

## **What should I bring to the Retreat?**

The weather in the mountains of North Carolina in late October is unpredictable, to say the least. We can generally count on daytime highs in the 60s and 70s and nighttime lows in the 40s. We recommend dressing in layers and bringing plenty of warm bedding (we will have extra blankets available as well). Below are a few things that may be useful as you pack your bags to join us at the Fall Retreat.

For the cabin:

- Warm sleeping bag and blanket
- Pillow

Clothing, footwear, accessories:

- Shorts
- Warm, comfortable, and functional clothing
- Windbreaker and warm jacket
- Rain gear
- Sneakers or sandals (like Chacos or Tevas) for paddling/climbing
- Sturdy shoes or boots for hiking
- Hat and Gloves
- Wool socks
- Long underwear

Gear and extras:

- Travel coffee mug (we tend to run short on coffee and hot chocolate mugs during the retreat)
- Camera
- Sunglasses
- A good book
- Sunscreen
- Day pack
- Flashlight
- Silent Auction Items if you have something you would like to donate
- Cash or checkbook for Canteen and Silent Auction
- Smiles and a sense of adventure!

## **Things to do on a Fall Afternoon in Western North Carolina**

If you arrive early on Friday or are looking for something fun to do on Sunday afternoon, these are some of our recommendations.

### **Drive Up to the Blue Ridge Parkway:**

- The Blue Ridge Parkway is a 469 mile scenic parkway that winds its way from Virginia to the Great Smokey Mountains. The endless vistas and overlooks on the Parkway allow for outstanding viewing of the fall foliage.
- To get to the parkway, take 276 into Pisgah National Forest and drive towards Waynesville. The entrance to the Parkway will be on the right after approximately 14 miles.
- Take the Parkway South and you'll quickly come upon lookouts for Looking Glass Rock, Graveyard Fields, and Devil's Courthouse.
- Take the Parkway North to Asheville
- You don't have to drive all the way to the Parkway to enjoy the views. On the way to the Parkway you'll pass by Dolly's Icecream (known affectionately campers as Big Scoop), Looking Glass Falls, the Fish Hatchery and the Davidson river.

### **Visit Downtown Brevard or Hendersonville:**

- There are many wonderful shops and restaurants in both of these popular mountain towns.
- In Brevard you can stop by Rocky's Soda Shop for a vanilla coke and then head down to OP Taylor's Old Fashioned toy store next to pick something up for the kids.
- If you plan to head to either of these towns, ask a staff member for recommendations on places to be sure to visit.

### **Hike to the Waterfalls at DuPont:**

- DuPont State Forest offers more than 10,000 acres of forests, trails and waterfalls between Hendersonville and Brevard and is just a few miles from camp.

- Directions – turn left out of Eagle’s Nest onto Hart Road, turn right onto Everett Road, turn right onto Crab Creek Road. After approximately 3.5 miles, turn right onto DuPont road. The first parking lot of DuPont will be on your right after about 3 miles.

### **Enjoy Asheville and Visit the Biltmore Estate:**

- Asheville is a wonderful mountain town filled with antique stores, arts boutiques, wonderful local restaurants and more. It’s easy to find things to fill your day in Asheville.
- The Biltmore Estate is the 250 room family home and country retreat of George and Edith Vanderbilt. The home was built in the late 1800s and is now open for tours.

### **Discover the North Carolina Arboretum:**

- The North Carolina Arboretum is a 434-acre public garden located within the Bent Creek Experimental Forest of the Pisgah National Forest. Surrounded by the dense folds of the botanically diverse Southern Appalachian Mountains, the Arboretum is nestled in one of the most beautiful natural garden settings in America.
- Visitors to the NC Arboretum can take a self-guided 10K tour or jump on a Segway to visit the gardens.
- In the month of October there are several special exhibits at the Arboretum, including a contemporary landscape and sculpture exhibit of eleven local juried artists, and a wood turned bowls exhibit.
- [http://www.ncarboretum.org/PublicPrograms/Driving\\_Directions.htm](http://www.ncarboretum.org/PublicPrograms/Driving_Directions.htm)

### **Stop by the Western North Carolina Farmers’ Market:**

- Shop for local foods
- Pick out a pumpkin
- Directions: take 26 East towards Asheville, take exit #40 and turn onto Brevard Road.

### **Enjoy more Outdoor Recreational Opportunities:**

- Bring your road bike or mountain bike with you and explore the area by bike!
- Head to the Nantahala for an afternoon rafting trip (it might be COLD)
- Go for a hike in the Shining Rock Wilderness area

### **Useful links:**

**Nantahala River:** [www.carolinaoutfitters.com](http://www.carolinaoutfitters.com)

**Brevard Chamber of Commerce:** [www.brevardncchamber.org](http://www.brevardncchamber.org)

**Brevard information:** [www.brevardnc.com](http://www.brevardnc.com)

**Asheville information:** [www.goasheville.com](http://www.goasheville.com)

**Hendersonville Chamber of Commerce:** [www.hendersonvillechamber.org](http://www.hendersonvillechamber.org)

**Hendersonville information:** [www.historichendersonville.org](http://www.historichendersonville.org)

**North Carolina Arboretum:** [www.ncarboretum.org](http://www.ncarboretum.org)

**Biltmore Estate:** [www.biltmore.com](http://www.biltmore.com)

**Dupont State Forest:** [www.dupontforest.com/](http://www.dupontforest.com/)

**Fish Hatchery:** [www.ncwildlife.org/pg08\\_EducationWorkshops/pg8c.htm#8c\\_1](http://www.ncwildlife.org/pg08_EducationWorkshops/pg8c.htm#8c_1)

**Pisgah National Forest:** [www.ncnatural.com/NCUSFS/Pisgah/](http://www.ncnatural.com/NCUSFS/Pisgah/)

**Gorges State Park:** [www.ncparks.gov/Visit/parks/gorg/main.php](http://www.ncparks.gov/Visit/parks/gorg/main.php)

**Western NC Attractions:** [www.WesternNCAttractions.com](http://www.WesternNCAttractions.com)

**Western North Carolina Guide:** [www.WNCGuide.com](http://www.WNCGuide.com)

If you have any questions about the retreat, please call Paige in the Winston-Salem office at 8336-761-1040. We can't wait to see you!