

OUTDOOR



417th Base Support Battalion

RECREATION

Adventure Calendar and Planning Guide

	APRIL	MAY	JUNE	JULY	AUGUST	SEPT	COST	RATING
Mnt. Bike Ride	1, 15, 29	6, 20		8			FREE	varies
Road Bike Ride			10, 24	22	5, 19	9, 16	FREE	varies
Intro to Kayak Touring	8			15			\$15	3-2
Intro to White Water Kayak	22	13	17				\$15	3-2
Mid-week Paddle	14		16				\$10	3-3
River Paddle	17						\$15	3-3
Evening Paddle					26	18, 23	\$12	3-4
Trout Fishing		1	12	24			\$20	2-2
White Water Kayaking		15	19				\$25	4-4
Mountain Bike Race (IMA-E)			5				**TBD	5-4
WW Rafting/Canyoning weekend			11-13	30-01			\$170	5-5
Kayak Classes (pool)		TBA	TBA	TBA	TBA	TBA	\$10	3-2
Adventure Weekend				2-5			**TBA	5-5
2 Day Alpine Hike					27-29		\$170	5-5
Overnight Kayak Expedition						3-6	\$80	4-4
Canoe & Kayak Demo Day		8					FREE	2-2
Garmisch Camping & MTN Bike						11-12	\$35	3-2
Century Bike Ride, (100 miles)						25	\$15	5-5
	APRIL	MAY	JUNE	JULY	AUGUST	SEPT	COST	RATING
Mnt. Bike Ride	1, 15, 29	6, 20		8			FREE	varies

Prices are subject to change.

**Rates not available at the time of printing.

RISK FACTORS & TRIP RATINGS

We examine risk factors in terms of those participants willingly take part in outdoor activities in which the risk of serious injuries or death may be greater than in the normal course of life or other recreational pursuits. Consequently, all outdoor staff members have a special responsibility to ensure that reasonably adequate and continuous precaution is taken to prevent accidents. A negative approach would be to restrict activities until they are believed to be safe; however, the extraordinary rewards produced by a genuine challenge of the body and mind is what make this program so increasingly popular. The idea is not to avoid activities involving risk, but rather, prepare the participants with quality equipment and training to competently deal with the challenge and its risk. Hazards are not sought out for their own sake. With that in mind we have developed the rating scheme listed below to be used only as a starting place for you when evaluating your trip selections. Outdoor users should strive to learn their limitations, acknowledge the risk and accept responsibility for their actions. Travel itself can be wearing, and you'll get more enjoyment out of any trip if you are in good physical condition.

Effort

1 Easy

Little to no effort, typically seated sightseeing

2 Light

Some light walking and light exercise possible

3 Moderate

Requires short walks short or exposure to the elements, some light physical exertion

4 Strenuous

Activities are conducted mostly outdoors, short periods of intense physical exertion

5 Intense Physical Activity

High energy activities, requires periods of intense physical strength and or extended aerobic exercise

Intensity

1 Low

Typical everyday risks

2 Minor

Moments of exposure to elements and light leisure activities

3 Moderate

Exercise common sense and good safety practices to avoid injury

4 High

Possible exposure to varied weather conditions, higher elevations and some technical instruction needed

5 Xtreme

Exposure to extreme weather conditions, extreme elevations, specialized training required, physical and mental fatigue likely, testing limits



**FOR MORE
INFORMATION
CALL 355-8629**

Mt. Bike Ride - Rating - Varies

We will Mountain Bike on as many local trails as we can get to. We split into groups as necessary: easy/moderate, intermediate/hard, and advanced hard. You will get dirty. There are a few rules for our rides:

1. Wear a helmet. NO EXCUSES!
2. Let someone know if you are dropping out in the middle of ride.
3. Be prepared: bring your own tools, water, and appropriate clothing.
4. Have fun!!

Take this trip if... you want to improve your riding skills and are looking for fellow riders.

Departs: Outdoor Recreation at 1600

Dates: 1, 15, 29 April, 6, 20 May and 8 July

Price: Free



Intro to Kayak Touring - Rating 3-2

Learn how to kayak on this three hour introductory clinic. Our certified instructor is eager to introduce new people to one of the fastest growing sports today. The syllabus will entail a concentrated 1/2hr. shore lesson, followed by formal instruction on paddling and rescue techniques on the water. After lunch you will paddle the river, applying your newly-learned skills.

Take this trip if... you want to experience the freedom and satisfying feeling you get from self powering yourself through the water.

Departs: 1600 from Outdoor Recreation

Dates: 8 April and 15 July

Price: \$15

Mid-week Paddle – Rating 3-3

This is great opportunity to get out of the house and leave those daily chores behind. Or if you have a day off from the office come and join the staff as we take a little break in the middle of the week to explore some of the outstanding rivers in our area. This trip is great for novices and experienced paddlers alike. We take care of all the hard work. Take your choice of canoe or kayak.

Take this trip if... you are looking for a great way to break up the week with something different.

Departs: 1700 from Outdoor Recreation

Dates: 14 April and 16 June

Price: \$10

River Paddle – Rating 3-3

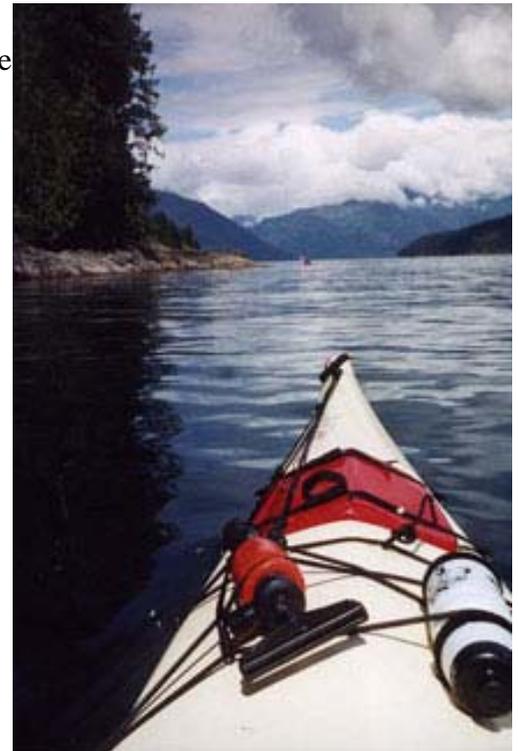
Just imagine the warm sun smiling down on you as your paddle dips into the cool river waters. Join us for a leisure paddle experience down one of our local rivers. You can even choose your preferred style of water craft. When you register it's your choice between canoe and kayak. Basic instruction will be provided so no previous experience is needed. This includes: all equipment, instruction, and transportation.

Take this trip if... you are looking for a little piece of wilderness in your own back yard.

Departs: 1000 from Outdoor Recreation

Dates: 17 April

Price: \$15



Trout Fishing – Rating 2-2

No special fishing permit is required. Bring your own fishing tackle. (ODR fishing tackle is available for issue.) Although lures are not allowed, bait can be purchased at the Rod and Gun Pro-shop or at the lake. Customer is responsible to pay for own fish caught.

Take this trip if... you just have to go fishing.

Departs: Outdoor Recreation at 0430

Dates: 1 May, 12 June and 24 July.

Price: \$10 registration fee. (Entrance fee depends on which pond you wish to fish on)

Intro to White Water Kayaking – Rating 3-2

Learn how to kayak on this three hour introductory clinic. Our certified instructor is eager to introduce new people to one of the fastest growing sports today. The syllabus will entail a concentrated 1/2hr. shore lesson, followed by formal instruction on paddling and rescue techniques on the water. After lunch you will paddle the river, applying your newly-learned skills. Check with our staff for a schedule of clinics held at the Pool.

Take this trip if... you want to try your hand at something you always thought was out of reach.

Departs: 1600 from Outdoor Recreation

Dates: 22 April, 13 May and 17 June

Price: \$15



White Water Kayaking – Rating 4-4

Join us on an exciting wet and wild day of paddling on class I & III rivers. Our kayak instructor will teach you the basics by the day's end. This includes: all equipment, instruction and transportation.

Take this trip if... get a taste of what all those mountain dew commercials are talking about.

Departs: 0700 from Outdoor Recreation

Dates: 15 May and 19 June

Price: \$25

WW Rafting/Canyoning – Rating 5-5



you jump, wade, hike, scramble and swim through the magnificent waterfalls of a scenic Alpine gorge. The highlight of the tour is the two 30 foot jumps into the deep rock pools at the end of the gorge. Minimum participation: 8 persons. Minimum age is 16 when accompanied by parent.

Take this trip if... you are an adventure junkie and you need to get your fix.

Departs: 1630 from Outdoor Recreation

Dates: 11-13 June and 30 July – 01 August.

Upon arrival in Austria we will check in for the night at a local Guest House. The following morning we head out to the Rafting Center and start the adventure with a run down the top half of the Salzach River. After a BBQ lunch we will continue on down the river to close out the afternoon. After rafting we will get back to the Guest House and relax for the evening. In the morning, we will get back into our wet suits and you will try your hand at Canyoning. Experience nature like you never done before! Let your adrenalin flow as



Price: \$170 (Price includes: transportation, a river guide, all equipment, instruction, 2 overnights at the Guest House and BBQ lunch)



Ultimate Adventure Weekend – Rating 5-5

Imagine yourself rappeling down crystalline blue cliffs surrounded by the most spectacular mountains in the world. Expert Swiss guides will teach us how to traverse glaciers, rappel down and then climb up solid ice walls, run the rapids in a powerful mountain river, and lift your spirits with a hike among the clouds. Interlaken, Switzerland is considered by many to be the capital of adventure for Europe. The list of activities is almost endless. The only draw back is that there is more to do than we have time to do it in. This is the ultimate summer adventure trip.

Take this trip if...you crave intense nonstop excitement.

Departs: 0600 hours from Outdoor Recreation

Date: 2-5 July

Price: TBA

Overnight Kayak Expedition 4-4

For those of you who prefer a more tranquil adventure, sea kayaking just might be the ticket for you. We added a special twist to this adventure. We will be paddling through the Alps. You may never get the chance to see the mountains from this view point again. We will spend two full days on the water and spend our evenings around the camp fire.

Take this trip if...you just need to get away from it all.

Departs: 1200 hours from the Outdoor Recreation Center

Date: 3-6 September

Price: \$80.00

Evening Paddle – Rating 3-4

A quick escape in the middle of the week. A brief shore lesson covers the basics of paddling before we launch, then enjoy the water as the sun slips behind the horizon and the moon climbs into the evening sky. Light and shadows play on the water as the sun sets and the full moon rises. The sounds of animals and birds settling down at twilight awaken the senses. Glide silently through the water, soak in twilight's peaceful enchantment. (Bring a friend and turn it into a romantic excursion!)

Take this trip if...moonlight does strange things to you.

Departs: 1630 hours from the Outdoor Recreation Center



Dates: 26 August, 18 and 23 September

Price: \$12

Conquer The Zugspitze – Rating 5-5

Conquer the Zugspitze on AFRC's most popular high-alpine hike. The two-day hike leads you to the top of Germany's highest peak (2965 m). The trip includes an overnight stay in a mountain huette, via the beautiful Reintal Valley. Return via the cable car and cog wheel train to Garmisch. Participants must be in good physical condition. This includes: Program includes: Experienced guide, Overnight stay in mountain hut, Dinner and breakfast and

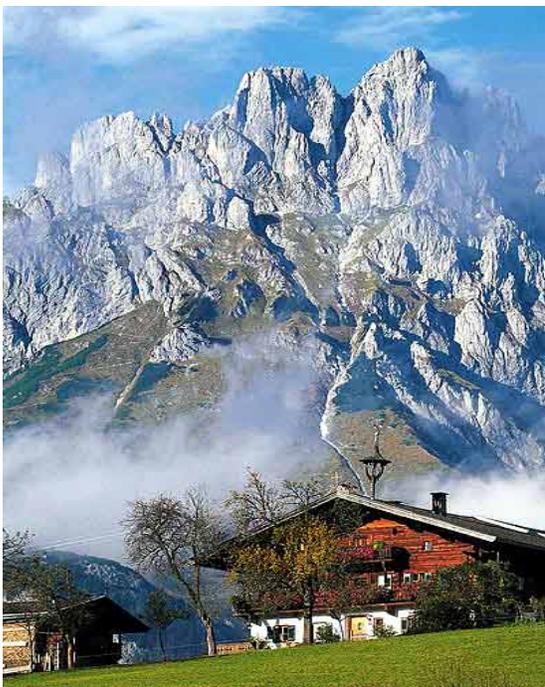
Cable car fee Bus leaves Outdoor Recreation at 1700 hrs on Thursday and returns approx 2000 hrs Sunday. Cost: \$180.00 per person.

Take this trip if...you need to check this off your must do list.

Departs: TBA

Dates: 27-29 August

Price: \$170



Garmisch Camping and Mountain Bike Race – Rating 3-2

We head to Garmisch for a weekend of camping and exploring this fantastic Alpine town. While there, you will have the opportunity to watch the finals for the U.S. Military Mountain Bike Championship series.

Take this trip if...your dying to find out what Garmisch is all about.

Departs: TBA

Date: 11-12 September

Price: \$35

Road Bike Ride – Rating - Varies

On Thursday evenings our group will meet at Outdoor Recreation. The participants decide upon routes, mileage and pace each week prior to starting. Groups will be formed to accommodate different levels of riders. From Level 1 riders who may cruise the mostly flat Roads and Bike trails to Level 2 & 3 riders who might tackle the hills of the vineyards in the local area.

Take this trip if...your thinking about taking on the Century Bike ride.

Departs: 1600

Dates: 10, 24 June, 22 July, 5, 19 August and 9, 16 September

Price: Free

Century bike Ride – Rating 5-5

Altmühl Route – Franconian Lakes

Test yourself on this 100 mile bike ride.

The equivalent of a full marathon, you will need to be in excellent condition to complete this one. This cycle tour runs along the unspoilt banks of the River Altmühl to Altmühlsee lake and then it continues to Rothsee lake. MWR vehicles will provide support along the entire route. This is designed as a group ride with an estimated average pace between 15-18 mph. Awards for all finishers.

Take this trip if...you've been looking for that ultimate end of summer fitness challenge.

Departs: Vehicle caravan departs Outdoor Recreation at 0630 sharp!

Date: 25 September

Price: \$15

