



## Hante AT Trek North Carolina Tentative Itinerary

*June 23- July 12, 2019*



Join us on our most classic and purest of wilderness adventures. Hante Appalachian Trail Trek gives you the chance to live from a backpack for over two weeks while exploring the ancient trail that straddles the NC/TN state line for over 100 miles. Begin your journey at Eagle's Nest campus where you will pack food and gear and spend a day familiarizing yourself with backcountry etiquette and policies. Once you've covered the basics, it's time to fly. Your Journey will begin in the Roan Highlands, just above the North Carolina line. This beautiful peak will guide you gently into North Carolina from Black firs trees, back to the hardwoods and pines of lower elevations. Spend the days jumping back and forth from North Carolina to Tennessee as the Appalachian Trail traces the border and ridgelines of the mountains. A brief resupply will gas you back up before the second half, pushing your way down to the quiet river town of Hot Springs, North Carolina. Here you will spend a half day rafting down section 9 of the French Broad River and the rest of the day relaxing and reflecting on the Trek that took you over 100 miles along this amazing footpath.

**June 23<sup>rd</sup>:** Arrive at Eagle's Nest Campus

**June 24<sup>th</sup>-25<sup>th</sup>:** Pack food and gear and go on overnight camping skills trip in the forest

**June 26<sup>th</sup>:** Final packing

**June 27<sup>th</sup>- July 2<sup>nd</sup>:** Hike The Appalachian Trail from Carvers Gap to Bald Mountain

**July 3<sup>rd</sup>:** Resupply food and fuel at Sam Gap

**July 4<sup>th</sup> – 8<sup>th</sup>:** Continue from Flint Mountain to end in Hot Springs, NC

**July 9<sup>th</sup>:** Camp at Hot Springs Campground, raft the French Broad and reflect from Lover's Leap

**July 10<sup>th</sup>:** Return to Camp, clean-up and begin packing for home

**July 11<sup>th</sup>:** Final Packing, fun hike to waterfall, special dinner

**July 12<sup>th</sup>:** Depart Eagle's Nest campus