Junior Adventure: Youth have been clamoring for an opportunity that would get them on a raft down one of West Virginia’s most exciting rivers, as well as rock climbing and biking. We’ve got it all in this popular trip!

Junior Caving: Open to participants of all skill levels, each caving opportunity offers non-technical (no rappelling) adventures, but will require participants to do some crawling, wading, and climbing in four of Virginia and West Virginia’s great wild caves.

Junior Ironman: Enjoy a sampling of our Wilderness Adventures by exploring the underground world, canoeing, and tubing on the beautiful Shenandoah River.

Intermediate Quest/Expedition: A new offering! Canoeing, Caving, Tubing, Rafting, Hiking, Ropes Course, phew! You’ll simply have to check out the website for this one.

Senior Ironman: We’ve restructured this trip to bring you exactly what you’ve asked us to: whitewater rafting, rappelling, and biking in West Virginia and caving in Virginia. This trip is a go-go-go week of excitement, friendship, and challenge!

Family Adventure: A fantastic way to spend quality time together; enjoy rock climbing, mountain biking, and whitewater rafting—an adventure you don’t want to miss!

Complete itineraries can be found on our website!
http://www.ext.vt.edu/resources/4h/northern

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer.

If you are a person with a disability and require any auxiliary aids, please contact:

Avery Born
aaborn@vt.edu
(540) 635-7171

Northern Virginia 4-H Center
600 4-H Center Dr.
Front Royal, VA. 22630
Phone: 540-635-7171
Fax: 540-635-6876
Email: aaborn@vt.edu
http://www.ext.vt.edu/resources/4h/northern

2009 Adventure Opportunities
An Adventure Like No Other...

“It is easier to build a child, than repair an adult.”

The Northern Virginia 4-H Educational Center has embraced this philosophy. What better way to reach a child than through an exciting week of living, learning, and growing throughout beautiful Virginia and West Virginia? Trained, qualified leaders will take participants on trips designed for the camper who wants to experience nature at its best! Lasting memories, friendships, experiences, and opportunities abound during our 4-H Wilderness Adventure Camps!

Registration for these camps begins on Monday, February 2, 2009 and will run until Camps are filled. The minimum age requirement for these trips must be met by September 30, 2009.

To register, call the 4-H Center at (540) 635-7171, or download the registration form at http://www.ext.vt.edu/resources/4h/northern/. Payment in full is due at the time of registration. Completed registration and payment must be received prior to May 1, 2009, to receive the Early Bird rate. Participants will be tenting for the duration of any trip(s). Pizza and Pool party on the last evening! These camps fill up quickly, so act fast!

### Wilderness Adventure Camping Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Camp</th>
<th>Age</th>
<th>Min#/Max#</th>
<th>Early Bird/Reg.</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 21-25</td>
<td>Junior Adventure</td>
<td>9-13</td>
<td>5/12</td>
<td>$330/$370</td>
</tr>
<tr>
<td>June 28-July 2</td>
<td>Intermediate Quest</td>
<td>12-15</td>
<td>5/12</td>
<td>$240/$280</td>
</tr>
<tr>
<td>July 5-9</td>
<td>Junior Ironman</td>
<td>9-13</td>
<td>4/12</td>
<td>$250/$290</td>
</tr>
<tr>
<td>July 12-16</td>
<td>Junior Caving</td>
<td>9-13</td>
<td>5/12</td>
<td>$275/$315</td>
</tr>
<tr>
<td>July 19-23</td>
<td>Intermediate Expedition</td>
<td>12-15</td>
<td>4/12</td>
<td>$250/$290</td>
</tr>
<tr>
<td>July 26-30</td>
<td>Family Adventure</td>
<td>9+</td>
<td>6/15</td>
<td>$480/$520</td>
</tr>
<tr>
<td>August 2-6</td>
<td>Senior Ironman</td>
<td>14-18</td>
<td>5/12</td>
<td>$350/$390</td>
</tr>
</tbody>
</table>

$100 ea. additional participant

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