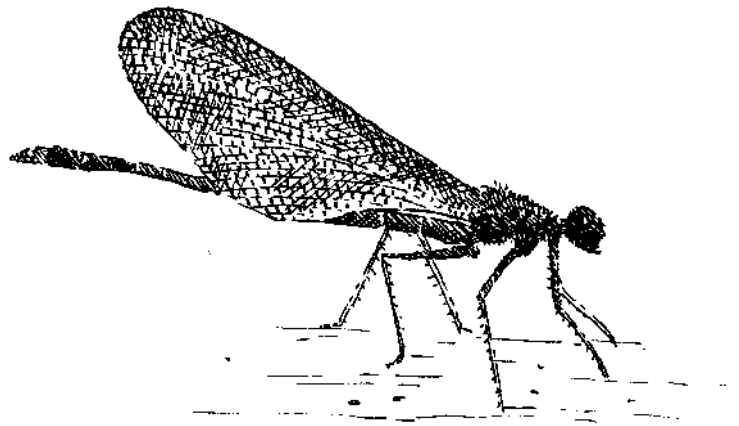
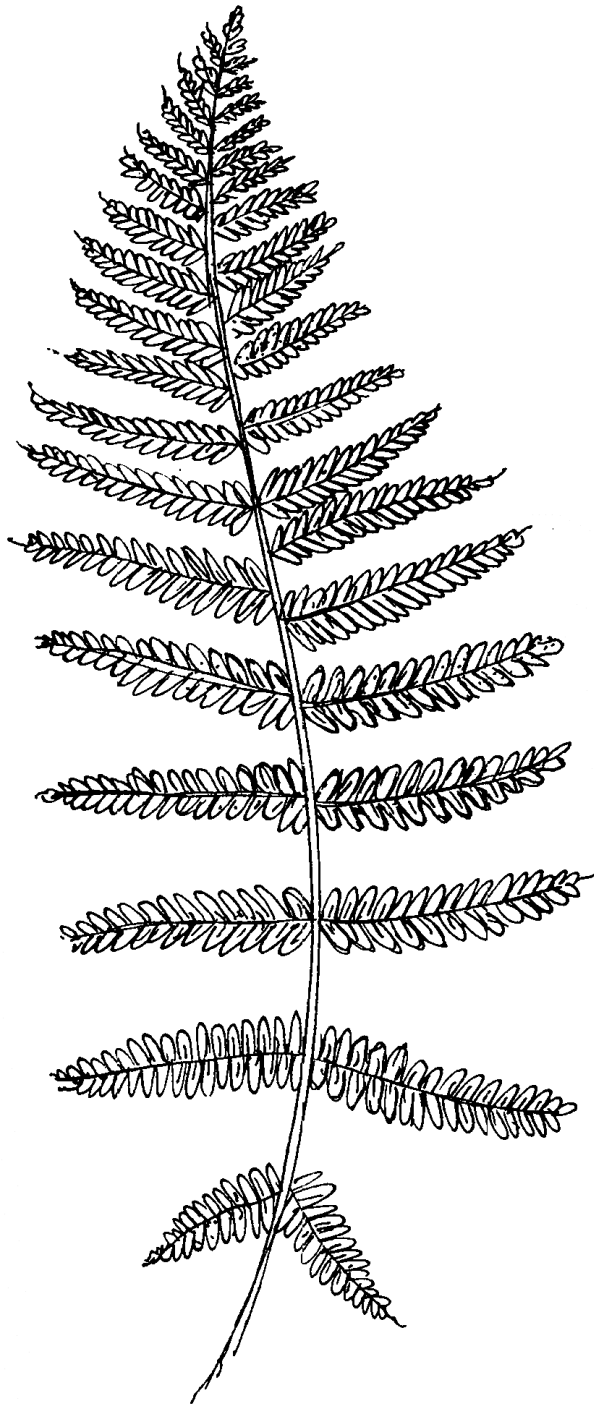


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HIKING WEEK

SAMPLE SCHEDULE

Great Smoky Mountains Institute at



TREMONT

*connecting people
and nature...*

NATURALIST HIKING WEEK SCHEDULE OF HIKES, CLASSES, AND EVENTS

Monday

- 3:00 - 5:00pm Arrival, Check in at Office, Move into dormitory, Sign-up for sessions, and make yourself at home
- 6:00 pm SUPPER - Dining Hall
- 7:00 pm Welcome and Orientation
Introductions and Highlights
- 8:00pm **A Tremont Campfire with Ken Voorhis**
Is there any better way to begin a week in the Smokies than with a campfire? We don't think so! Join us for a relaxing evening of song, stories, and laughter as we set the tone for what proves to be a great week!

Tuesday

- 6:30 Breakfast for Gregory Bald Hikers
8:00 am BREAKFAST

DAY HIKES

High Country Hike to Gregory Bald - 11 miles, strenuous with Brian Ballenger and Lindsay Menard

This is one of the finest hikes in the Great Smoky Mountains. This hike is strenuous due to length and very steep uphill and downhill portions of the trail. The journey up Gregory Ridge to the bald offers you everything that makes the Smokies such a wonderful place: scenic views, wildflowers, old growth forest. It is a steady climb to the bald but well worth it. The bald has been a large open field for as long as white settlers have been in these mountains. No one is sure as to how grass balds were formed. Theories include Indian development, lightning strikes and even animal grazing. The national park maintains this bald to preserve the historic and biological uniqueness.

Park Boundary Hike on Ace Gap Trail - 6-7 miles, easy to moderate with Michael Matzko and Craig Lazzar

Ace Gap Trail gives you a lot of bang for your buck. This relatively easy mid-elevation walk is made wonderful by the variety of forest types, interesting wildflowers, great birds, and complete peace and quiet that only comes from a seldom used trail. Add to this a chance to see one of the deepest caves in the east, Bull Cave, and some crazy karst landscape and you have a great day trip. Ace Gap trailhead is located on the northern flank of Rich Mountain. To get there you will travel by van through Townsend, Dry Valley, and finally ascend Rich Mountain Road to the park boundary. There you will walk where breezes blow and the forests change at every bend in the trail. We'll go as far as we like on Ace Gap, checking out a backcountry campsite and other nifty things before heading back.

NATURAL HISTORY ACTIVITY

9:00 - 2:00 pm

Nature Photography with Marty Silver

Join Tennessee State Park Naturalist Marty Silver for a great day-long photography workshop. You will begin with some indoor discussion (including a digital slide show on photo techniques) then as much time "out in the field" as folks want - with tips and suggestions for how best to capture the beauty of the Smokies. Afterwards, if time permits, we'll spend some time in the "digital darkroom" preparing photos (showing folks how to crop, adjust levels, etc.), and then peruse everyone's best work.

5:00 pm

FREE TIME

6:00 pm

SUPPER

7:30 pm

Smoky Mountains Jeopardy with Jen Martin and Mary Silver

Spend a challenging evening playing our version of Jeopardy! It's up to you and your team to provide the questions for the answers in order to win bragging rights for the rest of the week.

Wednesday

6:00 am

Breakfast for Le Conte Hikers

8:00 am

BREAKFAST

DAY HIKES

Andrews Bald - 3.6 miles, moderate with some rocky, unstable footing with April Morris and Mickey Larkins

This is a beautiful high-country 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 6,300 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.

Mt. Le Conte via Boulevard and Alum Cave - 13 miles, strenuous with Josh Davis and Marty Silver

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, which is probably the 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. Alum Cave Trail is fairly strenuous, and mostly down hill, but the easiest return from the summit. The upper portion includes a narrow cleft across a steep open slope with cables for hand-holds. The lower portion includes Alum Cave Bluff and Arch Rock with a pleasant, meandering walk along Alum Cave Creek. Geological interests, great views, groves of rhododendron and laurel and creek crossings (on bridges) make for a good hike. Vertical fall is 2560 feet in 5.5 miles.

NATURAL HISTORY ACTIVITIES

9:00 am - Noon

Trees and Woody Shrubs with Michael Matzko

Trees are what define the national park! Spend the morning getting cozier with our woody friends. Join Michael for a hike along Tremont trails as you explore different forests.

12:30 pm

LUNCH

1:30 - 4:30 pm

Developing Observation Skills with Ken Voorhis

Observation skills are important to practice and develop as a naturalist. We will explore some ideas about how we can develop and lead others to develop a greater sense of place and connection to the natural world. We will use sketching, stories, writing, solo time, and our inspirational surroundings to enhance our own observation abilities and sense of place. The session will be relaxing, reflective, and fun. Be prepared to be outside and involved in exploring special places, and sitting on the ground.

5:00 pm

FREE TIME

6:00 pm

SUPPER

7:30 pm

Storytelling with Elizabeth Rose

We are excited to have Elizabeth share her wonderful talent with us this evening. Her stories of Appalachia, home, and places far away make us laugh, cry, and dream. Just what storytelling should do. (Council House)

Thursday

6:30 am

Breakfast for Spence Field Hikers

8:00 am

BREAKFAST

DAY HIKES

Rich Mountain/Indian Grave Gap/Crooked Arm Ridge Trails to Cades Cove - 6.8, moderate with Brian Ballenger and Mollie Klepack

Spend the day on Rich Mountain as you travel from the park boundary on Rich Mountain Road to the entrance of Cades Cove. Along the way you will have the chance to explore many different types of forest, from dry pine, to oak and hickory, and cove hardwood. Visit Cerulean Knob, the high point on Rich Mountain, and travel many of the same footpaths the early cove settlers would have. Expect great views of Cades Cove and lots of plant and wildlife diversity.

Spence Field via Anthony Creek and Bote Mountain Trails - 11.5, strenuous with April Morris and Kyle Rauch

Anthony Creek will be your companion most of the way as you wind your way through hemlock forests, rhododendron tunnels, and leafy cove forests. This classic hike will take you from Cades Cove to lovely Spence Field on the crest of the Smokies. This high mountain bald affords views into North Carolina and is a wonderful, quiet place to enjoy the afternoon. We will soak-up great views of the Smokies while eating lunch and resting up for our trip back down the mountain. *Participants will carpool to trailhead.*

NATURAL HISTORY ACTIVITIES

9:00 am - Noon

Nature Drawing with Debora Blind

Artist and high school teacher Debora Blind will make an artist out of anyone! Join her for a fun morning learning the basics of field sketching, journal embellishment, and how you have more talent than you might have thought. This class is for all experience levels.

Taking a Liken to Lichens with Jennifer Love

Jennifer sure does like her lichens! You, too, will be head over heels for these amazing organisms if you will only enter their world. Learn lichen natural history, ecology, and identification techniques during this interesting and enlightening morning class.

12:30

LUNCH

1:30 - 4:30

Geology with Mary Silver

Have you ever wondered what makes these mountains tick? Then you have to get to the bottom of things by understanding the rock and soil that are the foundation for everything. Learn how to identify rocks and minerals and take a 2 mile geology walk to the Falls to see how it all fits together.

5:00 pm

FREE TIME

6:00 pm

BEACH PARTY AND COOK OUT - PAVILION

7:00 pm

An Appalachian Beach Party

What? You never heard of an Appalachian Beach Party? Well, you will definitely be "in the know" after this week! Join us for an evening of games, music, good food, and fun as we let our hair down and party into the night.

Friday

7:00 am

Breakfast for Albright Grove Hikers

8:00 am

BREAKFAST

DAY HIKES

Hike to Albright Grove - 7.2, moderate with Ken Voorhis and Avery Kelly

Big, BIG trees! Albright Grove is an untouched stand of old growth forest that contains a number of huge trees as well as the unmistakable feeling of primeval forest. To get there you must first hike Maddron Bald Trail through mostly secondary growth forest. The trail for most of your way is a wide, jeep road. Around mile 3 the trail changes to a single-track path that eventually connects to Albright Grove Loop Trail. The loop trail is your destination, and what a place. Take time to explore this lovely forest and its giants.

Finley Cane/Bote Mountain/Lead Cove Loop - 7.1, moderate with Jennifer Love and Rachel Rasmussen

This is the first time we have included this lovely loop in Hiking Week. We sure don't know why, because it is a nice one! The first 3 miles will be on beautiful Finley Cane Trail. There you will pass through rich cove forests, rhododendron tunnels, and some amazing sinkholes as you make your way toward Bote Mountain Trail. There you will begin a long, gradual ascent with the roar of the West Prong as a backdrop. Along the way you will walk through rich hardwood forests with interesting wildflowers and some good views towards the end. The last

leg of your journey will be on Lead Cove Trail where you will descend 2 miles through mixed oak and cove hardwood forest back to your vehicle.

NATURAL HISTORY ACTIVITIES

9:00 - Noon

Fern Frondling with Jeremy Lloyd

We'll "frondle" ferns to our heart's content as we learn how to identify many common and some uncommon ferns and their fascinating natural history. We will travel to a fern rich area along Little River Road where we will use the new *Ferns of the Smokies* book as we learn the rich language and identification methods of ferns and their allies. *Participants will need to carpool.*

12:30

LUNCH

1:30 - 4:30 pm

Slippery, Slimy Salamanders with Michael Matzko

You are in the Salamander Capital of the World! The Smokies have 30 species of salamanders and many of them are found in Walker Valley. Join us for an expedition in search of stream and terrestrial salamanders. We'll explore their ecology and learn identification techniques. You haven't been to the Smokies if you haven't looked into the eyes of a salamander. (Council House)

5:00 pm

FREE TIME

6:00 pm

SUPPER

7:00

Woodlore and Wildwoods Wisdom - Stories, Songs, and Lore Celebrating Animals, Plants, and People with Doug Elliot
A Concert at Townsend Heritage Center

Saturday

8:00 am

BREAKFAST

8:45 am

Images of the Week

Gather in the Cove Room for a look back at the week you have spent in the Smokies. (Cove Room)

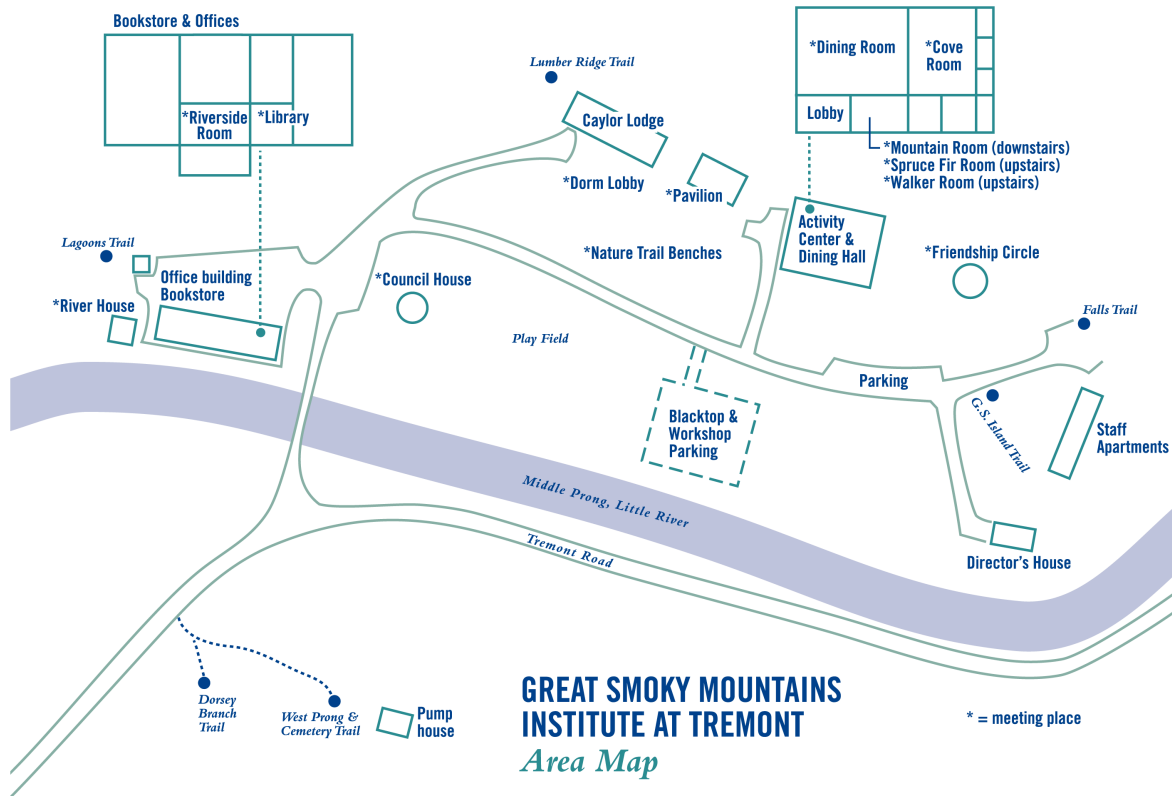
9:00 am - Noonish

Hike to White Oak Sinks with Jeremy Lloyd

Join Jeremy for a nature ramble to White Oak Sinks, a large sinkhole full of caves, waterfalls, and interesting plants. This 3 mile round-trip is an easy to moderate walk.

Thank you for a wonderful week!

Campus Map



Things to Know

Telephone: A telephone is located in the Mountain Room, just off the Dining Hall. It is available any time and has emergency numbers by it. Long distance calls can be made using a calling card or credit card. *There is no cellular phone service in the valley.*

Wireless Internet: Wireless connection to the Internet is available in the Activity Building as well as in outdoor areas adjacent to this building. Please ask for the password if you would like to use this feature.

Caylor Lodge: Because ours is an open dormitory situation, please be considerate of others. Women will be sleeping on the Right Upstairs and Downstairs. Men will occupy the Left Upstairs and Downstairs. Try to use only bedside lights and observe quiet hours between 10pm and 7am. Because animals are attracted to food, we ask that there be no food or drink in the lodge. There is a place in the dining hall for such items.

Dining Hall: The activity building will always be open and coffee or tea will be available. Please do you socializing in this building rather than the lodge. Our cooks ask that only staff be allowed in the kitchen. Return used coffee mugs, glasses and silverware to the dish window.

Mail: Outgoing mail may be dropped off at the office.

Sales Area: T-shirts, books, postcards, film and other items are available for sale in the office area gift shop. It is open from 8am - 5pm Monday-Friday and 9am - 5pm on Saturday.

Library: You are welcome to browse and check books out for the week from our library located in the office. Please ask for staff assistance.

After Hours: If you are in need of staff emergency assistance after hours, you should find someone either upstairs in the dormitory, at the director's house by the river, or at one of the staff apartments.