

Hike the Legendary Appalachian Trail Spring Break, March 13-22, 2009

Experience life as an Appalachian Trail hiker this spring break.

HERE'S WHAT TO EXPECT:

Spend spring break hiking the world famous Appalachian Trail. Our route will explore the southern end of the trail through the legendary Great Smoky Mountains. We will likely talk with Appalachian thru-hikers who are just beginning their 2,069 mile journey to Maine and who plan to continue on the Trail for 5 months. Days will be spent backpacking and will range from 5-12 miles per day, and our nights will be spent at either campsites or in AT shelters, and one evening will be spent in a hostel. All experience levels are welcome. Plan on a mild athletic pace, stunning views and simple living with new friends.

WHEN:

Informational Meeting on Wednesday, December 10 at 7 pm in SpHC 191

Mandatory Pre-Trip Meeting:

Monday, February 23, 5:00-6:30pm in SpHC 119

Depart: 4pm Friday, March 13, 2009

Return: 8pm Sunday, March 22, 2009

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: \$450 Others: \$695

Registration Deadline: Noon on Monday, February 23
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:

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