



ADVENTURES  
*in good company*



## THE ART OF MOUNTAIN HIKING - THE APPALACHIANS

### Trip Summary

#### HIGHLIGHTS

- Gaining a solid foundation in the skills and knowledge needed to hike safely and have fun in the mountains
- Learning to anticipate and prevent the most common hazards: weather changes, lightning, animals, getting lost etc
- Learning to read a map and use a compass
- Participating on a variety of mountain hikes
- Enjoying the camaraderie of other women who love to hike

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## TRIP AT A GLANCE

<b>Location:</b>	Dahlonega, GA
<b>Activities:</b>	Hiking
<b>Arrive:</b>	Plan to meet at 1 pm at the Atlanta Airport (ATL) or 3 pm at the Mountain Lodge on Day 1
<b>Depart:</b>	If you are driving, you can leave anytime after 1 pm. If you are flying you can book flights after 4 pm at the Atlanta Airport (ATL) on the last day

### Trip Overview

Although hiking is essentially putting one foot in front of the other, there are many tips that can make hiking both more enjoyable and safe. There are two ways to acquire the knowledge necessary to hike safely in a variety of terrains: either through experience, or by learning from others with that experience. If you want to jump start your learning and your experience, join us for five days of experiential education in the Georgia Mountains with two experienced hiking guides. Maximum group size: 12

### Rating

This trip is for women in good physical condition who can hike for two to four hours a day in mountainous terrain. While intermediate hikers who want to hone their skills are welcome, the trip is primarily designed for novice hikers with no or limited previous hiking experience. If your interest is more in hiking than in combining hiking with learning, we suggest you look at one of our other hiking trips. A rating of 2 is suitable for any woman who regularly walks at a **brisk** pace 3 to 4 days a week for 35 - 45 minutes. **Rating:** 1 [\[2\]](#) 3 4 5.

### What's Included

- 1 - 2 experienced AGC guides based on group size
- Four nights lodging in the described accommodation
- All meals from dinner Sunday to lunch the following Thursday
- All transportation once you arrive in Atlanta, GA

What's not included: Travel to/from the Atlanta airport, alcoholic beverages, guide gratuities and trip insurance

## OUR ITINERARY

Below is the itinerary we have planned 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

We'll meet at the Atlanta airport at 1 pm. From there we'll take the metro to the spot where the shuttle picks us up and transports us to a deluxe vacation home that is our home for the trip. After getting settled in we have our first lesson: how to adjust, hold, and place trekking poles. This is a basic skill that we'll be practicing all week so next we stretch our legs and practice using poles with a short walk. After the first of many hearty dinners, we'll start discussing hiking basics: what to wear and what to bring with you, how to adjust your pack for maximum comfort, foot care, and how to choose a hiking pace.

### DAY 2

This morning we'll have a workshop on how to read a map, use a compass, and plan a hike. Map and compass are a topic that can only be learned with practice, so we'll put this morning's lessons to use throughout the rest of the trip. In the afternoon we'll hike a 3.5 mile section of the Appalachian Trail, from Gooch Gap to Woody Gap with about 400 feet elevation gain. Before and during the hike we'll review how to effectively use hiking poles on uphill and downhill and hiking techniques such as the rest step. Along the way and at the top of the mountain we'll pull out maps and compasses.

Since first aid is such an important topic, we will spend time this evening looking at what you should carry in a First Aid Kit and how to treat a couple of the most common problems. In particular, since painful feet are the most common way to ruin a hike, we will review foot care in depth with hands on practice.

### DAY 3

This morning we'll discuss conditioning, nutrition, how to determine how much water to carry and various methods of treating it. We'll also discuss common safety issues: getting lost, getting injured, bad weather, hypothermia, heat exhaustion, bears, river crossings, and lightning. Of course after that we may be feeling too scared to ever want to hike again! But that will quickly disappear on our next hike. We'll hike 5 miles, starting at Springer Mountain (yes, the start of the Appalachian Trail) and hiking to 3 Forks. If we have time, we can add another 2 miles with an out and back hike to Long Creek Falls. 3 Forks has several streams so this will be a great place to practice water crossings.

Using the skills and knowledge we've gained over the previous days, we will put it all together as we spend the evening planning tomorrow's hike.

### DAY 4

Today is an all-day hike where we'll put together everything we've learned. We'll start at Nimblewill Gap and hike to Len Foote Hike Inn. This hut is similar to the AMC huts in the White Mountains and, just like them, is a great place to reward yourself with a refreshing glass of lemonade. We'll then continue to Amicalola Falls State Park. The moderate trail traverses diverse landscapes, dipping and rising across ridges and down through mossy, ferny creek valleys. The total mileage is 6.1 to 7.1 miles, depending on whether we stop at the top of the Falls or continue to the Visitor Center.

Tonight, feeling like the accomplished hikers we now are, we'll go out to celebrate and share a final farewell dinner.

## DAY 5

This morning after breakfast, we'll spend a little time talking about hiking destinations and where to find more information about them. We'll then pack up and depending on time either have a short hike or a chance to explore the beautiful town of Dahlonega, a hidden jewel set in the North Georgia mountains. We'll plan to be done by 1PM and those who are flying home can plan for flights after 4:00pm

## ADDITIONAL TRIP INFORMATION

### Getting There

If you are flying, plan to fly into the Atlanta airport (ATL) not later than 12:30PM so you can get to the trip meeting point in the Atrium by 1PM. If you are driving, plan to be there by 3:30PM.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

### Accommodations

We will spend four nights at [Retreat on the Ridge](#), a luxurious 7-bedroom 5.5 bath majestic mountain home where you can enjoy the north Georgia mountains in luxury, style and convenience. It's seven miles north of Downtown Dahlonega with spectacular panoramic views, a saltwater pool, and a firepit. There are seven bedrooms that are a mix of single and shared rooms, plus a "bunkroom" with four beds (two singles and one bunkbed). There is a discount for the bunkroom, and three single rooms are available for a single supplement; otherwise, rooms will be assigned randomly.

### Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit [www.travelexinsurance.com](http://www.travelexinsurance.com) or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

## CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

[Click here for our Cancellation & Payment Policies and Booking Terms & Conditions.](#)