

Sweet Carolina

Journey to the Blue Ridge Mountains of North Carolina and do it all! This ten-day action-packed trip is perfect for teenage thrill-seekers. Phase one of the trip will feature teambuilding and caving near Bluff City, Tennessee. Phase two drops us off in the Pisgah National Forest to backpack amongst the waterfalls and wash off the cave mud. It will be the most remote part of the trip. To end, phase three has us canoeing and kayaking the NC section of New River and traveling up to West Virginia to raft the lower New River. Bald eagles and river otters await us! Rock Climbing will also be done at some point during the trip. (Note- trip has been altered from its traditional schedule for 2026 to see fireworks.)

Day	Activity	Location	Camping Location at Night
Day 1	Drop Off/ Teambuilding	Camp Fitch	Camp Fitch #
Day 2	Drive Day	I-77/ I-81	Pilot Mt. State Park#
Day 3	Climb	Pilot Mt.	Pilot Mt. State Park#
Day 3	Hike	Pisgah NF	Hunt Fish Falls, Pisgah Nat'l Forest
Day 4	Hike	Pisgah NF	Worley's Cavern
Day 5	Cave	Worley's Cavern	Hungry Mother State Park#
Day 6	Canoe	New River, NC	Riverside Canoe#
Day 8	Kayak	New River, VA	ACE Resort, WV #
Day 9	Raft	New River, WV	ACE Resort, WV #
Day 10	Drive back	Camper Pickup	

shower opportunities

Day	AM	PM	EP	Notes
Sunday		Arrive/ Bonding	TBD	
Monday	Drive to Pilot Mountain			
Tuesday	Rock Climb			
Wednesday	Drive to Boone, NC	Backpacking Day 1		Campout at Hunt Fish Falls
Thursday	Backpacking Day 2		Drive to Bluff City, TN	
Friday	Caving		Swim at Hungry Mother State SP	
Saturday	Canoe on the New River in NC		Fireworks in Sparta, NC	Dinner on Road
Sunday	Kayaking the New River in VA		Drive to Ace Resort, WV	
Monday	Whitewater Raft the New River, WV			ACE Waterpark
Tuesday	Drive back	Parent Pickup		