

UAB OUTDOOR PURSUITS
CANOE FONTANA LAKE TO GHOST TOWN OF PROCTOR, NC
Oct. 23-25, 2009

Friday, Oct. 23

- Meet in room 290 at the Campus Recreation Center at 5 PM.
- Pack your gear, fill water bottles and eat lunch before you come.
- Ride to Fontana Lake (about 5 hours driving time).
- Stop to eat dinner at a fast food restaurant.
- Arrive at Cable Cove Campgrounds in Cable Cove Recreation Area.
- Set up camp. This campground includes restrooms with flush toilets, and potable water.
- Bring a flashlight to help set up your tent.
- Sleep Friday night.

Saturday, Oct. 24

- Wake up. Eat breakfast from the van.
- Load canoes with gear/food for camping. Make sure everything is waterproofed and tied into the boat.
- Paddle about 3.5 miles across the lake to the take-out for the ghost town of Proctor via Hazel Creek.
- Eat lunch in a beautiful location along the water.
- Short hike to campgrounds and town of Proctor.
- Hike around the area.
- Eat dinner out of your pack.
- Sleep in backcountry Saturday night.

Sunday, Oct. 25

- Wake up early; eat breakfast from your pack.
- Short hike back to canoes. Reload gear.
- Paddle 3.5 miles back to the van.
- Load the boat trailers and depart for Birmingham.
- Ride to Restaurant for dinner.
- Return to Birmingham around 10:00 PM Sunday.

Pre-trip meeting and deadline for sign-up, Tuesday, Oct. 20, at 6:00 PM in room 290 of Campus Rec.

Pick up equipment, packing list, and receive additional instructions.

Trip fee covers equipment, transportation, and canoeing.

Participants are responsible for all meals.

Refund policy on Waiver is closely followed.

Any questions not answered at pre-trip meeting should be directed to:

Bill Pierce 996-4913

For your outdoor needs visit


The logo for Mountain High Outfitters features the words "Mountain High" in a large, stylized, cursive font, with "OUTFITTERS" in a smaller, spaced-out, sans-serif font underneath.

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