

## CANOE, LUNCH & STEAK DAY

Shenandoah River Outfitter's specialty, all-day canoeing ending with a charcoal cooked steak dinner, is becoming the most popular way to enjoy the river. We start with a canoe trip designed for your needs. People of all ages enjoy our trips, most of them are beginner canoeists.

The outing begins in the morning on the river, where you discover the beauty and serenity of the Shenandoah River--flowing between the Blue Ridge and Massanutten Mountains and through the George Washington National Forest. A river-side lunch prepared and served by the Outfitter's staff, quells any midday hunger.

The feast includes charcoal hamburgers, chips, beans, drinks and cookies. Continue the afternoon exploring the Shenandoah River and then ride back to the Outfitters where you have time to change and take a hot shower before dinner.

The trip's finale is a steak dinner, complete with all the trimmings, cooked over open fires in our pavilion. The meal is designed to satisfy even the largest appetites. Then sit around the fire, roast marshmallows and enjoy a sing-a-long.

The day doesn't have to end with dinner; also available is camping right in the woods by the Outfitters--called Camp OutBack. Camp under the stars, glory in the sunrise and then have a second day of canoeing, kayaking or try tubing, for a change of pace. Or stay in one of our River Cabins-'Relaxing living on the river banks'.

Come and enjoy a relaxing day of fellowship with friends, canoeing, tubing, swimming, fishing and picnicking in the beautiful Shenandoah Valley.

### Menus for Canoe, Lunch & Steak Day

#### LUNCH

\*Hamburgers  
Baked Beans  
Potato Chips  
Lettuce and Tomatoes  
Potato Salad  
Cookies  
Drink

#### DINNER

\*Steaks  
Chicken BBQ  
Baked Potatoes  
Corn  
Green Beans  
Tossed Salad  
Chips & Salsa  
Cake & Watermelon  
Drink and Coffee

**\*We will cook your steak to order Well Done, Medium or Rare**

Heath Department recommends : "Consuming raw or undercooked meats, poultry or seafood increase your link of food born illness, especially if you have certain medical conditions."

**TYPICAL TRIP SCHEDULE (times- depends on River levels, length)**

**Arrival Time 8:00 - 9:30 Check time with Trip Leader**

**On River 9:00 -10:00**

**Lunch 11:30 - 1:00 Depending on departure time.**

**Off River 4:00 - 5:00 River trips generally take 4 -5 hours**

**Dinner App. 5:00 - 6:00 Check with Group Leader-but no later than 6 PM**

**Plan now for a Fun Day on the Shenandoah River!**