

Grayson Highlands: Ultimate

Traditionally just called “Grayson Highlands” in the past, this trip highlights everything that Southwestern Virginia and Northeast Tennessee has to offer! Campers will backpack in the beautiful 5,000 ft. mountains in Grayson Highlands State Park, mountain bike the Virginia Creeper Trail, explore a wild cave in Tennessee, and finish the trip by rafting the lower portion of the New River in West Virginia.

Day	Activity	Location	Camping Location at Night
Sunday	Drop Off/ Teambuilding	Camp Fitch	Camp Fitch #
Monday	Drive	I-77, I-81	Hungry Mother State Park#
Tuesday	Hike Day	Grayson Highlands SP	Rhododendron Gap, VA
Wednesday	Mountain Bike	Virginia Creeper Trail	Worley’s Cavern, TN
Thursday	Cave	Worley’s Cavern near Bristol, TN	ACE Resort, WV #
Friday	Rafting	Lower New River	Camp Fitch YMCA#
Saturday	Pick Up	Camp Fitch	

Denotes shower opportunities.

Day	AM	PM	EP	Notes
Sunday		Arrive/ Teambuilding	TBD	
Monday	Drive to Hungry Mother State Park		Make Camp	Pack for Backpacking
Tuesday	Backpacking Grayson Highlands State Park			Rhododendron Gap Campsite
Wednesday	Finish Backpacking	Mountain Bike VA Creeper Trail	Drive to Worley’s Bluff City, TN	Dinner in Bristol, TN
Thursday	Worley’s Cave	Drive to ACE Resort	ACE Play Lake	
Friday	Lower New River Rafting		Drive Back to Camp Fitch	Dinner on road.
Saturday	Parent Pick up			

**Camp Fitch YMCA
Adventure Programs**



Important Contact Information:

- ACE Adventure Resort
 - 1 Concho Road, Oak Hill, WV 25901
 - (877) 787- 3982
- Bicycle Junction
 - 425 Douglas Dr, Damascus, VA 24236
 - (276) 475-5727
- Grayson Highlands State Park
 - 829 Grayson Highland Lane, Mouth of Wilson, VA 24363
 - (276) 579-7092
- Hungry Mother State Park
 - 2854 Park Blvd., Marion, VA 24354
 - (276) 781-7400
- Worley's Cavern
 - 461 Timber Ridge Rd, Bluff City, TN 37618
 - (423) 391-0103