the rock wall staff for a brand new event. We need your help taping the wall, and we're making it into a competition. As a group we will be working through routes of varying difficulty creating new and imaginative routes. Beginners welcome, create your own unique route!

Date: Friday, April 18 from 8 - 11 p.m.