



# 37 NORTH EXPEDITIONS

## SPRINGFIELD COMMUNITY LEADERSHIP VISIT

### **Guided James River Kayaking**

Kayak the beautiful James River. We will do a short section of James River and the float will be around 3 river miles in total. At the end of our time on the water we will enjoy a refreshing craft beer tasting from Springfield BrewCo.

\*kayaks are provided

### **Guided Lake Stand Up Paddle Boarding**

Fellows Lake is one of the most serene bodies of water in our area. After a quick tutorial on SUP'ing, we will explore the shorelines of the lake for around 1 hour. After we get off the water we will stop by for a tasting at the famous Mother's Brewing.

\*paddle boards are provided

### **Guided Beginner Mountain Biking**

Dirt 66 is the incredible new MTB trail system out at Fellows Lake. Our guides will get you sized correctly on your bikes before heading out on a short 4-6 mile loop on the new beginner friendly trails. After we get off the trails we will stop by for a tasting at the famous Mother's Brewing.

\*bikes are provided

### **Guided Greenway Bike Ride**

We will do a one-way greenway bike ride on the gorgeous Wilson's Creek Greenway. Our ride will be around 5 miles long as we ride along side the creek and make stops along the way before ending at Rutledge Wilson Farm. After we get off the bikes we will stop at Tie and Timber Brewing for a craft beer tasting.

\*bikes are provided

### **Guided Beginner Hike**

We will head South to hit the trails for a 3ish mile hike at Busiek State Forest. Our hike will be on single tracking hiking, but overall pretty easy terrain through amazing dense forests with great viewing spots along the way. After we get off the trail we will head over to Great Escape Brewing for a craft beer tasting.

### **Guided Greenway Walk**

We will enjoy a scenic 3ish mile walk starting at Lost Hill Park on the Fulbright Springs Greenway system. This gorgeous section of trail is fully paved and relatively flat. We will pass caves, creeks and both open fields and dense forests. After our leisure walk we will stop in for a tasting at Hold Fast Brewing.

### **Guided Beginner Yoga in the Park**

Enjoy a beginner friendly yoga session amongst the views and sounds at Sequiota Park. This hour long session will be in the grass and completely beginner friendly. After we pack up the mats we will head over to 4by4 Brewing for a craft beer tasting.

\*mats are provided

Website: [www.37northexpeditions.com](http://www.37northexpeditions.com)

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