

**Introducing LMU's  
students to the great  
outdoors one  
excursion at a time.**



## **High Adventure Ropes Course**

The High Adventure Ropes Course is open to students at no charge. The only stipulation is that they organize a group and schedule a time. The course is also open to outside groups, at a charge.

The course includes:

- Teambuilding Exercises
- 6 Low Ropes Elements
- 2 High Ropes Activities
- 500 feet of Zip-Line

**LINCOLN MEMORIAL  
UNIVERSITY**

VALUES·EDUCATION·SERVICE

423.869.6811  
rick.stowe@LMU.net.edu  
www.LMU.net.edu



## **High Adventure Series of LMU**

**Ropes Course and Excursions**

**Trips Include:**

**White Water Rafting**

**Mountain Biking**

**Rock Climbing**

**Caving and Hiking**

**Horseback Riding**

**Skiing**

**Turner Bowling**  
High Adventure Coordinator



**Getting out and enjoying the natural beauty that surrounds LMU.**

### Monthly Excursions

The centerpiece of the High Adventure Series is the monthly Destination Excursions. These trips are usually within four hours of campus. Activities include:

- Biking the Virginia Creeper Trail
- Rafting the Ocoee River
- Skiing in Cataloochee NC
- Horseback Riding in the Smokies
- Rock Climbing in Torrent Falls KY
- Plus more in the works.

These trips are offered at little or no cost to students and are always great adventures. No need to worry about experience in the chosen activities. We only coordinate with the best guide services in their field.

### Local Trips and Information

The High Adventure Series also host a monthly Local Excursion. These include:

- Hikes to the Pinnacle and Tri-State
- Caving in Gap Cave
- Bring Your Own Bike on Rails Trail
- Wildlife Programs with National Park Service

Along with Local Excursions students that wish to can contact the High Adventure Coordinator for information on organizing their own trips for outdoor recreation. Available resources include:

- Info on CGNHP
- List of local state parks
- Contact info for outfitters
- Reference material for Smokey Mtn. National Park



**Hiking in Cumberland Gap National Historical Park**

## **High Adventure Series LMU Mission Statement**

**The primary mission of the High Adventure Series at Lincoln Memorial University is to provide quality outdoor recreation, leadership development, and teambuilding opportunities for the entire campus community: students, faculty and staff.**

*Join our Facebook group "High Adventure Series of LMU" For trip discussions, pictures, videos, and calendar of events*