

SMOKY MOUNTAINS FAMILY CAMP

June 29 - July 4, 2009
 ~SCHEDULE OF EVENTS~

Monday, June 29

- PM 3:00-5:00 Arrival, registration and move in to the dorm.
- EVE 6:00 Supper
 7:00 Welcome & Orientation & Sign Up for Activities - meet in @ Cove Room
 8:30 Campfire - meet @ Council House
Snack available in the Dining Hall afterward

Tuesday, June 30

- AM 7:00 Bird-Banding - meet @ Council House
 8:15 Polar Bear Swim with Allison & Jarrett - meet in front of Dorm
 8:30 Smoky Mountain Yoga with Kate Selby - meet @ Pavilion
 9:00 Breakfast

KEY: (R) *Rambler*: Less than one mile hiking distance without much uphill.
 (E) *Explorer*: One to two miles hiking distance or steeper slopes or rock scrambles.
 (T) *Trekker*: More than two miles hiking distance, usually with significant elevation change.

- 10:00-12:15
1. Shake Your Bushy Tail: The Natural History of the Eastern Gray Squirrel (R) with Angie - meet @ Council House
 2. Go Take a Hike: The Fundamentals of Hiking (E) with Kate - meet @ Friendship Circle
 3. Meet My Tree Friend (R) with Christina - meet @ Pavilion
 4. What's In Our Water (R) with Tim - meet @ Cove Room
 5. Solar Power Workshop (R) with John - meet @ Solar station (near office)
This event is open to the public.

- PM 12:30 Lunch

- 1:30-4:15
1. Sandpainting: The Art of Symmetry (R) with Debora - meet @ Pavilion
 2. Geology Walk to Spruce Flats Falls (E) with Christina - meet @ Friendship Circle
 3. Survivor: The Appalachian Episode (E) with Brian & Kate & Danielle - meet @ Council House
 4. Salamander Survival (E) with Allison - meet @ Pavilion
 5. The Endless Forest (R) with Mickey - meet @ Pavilion

4:30-5:30 Lifeguard on duty @ river

5:VE 6:00 Supper

7:15 **Bring your bike to the pavilion if you're biking the Cove on Weds. morning for loading*
7:30 **Evening Walks - meet @ Pavilion**

8:30 **Smoky Mountain Bingo - meet @ Dining Hall**
Snack available in the Dining Hall after the program

Wednesday, July 1

7:AM 7:00 Early Breakfast for Biking group only

7:30-12:00 **1. Biking in Cades Cove - with Mary S., Brian, Kate, Christina, Allison, Tim, Jeremy - meet outside Dining Hall at 7:30 sharp!**
Take a bicycle tour of Cades Cove on an 11-mile loop road closed to automobile traffic. Tremont can transport your bike in a pick-up truck, but participants will carpool to the Cades Cove entrance. There are also a limited number of bicycles for rent at Cades Cove.

8:00 Breakfast & Pack Sack Lunch for History Walk participants only

9:00-4:00 **2. History Walk to Little Greenbrier Schoolhouse & Walker Sisters Homestead with Mickey, Mary D., Angie, Danielle, Jarrett - meet @ Dining Hall**
Take a hike back in time to the late 19th century to discover what life was like for people living in the Smokies before the National Park was established. We'll trace a path school children walked to attend Little Greenbrier Schoolhouse beginning in 1882. Total distance is 4.4 miles. *Two vans are available for transport to the trailhead.*

12:30 Lunch

1:30-4:15 **1. Survivor: The Appalachian Episode (E) with Brian & Kate & Danielle - meet @ Council House**
2. Where's YOUR Bag?: Make Your Own Eco-Friendly Grocery Bag (R) with Debora - meet @ Pavilion
3. Geology Walk to Spruce Flats Falls (E) with Mary - meet @ Friendship Circle
4. Stream Ecology (R) with Tyson - meet @ Cove Room

4:30-5:30 Lifeguard on duty @ river

5:VE 6:00 Supper

7:30 **Appalachian Stories with Elizabeth Rose @ Council House**
Snack available in the Dining Hall after the program

Thursday, July 2

AM 7:00

Early Breakfast for Alum Cave group only & Pack Sack Lunch

STRENUOUS • Alum Cave Trail to Mt. LeConte and back, 11 miles

Alum Cave Trail is strenuous, both uphill and down, and is the shortest route to the top of Mt. LeConte, which we *may* have time for depending on experience and comfort level of hiking participants. The lower portion includes Alum Cave Bluff and Arch Rock with a pleasant, meandering walk along Alum Cave Creek. The upper portion includes a narrow cleft across a steep open slope with cables for hand-holds. Geological interests, great views, groves of rhododendron and laurel, and creek crossings (on bridges) make for a good hike. A determination will be made roughly halfway into the hike whether to continue to the top of Mt. LeConte. Vertical rise and fall is 2560 feet in 5.5 miles. *One van is available for participants to ride to the trailhead in; participants may also carpool.*

7:45

Smoky Mountain Yoga with Kate Selby – meet @ Pavilion

8:00

Breakfast & Pack Sack Lunch (NO lunch in dining hall today)

9:00

HIKING DAY!

****All hiking groups meet in dining hall***

EASY • Andrews Bald, 3.6 miles

This is a beautiful high-country walk to a bald that is more accessible than the other balds in the park. The slope down into the bald is an easy but rocky walk that requires close attention. You will be walking downhill for the first mile, then across a level saddle with some uphill again to get to the bald. The spruce and fir forest here is characteristic at this 6300-foot elevation when suddenly you come into a grassy, open hilltop. We will spend some time exploring and enjoying the bald along with the views of the national forests of North Carolina and Georgia. Coming back is a steady climb. If time and interest allow, we will go up to the observation tower at Clingmans Dome, the highest peak in the national park (6,643 feet). *One van is available for participants to ride to the trailhead in; participants may also carpool.*

EASY-MODERATE • Indian Flats Falls, 7.5 miles

This hike begins at the end of Tremont Road where Old Tremont, the 1920s logging town, once stood. The Middle Prong Trail follows an old railroad grade along beautiful Lynn Camp Prong. In places the trail is somewhat rocky. Lynn Camp Cascades can be seen within the first mile. Further up, the trail crosses Indian Flats Prong on a wide bridge. Railroad switchbacks climb the ridge here. Less than half a mile past the bridge is a short side trail to Indian Flats Falls, tucked into the mountain. There are four falls in all that drop 65 feet and run 170 feet. The falls are beautiful and provide a swimming opportunity before the return hike – but only for those willing to brave chilly temperatures! Vertical rise: 1100 feet. *Participants will carpool approximately three miles to the trailhead.*

MODERATE • Spruce Flats/Lumber Ridge, 8 miles

This loop hike will begin and end at Tremont. You will start out on the Falls Trail with the highlight being Spruce Flats Falls, a 40-foot waterfall that may very well be the beauty of the Smokies. The one-mile between the falls and Tremont is a slightly treacherous trail with some steep sections and spots

requiring careful footing. We will pass by the Greenbrier Fault twice during this part of the hike and spend some time talking about the geological forces behind the formation of the Smokies. Up over the falls, we continue on an unmaintained trail that was once a railroad bed. It is now grown over with rhododendrons so be ready to duck a few times, and scramble over fallen trees. It meanders along Spruce Flats Branch, which we may need to rock-hop across several times with gentle ups and downs in terrain. Buckhorn Gap, the halfway point, is a nice lunch spot. The remainder of the hike is along the Lumber Ridge Trail through a second growth hardwood forest. The going is mostly downhill past rock outcrops, and provides occasional views through the trees. You'll walk right back into Tremont's campus behind the dormitory. Total vertical fall on Lumber Ridge Trail is approximately 1300 feet in 3 miles. **No vehicles will be needed.**

4:30-5:30 Lifeguard on duty @ river

5:00-6:00 Supper
7:30 **COMING TO COUNCIL: Interactive Activities about Cherokee Culture**
- Meet @ Council House
Snack available in the Dining Hall after the program

Friday, July 3

7:15 AM Polar Bear Swim with Allison & Jarrett - meet in front of Dorm
7:45 Smoky Mountain Yoga with Kate Selby - meet @ Pavilion
8:00 Breakfast

- 9:00
1. **Fish, Flies & Fun with Jarrett (R) - meet @ River House**
 2. **Salamander Hike to the Falls (E) with Allison - meet @ Pavilion**
 3. **Citizen Science Project: Aquatic Salamander Monitoring (E) with Mary S. - meet @ Council House**
 4. **Citizen Science Project: Aquatic Salamander Monitoring (T) with Christina - meet @ Council House**
 5. **FREE MORNING - Take a break and relax**

12:30 Lunch

1:30 **Pre-Independence Day Outdoor Extravaganza! @ field**
Wear clothes you don't mind getting wet

4:30-5:30 Lifeguard on duty @ river

5:00-6:00 Cook-Out in Pavilion
7:30 Closing Campfire @ Council House

Saturday, July 4 **HAPPY INDEPENDENCE DAY!**

8:00 AM Breakfast & Clean-Up & Pack Sack Lunch for the road
9:30-11:30 Farewell Hikes: (meet @ Dining Hall)
1. Panther Falls (R) - with Mickey, Kate, Angie
2. Dorsey/West Prong (E) - with Jeremy, Christina
12:00 Departure - *Come Back Soon!*

Meet our Staff!

Danielle Althaus - Environmental Education Summer Intern

Danielle grew up in Suffolk County, on Long Island, New York. She is a senior double-major in Environmental Studies and Communication at SUNY Potsdam in upstate New York. This is her first summer in Great Smoky Mountains National Park and she couldn't be more excited about it. In her free time she likes listening to music, watching Yankee games, photography, and hiking in the Adirondacks.

Brian Ballenger - Teacher/Naturalist

Brian was born and raised in Lancaster (Amish country), Pennsylvania. Brian earned his B.A. in Environmental Planning at Bloomsburg University in 2007. While at Bloomsburg, Brian spent time studying in England, patrolling the backcountry of Mount Katahdin, Maine, and developing a youth leadership camp that emphasized white-tail deer management. In his free time, Brian enjoys traveling, live music, reading and the great outdoors. Brian joined Tremont in the winter of 2008, and is very excited to be in Appalachia.

Jarrett Beecher - Environmental Education Summer Intern

Jarrett is a Magazine Journalism major at the University of South Florida in Tampa and plans to focus his writing on the outdoors. Although this is his first summer at Tremont, he is very familiar with the park and what it has to offer after many years of family summer vacations visiting the Smokies. He is an avid fly-fisherman and loves nothing more than catching native brookies. He hopes to pass on his knowledge and passion for fly-fishing onto all who are willing to learn.

Angie Booher - Environmental Education Summer Intern

Angie is a recent graduate of Hiram College, Hiram, Ohio with a Bachelor's degree in Biology. She calls East Liverpool, Ohio home and comes from a big family. She has spent the past year studying the behavioral differences between black and gray Eastern Gray Squirrels. In 2007 she interned at the National Aviary in Pittsburgh. In her free time she likes to read, draw and hang out with friends.

Tim Jenkins - Environmental Education Summer Intern

Tim always planned on going to Clown College but was shocked to find that his parents would not allow it. He now attends Warren Wilson College near Asheville and is exploring (and avoiding) the wonders of academia. He has been in Boy Scouts and attended Quaker Camp for many years and loves the ambient power of the wilderness. This summer he is contemplating the universe in the Smokies.

Mickey Larkins - Summer Teacher/Naturalist

Mickey hails from rural west Tennessee where he has taught elementary education for close to forty years. In his summer role at Tremont, Mickey specializes in lessons about trees, birds, and general natural history of the Smokies, and tries to connect all of these to the big picture of living as a part of the natural world wherever one might reside. He is President Elect of the Tennessee Environmental Education Association. This will be his eleventh summer at Tremont.

Allison Madison - Summer Teacher/Naturalist

Allison, a Wisconsin native, is excited to spend her first summer south of the Mason-Dixon line. After graduating from St. Olaf College, she spent a year studying and teaching environmental education in northern Minnesota. Leaving the arctic was a difficult task; she motored her way south through the Appalachians stopping to work for several months in both Pennsylvania and West Virginia before winding up in Tennessee. She plans on returning north in the fall to study phosphorus cycling and water quality at UW-Madison.

Christina McCoy - Teacher/Naturalist

Christina was born in Indiana but raised in the Cumberland Gap of Kentucky and Northwest Georgia. She spent her high school summers working in Michigan at Isle Royale National Park; where she rediscovered her enthusiasm for the environment. She graduated from Michigan State University with a B.S. in environmental studies and a specialization in gender studies. She dedicated a year of service with AmeriCorps VISTA working at an environmental nonprofit in Detroit, MI. In Detroit, she planted trees, worked with the community and educated the youth about the natural world. She is excited to be teaching and living in the south again, exploring the mountainous terrain and learning new plants and wildflowers. Some of her favorite outdoor activities are hiking, kayaking, and berry picking. In her spare time she likes to read, meditate, and be creative with arts and crafts.

Kate Selby - Summer Teacher/Naturalist

Kate hails from the Washington, DC area by way of Greensboro, NC, where she spent the last four years studying biology and environmental studies at Guildford College. As a graduate she hopes to pursue a career in environmental education, building on experience gained from working at an outdoor adventure summer camp in Virginia, leading backpacking and canoeing trips in the Adirondacks, and teaching EE part-time at the Haw River State Park in North Carolina. She is a Wilderness First Responder and certified yoga teacher.

Mary Silver - Teacher/Naturalist

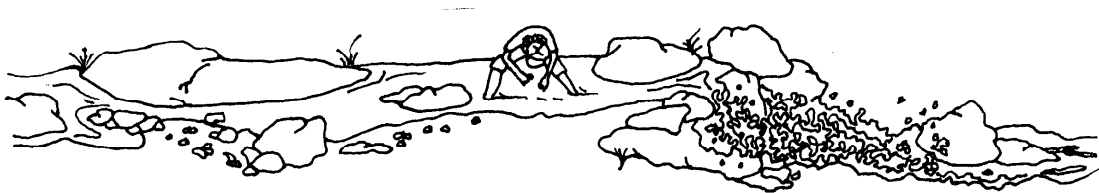
Mary was born and raised in Kingsport, Tennessee. Mary graduated from Northland College in Ashland, Wisconsin with a degree in Outdoor Education with an emphasis on Natural History, and a minor in Biology and Writing. She volunteered for a number of years at Warriors' Path State Park, and has also worked as a counselor at Bays Mountain Day Camp. Mary is a Wilderness First Responder. Mary has spent three summers as a summer teacher naturalist at Tremont before coming on as full time staff.

Tyson Wepprich - Citizen Science Educator

Tyson grew up in St. Charles, Missouri and graduated from Duke University with a major in biology. He has always been a self-described "science nerd." He first got to see the Smokies while working with the Southern Appalachian Forest Coalition in Asheville, NC. For the past year he has worked as a lab instructor for introductory biology courses at Duke University. His hobbies include backpacking, science, cooking, and playing clawhammer-style banjo.

In **wildness** is the preservation of the world.

Henry David Thoreau



In **human culture** is the preservation of wildness.

Wendell Berry