



# ADVENTURE ACTIVITIES

## WHITEWATER RAFTING:

<u>Section:</u>	<u>Class:</u>	<u>Type:</u>	<u>Min. Age:</u>	<u>Weekday Rate:</u>	<u>Saturday Rate:</u>
<i>Upper New River</i>	I – III	Duckies	12	\$60.00	\$70.00
<i>Upper New River</i>	I – III	14' Rafts	8	\$60.00	\$70.00
<i>Lower New River</i>	I – V	14' Rafts	13	\$70.00	\$80.00
<i>Lower New Express</i>	I – V	14' Rafts	13	\$55.00	\$60.00
<i>Lower Gauley River</i>	I – V	14' Rafts	14	\$ 79.00/85.00 (Mon./Fri.)	\$95.00
<i>Upper Gauley River</i>	III – V+	14' Rafts	16	\$ 99.00/105.00 (Mon./Fri.)	\$125.00
<i>Gauley Marathon</i>	I – V+	14' Rafts	16	\$175.00/180.00 (Mon./Fri.)	\$210.00

**FREE**  
wetsuits  
April &  
October

Prices include equipment, transportation, and lunch during the trip. (No lunch on express trips.) Each guest must submit a Release and Assumption of Risk Form before going on an activity. Spring trips during the months of April and May usually run during high water times. Extremely high water levels may result in changing to a different river section. Wetsuits are recommended for spring and fall rafting trips.

**Note: A limited number of wetsuits and splash jackets are available for rent – wetsuit: \$10 / splash jacket: \$5**

## ADDITIONAL ADVENTURES:

<u>Type:</u>	<u>Minimum Age:</u>	<u>Weekday Rate:</u>	<u>Saturday Rate:</u>
<i>Rappelling</i>	12	\$47.00	Call for availability...
<i>High Element Ropes Course</i>	12	\$31.00	Call for availability...
<i>Low Element Teambuilding</i>	8	\$16.00	Call for availability...
<i>Caving</i>	12	\$51.00	Call for availability...
<i>Paintball</i>	12	\$42.00	Call for availability...
<i>Hiking</i>	8	\$21.00	Call for availability...

Prices include equipment and lunch during the trip. Depending on availability, groups may need to provide transportation for trips. Each guest must submit a Release and Assumption of Risk Form before going on an activity.

# *Preparing for an Alpine Adventure*

## **Caving**

### **What to Wear:**

- Crawling through our caves will get your clothes more dirty than they have ever been. Wear a pair of shorts and a t-shirt under your caving attire, so that the outer layer can be removed after caving. You will get very dirty!
- Long pants are required and long sleeves are recommended. Layered clothing is best due to the temperature of the cave – about 56 degrees year-round. Old rugged clothing such as jeans and sweatshirt or old work bibs (long) or coveralls are great.
- Boots or shoes with good tread for hiking and walking in muddy areas are best; no open-toed shoes or Crocs. These shoes will get dirty and cannot be used for gym activities. Take an extra pair of shoes to wear after caving.
- Kneepads and/or elbow pads are recommended for crawling. Old gloves may also be worn.
- **The wearing of contact lenses is not recommended for this activity.**

### **You Should Know:**

Participation in caving and other adventure activities is physically challenging and involves inherent risks. Participants must accept responsibility for these inherent risks and agree to sign a liability waiver prior to participation. All persons under the age of 18 must have their [Release Form](#) signed by their parent or court-appointed guardian. Alpine Ministries reserves the right to prohibit participation of individuals based on health or physical limitations for their safety or the safety of others. Trips are done rain or shine. Alpine reserves the right to change any trip, group size, or number of guests per trip due to weather conditions or the physical condition of participants.

### **Special Notes:**

- All participants should bring any necessary medications with them (e.g. inhalers, required prescriptions, allergy medications, or epi-pen).
- Participants may also want to have insect repellent on trips.
- Guests that wear contact lenses may want to consider wearing glasses on trips or carry a travel size solution kit for activities.



# **ALPINE ADVENTURES**

## **A Ministry of Appalachian Bible College**

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### ***RELEASE AND ASSUMPTION OF RISK FORM FOR ADVENTURE RECREATION***

I, the undersigned, am aware that during the adventure trips described in this form and in which I am participating, under the arrangements of Alpine Adventures and its parent organizations, Alpine Ministries, Alpine Bible Camp and Appalachian Bible College, its agents, employees, and associates, certain risks and dangers may be present or occur, including but not limited to the outlined risks following;

#### **WHITEWATER RAFTING / WHITEWATER DUCKIES / CANOES**

I am aware that during the river trip in which I am participating under the arrangements of Alpine Adventures, that certain risks and dangers may be present or occur, including but not limited to, hazards of traveling on a rubber raft or canoe with paddles, oars, and other equipment in rough river conditions, falls onto such equipment or into the river, swimming in the river, falls or slips while walking, hiking, or climbing on terrain that is not improved, participation in water activities and water fights, accidents or illness in remote places without medical facilities, injuries by reptiles, insects or other animals, the forces of nature, and travel by automobile, van, bus, or other conveyance. Participants rafting on the Upper New River must be age 8 or older. Participants rafting on the Lower New River must be age 13 or older. Participants on the Lower Gauley River must be age 14 or older. Participants rafting on the Upper Gauley River must be age 16 or older and must possess excellent swimming ability.

#### **HIGH CHALLENGE ACTIVITIES / LOW ELEMENT TEAMBUILDING**

I am aware that during the climbing and rappelling trip, use of the high ropes course, low element teambuilding, climbing walls, swings, or zip wires, in which I am participating under the arrangements of Alpine Adventures, that certain risks and dangers may be present or occur, including but not limited to, hazards of falling from heights, rope entanglement, falling rocks and other debris, burns or injuries related to the handling or use of ropes and other climbing equipment, falls or slips while walking, hiking, or climbing on terrain that is not improved, accidents or illness in remote places without medical facilities, injuries inflicted by reptiles, insects or any other animals, the forces of nature, and travel by automobile, van, bus, or other conveyance. Participants in the high challenge activities must be age 12 or older.

#### **CAVING**

I am aware that during the caving trip in which I am participating under the arrangements of Alpine Adventures, that certain risks and dangers may be present or occur, including but not limited to, hazards of underground exploration in a cave, holes, crevices, and passageways, falling rocks and cave-ins, entrapment, falls or slips while walking, hiking, or climbing on terrain that is not improved, accidents or illness in remote places without medical facilities, injuries inflicted by reptiles, insects or other animals, the forces of nature, and travel by automobile, van, bus, or other conveyance. Participants must be age 12 or older.

#### **PAINTBALL**

I am aware that during the paintball activity in which I am participating under the arrangements of Alpine Adventures, that certain risks and dangers may be present or occur, including but not limited to, accidents or injuries related to the use and handling of paintball equipment, hazards of being bruised when struck or marked by a paintball, falls or slips while walking, running, crawling or climbing terrain that is not improved, accidents or illness in remote places without medical facilities, injuries inflicted by reptiles, insects or other animals, the forces of nature and travel by automobile, van, bus, or other conveyance. Participants must be age 12 or older and must agree to wear all safety equipment including helmets and face shields at all times.

#### **HIKING / WILDERNESS CAMPING / BACKPACKING**

I am aware that during the hiking, wilderness camping or backpacking trip in which I am participating under the arrangements of Alpine Adventures, that certain risks and dangers may be present or occur, including but not limited to hazards of falls or slips while walking, hiking, or climbing on terrain that is not improved, accidents or injuries related to the use and handling of camping and backpacking equipment, accidents or illness in remote places without medical facilities, injuries inflicted by reptiles, insects, or any other animals, the forces of nature, and travel by automobile, van, bus, or other conveyance.

**CONTINUED ON OTHER SIDE**

