



2012 NAVAL STATION NORFOLK

SKI TRIPS

SATURDAY, JANUARY 28, FEBRUARY 11 & 25, 2012

SKIING

WINTERGREEN, VA

Cost per person: E-1 to E-3, \$55 | E-4 to E-6, \$65 | E-7 and up, \$85 | Civilian guest, \$100

Cost includes transportation, ski or snowboard rentals and lift ticket (meals are NOT included).

Open to active duty and one guest 18 or older. Meet at 4 a.m. inside building C-9 main lobby on the day of the trip.

TENTATIVE ITINERARY:

4 a.m.	Meet at Naval Station Norfolk, building C-9
4:30 a.m.	Mandatory trip brief
5 a.m.	Depart Naval Station Norfolk
8:30 to 9 a.m.	Estimated arrival at Wintergreen Resort, check-in, issue lift tickets and gear rental
9:30 a.m. to 5 p.m.	Skiing (lunch on your own)
5 to 6 p.m.	Turn in gear and change clothes
6 p.m.	Depart Wintergreen Resort
10 p.m.	Estimated arrival back at Naval Station Norfolk

WHAT TO BRING:

- Ski clothing (water resistant materials, gloves, hat, goggles & wool socks)
- Dry clothes to change into for ride home
- Extra cash for lunch, merchandise, etc.
- Personal snacks (optional)
- Camera (optional)

ADDITIONAL NOTES:

Personal ski equipment (i.e. skis/snowboards, poles and boots) will not be permitted on this trip! Any equipment brought to the departure location will be left behind. Jeans and cotton clothing are not appropriate cold weather wear. Please come prepared for cold weather conditions.

Visit www.wintergreenresort.com for snow conditions and eating options.

CALL 444-4033 FOR MORE INFORMATION.





2012
NAVAL STATION NORFOLK
DUNE HANG GLIDING & KAYAKING TRIPS
 SATURDAY, JUNE 9 & AUGUST 18, 2012

DUNE HANG GLIDING & KAYAKING

KITTY HAWK, NC

Cost per person: E-1 to E-3, \$75 | E-4 to E-6, \$85 | E-7 and up, \$120 | Civilian guest, \$135

Open to active duty and one guest 18 or older. Meet at 5 a.m. inside building C-9 main lobby on the day of the trip.

TENTATIVE ITINERARY:

5 a.m.	Meet at Naval Station Norfolk, building C-9
5:30 a.m.	Mandatory trip brief
6 a.m.	Depart Naval Station Norfolk
8 to 8:30 a.m.	Arrive
9 a.m. to noon	Group 1 - Beginner dune hang gliding lesson
9:30 to noon	Group 2 - Kayak tour
	Group 2 - On to Manteo departure site
12:30 to 1:30 p.m.	Lunch Break (on your own)
2 to 5 p.m.	Group 2 - Beginner dune hang gliding lesson
2 to 5 p.m.	Group 1 - Kayak tour
	Group 1 - On to Manteo departure site
7:30 p.m.	Estimated arrival back to Naval Station Norfolk

WHAT TO BRING:

Sunscreen, sunglasses, comfortable clothing for hang gliding, bathing suit for kayaking, towel, extra cash (for lunch, merchandise, etc.), waterproof camera for kayaking pictures and bottled water

ADDITIONAL NOTES:

- Depending on the amount of patronage, this trip will be split into two groups to maximize program time for the day.
- Maximum weight for hang gliding is 225 lbs.
- Weather can be very warm and sunny – plan to stay hydrated during the day and wear plenty of sunscreen.

FOR MORE INFORMATION ABOUT KITTY HAWK KITES PLEASE VISIT WWW.KITTYHAWKKITES.COM

CALL 444-4033 FOR MORE INFORMATION.





2012 NAVAL STATION NORFOLK

WHITEWATER RAFTING TRIP

SATURDAY & SUNDAY, JULY 21 & 22, 2012

WHITEWATER RAFTING

NEW RIVER, WV

RAFTING IS ON THE NEW RIVER IN WEST VIRGINIA WHICH ALTERNATES FROM CLASS THREE TO FIVE RAPIDS TO POOLS PERFECT FOR SWIMMING.

Cost per person: E-1 to E-3, \$75 | E-4 to E-6, \$85 | E-7 and up, \$115 | Civilian guest, \$125

Open to active duty and one guest 18 or older. Meet at 7 a.m. inside building C-9 main lobby on the day of the trip.

TENTATIVE ITINERARY:

SATURDAY

7 a.m.	Meet at Norfolk Naval Station, building C-9
7:30 a.m.	Mandatory trip brief
8 a.m.	Depart
11:30 a.m.	One-hour lunch stop (on your own)
4 p.m.	Estimated arrival at class VI campground
4 to 5 p.m.	Check-in at campground, unpack van and set up tents
5:30 p.m.	Depart campground for class VI
6 to 9 p.m.	Dinner buffet and free time at class VI
9 p.m.	Free time at campground and campfire

SUNDAY

6 a.m.	Wake up call
6 to 7 a.m.	Load vans and depart for class VI
7 to 8 a.m.	Breakfast
8 to 8:30 a.m.	Paperwork, equipment check-out and load buses
8:30 a.m.	Depart for river in class VI bus
9:30 a.m.	A.M. rafting
Noon	30-minute lunch on riverside
12:30 p.m.	P.M. rafting
3 p.m.	Depart river take-out for class VI
4 to 5 p.m.	Showers, dinner and watch rafting video (on your own)
5 p.m.	Depart class VI
Midnight	Estimated arrival back at Naval Station Norfolk

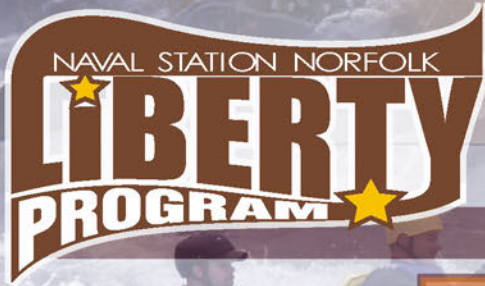
WHAT TO BRING:

Overnight bag, sleeping bag, blanket and pillow, waterproof camera (if you want to take pictures while rafting), sunscreen and bug spray, bathing suit or waterproof clothing, sandals or water shoe and towel. Also, extra cash for lunch stops, merchandise, snacks/drinks, rafting video, etc. Although this is a summer trip, due to the higher elevation it can get cold at night. Dressing in layers is suggested!



CALL 444-4033 FOR MORE INFORMATION.

Rafting guides treat us very well so please set some cash aside to tip your guide after rafting!!! Please do not bring personal tents as we will provide them for you.



2012 NAVAL STATION NORFOLK

EXTREME WHITEWATER RAFTING

SATURDAY & SUNDAY, SEPTEMBER 15 & 16, 2012

EXTREME WHITEWATER RAFTING

UPPER GAULEY RIVER, WV
RATED AMONG THE TOP WHITEWATER RAFTING RIVERS IN AMERICA.

Cost per person: E-1 to E-3, \$90 | E-4 to E-6, \$100 | E-7 and up, \$145 | Civilian guest, \$155

Open to active duty and one guest 18 or older. Meet at 5 a.m. inside building C-9 main lobby on the day of the trip.

TENTATIVE ITINERARY:

SATURDAY

7 a.m.	Meet at Norfolk Naval Station, building C-9
7:30 a.m.	Mandatory trip brief
8 a.m.	Depart
11:30 a.m.	One-hour lunch stop (on your own)
4 p.m.	Estimated arrival at class VI campground
4 to 5 p.m.	Check-in at campground, unpack van and set up tents
5:30 p.m.	Depart campground for class VI
6 to 9 p.m.	Dinner buffet and free time at class VI
9 p.m.	Free time at campground and campfire

SUNDAY

6 a.m.	Wake up call
6 to 7 a.m.	Load vans and depart for class VI
7 to 8 a.m.	Breakfast
8 to 8:30 a.m.	Paperwork, equipment check-out and load buses
8:30 a.m.	Depart for river in class VI bus
9:30 a.m.	A.M. rafting
Noon	30-minute lunch on riverside
12:30 p.m.	P.M. rafting
3 p.m.	Depart river take-out for Class VI
4 to 5 p.m.	Showers, dinner and watch rafting video (on your own)
5 p.m.	Depart class VI
Midnight	Estimated arrival back at Naval Station Norfolk

WHAT TO BRING:

Overnight bag, sleeping bag, blanket and pillow, waterproof camera (if you want to take pictures while rafting), sunscreen and bug spray, bathing suit or waterproof clothing, sandals or water shoes and towel. Also, extra cash for lunch stops, merchandise, snacks/drinks, rafting video, etc. Although this is a summer trip, due to the higher elevation it can get cold at night. Dressing in layers is suggested!

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