

# Your Visit to Tremont

## **ABOUT TREMONT & GREAT SMOKY MOUNTAINS**

### **NATIONAL PARK**

Walker Valley is located in a beautiful river valley roughly 9 miles from Cades Cove near the Townsend entrance to the park. Tremont Institute programs are conducted in cooperation with the National Park Service. Our programs are designed to give the visitor an extended, in-depth look at a true national treasure: Great Smoky Mountains National Park.

### **HOW TO GET HERE**

Tremont is located in the northwestern section of the Park, near Townsend, Tennessee. Please refer to the map and directions to guide you to our location. Once in the park, be sure to follow the signs to Great Smoky Mountains Institute at Tremont.

### **HOUSING**

You and other participants will be staying in Caylor Lodge. This comfortable, rustic facility is centrally heated and cooled (an important consideration in our humid climate). It is an open dormitory that does not include the privacy of individual rooms. Each of the two stories is divided into two sections. Each section of the dorm is one large room with a few dividers and about 20 bunk beds. There is one large bathroom in each section with private stalls and showers. There are no closets or drawer space, although there may be extra beds that can be used for your luggage.

Tent platforms are available on a first come, first served basis. Please contact us if you are interested in using our tents.

### **HEALTH & WAIVER FORM**

Please complete and return the Workshop Health & Waiver Form as soon as possible. This is required before you can participate in the program.

## **OUR VISITOR CENTER & GIFT SHOP**

Our bookstore offers a great variety of T-shirts, books, CDs, postcards, etc. It will be open during some portion of your stay.

## **GSMIT PHONE AND ADDRESS**

If someone needs to reach you, a message may be left at the office number: (865) 448-6709. Our mailing address is: Great Smoky Mountains Institute at Tremont, 9275 Tremont Road, Townsend, TN 37882. Our e-mail address is: Mail@gsmi.org. For after hours emergencies, call the National Park Service at (865) 436-1294.

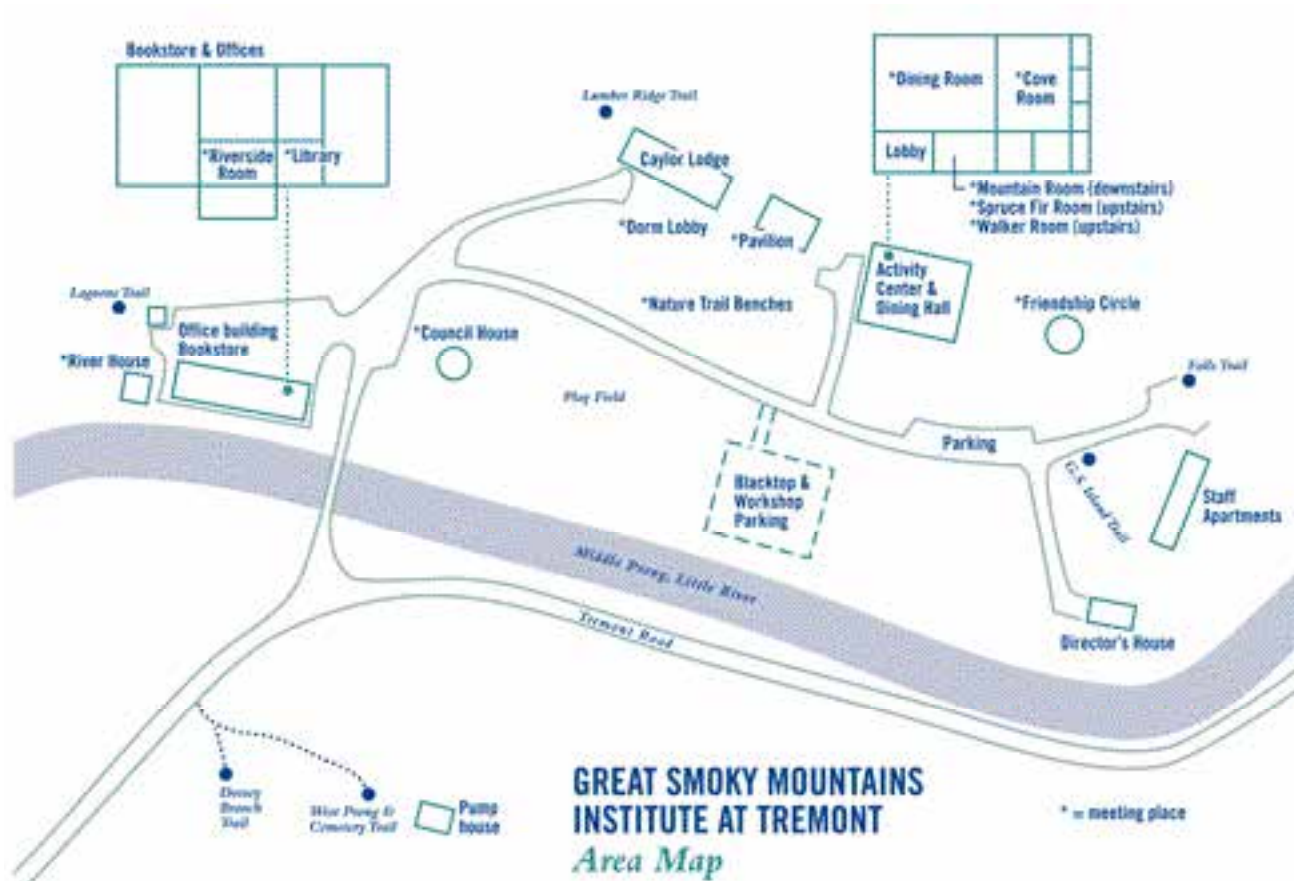
## **CELL PHONE AND EMAIL ACCESS**

We do not have cell phone reception in Walker Valley. There is a land-line in the Mountain Room for limited calls. Wireless internet access is available in the Activity Center for participants who bring their own laptop computer. Please ask a staff member about the access code.

## **WHAT TO EXPECT**

We will be outside for most of our sessions and will be doing some walking on and off trails. Be aware that some of the trails are steep. Please come prepared with comfortable clothes and hiking boots or good walking shoes. Please be sure to bring along rain gear as rain can be expected at any time of year. Refer to the following information for specific needs.

# SITE AND FACILITIES



Tremont is located in the watershed of the Middle Prong of the Little River, which encompasses 20,000 acres. Within this area, twenty or more miles of established trails are available that intersect various forest types, streams, and geologic formations. Participants have access to all the tremendous historic and natural resources that Great Smoky Mountains National Park offers.

**CAYLOR LODGE** is a comfortable, heated and air-conditioned dormitory which houses men and women separately. It is divided into four sections, each with its corresponding bath. It has two stories, the second story being accessible by two outside stairways.

**ELSIE BURRELL ACTIVITY CENTER** is the focus of much activity. The lower level contains a full service kitchen and dining hall where family style meals are served. It also has a large meeting room for up to 200 people, restrooms, and first aid room. Upstairs is a meeting room for up to 40 people as well as our science room. A telephone is located in the Mountain Room and wireless internet access is available throughout the building.

**OFFICE BUILDING** is where you check in when you arrive. It houses the visitors welcome and information center, book store, and administrative offices as well as our library and maintenance area.

**RIVERSIDE ROOM** within the office building, is our library. This indoor meeting place opens onto a patio next to the Middle Prong. There are tables, chairs, sofas and easy chairs.

**RIVER HOUSE** Beside the office building, this small meeting place overlooks the river. It is semi-open.

**FRIENDSHIP CIRCLE AND COUNCIL HOUSE** - Two open-air group meeting sites and campfire shelters.

**SMOKY PAVILION** This covered, open-air shelter with a cement floor has picnic tables and rocking chairs. Great for outside meals and activities. It has electricity and lighting.

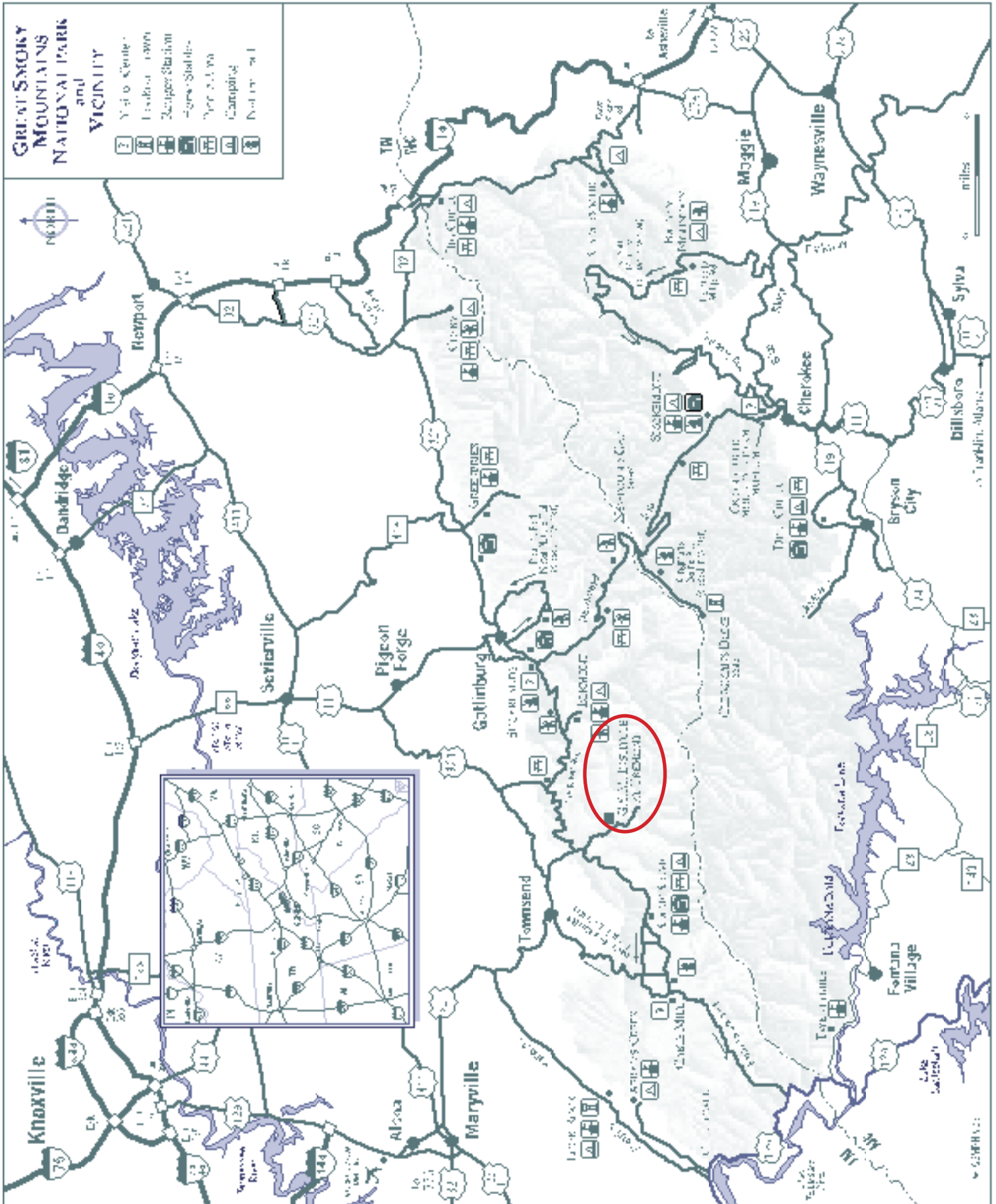
**STAFF HOUSING** Many of our staff live on site. They are accessible to you for emergency purposes.

# WHAT TO BRING

In addition to the usual personal items, the following checklist includes items that may be useful, helpful, or just fun to bring along if you have the space or inclination.

- Linens/Sleeping Bag** - sheets and blankets or sleeping bag, pillowcase, pillow, towels and washcloth. These items are provided for Road Scholar and Sierra Club groups only.
- Flashlight** - A real help to find your bed and not someone else's after lights are out. It gets mighty dark in these mountains after sunset and there are no street lights.
- Slip-on shoes** - Floors are not carpeted in the dorm.
- Toiletries** - (soap, shampoo, toothbrush, toothpaste, etc.) None are provided by Tremont (and are not sold in our store).
- Alarm Clock**
- Binoculars** - A must for birding, spotting wildlife, stars, etc. (We have a few extra pairs.)
- Day pack** - You will be outside a good deal and will need to carry your lunch, rain gear, water, etc.
- Rain gear.**
- Field guides** - We have guides available but your favorite wildflower or bird guide may be helpful.
- Water bottle for hikes.**
- Drinking cup** - For use in dorm in case you want a drink of water at night.
- Small bedside light for reading, etc. after-hours.**
- Waterproof boots or shoes for wading or swimming in streams or walking through wet grass.**
- Mattress pad** - Our beds are very firm. You may want to bring a sleeping pad or egg crate style mattress if you like a softer sleeping experience.

**NOTE: Food is not allowed in the dorm. Please ask where you may store it in the dining hall, or leave it in your car.**



Great Smoky Mountains National Park

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