



**BUS TOUR ITINERARY**

# **Fit & Fun Adventures**

*Accommodates 40–55 guests*

*Duration: 10 hours*





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- |                    |   |
|--------------------|---|
| <b>9:30–10:00</b>  | <b>Drive to Furman University</b><br>Distance: 6.2 miles  |
| <b>10:00–11:00</b> | <b>Walk or jog the trail around Furman Lake at Furman University</b><br>Details: 1.5 miles; flat and paved terrain  |
| <b>11:00–11:30</b> | <b>Bike the Prisma Health Swamp Rabbit Trail System with Reedy Rides from Furman to Swamp Rabbit Café</b><br>Details: 4.1 miles; flat and paved terrain   |
| <b>11:30–12:30</b> | <b>Lunch at Swamp Rabbit Café</b><br>Cuisine: sandwiches, pizza, health foods, smoothies, organic groceries   |
| <b>11:45–12:15</b> | <b>Bike along the Prisma Health Swamp Rabbit Trail System to Reedy Rides</b><br>Details: 2.6 miles; flat and paved terrain  |
| <b>12:30–12:45</b> | <b>Bus ride to Bloc Haven</b>   |
| <b>1:30–3:00</b>   | <b>Rock climbing at Bloc Haven in-door rock climbing facility</b><br>Cost: \$15–18<br>Details: Beginning, Intermediate and Advanced levels; rental equipment, café on site  |
| <b>3:00–4:00</b>   | <b>Bus ride to Table Rock</b>   |
| <b>4:00–5:30</b>   | <b>Hike the Carrick Creek Loop at Table Rock State Park</b><br>Distance: 2 miles<br>Features: river and streams, bird watching, mountain views, Carrick Creek Nature Center on site   |
| <b>6:00–7:00</b>   | <b>Dinner at Core 450 Restaurant at Cherokee Valley Country Club</b><br>Cuisine: Scratch-made, organic open kitchen serving various fresh meat, seafood, and healthy dishes<br>Details: Outdoor patio with golf course and mountain views |
| <b>7:00–8:00</b>   | <b>Bus ride to Greenville</b>   |



## Questions? Contact us!



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