



HIGH MOUNTAIN EXPEDITIONS

Nolichucky River Rafting Itinerary

- 6:50** - Check in at High Mountain Expeditions Banner Elk outpost, located at Ski Country Sports
- 6:55** - Complete liability and acknowledgement of risk release waiver
- 7:00** - Load vehicles and depart for the Nolichucky River
- 7:45** - Arrive at Hardee's for breakfast, last running water restroom facility
- 8:00** - Depart for High Mountain Expeditions Nolichucky River put-in location
- 8:15** - Guests issued all the necessary whitewater gear
- 8:25** - Final PFD check and detailed safety and river orientation speech
- 8:40** - Launch rafts
- 12:00** - Arrive at High Mountain Expeditions hidden lunch spot
- 12:05** - Enjoy High Mountain Expeditions famous gourmet deli buffet style lunch
- 12:10** - Enjoy your lunch on the sandy shore of the Nolichucky River
- 12:45** - Load back in the rafts, ready to enjoy the rest of your adventure
- 2:30** - Arrive at High Mountain Expeditions Nolichucky River take-out location
- 2:35** - Change clothes in High Mountain Expeditions changing rooms
- 2:45** - Celebrate the successful completion of your adventure
- 2:55** - Arrive at convenience store to allow guests to purchase a snack for the return home
- 3:10** - Depart for High Mountain Expeditions Banner Elk outpost
- 3:55** - Arrive back at High Mountain Expeditions Banner Elk outpost, Ski Country Sports
- 4:00** - Meet and greet with your guides
- 4:05** - Slideshow of the day's photos and videos

*Note: This itinerary is provided as a sample. Actual times and activities are subject to change as a result of weather conditions, current water flows and guest preferences.