

St. Margaret's School River Day Program

Near the beginning of each year, St. Margaret's takes time to allow each student to explore one region of the Rappahannock and Chesapeake Watershed from the origins of the river to the Atlantic Ocean. This year we will each class will spend at least one overnight September 17-19 in the following locations.

8th Grade—To the Headwaters at Shenandoah National Park

9th Grade—Exploring the flowing Rappahannock near Fredericksburg, VA

10th Grade—Enjoying the Tidal Rappahannock, near Tappahannock, VA

11th Grade—Learning about the Chesapeake Bay on Tangier Island

12th Grade—Out to the Ocean at Virginia Beach, VA

Following is a packing list for all classes except for 11th grade. For 11th grade students please see waiver and form for the packing list.

One pair of **water shoes** or **Teva-like water sandals** with a back strap

One pair of comfortable walking shoes or hiking shoes

Change of clothes

Sleeping bag

Pillow

Toiletries

Towel

Sun block

Notebook or journal

Water Bottle

Optional

Hat or cap

Flashlight or headlamp

Please no ipods or mp3 players, electronic games, or valuables.

For 9th, 11th and 12th grade, there is a waiver for parents to sign.

SMS River Day
8th Grade

To the Headwaters—Shenandoah National Park

Tentative Schedule

Wednesday, September 16, 2009

Academic Day	Normal seven period day class schedule
Afternoon	Prepare for camping: setting up tents, packing, etc
8:15	Movies in three locations

Thursday, September 17, 2009

1:00	Depart SMS
3:30	Arrive at Shenandoah National Park Thornton Gap Entrance (mile 31.5)—110 miles from Tappahannock Introductory Hike to summit—Little Stony Man Cliffs (mile 39.1) 1.8 miles round trip hike
4:30	Arrive at Big Meadows Campground (mile 51) or Dundo (83.7) -Set up camp
5:30	Prepare Dinner Campfire Watershed introduction Stories and s'mores

Friday, September 17, 2009

8:00	Prepare Breakfast
9:00	Break-down camp
10:00	Depart for White Oak Canyon (mile 42.6) 6 mile round trip or Dark Hollow Falls (mile 50.7) 1.5 mile round trip Picnic on trail
2:00	Depart for Tappahannock Snacks on the way (ice cream in Fredericksburg?)
5:00	Arrive in Tappahannock
6:00-7:00	Dinner and Activities at SMS

Links

<http://www.nps.gov/shen/>

<http://www.shenandoah.national-park.com/>