



Campus Recreation
108 Health & Fitness Center
250-2339
unca.edu/recreation

Climbing Day

With UNC Asheville Outdoors at Table Rock

- Dates:** Saturday, Sept, 12th
Departs from HFC: 8:00am
- Pre-Trip Meeting:** Thursday, Sept, 10th, 9:00pm
Outdoors Office, 108 HFC
- Price:** Full Price: \$35
2 Week Discount: Register by 8/28 and the price is \$30
- Registration:** Register online or at the HFC Equipment room
Monday 10:00pm – 7:00pm
Friday 10:00-4:00pm
- Details:** We will be learning the basics of climbing in a fun, stress free environment. So chalk up and get ready to rock!
- Experience Needed:** None
- Fitness Required:** Able to walk 1/2 to a full mile (easy flat walk)



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We Provide:

- Shoes
- Harnesses
- Chalk
- Climb Set Up

Here is a list of items we suggest you bring!

- Athletic Shorts with at least a two-inch inseam
- Athletic shirt
- Sunscreen
- Close-toed shoes for the hike in
- 2 Water bottles
- Lunch

Trip Itinerary:

Thursday, September, 10th, 2009

9:00 pm

Pre Trip Meeting in HFC 108

September, 12, 2009

8:00am

Depart from UNC-Asheville

10:00am

Arrive at Table Rock

6:00pm

Return to UNC- Asheville

Note: Trip Itinerary remains flexible for changes in weather, group decisions, and other unforeseen events.

For specific questions ask the Trip Leader!

Trip Leader: Elise Juraschek

Co-leaders: Lena, Spencer, Ben

Contact @: 919 360 2315 Ejuraschek@gmail.com