

Chesapeake Watershed Survey, CBGS Sophomores, Fall 2013

This is a survey of Chesapeake tributaries from their headwaters in the mountains all the way down to their lower tidal stretches, with emphasis on the geological history of the Bay's watershed. We'll begin at the beginning, with a challenging 5-mile hike in the Blue Ridge Mountains in Shenandoah National Park, witnessing a natural spring where the water cycle begins and following it downhill to ever widening creeks and several slender waterfalls. Then back uphill (huff-puff-huff-puff ...whew!). We'll camp that night in the foothills of the Blue Ridge Mountains. The next morning we'll return to Skyline Drive for a short 1-mile hike to a stunning 360° panoramic view, where we will be able to see and discuss 3 of Virginia's 5 distinct geologic provinces. After a picnic lunch, we'll head north and west to Luray Caverns, carved out by groundwater in the limestone floor of Shenandoah Valley. We'll pitch camp there in Luray, and then return eastward the next morning, following the Rappahannock River downstream to Fredericksburg, where we'll scramble amongst the rocks and rapids of the "Fall Zone." Finally, we'll continue downslope to Westmoreland State Park in the Coastal Plain, where we'll study the tidal Potomac River and its active geologic scarps.

Sept 14-16 (BG Sophomores) – 8:00 am Sat to 6:00-7:00 pm Mon

Sept 21-23 (Glenns & Lanc. sophomores) – 8:00 am Sat to 6:00-7:00 pm Mon

Sept 28 - 30 (Warsaw sophomores) – 8:00 am Sat to 6:00-7:00 pm Mon

Cost: \$75 per student (checks payable to "CBGS")
(For financial assistance, please speak with your Foundations Teacher)

Saturday	Sunday	Monday
8:00 Depart CBGS site	7:00 Breakfast and break camp	7:00 Breakfast & break camp
11:30 Bag lunch on Skyline Dr.	9:30 Hike/climb Bearfence Mt (hike to 360° view; 1 mi)	9:00 Depart for Fredericksburg
12:30 Doyle's River / Jones Run Trail (waterfall hike, 5 mi) ...plan to get wet!	11:30 Picnic lunch at Lewis Mt. Picnic Area	11:00 Picnic at Steamboat Dock
6:00 Pitch camp at Heavenly Acres (Stanardsville) ...play time, cookout dinner, geology lesson, campfire, etc.	2:30 Luray Caverns	12:00 Fredericksburg Fall Zone ...plan to get wet!
8:30 Lecture 1: Geology Lecture 2: Water Quality	5:00 Pitch camp at Jellystone (Luray) ...play time, geo lesson, cookout dinner, campfire, etc.	2:00 Depart for Westmoreland
10:30 G'night!	8:30 Lecture/Activity: Karst Topography, Cave Fauna, 1 billion years of geology	3:30 Westmoreland State Park
	10:30 G'night!	5:00 Depart for home
		6-7:00 Approximate return to CBGS site

- ❑ This is a physically demanding trip!!! Get plenty of sleep beforehand and eat a good breakfast. You'll need those carbs! If you haven't been exercising much lately, it'd be a good idea to do some walking or exercising between now and then. Really!!!
- ❑ We will camp in tents Saturday night in the foothills of the Blue Ridge Mountains (Heavenly Acres Campground, Stanardsville, 434-985-6601). It's a nice campground with pavilions, showers, rec room, etc., but don't expect a KOA! Sunday we'll camp at Jellystone in Luray (800-420-6679). **Leave these phone #'s with your folks!**
- ❑ What to Wear on Saturday: shorts, T-shirt, and (if it's chilly) a sweatshirt. Wear **layers** on the hike. **Comfortable sneakers** or **hiking boots**. Do NOT wear sandals or flip-flops on the trail. Even if it's chilly, wear **shorts** on the hike (once your hiking muscles get cooking, they'll be plenty warm).
- ❑ What to Bring:
 - Bag lunch w/ drink(s) for Saturday. Also bring money for a road stop for Big Macs and other such garbage. We'll provide the other meals.
 - Several changes of shorts, T-shirts, sweatshirts, & swimsuit, plus a beach towel (you may get wet on both Saturday and Monday)
 - A sweatshirt, jacket, and jeans or sweatpants for evening at the campsite. Pay attention to the weather forecast! Expect the mountains to be 10° cooler than Tidewater. Also a light (e.g., disposable) poncho or rain jacket if rain is forecast.
 - Bathroom gear including bug spray and sunscreen
 - Plastic bag for wet clothes
 - Pillow and WARM sleeping bag. Also recommended: a foam sleeping pad (available for 6 bucks at Walmart)
 - Flashlight
 - **Water Bottle** or **Canteen** (there will NOT be an unlimited supply of soft drinks)
 - **Field Notebook** and **Pencil**
 - **A HEALTHY, ADVENTUROUS ATTITUDE!!!**
 - Optional stuff: camera

