



# Family Hiking Day on the Appalachian Trail

September 30, 2017  
Guided Hikes and Trail Celebrations

In celebration of National Public Lands Day, September 30th is Family Hiking Day on the Appalachian Trail! From Georgia to Maine, A.T. volunteers will lead guided hikes and other events designed with young and/or new hikers in mind. Bring your family along for a day of fun, exercise, and enjoyment of our public lands! Hikers who post photos to Facebook, Twitter, or Instagram with #ATfamilyhike will be entered to win one of four Osprey daypacks!

Hikes are listed from south to north along the A.T. All hike distances listed are round-trip. **Please RSVP with the hike leader**, and check out our [Family Hike Planning Guide](#) to make sure that you're prepared for a day on the Trail. Happy hiking!

## Georgia

Activity Title	Lake Nottely Family Hiking Day
Hosting Organization	Blairsville Chamber of Commerce, Georgia Appalachian Trail Club, Benton MacKaye Trail Association, and Mountain Hike Hikers
Closest Town	Blairsville, GA
Difficulty and Length	Easy, 2.6 miles
Description	This is an easy hike along a loop trail around the shores of Lake Nottely, with a 1.6 mile loop as a possible shorter option. The pace of the hike will be easy as the trail follows a rolling terrain through trees around the lake. The trail is not wheel chair or stroller friendly. Please register in advance (see contact info below).
Nearby Metro Areas	Atlanta, GA
Meeting Location and Time	Trailhead parking lot – 8:30 AM
Additional Directions	The parking lot is located just north of the junction of Loving Road and Hwy 325. It can be reached from Hwy 515 by turning on Hwy 325 and following it North to the parking area or from Hwy 129/19 by turning on Hwy 325 and proceeding South across the Nottely Dam to the parking area on your left.
Contact	Please contact Joe Boone at booned@windstream.net to register for this event.

## North Carolina/Tennessee

Activity Title	Family Hike to Rufus Morgan Falls
Hosting Organization	Nantahala Hiking Club
Closest Town	Franklin, NC
Difficulty and Length	Easy, 2 miles
Description	Hike to a beautiful waterfall named for the founder of the Nantahala Hiking Club. We'll return on a loop. This hike will be children, grandchildren, and dog-friendly! Please bring lunch and water for your family. RSVP required.
Nearby Metro Areas	Asheville, NC; Greenville, SC
Meeting Location and Time	Westgate Plaza in Franklin, NC – 10 AM
Contact	Please RSVP to Bill and Sharon Van Horn – 828.369.1983 – <a href="mailto:wavh@dnet.net">wavh@dnet.net</a>

Activity Title	Family Adventure Yoga and Hike
Hosting Organization	Beyond Bending Yoga
Closest Town	Franklin, NC
Difficulty and Length	Moderate, 4 miles
Description	Adventure Yoga is a free event sponsored by the studio encouraging participants of all ages to enjoy nature and yoga. We will be hiking up Siler Bald enjoying yoga on the bald as well as at the picnic area after the hike. We will begin at Wayah Crest Picnic area off Wayah Rd and hike a moderate 2 miles along the A.T. to the top of the Bald, and return on the same trail. Our hike starts at 9am and we plan on offering a cool down yoga session in the picnic area when we finish.
Nearby Metro Areas	Atlanta, GA; Asheville, NC; Greenville, SC
Meeting Location and Time	<a href="#">Wayah Gap Picnic Area off Wayah Rd</a> , 8:45 AM
Contact	Jennifer McIntee, (828) 222-0759

Activity Title	Max Patch Loop Hike
Hosting Organization	Carolina Mountain Club
Closest Town	Hot Springs, NC
Difficulty and Length	Moderate, 4.4 miles
Description	Learn a bit about the A.T. as you hike through one of its most beautiful places! Hike through open meadows, shaded forest and across a small stream. Max Patch bald is a good place to bring and fly a kite (weather permitting). Wear sturdy shoes and bring plenty of water, snacks, and a bag lunch.

Nearby Metro Areas	Knoxville, TN; Asheville, NC; Tri-Cities, TN
Meeting Location and Time	Home Depot - Exit 44 on I-40 in NC - 9 AM
Contact	Please RSVP to Jan Onan - <a href="mailto:janonan59@gmail.com">janonan59@gmail.com</a> - (828) 606-5188

Activity Title	Family Hike to Beauty Spot
Hosting Organization	Tennessee Eastman Hiking and Canoeing Club
Closest Town	Erwin, TN
Difficulty and Length	Easy, 4.6 miles
Description	Bring your family and friends to hike the A.T. to the aptly-named Beauty Spot, a grassy bald with a magnificent panorama. We'll leave from Colonial Heights (the Ingles parking lot between McDonalds and Taco Bell) at 1:00 PM and from Johnson City (Parkway Discount Wine & Liquor on South Roan Street) at 1:30 PM to arrive at the Indian Grave Gap trailhead by 2:00 pm. Expected return to Colonial Heights is by 6:00 pm. RSVP to William by Friday, September 29..
Nearby Metro Areas	Tri-Cities, TN; Asheville, NC; Knoxville, TN
Meeting Location and Time	Colonial Heights, TN (Ingles parking lot between McDonalds and Taco Bell), 1:00 PM; additional meeting location in Johnson City (Parkway Discount Wine & Liquor on South Roan Street), 1:30 PM
Contact	Please RSVP to William Werner, 423-408-4469, by Friday, September 29

## Virginia

Activity Title	Rice Field Hike
Hosting Organization	A.T. Community of Pearisburg
Closest Town	Pearisburg, VA
Difficulty and Length	Moderate, 5 miles
Description	Rice Field is a beautiful mountaintop meadow on the crest of Peters Mountain, where the A.T. walks along the VA-WV state line. The excursion will take 5-6 hours, and hikers should bring their own lunches and water. We will go at a "stop and look" pace, and spend some time enjoying views from Rice Field and having lunch at the shelter. Hikers of all ages are welcome, but this hike is most appropriate for hikers at least 5 years old. We will meet in Pearisburg at 10 am to carpool to the trailhead—RSVP for complete details.
Nearby Metro Areas	Roanoke, VA; Blacksburg, VA
Meeting Location and Time	Pearisburg, 10 AM (RSVP for details)
Contact	Please RSVP to Kathryn Herndon – <a href="mailto:kherndon@appalachiantrail.org">kherndon@appalachiantrail.org</a> – (540) 904-4393

## West Virginia

Activity Title	African-American History Hike – <b>Sunday, October 1</b>
Hosting Organization	Harpers Ferry National Historical Park, Harpers-Ferry Bolivar Trail & Town Alliance, and the Appalachian Trail Conservancy
Closest Town	Harpers Ferry, WV
Difficulty and Length	Moderate, 1 mile
Description	In celebration of the 150th anniversary of the founding of Storer College, this African American History Hike will showcase the rich history along the A.T. in Harpers Ferry. A Harpers Ferry National Historical Park ranger will lead a 1 mile hike along the grounds of Storer College, one of the nation's first institutions of higher learning open to all Americans. The hike will also follow the A.T. past Jefferson Rock, Civil War ruins, and John Brown's Fort. We will learn about the Niagara Movement, considered to be the cornerstone of the modern civil rights era, and John Brown's Raid, which focused the nation's attention on the moral issue of slavery and headed the U.S. toward civil war. The route includes numerous steep steps. A shuttle bus will be available to return participants to ATC for those who do not wish to walk back uphill. This hike is recommended for families with children ages 12 and older. Please wear sturdy shoes and bring water and light snacks.
Nearby Metro Areas	Washington, D.C.; Baltimore, MD
Meeting Location and Time	ATC Visitor Center – 799 Washington St, Harpers Ferry, WV – 11 AM, Sunday 10/1
Contact	Registration is strongly encouraged; send email with "AAHH Registration" in the subject line to <a href="mailto:lpotteiger@appalachiantrail.org">lpotteiger@appalachiantrail.org</a> by September 28.

## Pennsylvania

Activity Title	Family Hiking Day Fun
Hosting Organization	Greater Waynesboro Area A.T. Community
Closest Town	Waynesboro, PA
Difficulty and Length	Easy, 2.5 miles OR Moderate, 5 miles
Description	Join our annual Family Hiking Day celebration! We'll have kids' activities, hiking preparedness demonstrations, Leave No Trace awareness, snacks, and two hike options. Please dress in layers, wear sturdy shoes, & bring water, snack and camera! Option 1 is a hike to Chimney Rocks that is best suited for older children, as it includes a strenuous climb. We'll take the A.T. to the Tumbling Run shelters, then take a side trail past The Hermitage cabin all the way to Chimney Rocks and back (5 miles round-trip). Option 2 is a hike to Tumbling Run shelters. This is fairly easy walking with a slight climb to the shelter. Out and back on the A.T., 2.5 miles total.
Nearby Metro Areas	Washington, D.C.; Baltimore, MD; Frederick, MD
Meeting Location and Time	Old Forge Picnic Area, Michaux State Forest – 1 PM (hikes begin at 1:30)
Contact	Please register on Eventbrite at <a href="https://www.eventbrite.com/e/family-hiking-day-tickets-37482257441">https://www.eventbrite.com/e/family-hiking-day-tickets-37482257441</a>

Activity Title	Family Hiking Day Celebration
Hosting Organization	Boiling Springs A.T. Community and the Appalachian Trail Conservancy
Closest Town	Boiling Springs, PA
Difficulty and Length	Easy, 1 mile or Easy, 3 miles
Description	<p>ATC's Family Hiking Day is a great opportunity to get outdoors with the whole family. Take a hike together or try different hikes and compare notes later. Then join us for our Family Hiking Day Celebration at Children's Lake in Boiling Springs. We'll have a hike with the ever-popular Boxcar Andy, outdoor activities, nature-themed crafts and a special visit from Smokey Bear! Celebration activities kick off at noon on Family Hiking Day. Choose a guided hike or just enjoy an afternoon on the Appalachian Trail at Children's Lake with lots of fun outdoor activities.</p> <p>All Family Hiking Day activities are free and open to the public. For more information, contact Sara at <a href="mailto:shaxby@appalachiantrail.org">shaxby@appalachiantrail.org</a> or 717-258-5771.</p>
Nearby Metro Areas	Harrisburg, PA; State College, PA; Philadelphia, PA; Baltimore, MD; Towson, MD
Meeting Location and Time	Appalachian Trail Conservancy (4 East First Street, 17007) Celebration begins at noon; Hikes leave at 1:30
Contact	Please register on Eventbrite at <a href="https://www.eventbrite.com/e/atcs-family-hiking-day-2017-tickets-37285466835">https://www.eventbrite.com/e/atcs-family-hiking-day-2017-tickets-37285466835</a>