

### Rafting (Cont'd from pg. 1)

Within a 20-mile radius of the rafting centers are four designated National Rivers, offering over 100 miles for river exploration, a concentration found nowhere else in the U.S. Rivers offers a combination of adventure rafting packages along with kayaking, rock climbing, mountain biking, horseback riding, and a multitude of other challenging and relaxing outdoor activities.

The New River Gorge National River has been dubbed the "Grand Canyon Of The East" and is home to Rivers Resort's and RockNRoll's most popular springtime Big Water trip. This premier all-day adventure travels through the world's second oldest river canyon, which generally runs at 1/3 more volume than the Grand Canyon! Paddlers are exhilarated with the thrill of rafting through 20 adrenaline-pumping rapids with roller coaster waves and heart pounding drops.

"During the Spring Season, rafting groups range in size from eight to two hundred, but smaller groups and individuals can join in and combine for the trip," Lilly said. "We also have some of the best rock climbing in the world, miles of mountain biking trails, a



kayak school, and horseback riding all in the area. Students are finding that a vacation at Rivers can provide more privacy and personal growth opportunities."

Whatever your level of adventure, Rivers and RockNRoll have it all. They are the only outfitters that can offer all of these adventures, with their own professional staff. For more information about Rivers Resort Spring High Water extreme rafting & springtime specials, call 1-800-TRY-RIVERS or log in to their web site at [www.RiversResort.com](http://www.RiversResort.com)

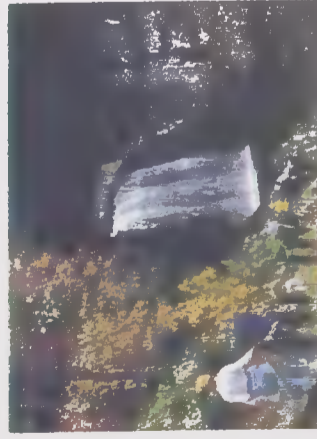
For reservations and specials at RockNRoll Rafting call 1-877-RNR-RAFT and check out their website, [www.rocknrollrafting.com](http://www.rocknrollrafting.com)

### Appalachians (Cont'd from pg. 2)

ern Appalachians. The southernmost traces of the last Ice Age are well above the Mason-Dixon Line. Also, glaciers do not build mountains, they tend to destroy them by eroding their tops and filling in the valleys with rocky debris. The southern mountain country was spared, although ice fields to the north affected the temperatures and precipitation: longer cool cycles brought more rain and snow. This in itself contributed significantly to the wearing down of the mountainous regions of Western North Carolina and West Virginia. It brought frequent and heavy rainfall which set the stage for the normal, constant forces of erosion resulting from the flow of streams and rivers, eventually producing the large gorges throughout the region like the famous New River Gorge in West Virginia.

The snow fields in the higher elevations produced climates in the valleys and hollows that allowed large tundra fields to develop. The Cranberry area in West Virginia is one of the only places in the Appalachians where tundra grasses can still be viewed.

These same processes continue today – and are now accelerated by logging, building and other ravages of man. That is why the Appalachian Mountains, being geologically



coal deposits among the layers of sedimentary rock. These were the ancient wet land marshes and bogs that bordered the coastline of that same ocean bed we now enjoy in the form of the mountains of eastern Tennessee and western North Carolina. These lowlands laden with living organic material were buried under layers of sediment which compacted it into seams of bituminous or "soft" coal. Up around Scranton, Pennsylvania layers of bog land were buried to far greater depths and compressed by the greater weight of the rock above to the point where they metamorphosed into anthracite or "hard" coal.

And what role did glaciers play in the formation or shaping of these mountains? They only had an indirect role in the south-

### Chocolate

#### (Cont'd from pg. 1)

The all day festival, which takes place April 30 in and around Café Soleil, will have a little something for everyone. Scheduled to perform live during the event is West Virginia based rock band, REVIZD. You can hear their music and more at [www.revizd.com](http://www.revizd.com). As for the chocolate, there will be plenty of gourmet desserts, chocolate martinis, brunch, lunch, and dinner for the food lover in all of us.

The festival will coincide with the grand opening of The Courtyard Gallery & Agency, which shares the outside courtyard with the local café. Here you will find awe inspiring artwork and crafts from talented artists and craftsmen across the Appalachian region. They will also sponsor an evening showing of the highly acclaimed film Chocolate, as well as numerous independent short films originally showcased at the traveling Twin Rivers Media Festival.

Call 828-299-8083 or visit [www.ashevillecourtyard.com](http://www.ashevillecourtyard.com) for event details or more information.

older, are much lower and have gentler slopes compared to the Rockies or the Andes or the Himalayas. The Appalachians just got a tremendous head start in the erosion process - by about 2.5 million centuries!

In the comparatively warm, comfortable climate we now enjoy, our mountain slopes abound with flora and fauna: about 2,000 species of plants - 130 varieties of hardwoods alone, 50 species of mammals, 39 species of amphibians, and over 200 species of birds. This has given rise to popular birding activities in North Carolina and West Virginia and festivals around the bird watching events.

Looking out today at the quiet beauty and spectacular views of ridges and valleys, witnessed by residents and visitors to these scenic mountains, one can appreciate what nature has done over the millennia to create them. We also know that slowly, imperceptibly nature will bring them back down to what they once were: sand and sediment gradually rinsing off the land and building up the bottom of the Atlantic Ocean. Let us hope that man will still be there to bear witness to the tortuous weathering that occurs and evolves over the next centuries of our Appalachian Mountains.

## Appalachian Getaways

OUTDOOR RECREATION GUIDE

[www.appalachiangetaways.com](http://www.appalachiangetaways.com)

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### EDITORIAL CONSIDERATION

Notify us of community events and happenings that will interest visitors of the Appalachian Mountains. We will consider articles and photographs for publication that support our goal of helping visitors enjoy their time in the mountains. While we handle all submissions with care, we are not responsible for loss or damage to original materials. We recommend that you query us first before sending your work.

All submissions should be emailed to [barry@appalachiangetaways.com](mailto:barry@appalachiangetaways.com) or mailed to 9 Walnut St, Asheville, NC 28801

## Extreme Rafting on West Virginia's New River Gorge Trip

While the majority of university students are headed to the chaos of beach parties or the boredom of home, some students like senior Jackie Cress from UNCA will take advantage of a less expensive and more productive, convenient spring break in a cabin near Fayetteville, West Virginia at Rivers Resort.

"It's going to be less crowded and West Virginia provides more outdoor activities for way less money than going to a beach in Florida, Texas or Mexico," she said. "Rivers has spring break activities like whitewater rafting, awesome mountain biking and rock climbing, and horseback riding. We also have a great place to socialize at night in the Red Dog Saloon!"

Outfitters like Rivers Resort and RockNRoll Rafting have been consistently named West Virginia's best outfitters offering the ultimate in adventure action on the New & Gauley Rivers. One of the reasons for River's and RockNRoll's rapid growth over the last 25 years is due to the unique trip specialties they offer and their ability to develop the most person-

alized & exciting whitewater experience for you! At these outfitters, you can choose smaller boats to get a thrilling ride, with wave surfing and personalized attention from their professional guides, or larger boats for smoother rides to gain an experience in big water. At RockNRoll Rafting you can even reserve a five star gourmet meal on the river!

Eddie Lilly, President of Rivers Resort, says "The low cost of student rafting and activities in the Spring is a compelling reason for students to look closer to home for Spring Break activities." He also stated that "Students should not be concerned about cold temperatures-we can provide multiple wet suits and it really doesn't become an issue once they are out rafting in that big spring water." Craig Bostec at RockNRoll agrees adding, "Spring Student discounts are available throughout the spring until the weekend before Memorial Day. There is just no better rafting or better price because of the snow melts and the student and military discounts in the United States each spring."

>> SEE "RAFTING" PG. 4

## Chocolate Festival to Benefit Local Charity

Chocolate...many people have a love affair with chocolate that begins very early in life. Many women will tell you they prefer chocolate to just about anything. So it's no surprise that an entire festival at one local business in downtown Asheville, North Carolina has been dedicated entirely to this powerful confection. What's better, proceeds from the festival benefit a great cause in Buncombe County's Project Access. Project Access is a nationally recognized health care program in which physicians, hospitals, and clinics donate their care to the low-income, uninsured people of Buncombe County. To learn more about this great charity visit [www.bcmsonline.org](http://www.bcmsonline.org).

>> SEE "CHOCOLATE" PG. 4

