

VAPDC Summer Conference 2018
July 25-27, 2018

Outdoor Activities: Roanoke Mountain Adventures

806 Wasena Avenue, Suite 300, Roanoke, Virginia 24015
540-525-8295

Greenway Biking

Rent a hybrid bike and ride along 15 miles of the paved Roanoke River Greenway. Participants can go at their own pace and ride as long or little as they'd like. This section of the Greenway is relatively flat with some smaller climbs and descents. There is also the Mill Mountain Greenway for those looking for more of a challenge, an 800' climb from the Greenway to the top.

½ Day Rental: Hybrid Bike: \$20/Road Bike: \$35

Kayak the Roanoke River

Paddle six miles of the Roanoke River from Rotary Park in Salem to ur shop near Wasena Park. This section of river is fairly secluded for an uban river and offers great scenery and Class I and II rapids. Suitable for intermediate paddlers, some previous kayaking experience is recommended and difficulty can depend on water level.

Group Shuttle Rate: \$48/Kayak Rentals: \$27 each

Standup Paddleboard Instructions/Beginner Trip

Learn to SUP on the calm waters of the Roanoke River at Explore Park. Class covers the basics of SUP and allows time for participants to cover a few miles on the water after the instructional portion. SUP is a great way to enjoy the water while getting a full body workout. Rate depends upon number of people participating.

2: \$75 per person/3: \$65 per person/4+: \$55 per person

Roanoke Mountain Adventures also rents paddleboards, river tubes and mountain bikes. Conference attendees can also hike on one of the Mill Mountain Trails.