



**MST**  
Gathering  
of Friends  
Lake Junaluska

# 2022 Gathering Schedule

## *At-a-glance*

### **Activity**

### **Time**

### **Location**

#### **Thursday, April 7th**

Guided Hikes and  
Trail Building Workshops

Various times from  
8 AM to 4 PM

Various meeting locations at Lake  
Junaluska and the surrounding area

Gathering Check-in and Information

7:30 AM – 8:30 AM  
3 PM – 4:30 PM

Main auditorium in Shackford Hall  
Level 1

Music & Brews  
Welcome to the Gathering!

5 PM – 9 PM

Frog Level Brewery

#### **Friday, April 8th**

Guided Hikes and Guided Excursions

Various times from  
8:45 AM to 4 PM

Various meeting locations at Lake  
Junaluska and the surrounding area

Gathering Check-in and Information

8 AM – 9:30 AM  
2 PM – 4 PM

Main auditorium in Shackford Hall  
Level 1

Gathering Opening Reception -  
Dinner and Drinks by Lake Junaluska

5 PM – 6:45 PM

York Dining Hall and Deck

Meet the Supers!  
Roundtable discussion with dessert & coffee

7 PM – 8 PM

Shackford Hall Auditorium

Cultural Exploration featuring the  
Warriors of AniKituhwa  
*Sponsored by the Eastern Band of Cherokee Indians*

8 PM – 9PM

Shackford Hall Auditorium

#### **Saturday, April 9th**

Breakfast – included for all Saturday registrants

7:30 AM – 8:30 AM

York Dining Hall

Friends Annual Meeting  
Lunch – included for all Saturday registrants

9:30 AM – 2:45 PM  
(doors open at 8:45 AM)

Shackford Hall

Friends Walk around Lake Junaluska  
*Sponsored by Mast General Store*

2:45 PM – 3:30 PM

Lake Junaluska Walking Trail

Guided Excursions and Workshops

Various times from  
8:45 AM to 4 PM

Lake Junaluska launch site  
Nanci Weldon Outdoor Gym

#### **Sunday, April 10th**

Guided Hikes and Guided Excursions

Various times from  
9:30 AM to 2 PM

Various meeting locations in the  
surrounding area



# 2022 Gathering

## Hikes • Workshops • Excursions • Events

### Thursday, April 7th

#### Recognizing and Fixing Common Trail Issues Workshop

8 AM – 12PM  
or  
12:30 PM - 4:30 PM

This half-day workshop will cover trail maintenance tools, trail assessment, routine periodic maintenance and minor trail repair. It will include instruction and example with very little labor involved. The participants will be divided into small groups (with the option of a women-only group if desired) for individualized instruction and practice.  
*Meet in Classroom 21 in Shackford Hall for a short info session and to form carpool shuttles to work site.*

#### Water Diversion on Trails: Why, Where and How Workshop

8 AM – 12PM  
or  
12:30 PM - 4:30 PM

This half-day workshop will cover many aspects of trail water diversion including assessment, trail design, debarment, knicks, dips, water bars and culverts. Strenuous digging is part of the course for those who want to practice. The participants will be divided into small groups (with the option of a women-only group if desired) for individualized instruction and practice.  
*Meet in Classroom 11 in Shackford Hall for a short info session and to form carpool shuttles to work site.*

#### Cupping: How to Avoid & How to Fix Workshop

8 AM – 12PM  
or  
12:30 PM - 4:30 PM

This half-day workshop will cover trail cupping and methods for how to prevent it from occurring and how to repair it. Participants will learn about and practice repairs for the various levels of cupping from minor to severe. The participants will be divided into small groups (with the option of a women-only group if desired) for individualized instruction and practice.  
*Meet in Classroom 16 in Shackford Hall for a short info session and to form carpool shuttles to work site.*

#### Basic Rock Work Workshop

8 AM- 4:30 PM

This full day course will cover the basics of rock work using a rock bar, pick mattock, sledgehammer, and rock hammer. Instruction will include safety around rock work, the different uses of rock bars and the commands used with rock bars, making crush and uses for crush, and how to safely work with a partner.  
*Meet in Classroom 22 in Shackford Hall for a short info session and to form carpool shuttles to work site.*

#### Advanced Rock Work Workshop

8 AM- 4:30 PM

This full day course will cover finding rocks, moving rocks, making crush and fill, building steps with rocks, making rock tread and building a rock crib wall. Prerequisite: A basic understanding of how rocks are used for trail building and some experience with moving rocks.  
*Meet in Classroom 26 in Shackford Hall for a short info session and to form carpool shuttles to work site.*

#### Building Locust Log Box Steps Workshop

8 AM- 4:30 PM

This full day workshop will cover all the aspects of building locust log steps. Participants will learn and practice how to survey the site, build the base step and the subsequent steps.  
*Meet in Classroom 24 in Shackford Hall for a short info session and to form carpool shuttles to work site.*

## Thursday, April 7<sup>th</sup> continued . . .

<b>Log Bridge Building Workshop</b>	8 AM- 4:30 PM	<p>This full day workshop will cover all the aspects of building a hiking trail log bridge. Instruction will include types of bridges, materials, design, moving and securing big logs, flattening treads and installing handrails. Prerequisite: Basic understanding of hiking trail rustic bridges. <i>Meet in Classroom 13 in Shackford Hall for a short info session and to form carpool shuttles to work site.</i></p>
<b>Building Trail Turnpikes &amp; Boardwalks Workshop</b>	8 AM- 2:30 PM	<p>This 6-hour workshop will cover all the aspects of building trail turnpikes: tools, materials, trail assessment. Participation will include a hands-on activity of building a turnpike on a section of trail. Prerequisites: Moderate experience with trail maintenance and be able to lift 50-100lbs. <i>Meet in Classroom 23 in Shackford Hall for a short info session and to form carpool shuttles to work site.</i></p>
<b>Wildflower Hike</b>	1 PM – 4 PM	<p>This gentle 4-mile hike starting at the Blue Ridge Parkway Visitor Center (milepost 384) is on the Asheville section of the MST paralleling the Blue Ridge Parkway. Although it's early in the spring we expect to see many wildflowers along the route. Be prepared to enjoy the woods along with the flowers. <i>Meet at the Blue Ridge Parkway Visitor Center (milepost 384).</i></p>
<b>MST/NC Arboretum Loop Hike</b>	1 PM – 5 PM	<p>This moderate 5-mile loop hike takes advantage of the NC Arboretum trail system. Starting at the <i>Blue Ridge Parkway French Broad River Overlook (milepost 393.6)</i>, we will climb the MST from river level (2000') to our high point of 2,500'. After that we'll head downhill and wind our way through the Arboretum, enjoying our walk along beautiful Bent Creek. <i>Meet at the Blue Ridge Parkway French Broad River Overlook (milepost 393.6).</i></p>
<b>Great Day Hike #5</b>	1 PM – 5 PM	<p>This 4.5-mile hike traverses the Shut-In portion of the MST from the Pisgah Inn to Mills River Valley Overlook. Except for a few uphill at the beginning of the hike (100' and 250') this is a mostly downhill hike with many great views into the Mills River Valley. We'll also have a chance to visit and learn the history of Buck Springs Lodge, the former hunting lodge of the Vanderbilt family. <i>Meet at the Pisgah Inn - 408 Blue Ridge Parkway in Canton</i></p>
<b>Music and Brews - Welcome to the Gathering!</b>	5 PM – 9 PM	<p>Join others from the Friends community for music, good eats and brews. <a href="#">Frog Level Brewery</a> is a local favorite with plenty of outdoor space for us all to gather. <a href="#">Sugah and Thuh Cubes</a> (featuring Friends' board member Mike Parker) will knock out soul, R&amp;B and blues tunes. Registration is requested so Frog Level can staff appropriately, but not required. Food and beverages not included in Gathering Registration. <i>56 Commerce Street in Waynesville</i></p>



## Friday, April 8th

### Clingmans Dome to Andrews Bald Hike

7:30 AM - 3:30 PM

Learn about the trail restoration work that has been made possible by the Trails Forever Program, a partnership between Great Smoky Mountains National Park and the Friends of the Smokies. GSMNP's backcountry specialist Christine Hoyer will lead a hike up to Clingmans Dome and out to Andrews Bald and back, stopping along the way to share highlights of the trail rehabilitation efforts in this popular, high priority area of the park. She'll also share an overview of backcountry management and the importance of partnerships, like that with Friends of the MST. At the start of the hike, you'll visit the western terminus of the MST, atop Clingmans Dome, before descending to Andrews Bald. Bring your lunch or heavy trail snacks as the duration depends on the group and the length of time spent at each location along the way. Great excursion for trail builders!  
*Meet in the parking lot behind the Lake Junaluska Bethea Welcome Center (91 N. Lakeshore Drive) to form carpool shuttles to hike start.*

### Explore Cataloochee Valley

8:45 AM - 3:30 PM

Led by noted author and hiker Danny Bernstein, this walking and driving tour will visit [Big Cataloochee Valley](#) with its historic Palmer Chapel, a cemetery, school, typical house, barn, and more. We will take a winding narrow road to get to this remote part of GSMNP. The drive is part of the experience! Please note that there will be no visitor center or cell service and very limited primitive toilet facilities where we are going.  
*Meet at the Lake Junaluska Bethea Welcome Center (91 N. Lakeshore Drive) to form carpool shuttles.*

### Waterrock Knob to Soco Gap Hike

9:30 AM - 2:30 PM

Except for a short uphill at the beginning, this 4.7-mile shuttle hike is all downhill. Before the hike begins enjoy the amazing views from the Waterrock Knob parking lot. After a short uphill on a paved path more amazing views are available from Piet's Bench, named for Carolina Mountain Club member and super trail builder Piet Bodenhorst. Then down, down, down on the most recently completed CMC built section of the MST - a true labor of love. You'll feel like you're hiking in Pacific northwest woods. As the trail flattens you'll arrive at Howard's bridge named for Howard McDonald, another CMC icon.  
*Meet in the parking lot of York Dining Commons at Lake Junaluska (689 N. Lakeshore Drive) to form carpool shuttles to hike start.*

### MST/Little Sam Knob Trail/Flat Laurel Creek Trail Loop Hike

9:30 AM - 3:30 PM

This 7-mile loop hike with 450' elevation gain includes conifer forest, interesting rock formations, rock-hop stream crossings, gentle stream-side hiking, waterfalls and great views. The best view will be from the side trail we hike to Devil's Courthouse where many distant peaks can be seen on a clear day.  
*Meet in the parking lot just past Stuart Auditorium at Lake Junaluska (20 Chapel Drive) to form carpool shuttles to hike start.*

### NC 215 to Fork Ridge Meadows Hike

9:30 AM - 3:30 PM

This 6-mile hike from NC 215 to Fork Ridge Meadows is in the Middle Fork Wilderness. With 600' of elevation gain this section of the MST traverses varied terrain from fields to conifer forest. At the base of Mt. Hardy we'll take a short side trip to Fork Ridge Meadows which offers a 360° view of Mt. Hardy and other surrounding mountains. Expect a few rock-hop water crossings along the way.  
*Meet in the parking lot behind the Lake Junaluska Bethea Welcome Center (91 N. Lakeshore Drive) to form carpool shuttles to hike start.*

## Friday, April 8<sup>th</sup> continued . . .

### Great Day Hike #1

9:30 AM - 3:30 PM

Starting at the western terminus of the MST on Clingmans Dome, at 6,643' (the high point of Tennessee and the Great Smoky Mountain National Park), this 4.5-mile hike is mostly downhill with a short 450' elevation gain in the middle. The walk up the Observation tower to enjoy views of seven states (on a clear day) will feel like being on the top of the world as you pass through a high elevation conifer forest. The hike ends with a side trip down a spur trail to the Fork Ridge Trail parking area.  
*Meet in the parking lot of the Lake Junaluska Aquatic Center (77 Memory Lane) to form carpool shuttles to hike start.*

### Museum of the Cherokee Indian Tour

10 AM – 12 PM

Meet executive director Shana Bushyhead Condill and other curatorial staff to experience 13,000 years of Cherokee history, from the time when mastodons roamed the southern Appalachians to the present day. Told through computer generated animation and special effects, life-sized figures, artwork, and priceless artifacts this is a cultural and historical tour without equal. Guided in small groups through the intriguing displays you will discover up close the Cherokee people's spirit of inventiveness, resilience, and will to survive. [The Museum of the Cherokee Indian](#) was voted Top Ten Best Native American Experiences by USA TODAY. After enjoying the museum experience head across the street to the Qualla Arts, the nation's oldest and foremost Native American cooperative, where you will find authentic Cherokee handicrafts using techniques passed down from generation to generation. (Face masks required) Fee - \$11 per person  
*589 Tsalie Boulevard in Cherokee*

### Motorcycles & Moonshine

10 AM – 1 PM

[Wheels Through Time Museum](#) is home to the world's premier collection of rare American motorcycles, memorabilia, and a distinct array of unique "one-off" American automobiles. Meet with museum staff before heading off to peruse the collection of over 300 rare machines. Once you've finished learning about motorcycles, head down the road to Elevated Mountain Distillery, a craft distiller of premium, small-batch whiskeys and spirits. Tours will start at 12 and 12:30. Waters flowing from Waterrock Knob, the 16th tallest peak east of the Rockies and located on the MST, are used in the distilling process. Tour includes tastings and a shot glass. Fee - \$18 per person  
*Event begins at 62 Vintage Lane and continues to 3732 Soco Road both in Maggie Valley.*

### Haywood County History Tour: The Shook-Smathers House & The Shelton House

10 AM – 2:30 PM

Participants will start the day off with a guided tour of the new Museum of Haywood County History at the [Shook-Smathers House](#) in Clyde learning about the history of this home and of Haywood County. Considered to be the oldest wood frame house in western North Carolina the Shook-Smathers House showcases Haywood County's significant historical assets and the Shook and Smathers family artifacts. We'll head on over to the [Shelton House](#) where you can enjoy your bag lunch on the beautiful grounds. A museum docent will share the vibrant history of this Charleston-style farmhouse, originally built in 1875, recalling the rural origins of the town and providing details of the beautiful antiques, heritage crafts and agricultural exhibits in the Museum and Barn collections. Fee - \$13 per person  
*Tour begins at 178 Morgan Street in Clyde and continues to 49 Shelton Street in Waynesville.*

## Friday, April 8<sup>th</sup> continued . . .

### Cradle of Forestry Tour

11 AM – 12:30 PM

Nestled in Pisgah National Forest, the [Cradle of Forestry](#) was home to the Biltmore Forest School, founded in 1898. Today, the 6,500-acre site preserves the history of the birthplace and education of forestry in America. Bob Beanblossom, a volunteer caretaker with over 40 years of experience in natural resources will lead a Walk & Talk tour through the historical buildings, interactive displays and nature trails. Admission fee generously waived by FIND Outdoors!  
*11250 Pisgah Highway in Pisgah Forest*

### Great Day Hike #3

12:30 PM – 4 PM

This short (2.5-mile) downhill hike from Waterrock Knob to Fork Ridge Overlook highlights the efforts of the Carolina Mountain Club to build a trail in challenging terrain, descending 600' in the short stretch of trail using numerous steps and switchbacks. With leaves yet to bud from the trees there will be many views along the way.  
*Meet in the parking lot just past Stuart Auditorium at Lake Junaluska (20 Chapel Drive) to form carpool shuttles to hike start.*

### Folkmoot Friendship Center Tour

1 PM – 3 PM

In this private tour of the [Folkmoot Friendship Center](#) participants will learn the rich history of Folkmoot and its mission and programming. Named for an Old English word meaning “meeting of the people,” Folkmoot is a year-round cultural center, with a focus on programs and events that celebrate diversity, encourage cultural inclusion, and honor worldwide cultural heritages, especially using dance and music as a tool to achieve world peace.  
*112 Virginia Avenue in Waynesville*

### Kituwah Fields Site Tour

1 PM – 3 PM

This site tour of the [Kituwah Fields](#), guided by Russ Townsend, the Tribal Historic Preservation Officer for the Eastern Band of Cherokee Indians, will explore the rich history of what is considered the original Cherokee settlement, also known as the “Cherokee Mother Town.” Archeologists date the site back to nearly 10,000 years ago. Still visible today, Kituwah Mound stands about six feet tall, reduced in height after years of farming when it was not under Cherokee ownership, from 1820 to 1996. The Eastern Band of Cherokee Indians brought back the Kituwah village site in 1996 with the purchase of more than 300 acres. Russ, a citizen of the Cherokee Nation, will share from his depth of knowledge of both archeology and Cherokee culture and allow ample time for Q&A.  
*3831 Ela Road in Bryson City*

### Garden Tour of Lake Junaluska

1 PM – 3 PM

Lake Junaluska Landscaping Manager Melissa Tinsley will guide participants through the numerous on-site gardens. Highlights include the Junaluska apple tree at the main entrance, giant oriental lilies at Inspiration Point, hardy ice plants in The Terrace's front bed, witch hazel and lilac around Memorial Chapel, purple-leafed cotton at the Biblical Garden, weeping cherry trees at the Susanna Wesley Garden and wildflowers at the Butterfly Garden, part of the Lake Junaluska Monarch Waystation for migrating butterflies. Fee - \$12 per person  
*Meet at the Lake Junaluska Bethea Welcome Center (91 N. Lakeshore Drive).*



## Friday, April 8<sup>th</sup> continued . . .

<b>Yoga by the Lake</b>	2 PM - 3 PM	Join Sandra "S.A.M." Sather of Chapel Hill's Dogwood Studio Yoga for a gentle yoga practice. Weather permitting, we'll be outdoors in one of Lake Junaluska's beautiful gardens. SAM is a registered yoga instructor (eRYT) and a Certified Yoga Therapist (C-IAYT). She has certifications and training in Certified Integrative Yoga for Seniors (C-IYSI), Functional Movement, Mindfulness, Yoga for Cancer, Vinyasa Flow Yoga, and Yin Yoga. SAM has generously donated her time to lead the practice. Thank you, SAM!
<b>Conversations about a Diverse &amp; Inclusive MST</b>	3 PM - 4 PM	Friends of MST is committed to making the trail and organization welcoming to people of color and marginalized communities and to promote the history of the land we traverse. Come hear more about this work and share your ideas. <i>Shackford Hall, Classroom 11</i>
<b>Gathering Opening! Dinner and Drinks by Lake Junaluska</b> <i>Sponsored by Visit NC Smokies</i>	5 PM - 6:45 PM	MST's Friends will come together for dinner and drinks by the shores of the lake. Weather permitting, we'll mingle outside (and inside) of York Dining Commons.
<b>Meet the Supers! MST Notables and Partners Share the Stage</b>	7 PM - 8 PM	Featuring <a href="#">Howard Lee</a> , whose 1977 speech got the MST rolling, key partners and leaders from the trail's past 45 years will come together to talk about the past, present and future of the MST. Joining the conversation will be <a href="#">Reid Wilson</a> , secretary of the NC Department of Natural and Cultural Resources, <a href="#">Dwayne Patterson</a> , Director of State Parks, <a href="#">Tracy Swartout</a> , Superintendent of Blue Ridge Parkway, <a href="#">James Melonas</a> , forest supervisor for the <a href="#">National Forests in North Carolina</a> and others! <i>Shackford Hall Main Auditorium</i>
<b>Cultural Exploration featuring the Warriors of AniKituhwa</b> <i>Sponsored by the Eastern Band of Cherokee Indians</i>	8 PM - 9 PM	Stay put for the Warriors of AniKituhwa as we celebrate and learn the culture, history, and arts of the Eastern Band of Cherokee Indians. The Warriors of AniKituhwa perform traditional dances and invite audience members to join them throughout the evening. <i>Shackford Hall Main Auditorium</i>



## Saturday, April 9th

<b>Yoga by the Lake</b>	6:45 AM - 7:45 AM	Join Sandra “S.A.M.” Sather of Chapel Hill’s Dogwood Studio Yoga for a gentle yoga practice. Weather permitting, we’ll be outdoors in one of Lake Junaluska’s beautiful gardens. SAM is a registered yoga instructor (eRYT) and a Certified Yoga Therapist (C-IAYT). She has certifications and training in Certified Integrative Yoga for Seniors (C-IYSI), Functional Movement, Mindfulness, Yoga for Cancer, Vinyasa Flow Yoga, and Yin Yoga. SAM has generously donated her time to lead the practice. Thank you, SAM!
<b>Group Trail Run</b> <i>Sponsored by Mountain Running Company</i>	6:45 AM - 7:45 AM	Mountain Running Company, well known for leading group runs on the MST, will host a group run! Location and distance to be determined.
<b>Friends Annual Meeting &amp; Lunch</b>	9:30 AM - 2:45 PM <i>Doors open at 8:45</i>	Highlights will include a State of the Trail, reflections from Howard Lee, comments from incoming executive director Brent Laurenz, celebrations to honor hikers, volunteers and Friends’ outgoing executive director Kate Dixon.
<b>Friends Walk Around the Lake</b> <i>Sponsored by Mast General Store</i>	2:45 PM - 3:30 PM	Time to move! Join all attendees on the 2.3-mile walk around Lake Junaluska. We’ll head out clockwise from Shackford Hall and cross the Turbeville Footbridge back to Shackford Hall. For those itching for a little more, continue past the footbridge for the full 3.8-mile loop. Smile for the camera drone as Ben Jones captures our group walk!
<b>Pontoon Boat Ride on Lake Junaluska</b>	3:30 PM – 4:15 PM or 4:30 PM – 5:15 PM	Enjoy a 45-minute guided tour on the <a href="#">Cherokee IV pontoon</a> boat around Lake Junaluska. Floating around the 200-acre lake with a captain and guide participants will learn about the sites and history of the conference center.
<b>Basic Tool Repair &amp; Sharpening Workshop</b>	3:30 PM – 5 PM	This workshop will demonstrate how to do maintenance on basic trail building tools such as hazel hoes and pulaskies. It will cover such things as how to replace a broken handle and properly sharpen these tools. Participants are welcome to bring their own tools for maintenance or sharpening as time allows. Feel free to mingle between workshops. <i>Nanci Weldon Outdoor Gym at Lake Junaluska</i>
<b>Grip Hoist Maintenance Workshop</b>	3:30 PM – 5 PM	This workshop will go through the process of disassembling a grip hoist to properly clean and maintain it. If your crew has a grip hoist you may want to bring it and work along with the instructor to give it a good cleaning and proper maintenance. Feel free to mingle between workshops. <i>Nanci Weldon Outdoor Gym at Lake Junaluska</i>
<b>Chain Saw Maintenance Workshop</b>	3:30 PM – 5 PM	This workshop will cover the correct way to clean a Stihl chainsaw and the basic maintenance required to keep it in good working condition. Chain sharpening will also be covered. Participants are welcome to bring their own saws and follow along with the instructor to give them a proper cleaning and do basic maintenance. Feel free to mingle between workshops. <i>Nanci Weldon Outdoor Gym at Lake Junaluska</i>
<b>Waynesville Wander</b>	4 PM - 7 PM	After the day’s events wind down at Lake Junaluska or head into downtown Waynesville to browse shops (including sponsor Mast General Store), galleries, breweries and restaurants.



## Saturday, April 9<sup>th</sup> continued . . .

### Conversations about a Diverse & Inclusive MST

4:30 PM - 5:30 PM

Friends of MST is committed to making the trail and organization welcoming to people of color and marginalized communities and to promote the history of the land we traverse. Come hear more about this work and share your ideas.  
*Shackford Hall, Classroom 11*

### Appalachian Music Exploration at the Folkmoot Friendship Center

7 PM - 9 PM

Celebrate the music of western North Carolina! Featuring the Junior Appalachian Musicians (JAM) consisting of 4<sup>th</sup> – 12<sup>th</sup> grade students playing guitars, fiddles, and banjos accompanied by an accomplished instructor; local award-winning singer songwriter, [Richard Hurley](#), who will provide ballads, original songs and education on local music history; and regional favorites, the award-winning [Whitewater Bluegrass Company](#), performing as headliners providing some of the finest string music you will ever hear. Fee - \$25.75 in advance, \$30 at the door (if available). Beer and wine available for purchase.  
*112 Virginia Avenue in Waynesville*

## Sunday, April 10<sup>th</sup>

### Yoga by the Lake

8 AM - 9 AM

Join Sandra “S.A.M.” Sather of Chapel Hill’s Dogwood Studio Yoga for a gentle yoga practice. Weather permitting, we’ll be outdoors in one of Lake Junaluska’s beautiful gardens. SAM is a registered yoga instructor (eRYT) and a Certified Yoga Therapist (C-IAYT). She has certifications and training in Certified Integrative Yoga for Seniors (C-IYSI), Functional Movement, Mindfulness, Yoga for Cancer, Vinyasa Flow Yoga, and Yin Yoga. SAM has generously donated her time to lead the practice. Thank you, SAM!

### Kituwah Fields Site Tour

9:30 AM - 11:30 AM

This site tour of the [Kituwah Fields](#), guided by Russ Townsend, the Tribal Historic Preservation Officer for the Eastern Band of Cherokee Indians, will explore the rich history of what is considered the original Cherokee settlement, also known as the “Cherokee Mother Town.” Archeologists date the site back to nearly 10,000 years ago. Still visible today, Kituwah Mound stands about six feet tall, reduced in height after years of farming when it was not under Cherokee ownership, from 1820 to 1996. The Eastern Band of Cherokee Indians brought back the Kituwah village site in 1996 with the purchase of more than 300 acres. Russ, a citizen of the Cherokee Nation, will share from his depth of knowledge of both archeology and Cherokee culture and allow ample time for Q&A.  
*3831 Ela Road in Bryson City*

### Wildflower Hike

10 AM – 1 PM

This gentle 4-mile hike starting at the Blue Ridge Parkway Visitor Center (milepost 384) is on the Asheville section of the MST paralleling the Blue Ridge Parkway. Although it’s early in the spring we expect to see many wildflowers along the route. Be prepared to enjoy the woods along with the flowers.  
*Meet at the Blue Ridge Parkway Visitor Center (milepost 384).*



## Sunday, April 10<sup>th</sup> continued . . .

### MST/NC Arboretum Loop Hike

10 AM – 2 PM

This moderate 5-mile hike loop takes advantage of the NC Arboretum trail system. Starting at the Blue Ridge Parkway French Broad River Overlook (milepost 393.6), we will climb the MST from river level (2000') to our high point of 2,500'. After that we'll head downhill and wind our way through the Arboretum, enjoying our walk along beautiful Bent Creek. *Meet at the Blue Ridge Parkway French Broad River Overlook (milepost 393.6).*

### Great Day Hike #5

10 AM – 2 PM

This 4.5-mile hike traverses the Shut-In portion of the MST from the Pisgah Inn to Mills River Valley Overlook. Except for a few uphill at the beginning of the hike (100' and 250') this is a mostly downhill hike with many great views into the Mills River Valley. We'll also have a chance to visit and learn the history of Buck Springs Lodge, the former hunting lodge of the Vanderbilt family. *Meet at the Pisgah Inn - 408 Blue Ridge Parkway in Canton*

## Things to Do • Places to Explore • Trails to Hike

### Endless self-guided opportunities in Western North Carolina

### Here are some of our favorites!

### ENO Hammock Lounge

*Sponsored by Eno*

Relax in the Eno Hammock Lounge and take in the views around Lake Junaluska. Weather permitting, the hammocks will be available Thursday through Sunday between Shackford Hall and Lake Junaluska in the grassy areas. If not, check them out under the Nanci Weldon Outdoor Gym, along Weldon Way towards the main entrance.

### Paddle on Lake Junaluska

Bring your own self-propelled craft, be it a kayak, canoe, or paddleboard to explore the 200-acre Lake Junaluska. Let us know if you are interested in paddling with other folks and we'll connect you all to make plans.

### Choose a Favorite Trail

The trails aren't going to hike themselves so get on out there! Log a few more MST miles or try one of the [Carolina Mountain Club's Favorite 100 Hikes](#).

### Elk Watching 101

Watching the elk roam as they please never gets old! [Visit NC Smokies](#) offers advice on how to find where they're hanging out.

### Winchester Creek Farm

[Winchester Creek Farm](#) is a family-owned, 20-acre farm with rolling green pastures surrounded by the majestic Smoky Mountains. Enjoy an educational tour where you'll have the opportunity to walk the farm and learn about and meet some of the "Farmily" animals. Winchester Creek Farm raises adorable alpacas and a variety of miniature farm animals - horses, cows, donkeys, and even a pig.

### Museum of the Cherokee Indian

Experience 13,000 years of Cherokee history, from the time when mastodons roamed the southern Appalachians to the present day. Told through computer generated animation and special effects, life-sized figures, artwork, and priceless artifacts this is a cultural and historical tour without equal. [The Museum of the Cherokee Indian](#) was voted Top Ten Best Native American Experiences by USA TODAY.

<p><b>Mingus Mill</b></p>	<p><a href="#">Mingus Mill</a>, in Great Smoky Mountain National Park, is a historic and active grist mill. Built in 1886 and refurbished by the National Park Service in 1968, this mill is a wonderful place to experience life in the 19th century. The whole family can take a tour of the mill, talk to the miller, and even buy cornmeal from the gift shop.</p>
<p><b>Oconaluftee Visitor Center and Mountain Farm Museum</b></p>	<p><a href="#">Oconaluftee</a> offers both a visitor center and the Mountain Farm Museum - a collection of historic log buildings gathered from throughout the Smoky Mountains and preserved on a single site. Buildings include a house, barn, applehouse, springhouse, and smokehouse. Great Day Hike #2 runs along this stretch and is filled with interpretive signs about the Eastern Band of Cherokee Indians.</p>
<p><b>Mingo Falls</b></p>	<p><a href="#">Mingo Falls</a> is on the Cherokee's Qualla Boundary, just outside Great Smoky Mountains National Park. No special permits are required for access. At 120 feet tall, the waterfall is one of the tallest and most spectacular in the southern Appalachians. The hike to the waterfall is only 0.4 miles in length but is considered moderate in difficulty.</p>
<p><b>Soco Falls</b></p>	<p><a href="#">Soco Falls</a> is a beautiful, double waterfall, located between the towns of Maggie Valley and Cherokee. Double waterfalls are a rarity and this one is a hidden gem! It takes less than five minutes to walk from the main road to the observation deck to view the taller falls. For a closer view, continue down a steep trail from the deck to the base of the waterfalls.</p>
<p><b>Haywood County Quilt Trail</b></p>	<p>Experience the fun of locating vibrant quilt patterns painted on pre-built wooden squares ranging from two feet to eight feet throughout <a href="#">Haywood County</a> and learning the wonderful stories behind site locations and the quilt patterns represented on the blocks.</p>
<p><b>Waynesville Public Art Trail</b></p>	<p>Explore the <a href="#">Waynesville Public Art Trail</a>, a self-guided tour of outdoor art celebrating the cultural heritage and natural wonders of the Southern Appalachians in the heart of Western North Carolina. Meander through three distinct downtown districts with a bonus audio tour and family scavenger hunt. Along the way, you'll find unique art galleries, boutiques, coffee shops, restaurants, breweries and plenty of shady benches.</p>
<p><b>Fire Mountain Trails</b></p>	<p>It's time to fly! The <a href="#">Fire Mountain Trails</a> are Cherokee's newest source for big adventure—a multiuse trail system that's made to mountain bike, hike, or run. The network of trails with more than 10.5 miles total features fun berms and quick hits of elevation that are manageable and fun. You'll find tables, rock gardens, and blinds for those who know, along with single-track and wider sections, spots that are smooth and fast, and trails that invite the more technically accomplished with options for those less so.</p>
<p><b>Oconaluftee Islands Park</b></p>	<p><a href="#">Oconaluftee Islands Park</a> provides an outdoor oasis within easy access to downtown Cherokee. The park offers shady picnic spots, swimming, tubing, trout fishing, or the pleasant option of simply basking and splashing around with friends and family. When the water levels are normal, the river is divided by a grassy island complete with bridges, picnic tables, piers to feed ducks and fish from, and plenty of room for unbridled play.</p>
<p><b>Green Hill Cemetery</b></p>	<p><a href="#">Green Hill Cemetery</a> is a historic cemetery located in Waynesville, North Carolina, where the town's first doctors, lawyers, politicians, preachers, and businessmen are buried. It is listed on the National Register of Historic Places. Aside from the town's forefathers, a gander through Green Hill also tells the tale of what life was like in days gone by.</p>