



# USCANA

## Recovery In The Mountains XXIII

September 15-17, 2023

Rolling Thunder River Rafting  
Co.  
10160 Highway 19 West  
Bryson City, NC 28713

Bunkhouse  
Or Tent Camping

\$40 per person, includes food  
Children under 10  
\$25 per child

Rafting on the Ocoee \$50  
11am Saturday  
12 Years or older

**ALL DAY**

Fishing, hiking, shopping, horseback riding,  
zip line, train ride, and  
historical!

**BRING**

Bedding / Camping Gear, Swim Suits,  
Bug Spray, Flash Lights, snacks,  
non-cotton clothing for rafting  
& Guitars!

### ACTIVITIES

#### \* Friday \*

Registration	Noon
Chicken Nachos	6 pm
Open Discussion Meeting	8ish pm

#### \* Saturday \*

Breakfast	8 am
Whitewater Rafting	11am
Lunch Own/ Sandwiches	12pm
Dinner/ Menagerie of meats	6 pm

### CAMPFIRE SPEAKER MEETING

8:30pm

#### \* Sunday \*

Breakfast	Danish	7-11am
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11<sup>th</sup> Step Meeting 8:00 am

Need every ones help cleaning up please

Sorry . . .  
No Pets

Hoodies  
\$30  
w/ above graphic  
Order by Aug 16, 2023

Please pre-register in order for the  
committee to purchase the  
appropriate amount of food!

INFORMATION AND  
PRE-REGISTRATION

[HTTP://WWW.UPPERCNA.ORG/RECOVERY-  
IN-THE-MOUNTAINS/](http://www.uppercna.org/recovery-in-the-mountains/)

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