



WRIGHT STATE
CAMPUS
RECREATION

Freshman Outdoor Orientation Trip: Roam

Date & Time: *Wednesday, August 14 – Wednesday, August 21, 2024*

The Freshmen Outdoor Orientation Trip (FOOT) is a unique wilderness experience that will take place before school begins. FOOT offers an amazing opportunity for incoming students to meet a small group of new classmates and establish relationships with older student leaders. **Roam** is eight days full of backpacking, camping, and giving back to the mountains through service projects. This option great for incoming first-year students who enjoy a challenge and want to be in the wilderness.

Location: Roan Mountain, Tennessee

Cost: \$400

Cost Includes: transportation from WSU, permits, camping fees, two night stay in hostel, all meals, all equipment, and trip leaders.

Activity Level: Beginner - Advanced, no prior experience in activity required.

Remoteness Scale Level 3, this is a backcountry trip.

Physical Challenge Scale: Level 3, this trip is challenging.

Registration: Up to 8 participants Registration required by July 14.

Itinerary:

Group A

Day 1

1:00pm: FOOT begins- meet at climbing wall
1:00-1:30: Welcome & group introductions
1:30-3:00: Personal equipment check and group gear issue
3:00-6:00: Challenge Course & team building
6:00-7:00: Eat pizza, relax
7:00-9:00: Activities in the Student Union
9:00 Sleep in on-campus dorms

Group B

Day 1

1:00pm: FOOT begins- meet at climbing wall
1:00-1:30: Welcome & group introductions
1:30-3:00: Personal equipment check and group gear issue
3:00-6:00: Challenge Course & team building
6:00-7:00: Eat pizza, relax
7:00-9:00: Activities in the Student Union
9:00 Sleep in on-campus dorms

Day 2

6:00am: Meet at Outdoor Resource Center
6:30-7:00: Breakfast, finish packing
7:00-3:00: Drive to Roan Mountain, TN
3:00-6:00: Picnic at Roan Mountain SP, TN
6:00-10:00: Camp at Carden's Bluff
Campground
10:00pm: Lights out

Day 3

First full day on trail, hike 7.5 miles gradually up hill through mature forests, open fields and past mountain streams to an AT trail shelter

Day 4

This 5 mile day may be the toughest of the trip as the trail gains over 2,000ft in elevation and leads to one of the highest mountains in the southeast (6,300ft). The tough climb will be rewarded by an evening spent at the highest shelter along the entire 2,100 mile Appalachian Trail. (Group B will also be camped at this shelter.)

Day 5

After two days of hiking your way to the high point you will be rewarded with a gradual descent through open meadows and scenic balds. You'll have time to soak in the views and smell the flowers during this 6 mile hike to your next campsite.

Day 6

8 miles over gradual up hills and long descents will lead you through the forest and to your final pick up point. After four nights on trail you will feast at a beautiful hiking hostel, take showers, and sleep in a warm bed, reunited with group B.

Day 7

We will rise early to join a group of local trail maintainers/ builders and spend the

Day 2

6:00am: Meet at Outdoor Resource Center
6:30-7:00: Breakfast, finish packing
7:00-3:00: Drive to Roan Mountain, TN
3:00p-6:00: Picnic at Roan Mountain SP, TN
6:00-10:00: Camp at Carden's Bluff
Campground
10:30pm: Lights out

Day 3

First full day on trail, hike 8.5 miles up hill through forest, and into a land of scenic balds and open meadows to an AT shelter.

Day 4

The open meadows and scenic balds continue during this 6.5 mile day. The trail continues on a gradual upwards climb until you top out on one of the highest mountains in the southeast, and spend the night at the highest shelter along the entire 2,100 mile Appalachian Trail. (Group A will also be camped at this shelter)

Day 5

After two days of soaking in the high country you'll start a rapid descent through the lush forest as you journey down 5 miles to your next campsite.

Day 6

6 miles of short up hills and gradual descent will lead you through the forest and to your final pick up point. After four nights on trail you will feast at a beautiful hiking hostel, take showers, and sleep in a warm bed, reunited with group A.

Day 7

We will rise early to join a group of local trail maintainers/ builders and spend the

day giving back, leaving our mark on the mountain for future generations to enjoy. This day of labor will be rewarded with a spectacular waterfall to cleanse the dirt from our brow. The final evening will be spent again, at the hostel in the woods.

Day 8

6:30am: Rise and shine, pack personal belongings

7:00am: Breakfast at the hostel, clean up

8:30am: Depart from hostel for WSU

3:30pm: Arrive at WSU; unload personal equipment and separate group gear

5:00pm: FOOT concludes, closing activity and debrief, participants rest up for first weekend

day giving back, leaving our mark on the mountain for future generations to enjoy. This day of labor will be rewarded with a spectacular waterfall to cleanse the dirt from our brow. The final evening will be spent again, at the hostel in the woods.

Day 8

6:30am: Rise and shine, pack personal belongings

7:00am: Breakfast at the hostel, clean up

8:30am: Depart from hostel for WSU

3:30pm: Arrive at WSU; unload personal equipment and separate group gear

5:00pm: FOOT concludes, closing activity and debrief, participants rest up for first weekend