

# Hike the Legendary Appalachian Trail Spring Break, March 11-20, 2011

Experience life as an Appalachian Trail hiker this spring break.

## HERE'S WHAT TO EXPECT:

Our route will explore the section of trail just north of Hot Springs, North Carolina near the world-renowned Great Smoky Mountains and the Tennessee border. The hike coincides with many Appalachian thru-hikers who are just beginning their 2,069 mile journey to Maine. We will likely talk with hikers who plan to continue on the Trail for 5 months. Days will be spent backpacking and will range from 5-11 miles per day, and our nights will be spent at either campsites or in AT shelters, and one evening will be spent in a campground. All experience levels are welcome. Plan on a mild athletic pace, stunning views and simple living with new friends.

## WHEN:

### Mandatory Pre-Trip Meeting:

**Tuesday, February 22, 5:00-6:30pm in SpHC 119**

Depart: 4pm Friday, March 11, 2011

Return: 8pm Sunday, March 20, 2011

## PREPARATION:

- *Equipment* – attached is an equipment list that includes what we provide and what you need to obtain. **Follow this closely**, it is based upon extensive experience. Plan on weather that could range from the upper 60's to the 20's and windy, rainy or snowy.
- *Fitness & skills* – you don't need to be an experienced hiker to go on this trip, but you should have a base level of fitness that will allow you to spend 5-12 miles per day on trail carrying a pack.
- *Health & Liability Form* – complete these forms and return them no later than the scheduled pre-trip meeting.

## THE OUTDOOR PROGRAM PROVIDES:

All group gear, food while on the trail, transportation, and skill instruction.

## YOU PROVIDE:

Your own backpack, hiking boots/shoes, clothing and personal camping gear. (Backpacks are available for rent through RSOP.)

## COST:

UMD Students: \$465      Others: \$725

Registration Deadline: Noon on Tuesday, February 22  
Sign up earlier to ensure you get a spot on the trip!



## GOALS:

- Experience the AT lifestyle
- Explore a beautiful and rich environment
- Meet new people!
- Be safe and healthy!
- Pitch in as a group to help with camping chores and successful group trail days.

## TRANSPORTATION:

We will be travelling in a university van.

## MEALS

Meals during the van ride to North Carolina are not included. Bring cash or pack along some food for the drive.

On the trail, group meals will be served picnic-style and cooking will be done in camp or in a shelter over a camp stove.

## GENERAL INFO:

Phone: (218)726-7128

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[www.umdrsop.org](http://www.umdrsop.org)

**University of Minnesota Duluth - Recreational Sports Outdoor Program**  
**Hike the Legendary Appalachian Trail**  
**Itinerary**

This itinerary is designed to be flexible based on many factors that include: weather, skill levels, and interests. Listed are highlights of a proposed schedule.

**Tuesday, February 22, 2011 5-6:30pm**

Mandatory Pre-Trip Meeting in Sports and Health Center room 119 - Introductions, group expectations, itinerary, safety, physical preparation, limitations, equipment, meals, and final payment due at this meeting.

**Friday, March 11, 4pm**

Depart from the front of the Sports and Health Center on U.M.D. campus. Drive southeast toward Tennessee and North Carolina! You pay for meals during the drive. While driving you can rest in the van (so bring a pillow). We'll drive until around 10 then stop and sleep along the way.

**Saturday, March 12**

Get back in the van early and drive on, we'll reach Hot Springs, North Carolina for a night in a campground and trail preparation right beside the French Broad River.

**March 13, 14, 15, 16 : The Appalachian Trail**

After breakfast we'll pack up and get our first taste of the Appalachian Trail. Today we're beginning our 35-mile stretch of surreal hiking in the Smoky Mountains. We'll start to get a feel for what it's like to live out of a pack with lunch on trail, and a gourmet dinner in camp tonight.

Over the next two days we will continue our trek through a high ridge portion of the AT. We will hike under forests, over rocky sections, through fields, and up and down the Appalachian Mountains. At night we will stay in tents or in trail shelters that are available along the trail. Our route will bring us to the Roaring Fork Shelter, Walnut Mountain Shelter, and the Deer Park Mountain Shelter.

**March 17**

Our last full day on trail will be a test of endurance as it will be our longest day. We will cover 10 miles, but it leaves a short last day and ends with a special trail meal.

**Friday, March 18- Destination: Hot Springs NC**

The adventure comes to an end in the sleepy little hollow of Hot Springs North Carolina. They don't call this town Hot Springs for nothing; we will bathe in the natural Appalachian hot springs to sooth our battered hiking bodies. That night we will stay at a campground. The camping and hot springs fee are included, but we may eat out as a group for our last dinners so plan on an \$8-10 meal.

**Saturday, March 19**

We'll pack up after breakfast and depart for Minnesota.

**Sunday, March 20**

Arrive back in Duluth by evening and put gear away as a group.

**Logistics:**

• **The Trail**

The Appalachian Trail is surprisingly well maintained for a 2,069 mile long path through the woods. Minimal brush covers the trail, and the entire path is dotted with white blazes that indicate you are not in fact lost but going the right way.

• **Trail Locomotion**

We will be hiking over 35 miles over 6 days on the AT. Though the seasoned hiker may scoff at a 12 plus mile a day average the same hiker will eat crow pie after realizing we tackle 18,000 feet of elevation change over 60 miles. We will be sure to acclimate our bodies to the brief change of lifestyle; our two goals for moving on the trail are having fun and being healthy.

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# Hike the Legendary Appalachian Trail Equipment List



On this trip the weather may vary from warm and sunny with a high of 70 degrees to cold, rainy, snowy and windy with temperatures in the teens. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers. Pack equipment in your backpack.

## WE FURNISH:

- Tents
- Water purification
- First-aid kit
- Camp stoves/fuel
- Food
- Cooking utensil kit
- Toilet paper
- Tarps
- Cook kit

## YOU NEED TO BRING:

### Van Travel

- Small duffle bag with pillow, comfy clothes and food money

### Camping/General

- Internal or external frame backpack
- Sleeping pad (closed cell or inflatable-style)
- Sleeping bag (to 20<sup>o</sup>)
- Broad brimmed hat for sun protection
- Unbreakable eating utensils (plate, cup, bowl, fork, spoon)
- Flashlight or Headlamp w/ fresh batteries
- Hygiene kit/toothbrush/paste
- Sunglasses/Sunscreen

### Clothing

- Rain gear top and bottom
- Comfortable, loose fitting pants
- Long underwear (not cotton)
- Wool or fleece shirt/sweater
- Swimsuit/Towel
- Sleepwear
- Socks (wool or synthetic)
- Light shoes or Sandals
- Warm winter hat
- Down or synthetic insulated jacket
- Sturdy hiking boots/shoes (must be closed toed with ample support)
- Warm jacket
- T-shirts
- Bandana
- Underwear
- Shorts
- Warm mittens/gloves
- Rain Gear (Jacket/pants)

**Note:** Save room in your backpack to help carry items for the group like food, stoves, tents, tarps and cook sets.

## EQUIPMENT TIPS:

- Be sure to bring clothing that will keep you comfortable in very wet and windy conditions.
- Cotton is for van riding and inside wear only. All your outside layers should be synthetic or wool.
- Protect yourself from the strong rays of the Appalachian sun with a combination of wide-brimmed hat, sunscreen and protective clothing.
- Carrying water is important. Camelbak-style hydration systems are great to keep water accessible on the trail.
- Backpacks, Sleeping bags, pads, and rain gear can be rented from the UMD Rental Center – 218-726-7128.

## EXTRAS YOU CAN BRING:

Camera, binoculars, journal, pencil/pen, pocket knife, music and DVD's for in the van, books to read, field guides, compact art supplies.

## DO NOT BRING:

- Valuables
- Recreational drugs or alcohol
- Cell phone on trail

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