



# GET MOVING WITH RECWELL ADVENTURE

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CLIMBING WALL & CHALLENGE COURSE  
TRIPS & CLINICS  
BIKE SHOP  
GEAR RENTALS

Active Terps  
Live Well



# RECREATION ADVENTURE

Get outside, challenge yourself, and experience all the benefits of being active in nature. Choose your own adventure—we'll support you as you explore new territory both outdoors and within yourself.

## ADVENTURE TERPS LIVE WELL!

- Spending time outside increases vitality, improves cognitive skills, and helps you feel happier.
- Connect and build relationships with fellow Terps through meaningful shared experiences.
- Learn about yourself as you test your limits and push your personal boundaries in a safe and supportive environment.

**Terps of all backgrounds are welcome to come discover their sense of adventure with us. No previous experience, skills, or equipment needed unless otherwise stated. We'll support you as you find the level of challenge that's right for you.**

## FOR MORE INFORMATION:

Adventure Program - 301.226.4453  
Bike Shop - 301.226.5641



@UMDAdventure

## TRIPS

Go camping, caving, climbing, and more! Day and overnight trips depart from College Park all semester long. Trip fees are all inclusive of transportation, gear, camping fees, and trained guides.

We are happy to design and lead a custom trip just for your group! All trips require a minimum of 6 participants. To request a custom trip, visit [go.umd.edu/customtrip](https://go.umd.edu/customtrip).

## EQUIPMENT RENTAL & RETAIL

Planning an adventure for you or your friends, but don't have all the necessary equipment? Rent gear by the day or week from the Adventure Program such as tents, sleeping bags, backpacks, and mountain bikes. Water purification, fuel, sunscreen, and other essentials are also available for purchase. We'll even help you plan your trip from start to finish.

## CHALLENGE COURSE

Groups, including student organizations and teams, can schedule custom-designed educational programs on the ropes course based on the goals of the group. Programs can cultivate leadership skills, improve problem solving abilities, boost individual self-confidence, and facilitate team bonding. Groups will embrace the "challenge by choice" philosophy as they utilize their collective and individual strengths to work toward common goals and learn the value of cooperation, communication, and encouragement.

Rates vary based on duration of workshop and size of group. To request a program, visit [go.umd.edu/ccrequest](https://go.umd.edu/ccrequest).

## CLINICS

Learn how to roll a kayak, maintain a bike, master the skills of backpacking—even learn how to cook in the backcountry! You may not get academic credit, but you'll walk away with the confidence to go on your own adventure in the great outdoors.

