

**UAB OUTDOOR PURSUITS
CAHABA RIVER - EVENING CANOE TRIP**

April 23 (Fri), 2010

Sat April 4

- Meet in room 290 at the Campus Recreation Center at 5 PM.
- Eat afternoon snack, pack daypack with dinner and fill water bottles before you come.
- Dress in clothes for swimming, including river sandals or shoes you can swim in.
- Ride to the Cahaba River.
- Put on life jackets. Pack your snacks, water, and camera in a waterproof container; you must tie everything to the canoe. Anything not tied in may become river trash.
- Put-in boats on the river. Paddle down stream.
- Eat dinner in canoes.
- Continue paddling to take out and UAB vans.
- You might consider bringing a change of clothes and a towel for when we get off the river.
- Load up, run shuttle.
- Return to Birmingham by 10:00 PM.

Plan to bring 1 meal to eat while paddling.

In addition to tandem canoes, single sit-on-top kayaks are also available, and may be recommended depending on river conditions.

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

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

Trip fee covers equipment and transportation.

Participants are responsible for all meals.

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

Bill Pierce 996-4913

For your outdoor needs visit

Mountain High
O U T F I T T E R S

2800 Cahaba Village Plaza, Suite 250
Birmingham, Al 35213
(205) 879-8850

127 Summit Blvd
Birmingham, Al 35243
(205) 967-7607

2000-147A Riverchase Galleria 300
Birmingham, Al 35244
(205) 985-3215

The Bridge Street NW, Suite 120
Huntsville, Al 35806
(256) 327-8438