



## **Hante AT Trek NC Goals and Course Summary**

On your Hante you will have the wonderful opportunity to travel simply through the beautiful Blue Ridge Mountains with a close community of friends and peers on the Appalachian Trail. Your journey will begin at the heart of these mountains in the Roan Highlands along the North Carolina and Tennessee border. From here you will journey south, all the while winding through beautiful ridges, coves, and valleys. Although you won't be hiking the entirety of the trail, where you eventually stop depends solely on the unique group of people on your Hante. Possible endpoints include Sam's Gap, Hot Springs, and Max Patch.

The Hante Adventures program began with a simple trip on the Appalachian Trail with our founder, Helen Waite, in 1973. Over the past 38 years we have logged thousands of miles on the trail from the foothills of Georgia to Mt. Katahdin in Maine.

In order to have a successful trip, everyone will need to be prepared to travel and bring lots of patience and energy. Like all Hantes, the goals and objectives of this Hante are many and they exist on different levels. Most obviously, this course will focus on developing your wilderness skills in backpacking, camp-craft, and orienteering. Beyond the technical and hard skills, your Hante will also focus on learning and exploring the ecology and geological history of these historic mountains. Your instructors want you to walk away from this Hante having gained a sense of what historical factors have shaped the Appalachian region, but most importantly, they want to help you foster your own personal connection to the natural world.

The Hante program and Eagle's Nest Camp is committed to the creation of a unique community. We are not asking for you to come with any particular skillset, but more so, a willingness to open your mind and a commitment to live and work as a part of the community we will create on our grand adventure. You will also find that everyone will have different strengths and weaknesses, but your instructors will help to create a nurturing community in which you will feel the support you need to succeed. As a member of the community you will also be responsible to the group that you will be living, learning, working, playing, sharing, and laughing with for the three weeks of your trip. This takes commitment from everyone to be group-oriented. What this means is that, at times you will have to put individual needs behind the needs of the group. This can be difficult, but this will help the trip to be much more meaningful for all of us. A community's strength springs from the dedication of its individuals.

Finally, spending three weeks on the Appalachian Trail is a major undertaking. Wilderness trekking and traveling is incredibly rewarding, but being 100% prepared is completely critical. We can't stress enough the importance of being prepared. Please read carefully all of the material in this packet as well as the information we will be sending over the course of the following months. Remember, we are here to be a resource for you. If there are questions or concerns, please contact us. This IS going to be an adventure of a lifetime.