

# **BIG DAY OUT ITINERARY**

\*\*\*THESE TIMES ARE SUBJECT TO CHANGE\*\*\*

**8:30 AM** – Park in our free parking lot. Arrive dressed in biking attire. Check in. Receive **wristband**(worn all day to prove you are BDO guest), **transition bag**(bag to store clothes & such), & **tickets** for rentals. **NOTE:** ID required to be held for up to 6 rentals until everything is returned at the end of the day.

**8:45 AM** – Eat a big breakfast on us. Visit our kitchen for your complimentary breakfast.

**9:10 AM** – Pick up all recommended gear(wet suits, water shoes, etc.) to put in your transition bag. Guides hold water to give out during trip, but if you wish, water can be purchased in the kitchen.

**9:20 AM** – Put gear on the bus. Drive to White Haven where you will pick up your bikes. Guides will brief you on safety measures, directions, and other matters on the bus. **NOTE:** You will have the same bus all day so you only need what is necessary for the current adventure.

**10:00 AM** – Arrive at White Haven Trailhead. Leave anything you don't need for the bike ride on the bus. Get fitted for your bike. Begin your 25 mile ride on the D&L trail.

**1:00 PM** – Arrive at Glen Onoko to eat lunch and change for the hiking portion of your trip.

**1:45 PM** – Begin your hike through Turn Hole Tunnel and to the top of the beautiful Glen Onoko Overlook.

**3:30 PM** – Change into river gear and get ready for your Whitewater Rafting Adventure.

**3:45 PM** – Your 8-mile Whitewater Adventure begins at Glen Onoko. River time varies based on water level and smoothness of trip. You could be on the river from 2 ½ hours to 4 hours.

**6:45 PM** – Your Whitewater trip ends in Bowmanstown, PA where you will get back on the bus and head back to the Rafting Adventure Center.

**7:00 PM** – Change into dry clothes in our changing rooms. Return any rentals and kick back around the roaring bonfire while enjoying a delicious dinner, a mug of beer(or whatever you choose), and talk about your **BIG DAY OUT!**

\*Participants should be active and in reasonably good shape. Hike involves short steep climbs.

## **Hiking/Biking**

Synthetic clothes.  
Lycra shorts.  
Sneakers.

## **Rafting:**

Nylon/ fleece.  
Bathing suit.  
NO COTTON.  
NO FLIP FLOPS.

**Bring:** baseball cap, sunscreen,  
waterproof camera, backpack,  
extra socks, sunglasses, bug  
spray, rain coat.

## **FOOD:**

**Breakfast** – Egg sandwich, tator tots, beverage

**Lunch** – River lunch: Hoagie(ham, turkey, veggie, PB&J) chex mix, cookies, water

**Dinner** – Stuffed shells, salad, garlic bread, mixed vegetables, beverage(beer or nonalcoholic)

**RATE/AGE:** \$109.99 per person. Ages 13 and up.