

# rejuvenate

A large, high-action photograph of a white-water rafting team. Five people are in a white inflatable raft, navigating a turbulent section of a river with large, dark rocks. The rafters are wearing helmets and life jackets, and the scene is filled with splashing water and spray. The word "rejuvenate" is written in a large, light green, sans-serif font across the top of the image.

## Alive on the Edge

Hunter S. Thompson once said, "Anything that gets your blood racing is probably worth doing." Not exactly known for his health expertise, Thompson did understand the invigorating pull of adrenaline.

Adventures on the Gorge—the 35-year-old adventure outfitters, exquisitely perched on the edge of West Virginia's New River Gorge—gets it, too. For three seasons each year, experts set you up with the means to shelve your stress adrenaline in favor of the wildcrafted variety.

Two zip line courses, a ropes course, hiking trails, mountain bike rentals and multiple raft excursions do the trick. In spring

and summer, run the New River's mellow rapids and take in gorge vistas and coal country history. In the fall, dam releases on the Gauley River provide the sure thing of high-test river rafting. Consistently rated among the top five single-day raft trips in the world, the Gauley tumbles you down electrifying Class V rapids, over a wild and remote 20-mile stretch.

Then, retreat back to hot showers, share adventure tales in one of four restaurants and bars and bed down in the Adventures on the Gorge campground, rustic cabins or fully appointed lodging to rest up for another day of release and recharge. [adventuresonthegorge.com](http://adventuresonthegorge.com) —Bill Giebler