

GREAT SMOKY
MOUNTAINS
INSTITUTE AT
TREMONT

GREAT SMOKY MOUNTAINS FAMILY CAMP!

SCHEDULE OF EVENTS

Monday	WELCOME!
PM 3:00–5:00	Arrival, registration and move in to the dorm.
EVE 5:45	Supper
6:45	Welcome & Orientation & Sign Up for Activities – meet in @ Cove Room
8:00	Campfire & Intro to Skit Night – meet @ Council House <i>Snack available afterward in the Dining Hall.</i>
Tuesday	NATURE CLUBS
AM 7:30	Morning Yoga <i>Meet @ Pavilion</i>
8:00	Breakfast
KEY:	(R) Rambler: <i>Includes a hiking distance of roughly a half mile.</i>
	(E) Explorer: <i>Perhaps as long as a mile hiking distance or slightly longer.</i>
	(T) Trekker: <i>As many as two miles hiking distance and/or includes significant elevation change.</i>
9:00–11:45	<ol style="list-style-type: none">1. It's in the Bag (R)2. Wizard Masters of Decomposition (E)3. Firetender Academy (R)4. Fantastic Beasts and Where to Find Them (R)5. Master Trackers (E)
PM 12:30	Lunch
1:30–4:15	<ol style="list-style-type: none">1. Sand Painting Mandalas (R)2. Creek Crawlin' Rock Hoppers (E)3. Trophic Champions (E)4. Becoming a Bug-ologist (R)5. Afternoon Trek: Marcs/Lumber Ridge (T)
1:30 – <i>thru</i> <u>Weds. morning</u>	OVERNIGHT BACKPACK TRIP – This one-of-a-kind experience will introduce you to the world of backpacking where you get to carry everything you need for one night in the wilderness on your back. We'll supply backpacks and most gear. You'll need to bring your own sleeping bag. We'll spend the afternoon packing our gear before a

journey of two miles. (Is it uphill? Of course! You're in the mountains!) The return trip will be Wednesday morning following breakfast. LIMITED TO 9 PEOPLE

4:30 **All Camp Meeting Prior to Swim Time at River House (located next to office)**
till 5:30 Lifeguard on duty @ river

EVE 6:00 **Supper** - The theme of this meal is "Pet Rock."

6:30 **CREATIVE CORNER** - Learn about arts and crafts projects that you are welcome to work on this week whenever you wish. *Meet in Dining Hall.*

6:45-7:30 **KID'S CLUB** - If your creative juices aren't flowing, join Tremont naturalists for some fun and games. *Meet in Pavilion.*

7:30 **Folk-Dancing with Bob Grimac** - Folk dances from many culture around the world

Wednesday **NATURE CLUBS & BICYCLING & BACKPACKING!**

Bring your bike to the Dining Hall **NO LATER THAN 6:30am for loading onto our pickup truck. Or, if you plan to take your own vehicle, load it onto your own vehicle and be ready to roll.*

AM 6:30 Bikers meet outside Dining Hall - bring your bike!
6:45 Depart for Bicycling in Cades Cove - we must leave on time!
7:15 A picnic breakfast will be available in the parking lot at Cades Cove soon after our arrival.

6:30-11:00 **BICYCLING IN CADES COVE (E)**
Take a bicycle tour of Cades Cove on an 11-mile loop road closed to automobile traffic. Tremont can transport a limited number of bikes in our pick-up truck, but participants will carpool to the Cades Cove entrance. A limited number of bicycles are available for rent at Cades Cove (\$4.50/hour for children & \$7.50 for adults). Bring water and a raincoat, plus a few extra bucks for ice cream at the end! *A midmorning snack will also be available in the dining hall around 11:00am.*

AM 8:00 Breakfast for non-bikers

9:00-11:45 **Fantastic Beasts and Where to Find Them (R)**

8:30-12:00 **Great Smoky Mountains Heritage Center (R) On-your-own family activity**
Permanent exhibits include Native Americans of East Tennessee, Tennessee Mountain Culture, and a historic village. Location is 3¾ miles from Tremont. Upon entering Townsend outside the park on TN-73, look for the sign on the left.

12:30 **Lunch** - The theme of this meal is "Walker Valley Living History."

1:15-2:00 **Siesta** - Quiet Time in the Dorm for folks to recover with a nap mid-week

2:00-4:15
1. **All in the Family (R)**
2. **Aquatic Adventure (E)**

3. Wizard Masters of Decomposition (E)

4. nART (Nature Art) (R)

1:30 - *thru*
Thursday morning

OVERNIGHT BACKPACK TRIP - This one-of-a-kind experience will introduce you to the world of backpacking where you get to carry everything you need for one night in the wilderness on your back. We'll supply backpacks and most gear. You'll need to bring your own sleeping bag. We'll spend the afternoon packing our gear before a journey of two miles. (Is it uphill? Of course! You're in the mountains!) The return trip will be Thursday morning following breakfast. LIMITED TO 9 PEOPLE

4:30-5:30

Lifeguard on duty @ river

EVE 6:00

Supper - The theme of this meal is "Five Themes."

6:30-7:30

KID'S CLUB - Join Tremont naturalists for some fun and games. *Meet in Pavilion.*

7:30

Old-timey Music with Lost Mill String Band - meet @ Council House
Snack available in the Dining Hall afterwards.

Thursday

NATURE CLUBS & FIELD GAMES

AM 7:00

Bird-banding - Imagine holding a real wild bird in your hand! Tremont has been using bird banding to educate the public about bird conservation and to monitor the breeding bird population in Walker Valley for over sixteen years. Come join us at the Council House as we spend the morning checking our nets for birds and seeing what surprises are in store! Wearing long pants is recommended. Come and go as you like until lunch.

7:15

Middle Prong Plunge *Meet in front of Dorm*

7:45

Morning Yoga *Meet @ Pavilion*

8:00

Breakfast

9:00-11:45

- 1. Boat Racers (R)**
- 2. Waterfall Warriors (T)**
- 3. Survival of the Fittest (E)**
- 4. Wild Dreamers (E)**

Backpackers return late morning.

12:30

Lunch - The theme of this meal is "Open Mic."

1:30

FIELD GAMES EXTRAVAGANZA

Come ready for an afternoon of fun and frolicking on the field. Wear clothes you can get

wet in!

4:00

Ice Cream Social @ Pavilion

4:30-5:30

Lifeguard on duty @ river

EVE 6:00

Supper - The theme of this meal is "NINJA."

6:30–7:30 **Final Practice for Skit Night**

7:30 **SKIT NIGHT @ Cove Room** *Snack available in the Dining Hall afterwards.*

Friday

HIKING DAY

AM 7:00 Breakfast for Charlies Bunion Hikers
7:15 Middle Prong Plunge meet in front of Dorm
7:15–8:15 ALL pack sack lunch in Cove Room (There is NO lunch in the dining hall today.)
7:45 Morning Yoga meet @ Pavilion
8:00 Breakfast

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

7:45 **STRENUOUS • Charlies Bunion via Appalachian Trail, 8 miles**
This is another high-country hike with great views. It starts on the Appalachian Trail at Newfound Gap, where President Roosevelt dedicated the national park in 1941. At first, the hike is a steady, gradual climb on a section of the A.T. that gets a good deal of foot traffic. The views are great and the Canadian-zone Spruce-Fir forest you'll experience walking up the slopes of Mount Kephart is a striking difference from what you'll see in the lower elevations of the park. **The trail is rocky and you need to use caution if it is wet.** Total elevation gain: 1,600 feet over 4 miles. Total elevation loss: Ditto. **Departure at 7:45 sharp.**

9:00 **MODERATE/STRENUOUS • Spruce Flats/Lumber Ridge, 8 miles**
This loop hike will begin and end at right on our campus. We will start out on the Falls Trail which guides us to Spruce Flats Falls, a 40-foot sparkling gem of the Smokies. This one-mile stretch between the falls and Tremont has some narrow and steep sections and at times requires careful footing. We will pass by the Greenbrier Fault twice during this part of the hike and see other evidence of the geological forces that formed these mountains. Beyond the falls we'll follow an unmaintained trail that used to be a railroad bed. It is now grown over with rhododendrons so be ready to duck a few times as well as 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. We'll stop for lunch at the halfway mark at Buckhorn Gap. The remainder of the hike follows the Lumber Ridge Trail through a second growth hardwood forest. It is mostly downhill from here with an occasional view able to be glimpsed through the trees. We will walk right back into Tremont behind the dormitory. Total rise and fall: 1,300 feet.

9:00 **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. Carpooling required.

9:00 **EASY/MODERATE • Andrews Bald, 4.3 miles**
This is a beautiful high-country walk to a bald that is more accessible than any other bald in the park. The slope down to the bald is easy but somewhat rocky. If raining the rocks can be a bit slippery. 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 hike one additional mile up and back to the observation tower at Clingmans Dome, the highest point in the park. Total elevation loss: 1,000 feet over 1.8 miles. Total elevation gain: ditto. Limited space will be available in the Tremont van. Others may carpool. Includes a 1-hour drive.

4:30–5:30 Lifeguard on duty @ river

EVE 6:00 **COOK-OUT** – Join us in the Pavilion for supper tonight!

6:45–7:30 **KID’S CLUB** – Join Tremont naturalists for some fun and games. *Meet in the Pavilion.*

7:30 Closing Campfire @ Council House

Saturday Aaaaargh! It’s the last day of Family Camp!

AM 8:00 Breakfast & Pack Sack Lunch

9:30 Slideshow in Cove Room

9:45–11:00 Farewell Hikes/Activities:

1. Camouflage (R)
2. Walker Cemetery Stories (E)

Departure – *Come Back and See Us!*