

## SOAR 2023

The registration fee for SOAR is \$275. This fee covers an early move-in and all meals and activities beginning Monday evening (August 14<sup>th</sup>, 2023).

All SOAR trips include instruction, transportation, activity specific equipment, and meals during the trip. Participants will be expected to supply their own activity appropriate clothing.

Under each trip type, you will see level of challenge and level of remoteness. Please review each trip type and their associated level of challenge and remoteness to better understand the adventures you are signing up to participate in.

### Level of Challenge Scale

The Level of Challenge scale is meant to help you understand the physical fitness and experience levels recommended for each outdoor trip. This scale does not include information on the inherent risks of specific outdoor activities or emotional challenges you may face.

#### *Beginner*

- Physical Fitness: Minimal physical fitness is needed. This trip is beginner friendly but may push some.
- Experience needed: No previous experience with this activity is required

#### *Intermediate*

- Physical Fitness: A basic level of fitness is recommended for participants to enjoy this trip.
- Experience needed: Previous experience is recommended but not required.

#### *Advanced*

- Physical Fitness: An above average to advanced level of physical fitness is recommended or may be required.
- Experience needed: previous experience with the activity is required.

### Remoteness Scale

This scale is meant to help you understand how accessible modern-day conveniences will be during your trip. This may include amenities such as restrooms, showers, cell service, and sleeping arrangements. Check specific trip descriptions for more details.

#### *Level 1*

This is a front country trip where showers and flush toilets are available. Sleeping arrangements may be indoors or in tents. You will likely be able to charge electronics and should have regular access to cell phone coverage.

#### *Level 2*

This is a front country trip with less access to modern-day conveniences. Sleeping arrangement will likely be in tents. Expect pit toilets or similar restroom facilities with little to no access to running faucets. Cell phone coverage may be available but is unreliable. You may have occasional access to electrical outlets to charge electronics.

### *Level 3*

This is a backcountry trip. Sleeping arrangements will be in tents and access to vehicles/roads is extremely limited or difficult to arrange. There is no access to showers, running water, or toilets. There is no access to electrical outlets to charge electronics and cell phone coverage is very unreliable or non-existent.

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## Trip Type Descriptions

### **Land-Based Day Trips**

Day trips return to campus every evening. Participants will be able to return to their dorms after trips each day. Embark on a thrilling three-day day trip in North Georgia, packed with land-based adventures. One day will feature indoor rock climbing, where you'll conquer vertical walls and challenge yourself. Another day, you can test your skills at an adventure park, including a rope courses and ziplines. Another one of those days invites you to enjoy scenic hikes, where you can explore picturesque trails and perhaps stumble upon charming waterfalls and/or other (smaller) water features. Students will return to their dorm each evening to relax and share stories, forging lasting friendships. Experience an unforgettable journey, combining adventure with the breathtaking beauty of North Georgia. Each group may follow different itineraries of other various included activities. Activities and Itinerary subject to change.

#### *Level of Challenge:* · Beginner

- Physical Fitness: Minimal physical fitness is needed. This trip is beginner friendly but may push some.
- Experience needed: No previous experience with this activity is required

#### *Level of Remoteness:* Level 1

This is a front country trip where showers and flush toilets are available. Sleeping arrangements may be indoors or in tents. You will likely be able to charge electronics and should have regular access to cell phone coverage.

### **Water-Based Day Trips**

Day trips return to campus every evening. Participants will be able to return to their dorms after trips each day. Cool off from the summer heat with us on a three-day water-based trip.

Explore local natural bodies of water through a variety of person-powered watercraft including standup paddle boards, tubes, and/or kayaks. Enjoy the scenic views on a day hike through beautiful Cloudland Canyon State Park! Relax as we “Shoot the Hooch” for a relaxing day of tubing down the Chatahoochee River! Finally, test your skills with a day of indoor rock climbing! Students will return to their dorms each evening after activities conclude, giving them a chance to get better acquainted with campus and their fellow participants. Enjoy the variety Georgia has to offer with a trip to remember! Each group may follow different itineraries of other various included activities. Activities and Itinerary subject to change.

*Level of Challenge:* · Beginner

- Physical Fitness: Minimal physical fitness is needed. This trip is beginner friendly but may push some.
- Experience needed: No previous experience with this activity is required. Participants must be able to swim with the assistance of a personal floatation device (PFD).

*Level of Remoteness:* Level 1

This is a front country trip where showers and flush toilets are available. Sleeping arrangements may be indoors or in tents. You will likely be able to charge electronics and should have regular access to cell phone coverage.

### **Ziplining and Camping Overnight Trips**

Soar through the scenic forests of North Georgia during an exciting three-day trip, combining ziplining and camping. Experience the thrill of gliding through the treetops and take in the stunning natural beauty. Connect with incoming freshmen and current Emory students as you camp together, sharing stories and forging new friendships. Create lasting memories while enjoying outdoor adventures and building a vibrant social network within the Emory community. No experience necessary. Ziplining and tent camping are the main activities of this trip type. Other activities may include but are not limited to day hikes, indoor rock climbing, optional opportunities to swim, camp activities and games, group bonding activities, and exploration of nearby areas. Each group may follow different itineraries of other various included activities. Activities and Itinerary subject to change.

*Level of Challenge:* · Beginner

- Physical Fitness: Minimal physical fitness is needed. This trip is beginner friendly but may push some.
- Experience needed: No previous experience with this activity is required

*Level of Remoteness: Level 2*

This is a front country trip with less access to modern-day conveniences. Sleeping arrangement will likely be in tents. Expect pit toilets or similar restroom facilities with little to no access to running faucets. Cell phone coverage may be available but is unreliable. You may have occasional access to electrical outlets to charge electronics.

**Whitewater Rafting and Camping Overnight Trips**

Tent camp in Southern Tennessee and spend a day paddling through five miles of Class III and IV rapids on the Ocoee River with professional whitewater guides. Whitewater Rafting and tent camping are the main activities of this trip type. Other activities may include but are not limited to day hikes, optional opportunities to swim, camp activities and games, group bonding activities, and exploration of nearby areas. Each group may follow different itineraries of other various included activities. Activities and Itinerary subject to change.

*Level of Challenge: · Beginner*

- Physical Fitness: Minimal physical fitness is needed. This trip is beginner friendly but may push some.
- Experience needed: No previous experience with this activity is required. Participants must be able to swim with the assistance of a personal floatation device (PFD).

*Level of Remoteness: Level 2*

This is a front country trip with less access to modern-day conveniences. Sleeping arrangement will likely be in tents. Expect pit toilets or similar restroom facilities with little to no access to running faucets. Cell phone coverage may be available but is unreliable. You may have occasional access to electrical outlets to charge electronics.

**Rock Climbing and Camping Overnight Trips**

Begin your week on campus learning the basics of rock climbing and belaying at Emory's indoor rock climbing wall. On Thursday, trips will depart campus for 2 days and 1 night of tent camping at a local crag known as Sandrock in Alabama. Groups will participate in outdoor rockclimbing with trained rock climbing trip leaders and explore through hiking or other day

activities. Rock climbing and tent camping are the main activities of this trip type. Other activities may include but are not limited to day hikes, optional opportunities to swim, camp activities and games, group bonding activities, and exploration of nearby areas. Each group may follow different itineraries of other various included activities. Activities and Itinerary subject to change.

*Level of Challenge:* · Beginner

- Physical Fitness: Minimal physical fitness is needed. This trip is beginner friendly but may push some.
- Experience needed: No previous experience with this activity is required.

*Level of Remoteness:* Level 1

This is a front country trip where showers and flush toilets are available. Sleeping arrangements may be indoors or in tents. You will likely be able to charge electronics and should have regular access to cell phone coverage.

### **Backpacking Trips**

Satisfy your taste for adventure with an exciting three-night backpacking trip on the iconic Appalachian Trail! Challenge yourself on scenic trails as you pass through North Georgia's beautiful forests and mountains. Learn basic outdoor skills from our experienced instructors. Immerse yourself in the outdoors: practice Leave No Trace principles, cook your own meals, and relax in tents after long days on the trail! Join us for a one-of-a-kind trip you won't want to miss! Expect to travel along rocky and uneven paths. Elevation change is likely gradual with short sections of steep terrain. Participants will carry 15-40 lbs in backpacking specific packs. Expect to travel 4-8 miles per day for 3-6 hours per day. Activities and Itinerary subject to change.

*Level of Challenge:* Intermediate

- Physical Fitness: A basic level of fitness is recommended for participants to enjoy this trip.
- Experience needed: Previous experience is recommended but not required.

*Level of Remoteness:* Level 3

This is a backcountry trip. Sleeping arrangements will be in tents and access to vehicles/roads is extremely limited or difficult to arrange. There is no access to showers, running water, or toilets. There is no access to electrical outlets to charge electronics and cell phone coverage is very unreliable or non-existent.

