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Climb a rock.

For Immediate Release

What You can do in Southern West Virginia's New River Gorge Right Now

FAYETTEVILLE, W. Va., June 19, 2020 - As quarantine-weary Americans plan their getaways, a peaceful mountainous region just may be the perfect place to go. Southern West Virginia's New River Gorge is an easily accessible destination with an array of outdoor adventures ranging from easy floats to thrilling whitewater rafting, from relaxing overlooks to guided rock climbing and more.

Located within a few hours' drive of a majority of the U.S. population, the destination offers everything travelers are seeking right now, including accommodations with private entrances as well plenty of things to do outside while maintaining physical distance from other visitors and natural beauty.

"Physical distancing is something we've been practicing for 47 years," said Roger Wilson, CEO of [Adventures on the Gorge](#), an adventure resort



Raft a river.



Navigate a ropes course.



Zip through a forest.

situated on the rim of the Gorge. “Outdoor adventure is a great way to reconnect with nature and each other.”

The popular adventure resort in Southern West Virginia opened for the season May 22 and has developed a [set of guidelines](#) for guests and employees during the Covid 19 pandemic.

It has also created this list of things you can do right now:

Go Rafting. With two rivers offering some of the best whitewater rafting in the world, you have options ranging from tame to completely gnarly. The [Lower New](#) River features rapids ranging from Class I through Class IV and is West Virginia rafting at its best. The [Upper](#) portion of the New River features Class I-III rapids suitable for first-time rafters. Conditions on the Gauley River are dependent upon how much water the U.S. Army Corps of Engineers releases from Summersville Lake. Take note: State guidelines require that your rafting group be pre-determined and comprised of family and/or friends. If you don't have enough people to fill a raft, consider...

Going down the river in duckies. Also known as inflatable kayaks, duckies hold one or two people. They are most popular on the Upper New River, but they are often used on the Lower New and even the Gauley as people develop their skills. Another popular option, especially for families is...

The Glade Creek Canyon section of the Upper New. The rafting here is a little quicker and comes with a nature hike to a beautiful waterfall and swimming hole. These three options are for day trippers. If you want extra river time and a campout, try...

The Summer Gauley Loop Overnight. Limited to just 24 whitewater rafters, this trip is new this summer and includes rafting one of the most exciting sections of the Gauley River multiple times, meals and riverside camping at the resort's Canyon Doors and Backender campgrounds. If you aren't into camping...

Spend the night in a cabin. The resort offers a range of freestanding and multi-unit cabin [accommodations](#), all with private entrances. On the Gorge and Outback cabins have two, three and four bedrooms, fully equipped kitchens, private decks with hot tubs, outdoor fire rings and living areas for guests to spread out. Elegant Sunnyside Suites are spacious hotel-style suites with private outdoor decks. Kaymoor Cabins and Suites feature basic amenities and private decks. If you're spending the night...

Head over to Smokey's for dinner. You would be hard-pressed to find a prettier place to eat than on the deck overlooking the New River Gorge. The decks at Smokey's are popular with business and wedding groups, and this summer they are proving to be a big hit with individual diners. The dining room's large windows open up to create an atmosphere that is practically outdoors as well. If you want a change of scenery...

Check out Fayetteville. Located just on the other side of the famed New River Gorge Bridge, [Fayetteville](#) attracts adventurers, foodies, rafters, climbers and cutthroats. Just kidding about the cutthroats. The town is a fun haven with a renowned and [not-so-secret sandwich shop](#), the [best pizza in the state](#) and a [church-turned-into-a-restaurant](#) that is a favorite for breakfast and lunch. While you're out...

Visit the National Park Service Visitor Center. With bipartisan backing from federal and state legislators, the [New River Gorge National River](#) is poised to become the next - and West Virginia's first - national park. The visitor center showcases the region's rich history and culture along with

its wide array of activities and attractions. Perhaps you will want to take things a step farther and...

Check out Thurmond and Nuttallburg. The heritage of the region was defined by immigrants who came to harvest abundant natural resources. Most of the company towns are long gone, but remnants remain in the New River Gorge and tell poignant stories. After heading back to the resort for a good night's sleep, be ready to...

Zip. Located on the Mill Creek Campus near many of the resort's accommodations, the [TreeTops Canopy Tour](#) features 10 zip lines and five sky bridges. TreeTops meanders through an Eastern Hemlock forest with guides leading small groups from tree to tree. Next door is your opportunity to...

Check out the ropes course. [TimberTrek Aerial Adventure Park](#) features five increasingly challenging courses with 60 platforms as well as bridges, zip lines and crazy obstacles that challenge agility and strength. At night, the resort lights up the course and calls it Moontrek. For more aerial adventures...

Climb a rock. With its rocky cliffs and outcroppings, the New River Gorge is home to terrific rock-climbing opportunities for both experienced and novice climbers. AOTG offers a variety of [guided programs](#). Just in case you didn't get enough time on the water...

Try Stand Up Paddleboarding (SUP). Summersville Lake and the section of the New River just above Hawk's Nest Dam feature smooth water and attractive scenery that are perfect for time spent leisurely paddling along. And if you lose your balance or slip, you just get a little wet.

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](#).

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