

ADVENTURE PROGRAM SCHEDULE

MONDAY

BIRD WATCHING ADVENTURE CABIN	7 a.m.
MOUNTAIN MEDITATION	9 a.m.
SURVIVAL BASICS COURSE	12 p.m.
NATURE ITEM HUNT	3 p.m.

TUESDAY

ARCHERY	9 a.m.
GUIDED HIKING	10 a.m.
PAINTING WITH A TWIST	3 p.m.

WEDNESDAY

ARCHERY	9 a.m.
WILD TEA MAKING	11 a.m.
LEAVE NO TRACE WORKSHOP	3 p.m.

THURSDAY

MOUNTAIN MEDITATION	9 a.m.
ORIENTEERING	2 p.m.

FRIDAY

ARCHERY	9 a.m.
SMOKY MOUNTAIN TRIVIA	11 a.m.

All programs will take place at the top of the Mountain. Please meet in the Adventure Hut.

ARCHERY **COMPLIMENTARY**

Do you have what it takes to score a bull's-eye? Come learn the traditional way Cherokee Indians would gather food for their families.

BIRD WATCHING ADVENTURE CABIN **COMPLIMENTARY**

The Great Smoky Mountains are a paradise for bird watchers. With over 200 species of birds spotted within its borders, come join us and see how many species you can spot.

GUIDED HIKING **COMPLIMENTARY**

Join us as we venture into the Smoky Mountains National Park. This adventure is good for all skill sets, but you must be able to hike for an extended period of time. Only 12 spots available; reserve your spot by Monday at 3 p.m. by calling Ext. 82115. Transportation is available at a \$2 fee per person.

LEAVE NO TRACE WORKSHOP **COMPLIMENTARY**

Stop by and learn the seven Leave No Trace Principals to make sure you are honoring Mother Nature and respecting those around you while visiting the National Park.

MOUNTAIN MEDITATION **COMPLIMENTARY**

Start your morning with mountain relaxation. Join us as we combine Cherokee and modern-day meditation while overlooking the Smoky Mountains. We will concentrate on breathing and perform basic stretches; all skill levels are welcome.

NATURE ITEM HUNT **COMPLIMENTARY**

Find 10 nature items on the list, take a picture and turn it in to an Activities Team Member for a prize.

Located in the Activities Center in the water park.

ORIENTEERING **COMPLIMENTARY**

Join us as we learn to navigate with a compass and how to find North every time. You will walk away from this friendly competition with confidence in your navigation skills.

PAINTING WITH A TWIST **\$20 PER PERSON**

Join us as we paint a picture that will remind you of your adventure in the Smoky Mountains every time you look at it! This paint-by-instruction class is great for all skill levels. Reserve your spot by Tuesday at 12 p.m. by calling Ext. 82115. We also have wine available for purchase.

\$3 per glass of wine. Must be 21 years of age or older with valid ID to purchase and consume alcoholic beverages.

SMOKY MOUNTAIN TRIVIA **COMPLIMENTARY**

How well do you know the Smoky Mountains history and culture? Test your knowledge with our jeopardy style trivia game.

SURVIVAL BASICS COURSE **COMPLIMENTARY**

If you were lost in the woods, would you be able to survive? Try out some basic survival skills like making a shelter, starting a fire, purifying water and determining which plants are safe to eat. Learning basic wilderness survival skills is about exploring concepts that give self-confidence and knowledge to use for future decision making. Come enjoy our hands-on wilderness survival class.

WILD TEA MAKING **COMPLIMENTARY**

Have you ever wondered about what you can and can't eat in the wild? Join us as we prepare tea made from local edible plants. Each week will feature a different type of tea.

Activities recommended for ages 12 and up.