



328 Bethel Road, Fincastle, Virginia 24090

540.992.2940

CampBethelOffice@gmail.com

www.CampBethelVirginia.org



June 9, 2020

Compass Trail 2: Exercise Circuit

Color Code: **Blue** (small metal plates on stakes are bordered in blue)

Estimated time to complete: 1 ½ - 2 hours

Description: This adventure takes you up and down a couple of hills and around main camp. Each stop has an exercise challenge to do. The repetitions and times for activities are suggestions only. The estimated time includes doing all the exercises at each stop.

Special Equipment: You will need a compass, a copy of the clues, and a [Camp Bethel Site map](#) for this adventure.

1. Start with a short walk to the cross on the hill.
The first challenge by the Southwest bench will just fit the bill.
2. Where 3 trails meet: Red, Grey, and Green,
The tree with the sign will your next challenge be seen.
3. Go here when you are sick or in need of a quiet place to abide.
Your next challenge can be found at the stairs on the North side.
4. A large circle of benches and a fire pit too.
Look round the benches to the North for a challenge for you.
5. Close by is a hidden spot with a cross in the woods.
20 paces South of this cross there is a challenge that will do you some good.
6. The name of this cabin promises sights that are pleasing.
The East side has your challenge (and no, we're not teasing).
7. This place of abode makes it seem trees are all around,
But it is really quite open and the West side has a challenge to be found.
8. A refreshing swim could be had here, but that isn't the goal.
The Southeast side of the ga-ga pit has a challenge to behold.
9. Many columns of stone ring this building, it is true.
The East side has the very next challenge for you.
10. 6 sides have I, but nary a wall.
The last challenge is on the East side – we hope you have had a ball!

Self-Guided Adventures: Information

Welcome to Camp Bethel's self-guided adventures! We are glad to offer you this opportunity to get outside and explore God's creation. Each adventure has a theme, a color code (so you don't get mixed up in your wanderings), an estimated time to complete, and a brief description of activity level. Here is what you will need to know and bring so you are prepared for an excellent adventure on your own here at Camp Bethel:

What to wear

- Comfortable, close-toed shoes for walking
- Comfortable clothing that provides protection from the sun/rain

What to bring

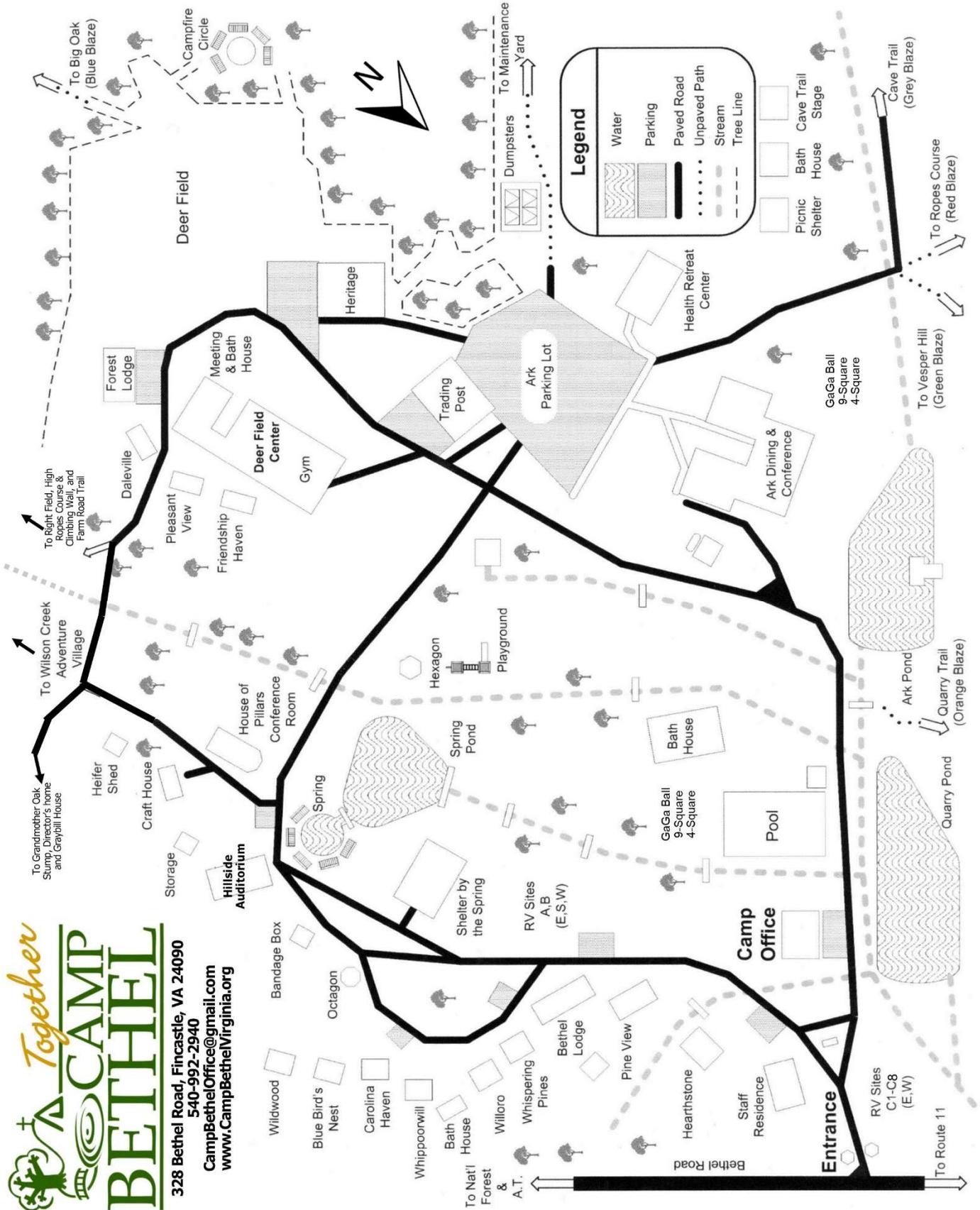
- Plenty of water and snacks
- Sunscreen
- Bug/Tick Spray
- A compass (only for the compass adventures) – your smart phone has a compass already installed!
- A map of Camp Bethel. Downloadable [here](#). There are also a limited number of maps on the porch of the camp office. We recommend a printed version of the map for your adventure.
- A GPS unit or smart phone with google maps (only for the GPS adventures)
- Hand sanitizer (these adventures are designed to be no touch adventures, but we recommend that you use hand sanitizer frequently)

Rules to follow while adventuring at Camp Bethel

- All clues or challenges are outdoors, there is no need to enter any facilities.
- You are looking for small metal plates on stakes that have different colored borders.
- Leave all clues where you find them so others can enjoy
- Be mindful of the color code for YOUR adventure. There are many adventures at Camp and we want to keep you on track!
- Look before reaching into dark places. Camp Bethel is home to many wild creatures.
- Avoid going off trail. Most clues or challenges are on trails or common spaces. Help fight erosion by sticking to the paths.
- All of God's creatures are special and important. Enjoy their habitat as an uninvited guest.
- Take only pictures, leave only footprints. Keep Camp Bethel special for the next person or group.
- Leave living things alone. Use only dead and downed items for challenges. (dead standing trees are important to our ecosystem)
- If you encounter another adventurer, be polite but give them space – we have a lot of acres to adventure in!
- Share your successes and adventures on social media and tag Camp Bethel! (#CampBethelVirginia)
- Consider making a donation so we can continue to offer self-guided activities for all.



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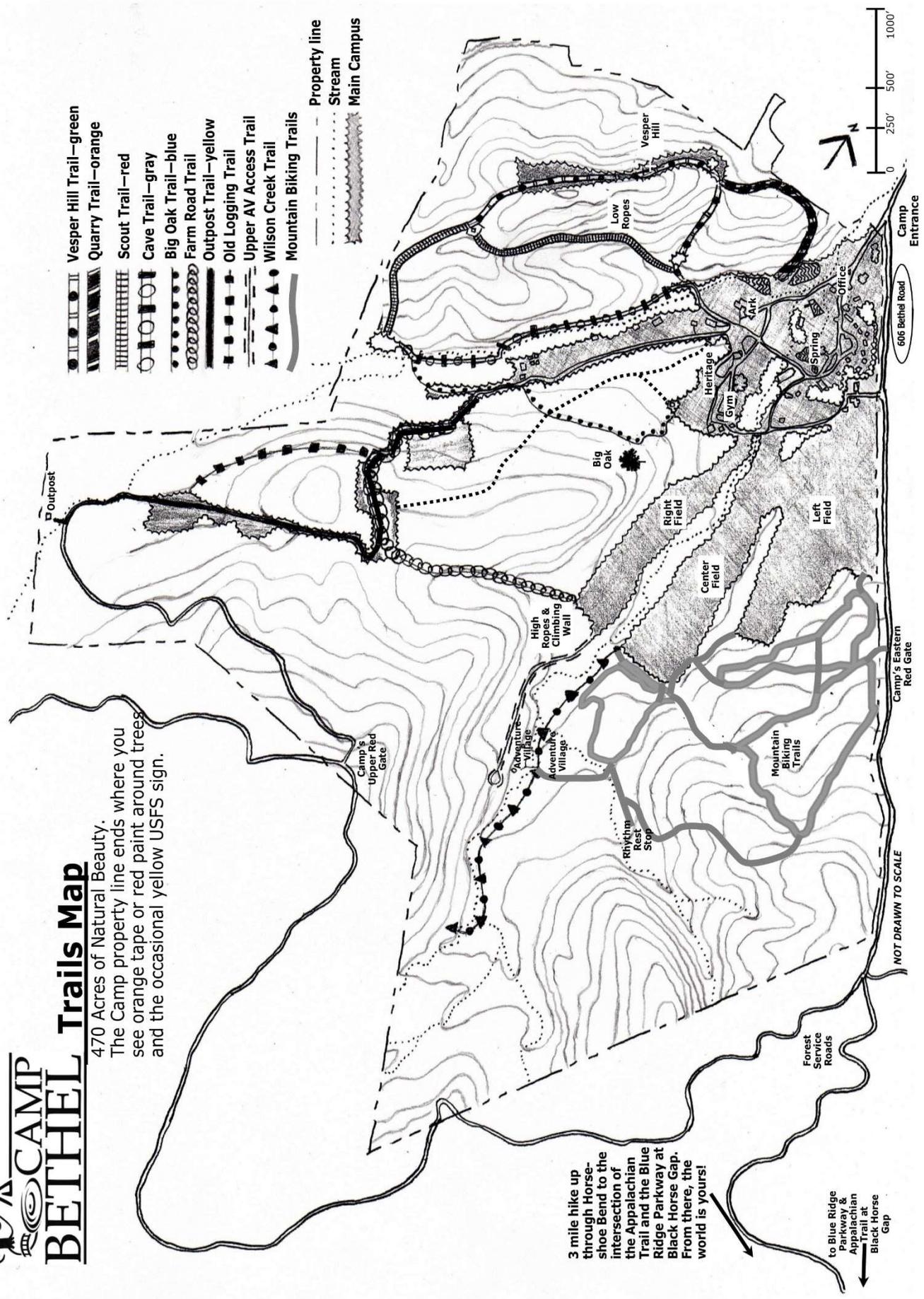




Trails Map

470 Acres of Natural Beauty.
 The Camp property line ends where you see orange tape or red paint around trees and the occasional yellow USFS sign.

- Vesper Hill Trail—green
- Quarry Trail—orange
- Scout Trail—red
- Cave Trail—gray
- Big Oak Trail—blue
- Farm Road Trail
- Outpost Trail—yellow
- Old Logging Trail
- Upper AV Access Trail
- Wilson Creek Trail
- Mountain Biking Trails
- Property line
- Stream
- Main Campus



3 mile hike up through Horse-shoe Bend to the intersection of the Appalachian Trail and the Blue Ridge Parkway at Black Horse Gap. From there, the world is yours!

to Blue Ridge Parkway & Appalachian Trail at Black Horse Gap

NOT DRAWN TO SCALE

Camp Entrance

606 Bethel Road

Camp's Eastern Red Gate

Camp's Upper Red Gate

Forest Service Roads

Mountain Biking Trails

Left Field

Center Field

Right Field

Big Oak

Heritage Gym

Arts

Spring

Office

Low Ropes

Vesper Hill

Outpost