



# TREKS

SUMMER 2025

## BACKPACKING & CANOEING

### LENHOK'SIN HIGH ADVENTURE

#### WHO CAN GO?

Treks are for units with select Provisional treks for individuals. Participants must be 13 years of age by September 1, 2025.

#### JAMES RIVER CANOE TREK

Paddle 61 miles of the historic Upper James River while you experience over 120 Class I and II rapids and the infamous Balcony Falls.

#### LENHOK'SIN TRAIL TREK

Choose from a selection of outposts and scenic views to create your very own trek with four nights on the trail.

#### LENHOK'SIN TRAIL OUTPOSTS

Explore the past at 1910s forge **Foxfire**, 1830s fur trapper **Mountain Man**, and 9th century homestead **Wood's Edge**. Take on adventure on stand-up paddleboards at **Aquatics**, go **Caving**, and soar through the air at **COPE**.

[www.gotogoshen.org/lenhoksin](http://www.gotogoshen.org/lenhoksin)