

Well Balanced Nutrition WWR Adventure

Participants need their own tent, sleeping bag, sleeping pad or mattress and appropriate clothing and personal toiletries. A full check list of supplies will be provided to all participants 2-weeks prior to the adventure.

Friday

Drive to Oak Hill, WV

4-6pm Check-in with Lucy

Set up tent or check-in at hotel

6pm Dinner provided by Well Balanced Nutrition

Campfire! (Yes, of course there will be s'mores)

Saturday

7-8:30am Continental breakfast at River Expedition lodge

9am Check-in for WWR

10am-3pm WWR on the Lower New River (includes lunch)

Shower/clean-up

4-4:30pm (1 hour after arriving back) Watch the video at Red Dog Saloon!

Dinner at River Expedition Lodge

Relax at the campsite, Saloon (cornhole & pool tables!) or free-time to go into town

Sunday

7-10am Continental breakfast at River Expedition Lodge

9am Lucy leads outdoor yoga/meditation session

10am Group hike (snack included)

1pm Say farewell to your new friends and swap info so you can stay-in-touch!