

University of Minnesota Duluth - Recreational Sports Outdoor Program

Red River Road Trip Itinerary

This itinerary is designed to be flexible based on many factors that include: weather, skill levels, and interests. Listed are highlights of a proposed schedule.

Wednesday, March 5 7:00pm

Mandatory Pre-Trip Meeting in Sports and Health Center room 191 - Introductions, group expectations, itinerary, safety, physical preparation, limitations, equipment, meals, and final payment due at this meeting.

Saturday, March 15

Leave Duluth at 5:00am and drive to Mammoth Cave National Park arriving in the late evening.

Sunday, March 16

After breakfast we will depart on our caving adventure through Mammoth Cave. Lunch will be during the adventure. After the tour we will drive to the Red River Gorge and setup camp.

Monday, March 17

Our first day of climbing. We will setup some easier climbs and review the basics of climbing including tying in, belay technique, lead climbing demonstration and basic climbing safety. Lunch will be at the climbs and dinner will at the campsite.

Tuesday, March 18

Day two of climbing. We will spend the day on climbs of various difficulties hopefully pushing our abilities to new levels. Possibilities for mock leads and possibly 2nding lead climbs.

Wednesday, March 19

Today will be spent resting our climbing muscles and seeing the sights that Daniel Boone state forest has to offer. We will hike the gorge which is known for its natural stone arches and beautiful waterfalls.

Thursday, March 20

Back to climbing. We will spend the day at a new area of the red river gorge. There will be possibilities for climbs of all levels.

Friday, March 21

Another day of hiking in the wilderness and beauty of the red river gorge.

Saturday, March 22

The final day of climbing. Today can either be spent relaxing and spending time on easier routes or you push you ability and try some of the harder grades the red has to offer. After dinner we will pack up camp best we can to prepare for our early morning departure.

Sunday, March 23

We'll pack up in the early morning and head back to Duluth

DESTINATIONS:

- **Mammoth Cave National Park, Kentucky**

Mammoth cave is the longest known cave in the world. The cave was discovered by humans some 4,000 years ago. Native Americans collected minerals from the cave and left many artifacts that are perfect preserved. Europeans first discovered the cave in the 1800's and started running tours as early as 1816.

- **Red River Gorge, Kentucky**

Some of the best climbing east of the Mississippi is situated in the gorge. With over 1700 climbs in the area there is climbing for all abilities. This area is known for its well-organized climbing coalition that is helping to preserve and expand climbing on a daily basis.

- **Daniel Boone State Forest**

Daniel Boone State forest is known for it spectacular stone arches and beautiful scenery. This area has wonderful hiking with great views and amazing photo opportunities.

GENERAL INFO:

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