



Canoeing Adventure Day – May 9

Enjoy a day-long canoe experience on the beautiful Shenandoah River! Participants will gather at the Mountain View Church of the Brethren at 9:30am and then head down to the river. Brethren Woods staff will provide a brief orientation to canoeing and safety on the river. Then the group will paddle a 7-mile stretch of river from Island Ford to Elkton, VA with brief stops for swimming, eating lunch, and exploring. We'll return to the church by about 3:00pm to head for home.



Participants under 16 need to be accompanied by an adult



The cost is just \$30 and includes your bag lunch, transportation, certified staff leadership, canoe, paddle, lifejacket, and some additional gear. Participants are asked to bring a water bottle, towel, sunscreen, hat, sunglasses, and insect repellent. Everyone should wear comfortable clothes that can get wet - swimsuits are great - and protective footwear (old sneakers, sport sandals with a back strap, water shoes, etc.)! More specific details, including a full packing list and permission slips/waivers, will be sent by e-mail after your registration is received!

To register, complete the registration for and send it with your \$30 to the camp office. You can also get more information and register at www.brethrenwoods.org/adventuredays, by phone or e-mail by contacting camp at 540-269-2741 or camp@brethrenwoods.org.

Registrations are due by Friday, May 1st

Name: _____ Birth Date: _____ Age: _____

Parent/Guardian/Adult Attending for Participant Under 16: _____

Home Address: _____

Home Phone: _____ Other Phone: _____

E-mail Address: _____ Home Church: _____

Health or Dietary Needs such as vegetarian, diabetic, food allergies, etc.:
