



## **WATERFALLS, WILDFLOWERS, AND WINERIES**

**MAY 3 - 6, 2018**

**TRIP SUMMARY**

### **HIGHLIGHTS**

- Learning about wines during a private wine-tasting
- Visiting the tallest waterfall east of the Mississippi
- Enjoying moderate hikes in the north Georgia Mountains
- Visiting several local wineries and the charming town of Dahlonega
- Dining at some excellent local restaurants

## TRIP AT A GLANCE

<b>Dates:</b>	May 3 - 6, 2018
<b>Location:</b>	Dahlonega, GA
<b>Cost:</b>	\$925.00
<b>Activities:</b>	Hiking
<b>Arrive:</b>	at 1 pm at the Atlanta, GA airport (ATL) on Thursday, May 3
<b>Depart:</b>	at 4:00 at the airport (plan to fly out after 5:30 pm) on Sunday, May 6

### TRIP OVERVIEW

Northern Georgia, the jumping off point of the Appalachian Trail, is known for its gorgeous and rugged mountains, its towering waterfalls, and its ... wineries? Who knew?! Turns out the soil, climate, and elevation are not only great for hiking, they're also perfect for wine growing. So on this four day getaway, we'll combine hiking to waterfalls with opportunities to visit wineries, learn about wine, and sampling some of the wonderful cuisine that can be found here. Maximum group size: 12

### RATING

This trip is suitable for any healthy active woman who wants to hike, look at wildflowers, learn about wine, and explore this beautiful area with its rich culture that ranges from its Appalachian roots to gourmet experiences. The hikes we've chosen are reasonably short but they are in the mountains, so women should be in sufficient condition to hike uphill for a couple of hours. The trip is rated 2. Prior to beginning the trip, participants should be walking regularly at a **brisk** pace 3 to 4 days a week for 35 - 45 minutes. **Rating:** 1 [\[2\]](#) 3 4 5.

### WHAT'S INCLUDED

- Two experienced AGC guides
- Roundtrip transportation from the Atlanta Airport
- All meals from dinner on Thursday through brunch on Sunday
- Three nights lodging in rooms shared by four people
- All activities on the itinerary, including a private wine-tasting, hikes, and visits to wineries

**What's not included:** Travel to and from Atlanta, alcoholic beverages (other than the wine tastings which are included), guide gratuities, and travel insurance.

## OUR ITINERARY

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

### DAY 1



### MAY 3, THURSDAY

We pick you up at the Atlanta (ATL) airport at 1pm and begin our adventure with a visit to Amicalola Falls State Park for a short hike on a paved trail with a series of steps. Amicalola Falls, at 729 feet, are the tallest cascading waterfalls east of the Mississippi River and often the last stop for hikers before they start their Appalachian Trail Thru Hike. After our hike and waterfall gawking, we continue to our hostel for dinner and a private wine tasting. A knowledgeable woman from the Dahlonega Tasting Room will educate us and our palates about wine as we taste several varieties. Well fed and well exercised, we will be ready for bed tonight! D

### DAY 2



### MAY 4, FRIDAY

After a hearty breakfast at the hostel, today we're going to see the very beginning of the Appalachian Trail - Springer Mountain! We'll look at the plaque there and imagine what it's like to stand there knowing you're about to attempt to hike 2200 miles. We'll be happy our hike today is only 5.2 miles! Our hike starts with a 500 ft ascent from the parking lot to the top of Springer Mountain, on a gradually ascending rocky and rooty trail. After taking pictures at the top, the rest of the hike is a gentle downhill, about 1200 feet, to 3 Forks. Along the way we'll pass Stover Creek Shelter where we can stop to eat our picnic lunch. We can also stop to soak our feet during several stream crossings, one of the true pleasures when hiking. Right before the end we'll pass through old growth hemlock, soaring trees that have disappeared along many sections of the trail. We'll return to the hostel in time to relax and clean up before going out to dinner that night at Shenanigan's Restaurant in downtown Dahlonega. B,L,D

### DAY 3



### MAY 5, SATURDAY

Our hike today is the Raven Cliff Falls Hike, a 5 mile out and back hike. This trail follows Dodd Creek through the Raven Cliffs Wilderness Area to a massive dark bluff near the headwaters some 2.5 miles from the parking area. Because of the size of Ravens Cliffs and the lack of human interference, the area has abundant bird life including grosbeaks, vireos, and wild turkeys besides the ravens that give the area its name. From there we visit Cavender Creek Vineyards to check out their wines. We will also spend a few hours in Dahlonega; every Saturday folks bring their instrument(s) and just start playing and/or singing on the Dahlonega square, a weekly event known as Appalachian Jam. If Appalachian music is not your style, there are also lots of shops to check out. Dinner is at the hostel tonight, followed by s'mores around the fire on the back deck. B,L,D

DAY 4

**MAY 6, SUNDAY**



Our breakfast at the hostel will be light this morning because we need to save room for the brunch at Wolf Mountain Vineyards. Brunch is typically buffet style and served with one glass of Estate wine. Before brunch, there is an optional 2 mile hike at DeSoto Falls. After savoring our last meal together, we head to the airport where you can plan a flight out after 5:30 pm B,Brunch

# ADDITIONAL TRIP INFORMATION

## GETTING THERE

If you're flying, meet at the Atlanta Airport Atrium (in the center by the clock) at 1pm. Your guide will meet you and be wearing a blue AGC T-shirt.

If you're driving, plan to meet at Amicalola Falls State Park at the Visitors' Center parking lot at 3:00pm.

The address for your GPS or online directions is:

Amicalola Falls State Park, 240 Amicalola Falls State Park Rd Dawsonville, GA 30534.

**Note:** Your guide will give you a call if the time is going to be significantly different due to airport delays.

**If you would like help with any travel plans we recommend** our travel agent Barbara Nelson, Scan East West Travel, at [bnelson@scaneastwest.com](mailto:bnelson@scaneastwest.com) or call 206-395-7836.

## ACCOMMODATIONS

We will spend three nights at the [Barefoot Hills](#). This beautiful lodging was formerly owned by one of our guides; it was recently purchased and the new owners have remodeled it to offer additional private rooms. There are two bedrooms with 2 sets of bunks, each with so there will be four women in each room. Each room has a bathroom (one attached, one not). There are also four private rooms with a queen bed and an ensuite bathroom. There is also common room where we can relax together.

We can accommodate a variety of dietary preferences and restrictions but, depending on your specific circumstances, we may ask you to bring supplemental food. Please contact the office if this is a potential concern for you.

## WEATHER

The weather at this time of year is usually lovely warm spring weather, but it can vary based on where we are in the mountains. Typically it is in the upper 70s during the day and in the 50's at night; of course, temperatures could be warmer, cooler, and/or rainy. Bringing the proper equipment will add greatly to your enjoyment and your safety.

## TRAVEL INSURANCE

WE STRONGLY RECOMMEND TRIP CANCELLATION/TRIP INTERRUPTION INSURANCE, WHICH COVERS YOUR COST IF YOU NEED TO CANCEL OR INTERRUPT YOUR TRIP for medical reasons, trip delay, lost baggage, and other unforeseen emergencies. Adventures in Good Company will send you information about travel insurance with your registration information, or you may purchase coverage through your own insurance company. In order to avoid disappointment and expense in the event that you must cancel your trip we strongly urge you to purchase some type of insurance coverage. You can also sign up for it online at [Travelex Insurance](#). To get the best rates, use 20-0016 as your location number on the Get A Quote page.

# PACKING LIST

## FOOTWEAR

- 1 pair of lightweight hiking boots: boots need to be well broken in and comfortable
- 1 pair of comfortable athletic shoes, Teva/Chaco/Keen sandals, or crocs for wearing around our hostel and town
- 2-3 pairs of hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

## CLOTHING

- 1 pair of comfortable synthetic/nylon long pants for hiking. Zip-offs work well
- 1 pair of shorts (optional, especially if you have zip-off pants)
- 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun
- 1-2 synthetic T-shirts or short-sleeved shirts
- 1 lightweight fleece jacket or wool sweater
- 1 rain parka AND rain pants: coated nylon or a waterproof/breathable fabric like Gore-tex.
- Underwear/nightwear
- 1 wide-brimmed hat or baseball cap for protection from the sun
- Comfortable clothes to wear at the hostel (could be sweats)
- Casual dress, skirt, or pants and shirt for wearing to dinners/brunch
- Lightweight gloves and hat for cooler temps

## TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, wet wipes, contact lens paraphernalia, and sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Insect repellent
- Small personal "patch kit": Band-Aids, Compeed or Second Skin, moleskin, cloth athletic tape, ibuprofen, personal medications, if any.

**Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.**

## ESSENTIALS

- Sunglasses (100% UV protection) with retention strap
- 1 daypack large enough to hold your supplies for the day (see notes on packing list)
- 1 waterproof backpack cover or trash bag to line your pack in case of rain (see notes on packing list)
- 1 Hydration system or water bottle with capacity for carrying 2 liters of water
- Hiking poles (recommended)
- Ear plugs (for a good night's sleep!)
- Headlamp

## OPTIONAL

- Camera (extra battery) and film/memory card
- Book, notebook, journal, pencil/pen
- Binoculars
- Wrist watch/travel alarm clock
- Bandanna(s) – multi-useful
- Your favorite snack (snacks will be provided but bring anything you especially like or need)

## NOTES ON PACKING

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing in the van.

**Daypacks:** Your daypack should be large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 20 – 30 Liters (1200 and 1800 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

**Footwear:** Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

**Clothing:** The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

**Rain Gear:** You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

**Hydration:** Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

**Personal First Aid Kit:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

**Trekking Poles:** Trekking poles are recommended for this trip. Trekking poles are always recommended for our hiking trips. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions> .