What are Adventure Pursuits?

You want experiential learning? We’ve got it here! The Wellness Hub in partnership with URecFit has put together a series of opportunities for busy graduate and professional students to get outdoors. All of our trips are designed for novices and no additional training is necessary to participate. The costs for the outdoor experiences are very modest and include most gear, transportation, and trip leaders. Registration is required for Adventure Pursuits programs. After registering at www.wellness.umaryland.edu, you will be sent a packet with additional logistics.

Riverboarding and Geocaching
Sept. 10-12, 2010
Cost to Student: $88

Try something new and jump in with UM at Adventure Sports Center International in Deep Creek, Md.! We will be going riverboarding (think boogie boarding in radical rapids), geocaching, and camping out overnight.

Paddle the Monuments in D.C.
Saturday, Sept. 25, 2010 & Saturday, April 2, 2011
Cost to Student: $40

Enjoy a relaxing day on the Potomac River in beautiful Washington, D.C., including a scenic tour of the monuments and historic sites. We will launch our kayaks near the Pentagon and make our way up river to Teddy Roosevelt Island for a picnic lunch. From there, we will paddle around Georgetown, Foggy Bottom, and the Lincoln Memorial. This is truly a unique and memorable way to see D.C.

Sailing Baltimore’s Inner Harbor
Saturday, Oct. 9, 2010 & Saturday, May 8, 2011
Cost to Student: $40

UM is teaming up with the Baltimore Downtown Sailing Club for a great day on the water just down the street from campus. Sites include the Inner Harbor and the historic neighborhoods of Fells Point and Federal Hill, and the Fort McHenry National Monument (home of the writing of “The Star-Spangled Banner”). After your sailing adventures, you will head to the legendary Cross Street Market in Federal Hill for ice cream.

categories

- Cultural
- Emotional
- Environmental
- Ethical
- Financial
- Intellectual
- Physical
- Social

To learn more, visit us online at www.wellness.umaryland.edu.
**Adventure Pursuits Opportunities**

- **Introduction to Rock Climbing**
  Oct. 16, 2010
  Cost to Student: $10
  
  Take your exercise to new heights! Come learn how to rock climb or brush up on your skills. Join us for a three-hour rock climbing session at Johns Hopkins University’s rock wall.

- **Day Hike in Shenandoah National Park**
  Sunday, Oct. 17, 2010 & Sunday, April 17, 2011
  Cost to Student: $40
  
  Head west to the beautiful Shenandoah National Park in Virginia during peak fall color season. After a driving tour of Skyline Drive, we will hit the White Oak Canyon Trail and head downhill into the canyon. Our trip leaders will spread out in pace groups so you can go as far down the trail as you desire. Along the way, you will see the upper falls and possibly make it to the lower falls. The views are spectacular. This is a “must do” hike during your time at the University of Maryland (UM).

- **The Schooner Sultana**
  Saturday, Oct. 23, 2010
  Cost to Student: $40
  
  The schooner Sultana is the ultimate classroom for learning about the history and environment of the Chesapeake Bay. An almost exact replica of a British schooner that patrolled the North American coast just prior to the American Revolution, Sultana provides daylong programs for up to 32 participants. On board, participants travel back in time to the “Age of Sail” and participate in hands-on activities that are interactive, informative, and fun.

- **Rock Climbing Series**
  Saturday, Nov. 6, 2010—Indoor Rock Climbing at Johns Hopkins University
  Sunday, Nov. 21, 2010—Indoor Rock Climbing at Loyola University
  March 2011—Rock Climbing at Gettysburg College (specific date TBD)
  Saturday, April 6, 2011—Rock Climbing at Towson University
  Cost to Student per Competition: $15-20
  
  Join Johns Hopkins, Loyola, and Towson Universities and Gettysburg College for an exciting series of climbing competitions. Test out your climbing skills, network with other schools, and have a great time just “hanging” around.

- **Appalachian Trail Conservation**
  Nov. 11-14, 2010
  Cost to Student: $40
  
  The Appalachian Trail is one of the most highly touted, “must do” hikes on the Eastern Seaboard. While we won’t have time to do the whole 2,000 mile trek, jump aboard with UM for a weekend as we camp out and do trail clean up.

- **Ski and Snowboard Trip**
  Jan. 1-8, 2011
  Cost to Student: $675
  
  Take a bus trip to Quebec City, Canada. You’ll get six nights lodging and five days of interchangeable
Adventure Pursuits Opportunities

lift tickets to Mont-Sainte-Anna, Stoneham, and Le Massif. A great time will be had by all! This is an opportunity to network with students from George Washington University—our partner university for this trip. Open to all.

- **Snow Tubing at Ski Liberty**
  Jan. 29, 2011
  Cost to Student: $40

  Enjoy winter weather and snow, but don’t have the skills to jump on a pair of skis or a snowboard? Then snow tubing is for you! Join us for the day as we travel to Ski Liberty in Pa. and ride down the hill on inflatable tubes at breakneck speeds. All skill levels are welcome.

- **Paintball and Laser Tag**
  Saturday, Feb. 12, 2011
  Cost to Student: $83

  Feeling bored with your everyday routine? If so, join us for a fun-filled day of paintball and laser tag, and get your competitive edge back on top. We will paintball in the morning, followed by a few hours of laser tag in the afternoon. All experience levels are welcome!

- **Chattanooga White Water Rafting**
  March 17-20, 2011
  Cost to Student: $160

  Come run one of the best rivers in the United States, made famous by the movie “Deliverance.” Along with camping out and hiking in the beautiful Ocoee State Park in the mountains of South Carolina, this trip will be a partnership with our friends at Florida Gulf Coast University and will be a great opportunity to meet new folks. All experience levels are welcome, however you must be able to swim to go on this trip.

- **Paddling Historic Annapolis**
  Saturday, April 30, 2011
  Cost to Student: $40

  Have you ever seen Annapolis from the water? You will launch your kayak at Spa Creek, paddle into downtown Annapolis, and then head around the beautiful campus of the Naval Academy. Along the way, you will see some amazing homes, historic buildings, and possibly a few Osprey or Herons. This is the ultimate urban exploring adventure. Like most urban adventures, you will finish the day in downtown Annapolis for coffee and/or ice cream.

- **Swallow Falls Basic Camping**
  May 13-15, 2011
  Cost to Student: $40

  Come on a classic campout in this beautiful state park in Western Maryland. S’mores, guitars, frisbees, and kites are welcome as you learn how to “rough it” in the great outdoors. A great trip for novice campers and those that love to camp out and get away for a bit.

- **Habitat for Humanity—Alternative Spring Break 2011 TBA**
  Cost to Student: $300

  Join this group of 14 on an exciting and rewarding road trip where volunteers rebuild homes and restore lives. *$125/student housing fee.*
How can I get connected to the Wellness Hub?

Visit us online at www.wellness.umaryland.edu.

Facebook: Search “UMB Wellness Hub”

Follow us on Twitter: “WellnessHub”

Visit us at the Southern Management Corporation (SMC) Campus Center on the 3rd floor.

Call 410-706-7767 or e-mail FLilly@umaryland.edu.

Our Partner

URecFit

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