



For Immediate Release



Kids are introduced to rafting on easy and fun runs.



Opportunities to cool down in the river are plentiful.



The Glade Creek Canyon section is a step up from the Upper New River.



Kids love to jump from rocks into the water.

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Photos Available

Turn Your Kids into Wild Ones; Reducing the Nature Deficit with Multi-Sport Adventures in the National Parks of Southern West Virginia

NEW RIVER GORGE, W.Va., May 16, 2016 - Kids are not as wild as they used to be, and that is becoming a problem. With constant digital distractions and over-programmed schedules, many parents believe their own kids aren't nearly as adventurous as they - and their parents - were.

Dave Arnold believes it too. A co-founder of Adventures on the Gorge (AOTG), an adventure resort situated in a three-national-park region of Southern West Virginia, Arnold believes youngsters are more tentative in adventurous natural settings than ever. And he also believes there is a fix that can be life-changing as well as fun for the whole family.

Adventures on the Gorge offers an array of multi-sport adventures, and the resort recommends which adventures are most suitable for various age groups. For example, kids as young as six can go rafting, and children as young as seven can try the various obstacles on an aerial adventure course.

“Even children who are always looking down at their phones and have rarely played in the woods can enjoy nature if it is fun and exhilarating,” said Arnold. “We especially see it with rafting and zip lines. Kids may grumble a little when you tell them they need to unplug for a while, but they are often the ones who are joyfully screaming the loudest when they reach big speeds on a zip line or hit a rapid.”

Parents do not have to wait for their kids to grow up to take them on an adventure. Here are some of AOTG's options broken down by age group.

Rafting Opportunities

The New River is famous among adventurers for having some of the best whitewater rafting in the country.

Six and Up. The good news for rafting novices and kids age six and up is that the Upper portion of the New River features Class I-III rapids suitable for first-time rafters as well as those who prefer a more relaxed adventure experience. Groups can enjoy slow water interspersed with periods of manageable rapids and opportunities to use inflatable kayaks known as “duckies.” An added bonus is AOTG's “Almost Seven” promotion for six-year-olds who raft for free on the Upper New.

Eight and Up. An easy step up from the Upper New is the Glade Creek Canyon section of the New River, complete with a nature hike to a beautiful

waterfall and swimming hole. The rafting here is a just little quicker with a minimum age of eight.

Nine and Up Family Trip. When rafters are at least nine years old and water levels are low enough, the Family Lower New trip becomes available. This trip features oar-mounted boats so that guides control larger rafts and kids get a taste of what awaits them when they turn 12.

Twelve and Up. With rapids ranging from Class I through Class IV, the Lower New is West Virginia rafting at its best.

Aerial Adventures

Seven and Up. AOTG offers a wide range of aerial adventures appropriate for kids. With a minimum age of seven, [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.

Ten and Up. The [TreeTops Canopy Tour](#) has a minimum age of 10 and features 10 zip lines and five sky bridges. TreeTops meanders through an Eastern Hemlock forest. The [BridgeWalk](#) features a 3,000-foot-long catwalk under the New River Gorge Bridge with heights topping out at 852 feet. The minimum age is 10.

Twelve and Up. [Gravity Zip Lines](#) with a minimum age of 12 is a seasonal operation that opens in the spring when the conditions are mild. Guests travel up to 50 miles per hour above the tree line for the first zips, and the experience culminates with the AdrenaLine, a dual-racing zip line that is the longest zip line on the East Coast at 3,150 feet long. Guests can travel up to 60 miles per hour on this line.

Kids Camp

While parents and the older kids are running the river or zipping through the forest, kids at least five years old can enjoy half- or full-day sessions at the [Kids Camp](#). Instructors stress fun activities as the group plays wild while enjoying arts and crafts, the playground, scavenger hunts, hikes and the Canyon Falls swimming pool.

Even More Activities

Rock climbing/rappelling, lake adventures and guided hiking are all available to kids eight and up while mountain biking, paintball and stand-up paddle boarding (SUP) are for kids at least 10 years old. These are just some of [land-](#) and [water-](#)based adventures that will satisfy parents' desires to get their kids outdoors.

Accommodations and Dining

AOTG offers [accommodations](#) for a variety of group sizes and budgets. High-end luxury homes with multiple bedrooms and spectacular views of the New River Gorge are often the top choice among couples and their families. There are also a variety of other cabins, including deluxe cabins with hot tubs, kitchens and multiple bedrooms. For guests on a budget and for those who simply like to sleep in the great outdoors, there are tent camping sites, platform tents already set up, bunkhouses that sleep up to eight people.

Additionally, AOTG offers three full- and two limited-service [restaurants](#), a pool and a fun, casual, relaxed atmosphere that is appealing to travelers of all ages.

Located near Fayetteville, W.Va., the resort is within an easy drive of many cities in the Midwest, East and South such as Charlotte (four hours), Cincinnati (five hours, 30 minutes) and Washington, D.C. (five hours, 30 minutes).

For more information and to reserve packages, travelers should call 1-855-379-8738 or visit www.adventuresonthegorge.com. Travelers can find out more about Adventures on the Gorge and learn about specials and other offers by connecting on [Facebook](#) or [Twitter](#), signing up for AOTG [e-newsletter](#) or following the AOTG [blog](#).

About Adventures on the Gorge

[Adventures on the Gorge](#) is an adventure resort located on more than 1,000 acres along the rim of 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 including two zip lines, the world's highest Bridgewalk and an aerial adventure park; rock climbing; rappelling; kayaking, stand up paddleboarding, fishing, mountain biking and hiking. The resort also features a variety of accommodations, restaurants and shops.

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

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