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@UNPLUGSWVA
ON FACEBOOK!**

2020 HIKES

**APRIL 25 - SUGAR HILL/OXBOW LAKE
(HIKE-MODERATE)**

MAY 30 - STEELE CREEK (HIKE-EASY)

**JUNE 13 - CHANNELS NATURAL AREA
PRESERVE (HIKE-HARD)**

**JULY 11 - CLINCH RIVER (KAYAK-
ECOTOUR)**

**JULY 25 - MENDOTA TRAIL (EDIBLE
PLANT HIKE-EASY)**

**AUGUST 15 - GUEST RIVER GORGE
(BIKE-EASY)**

**SEPTEMBER 5 - NATURAL TUNNEL
(HIKE-MODERATE)**

**OCTOBER 10 - GRAYSON HIGHLANDS
(HIKE-HARD)**

UNPLUG SWVA IS COMMUNITY OUTDOOR GROUP BASED IN ABINGDON, VA. WE ARE OPEN TO THE PUBLIC AND ARE DEDICATED TO GETTING MORE PEOPLE OUTDOORS IN SWVA. MOST OUTINGS ARE JUST \$5 PER ADULT WITH CHILDREN 12 AND UNDER FREE (EXCLUDES RENTALS, ETC.). CHECK US OUT ON FACEBOOK @UNPLUGSWVA AND SIGN UP FOR AN OUTING!