



# GREAT SMOKY MOUNTAINS FAMILY CAMP!

## **SAMPLE SCHEDULE**

### Monday

- PM 3:00-5:00      Arrival, registration and move in to the dorm.
- VE 6:00            Supper
- 7:00                Welcome & Orientation & Sign Up for Activities - meet in @ Cove Room
- 8:30                Campfire - meet @ Council House  
*Snack available in the Dining Hall afterward*

### Tuesday

## NATURE CLUB DAY

- AM 7:15            Polar Bear Plunge with Caleb - meet in front of Dorm
- 7:30                Morning Stretch with Roslynn & Zac - meet @ Pavilion
- 8:00                Breakfast

**KEY:** *(R) Rambler: Less than one mile hiking distance without much uphill.*  
*(E) Explorer: One to two miles hiking distance or steeper slopes or rock scrambles.*  
*(T) Trekker: More than two miles hiking distance, usually with significant elevation change.*

- 9:00-11:45
1. Rodent Ruckus (R) with Ros - meet @ Council House
  2. A Drop of Magic (R) with Zac - meet @ Friendship Circle
  3. Geology Walk to Spruce Flats Falls (E) with Jeremy & Drew - meet @ Pavilion
  4. Explorations (E) with Tesha - meet @ Pavilion
  5. Salamander Survival (R) with Mary S. & Maddy - meet @ Cove Room

- PM 12:30            Lunch

- 1:30-4:15
1. The UN-Natural World (R) with Kensey - meet @ Cove Room
  2. Nature Safari (R) with Tesha - meet @ Pavilion
  3. Smoky Mountain Predator vs. Prey (R) with Maddy - meet @ Council House
  4. Wild Art (R) with Caleb - meet @ Pavilion
  5. Plantastic Organisms (R) with Drew - meet @ Friendship Circle

- 4:30-5:30            Lifeguard on duty @ river

- VE 6:00            Supper - The theme of this meal is "Old-Timers." Come dressed as if it was yesteryear or however you wish.

*\*Bring your bike to the pavilion for loading if you're biking Cades Cove tomorrow*

7:00 **Make Your Own Hand Puppet** - Making salamander puppets has been a huge hit this summer, and now you get to make one too! Join artist-in-residence Debora Blind in this creative workshop in which you get to custom-design a new salamander species that you get to make up yourself.

8:00 **NIGHT WALKS** - Explore the woods in small groups as evening shadows fall and crepuscular creatures begin to creep and crawl. We may do a few activities that teach us about our solar system. And if the sky is clear, we'll end the evening on the field and star gaze! Though we won't be going far, please wear good walking shoes. A flashlight will be necessary only at the very end of the evening.

*Snack available in the Dining Hall after the program*

**Wednesday**

## **BICYCLING DAY & MORE NATURE CLUBS**

AM 7:00 Early Breakfast for Biking group only

7:30-12:00 **1. Biking in Cades Cove** - with Jeremy & staff Departure from outside Dining Hall at 7:30 sharp!  
Take a bicycle tour of Cades Cove on an 11-mile loop road closed to automobile traffic. Tremont can transport your bike in our pick-up truck, but participants will carpool to the Cades Cove entrance. A limited number of bicycles are available for rent at Cades Cove (\$4/hour for cruiser bikes). Bring a few extra bucks for ice cream at the end!

8:00 Breakfast for non-bikers

9:00-12:00 **Sandpainting: The Art of Symmetry (R)** with Debora - meet @ Pavilion

12:30 Lunch - The theme of this meal is "Backwards." Interpret it however you wish!

1:30-4:15 **1. Rodent Ruckus (R)** with Ros - meet @ Council House  
**2. Meet My Tree Friend (R)** with Christina & Zac - meet @ Pavilion  
**3. Geology Walk to Spruce Flats Falls (E)** with Dawn - meet @ Friendship Circle  
**4. Stream Ecology (R)** with Adam & Kensey - meet @ Cove Room

4:30-5:30 Lifeguard on duty @ river

PM 6:00 Supper - The theme of this meal is "Colors." Come dressed as colorfully as possible or however you wish.

6:45 **Make Your Own Kaleidoscope!** with Bob Grimac - meet @ Cove Room  
This workshop has received rave reviews so far this summer. You'll learn everything you need to know to make your very own optical magic machine. Because the process involves a number of steps, it will take up most of the evening. You're welcome to get up and stretch, take a short break, etc. *\*There is a \$5 fee for materials. Check or cash.*

Thursday

## HIKING DAY

AM 6:30

Early Breakfast for LeConte group only & Pack Sack Lunch

### **STRENUOUS • Mt. Le Conte via Boulevard/Alum Cave, 13 miles**

Mount Le Conte at 6593 feet is the third highest peak within the park. Climbing the mountain is a traditional trip for many enthusiastic hikers but to make it up and back in a day is very strenuous for those unaccustomed to hiking. The hike starts on the Appalachian Trail at Newfound Gap; a focal point for most people who visit the Smokies, especially those who have time only to make a few stops and admire the overall beauty of these mountains. This portion of the hike is a steady, gradual climb through the Canadian forest with good views. The Boulevard Trail is a rolling trail following a narrow ridge with steep forested slopes on both sides. The trail is very steep at the final ascent to the top. Vertical rise is 1080 feet in 7.8 miles.

*One van is available for participants to ride to the trailhead.*

AM 7:15

Polar Bear Plunge with Maddy - meet in front of Dorm

7:30

Morning Stretch with Kensey & Drew - meet @ Pavilion

8:00

Breakfast & Pack Sack Lunch (There is NO lunch in dining hall today)

9:00

***\*All hiking groups meet in dining hall for departure***

### **EASY • Clingmans Dome & Andrews Bald, 4.6 miles**

Cool off in the high-country on this beautiful walk to a bald that is more accessible than the other balds in the park. The slope down into the bald is an easy but rocky walk that requires close attention. You will be walking downhill for the first mile, then across a level saddle with some uphill again to get to the bald. The spruce and fir forest here is characteristic at this 6300-foot elevation when suddenly you come into a grassy, open hilltop. We will spend some time exploring and enjoying the bald along with the views of the national forests of North Carolina and Georgia. Coming back is a steady climb. If time and interest allow, we will go up to the observation tower at Clingmans Dome, the highest peak in the national park (6,643 feet). *One van is available for participants to ride to the trailhead in; participants may also carpool.*

### **EASY-MODERATE • Indian Flats Falls, 7.5 miles**

This hike begins at the end of Tremont Road where Old Tremont, the 1920s logging town, once stood. The Middle Prong Trail follows an old railroad grade along beautiful Lynn Camp Prong. In places the trail is somewhat rocky. Lynn Camp Cascades can be seen within the first mile. Further up, the trail crosses Indian Flats Prong on a wide bridge. Railroad switchbacks climb the ridge here. Less than half a mile past the bridge is a short side trail to Indian Flats Falls, tucked into the mountain. There are four falls in all that drop 65 feet and run 170 feet. The falls are beautiful and provide a swimming opportunity before the return hike - but only for those willing to brave chilly temperatures! Vertical rise: 1100 feet. *Participants will carpool approximately three miles to the trailhead.*

**MODERATE • Lumber Ridge/Spruce Flats, 8 miles**

This loop hike will begin and end at Tremont. We'll begin along the Lumber Ridge Trail through a second growth hardwood forest. The going is mostly uphill past rock outcrops, and provides occasional views through the trees. Buckhorn Gap, the halfway point, is a nice lunch spot. Afterward, we'll walk on an unmaintained trail that was once a railroad bed. It is now grown over with rhododendrons so be ready to duck a few times, and scramble over fallen trees. It meanders along Spruce Flats Branch, which we will need to rock-hop across several times with gentle ups and downs in terrain. Near the end of our adventure we'll come to Spruce Flats Falls, a 40-foot waterfall that is a real beauty. The one-mile between the falls and Tremont is a slightly treacherous trail with some steep sections and spots requiring careful footing. Our hike ends when we walk right back into Tremont's campus behind the Friendship Circle.

Total vertical rise on Lumber Ridge Trail is approximately 1300 feet in 2.7 miles. *No vehicles will be needed.*

4:30-5:30 Lifeguard on duty @ river

EVE 6:00 Supper - The theme of this meal is "Nature Heroes." Come dressed as your very own made-up Nature Hero or however you wish.

7:00 NATURE HEROS - Unleash your creative inner spirit in this staff-led evening of fun. What might this crazy evening be about? Well, for starters, an eco-drama, rock art, and creating your very own Nature Hero Sidekick - Meet @ Cove Room  
*Snack available in the Dining Hall after the program*

Friday **PRE-INDEPENDENCE DAY EXTRAVAGANZA  
(& MORE NATURE CLUBS)**

AM 7:15 Polar Bear Plunge with Drew - meet in front of Dorm  
7:45 Morning Stretch with Roslynn & Caleb - meet @ Pavilion  
8:00 Breakfast

9:00 1. Birdapalooza with Adam (R) - meet @ Pavilion  
2. Salamander Hike to the Falls (E) with Dawn - Friendship Circle  
3. Citizen Science Project: Aquatic Salamander Monitoring (E) with Mary S. - meet @ Council House  
4. FREE MORNING - *Take a break and relax*

12:30 Lunch - The theme of this meal is "Independence." Come dressed patriotically or "independently" or however you wish.

1:30 Independence Day Outdoor Extravaganza! @ field  
*Come ready for an afternoon of fun and frolicking on the field. Wear clothes you don't mind getting wet.*

4:30-5:30 Lifeguard on duty @ river

WED 6:00  
7:30

COOK-OUT @ the Pavilion  
Closing Campfire @ Council House

Saturday

**Aaaaargh! It's the last day! You mean we have to go home?**

THU 8:00  
9:30-11:30

Breakfast & Clean-Up & Pack Sack Lunch for the road  
Farewell Hikes: (meet @ Dining Hall)

1. Marcs/Lumber Ridge Loop (E) - with Adam, Maddy
2. Dorsey/West Prong Loop (T) - with Tesha, Drew, Kensey

12:00

Departure - *Come Back OSoon!*

In **wildness** is the preservation of the world.

*Henry David Thoreau*



In **human culture** is the preservation of wildness.

*Wendell Berry*

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