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## Keep Your 2021 Adventure Resolutions at Adventures on the Gorge

FAYETTEVILLE, W. Va., Nov. 9, 2020 - Southern West Virginia's [Adventures on the Gorge](#) is the adventure destination winter-weary travelers are going to want to discover next year, especially those travelers who have resolved to improve adventure skills, conquer fears or try something new in 2021.

Situated in the New River Gorge, a mountainous region with winding rivers, rugged canyons and lush forests, Adventures on the Gorge offers a spirit-boosting experience or every kind of adventurer.

"Whether it's a heart-pounding adventure paddling the rushing springtime rapids of the New River or soaring among the trees on the Treetops Zipline Canopy Tour, our guests will have lots of ways to shake off physical and spiritual cobwebs after a long winter," said Roger Wilson, CEO of the



adventure resort. “While we are all hunkering down for winter, it’s a good time to dream and plan for the days when we can go back outside and play.”

In the meantime, here are 21 ways travelers can resolve to have a blast in the great outdoors next year:

**Learn or improve your adventure skills.**

Adventures on the Gorge offers a variety of “Learn To” and other guided skill-building experiences featuring personal coaching with passionate guides.

1 - [Learn to fly fish](#) like a pro. Learn how to tie a fly, cast and retrieve, set a hook and more.

2 - [Learn to kayak](#) whitewater. For beginning and intermediate kayakers who want to learn how to kayak whitewater. Students will learn about gear selection, basic paddle strokes, how to roll a kayak upright, boat control and much more.

3 - [Go mountain biking with a guide](#). Two-hour and half-day Guided Mountain Biking tours are customized to cyclist’s skill level. Experiences range from easy scenic tours to some of the most challenging tracks in the Appalachians.

4- [Learn the ropes of rappelling](#). Adventurers as young as eight can learn the basic skills needed to rappel off a cliff during this two-hour adventure. There are also [half-day](#) rock climbing and rappelling adventures.

5 - [Take a guided hike](#). Hiking guides lead hikers of all abilities to the best spots for photos, the most scenic vistas and places to spot wildlife on two-hour and [half-day hikes](#).

6 - [Build your team](#). Your Zoom-weary team may be ready to finally get together in person, and customized team-building adventures will help you strengthen your group’s dynamics in the stunning backdrop of the New River Gorge.

**Conquer your fear of flying.**

After a winter at home, staying grounded may be the last thing you want to do, even if it makes you a little nervous. Adventures on the Gorge offers a variety of ways to let your body as well as your spirit soar.

7 - [Zip through an Eastern Hemlock forest](#) and protect the environment at the same time. TreeTops Zipline Canopy Tour features 10 ziplines, five sky bridges, two short hikes and a rappel at the end for a half-day aerial adventure that is devoted to sustaining the health of the forest. Part of the fees help treat trees infected by the invasive Woolly Adelgid.

8 - [Get a birds’-eye view of the New River](#). The guided New River Gorge Bridge Walk offers a slow walk along a 24-inch catwalk 850 feet above the New River for an unforgettable view of the river and a fascinating look at the architectural features of the famous bridge.

9 - [Defy Gravity](#). Speed demons will love the monster 1 ½-mile Gravity Ziplines, soaring 200 feet above ground and zigzagging across the ridgeline of a mountain bowl. Expect speeds of up to 65 miles per hour.

**Challenge those muscles you’ve been working on all winter.**

All those burpees, squats and push-ups you do this winter will pay off when you meet the challenges found at these adventures at Adventures on the Gorge.

10. [SUP, Climb and Kayak on Summersville Lake](#). With a toy-packed pontoon boat as your floating home base, this half-day adventure offers a variety of ways to play. Test your upper body strength climbing the rock walls of the lake, challenge your balance on a stand up paddle board and demonstrate your stamina by kayaking across the lake.

11. Test your balance, strength and focus on the [TimberTrek Adventure Park](#) obstacle course. To be victorious you'll need strength, endurance and confidence to face more than 60 platforms with bridges, ziplines, cargo nets and many other challenges.

12. [Join the Gaudiathon](#). The rafting world's version of a triathlon, this three-day, four-night fall-season adventure is the ultimate Upper Gauley challenge. It includes four days of rafting the Upper Gauley's famous Class V rapids, riverside camping, meals and guided hikes. Not for rafting newbies.

#### **Spend more time with the kids.**

13. - [Take them to the river](#). The Glade Creek Canyon & Hiking Adventure is the perfect New River adventure for families with kids eight and older, with paddling, hiking, jumping and crazy fun. Our guides love this trip almost as much as the kids. And a big bonus for parents: kids under 12 raft free.

14. [Unplug your teens on the New River Overnight](#). There's nowhere for them to recharge their phones, so teens will simply have to spend real facetime with you during this two-day adventure. You'll paddle the Upper and Lower New River by day and spend the night at a riverside campground.

15. [Go float fishing and camping](#). This two- or three-day adventure will give you plenty of time to get reacquainted with your kids as you leisurely cast away the day and spend the night under the stars.

16. [Introduce your teens to the Beast of the East](#). Sixteen is the minimum age for all Gauley River trips during the fall Gauley Season. Even if they don't say so, your intrepid teens will be thrilled to paddle Class V rapids along with their cool parents. There are half-, full- and overnight trips, and some previous rafting experience is recommended.

17. [Share some pool time](#). The Canyon Falls Swimming Pool includes a water feature to entertain the little ones and a convenient poolside bar for the grownups.

#### **Practice mindfulness.**

Situated on 250 wooded acres with private cabins and secluded trails, there are plenty of places to find quiet seclusion away from other guests.

18. [Yoga on deck](#). The decks surrounding Canyon Falls Swimming Pool offer a variety of optimal spaces for early-morning yoga or meditation.

19. [Hot tubs in the woods](#). Many of the cabins feature hot tubs situated on private decks and offer a great place for meditation and stargazing.

#### **Unleash your wild side.**

When you're ready for extreme, crazy fun, you're going to want to experience the Gauley River during Gauley Season.

20. [Run the Gauley River Marathon](#). The Gauley River Marathon will get your heart racing, with 60 rapids - including 25 Class Vs - in one long day.

21. [Make it a double](#). The Double Upper Gauley 1 Day is the most intense river trip Adventures on the Gorge has to offer. You'll raft the massive rapids on the Upper Gauley section of the river two times in one day.

Adventures on the Gorge offers many other adventures and experiences as well. For more information on these and other activities, visit the website or connect with the resort on [Facebook](#), [Twitter](#), [Instagram](#), [TripAdvisor](#), [YouTube](#), and [Vimeo](#) and by signing up for AOTG [e-newsletter](#).

Reservations can be made [online](#) or by calling 1-855-379-8738.

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**What to know about Adventures on the Gorge**

Named one of the top six adventure resorts in the country by [U.S. News & World Report](#), Adventures on the Gorge is located on more than 250 acres along the rim of the majestic New River Gorge near Fayetteville, W.Va. The resort provides an array of outdoor experiences including whitewater rafting on the New and Gauley Rivers, aerial adventures, rock climbing, rappelling, kayaking, stand up paddle boarding, fishing, mountain biking and hiking.

There are also restaurants, bars and shops as well as a small-group conference center. Visitors can choose from a variety of [accommodations](#) and [vacation packages](#).

Travelers can find out more about Adventures on the Gorge [online](#), by calling 1-855-379-8738, or connecting on [Facebook](#), [Twitter](#), [Instagram](#), [Google+](#), [TripAdvisor](#), [YouTube](#), and [Vimeo](#) and signing up for AOTG [e-newsletter](#).

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