



FOR IMMEDIATE RELEASE



23 Adventures in the New River Gorge National Park and Preserve for 2023

FAYETTEVILLE, W. Va., Jan. 2, 2023 - Southern West Virginia's [New River Gorge](#) has long been an adventure destination for rafters, climbers, hikers, anglers, art-lovers and small town charm-seekers. With the mountain destination's designation as a national park two years ago, however, there are now even more reasons to put this once under-the-radar destination high on your travel list in 2023.

"This is a destination where you can treat yourself to an exhilarating day paddling huge river rapids or an introspective day exploring ghost towns and imagining what the lives of long-ago miners must have been like," said Roger Wilson, CEO of [Adventures on the Gorge](#), an adventure resort situated adjacent to the park's borders. "There's something here to appeal to every type of traveler."

Since the national park designation in late 2020, the 70,000-acre New River Gorge National Park and Preserve has received widespread media



attention, and annual visitation has increased significantly. Unlike some other national park destinations, the New River Gorge can handle the influx of visitors without being overcrowded.

Here are 23 different ways visitors can spend the day here:

Learn or improve your adventure skills.

Adventures on the Gorge offers “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 - [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 each 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 - [Sharpen your aim](#). The resort has teamed up with The Summit Bechtel Reserve to offer resort guests new activities. The Summit operates both pistol and shotgun ranges on 60 acres with sporting clays, equipment and expertise in a controlled environment.

7 - [We’ll tell you what’s SUP](#). Head to Hawk’s Nest Lake (It’s actually part of the New River) for some smooth water stand up paddle boarding. Take in the views from the bottom of the gorge, go for a swim and watch the trains go by.

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.

8 - [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.

9 - [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.

10 - [Defy Gravity](#). Speed demons will love the monster 1½-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 physical challenges found at these adventures at Adventures on the Gorge.

11. [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.

12. 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.

13. [Join the Gauliathon](#). 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.

14. - [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.

15. [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.

16. [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.

17. [Introduce your teens to the Beast of the East](#). Fifteen is the minimum age for the Upper 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.

18. [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.

19. [Make it a family affair](#). The multi-bedroom rental homes and cabins at the resort - many with fully equipped kitchens - are an appealing option for large family and friend groups. New this year is the six-bedroom [Ames House](#), with a capacity for up to 14 guests, and [Miles House](#), sleeping 10 guests. Situated within an easy walk of the resort's activities, the houses feature huge kitchens, spacious living areas, multiple bathrooms, hot tubs and private outdoor spaces.

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.

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

21. [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.

22. [Run the Gauley River Marathon](#). The Gauley River Marathon will get your heart racing, with 97 rapids - including nine Class Vs - in one long day.

23. [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.

###

About Adventures on the Gorge

Established in 2007, Adventures on the Gorge is one of the world's first adventure resorts. Located on more than 250 acres adjacent to the New River Gorge National Park and Preserve, the resort offers more than two dozen outdoor adventures including whitewater rafting on the New and Gauley Rivers, aerial adventures, rock climbing, kayaking, stand up paddle boarding, fishing, mountain biking and hiking. The resort features an array of lodging choices including deluxe multi-bedroom [rental homes](#) and [cabins](#), [hotel-style](#) cabins, [bunkhouse](#) cabins, [rustic](#) cabins, [glamping tents](#), [RV sites](#) and [campgrounds](#). In addition, the resort offers [restaurants](#), [shops](#), a [conference center](#) and a variety of [vacation packages](#).

For more information, 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.
[Video and Photos](#)

Hashtags:

#AdventuresOnTheGorge
@OnTheGorge
#AlmostHeaven
#VisitWV
#newrivergorgenationalpark
#NewRiverNPS

Media contact:

Mesereau Travel Public Relations
mona@mesereaupr.com
tom@mesereaupr.com