

**MST**  
Gathering  
of Friends  
Lake Junaluska

# 2022 Gathering Schedule

## *At-a-glance*

<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Thursday, April 7th</b>		
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
<b>Friday, April 8th</b>		
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 <i>Sponsored by Visit NC Smokies</i>	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 <i>Sponsored by the Eastern Band of Cherokee Indians</i>	8 PM – 9:30 PM	Shackford Hall Auditorium
<b>Saturday, April 9th</b>		
Breakfast – included for all Saturday registrants	7 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 <i>Sponsored by Mast General Store</i>	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
<b>Sunday, April 10th</b>		
Guided Hikes and Guided Excursions	Various times from 9:30 AM to 2 PM	Various meeting locations in the surrounding area



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Gathering  
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Lake Junaluska

# 2022 Gathering

## Hikes • Workshops • Excursions • Events

*Sponsored by Duke Energy*

### Thursday, April 7th

#### Basic Trail Maintenance from A to Z

8 AM – 4:30 PM

This full-day hands-on workshop will expose you to all the basics of trail maintenance: the necessary tools, assessing problems, routine periodic maintenance, minor repairs, trail cupping, and numerous aspects of water diversion. Participants will be divided into small groups for individualized instruction and practice. (Half-day option, both morning and afternoon, is available if you don't participate in the carpools to the work site. The hands-on work will be in the afternoon.)  
*Meet in Classroom 21 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. The Log Bridge Building workshop will take place in close proximity so participants can take part in both workshops.  
*Meet in Classroom 24 in Shackford Hall for a short info session and to form carpool shuttles to work site.*

#### Log Bridge Building Workshop

8 AM- 4:30 PM

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. The Building Locust Log Box Steps workshop will take place in close proximity so participants can take part in both workshops.  
Prerequisite: Basic understanding of hiking trail rustic bridges.  
*Meet in Classroom 24 in Shackford Hall for a short info session and to form carpool shuttles to work site.*

#### Building Trail Turnpikes & Boardwalks Workshop

8 AM- 2:30 PM

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.  
*Meet in Classroom 23 in Shackford Hall for a short info session and to form carpool shuttles to work site.*

#### Wildflower Hike

1 PM – 4 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).*

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

### MST/NC Arboretum Loop Hike

1 PM – 5 PM

This moderate 5-mile loop hike 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

1 PM – 5 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*

### Walking Tour of Lake Junaluska

3 PM – 4:30 PM

Enjoy a scenic guided walking tour of the Lake Junaluska campus with Lake Junaluska Executive Director Ken Howle. With almost 20 years of experience on the campus, Ken can provide a wealth of information about the center's 100-year history, its role in Haywood County, how it fared throughout the pandemic and what the future holds for this beautiful mountain retreat.  
*Meet at the Stuart Auditorium at Lake Junaluska (20 Chapel Drive)*

### Music and Brews - Welcome to the Gathering!

5 PM – 9 PM

Join others from the Friends community for music, good eats and brews. [Frog Level Brewery](#) is a local favorite with plenty of outdoor space for us all to gather. [Sugah and Thuh Cubes](#) (featuring Friends' board member Mike Parker) will knock out soul, R&B and blues tunes. Registration is requested so Frog Level can staff appropriately, but not required. Food and beverages not included in Gathering Registration.  
*56 Commerce Street in Waynesville*



## Friday, April 8th

### Mingus Mill Trail in GSMNP Hike

7:30 AM - 3:30 PM

GSMNP's backcountry specialist Christine Hoyer will lead a 5-mile out & back hike exploring the Mingus Mill and hiking the Mingus Mill Trail. Along the way she will share with you info 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. She'll also share an overview of backcountry management and the importance of partnerships, like that with Friends of the MST. 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.  
*Meet in the parking lot behind the Lake Junaluska Bethea Welcome Center (91 N. Lakeshore Drive) to form carpool shuttles to hike start.*

### Cataloochee Valley Walk & Talk

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.*

### Pisgah Inn to Mount Pisgah Summit Hike

8:15 AM - 1 PM

Julie "Jester" Gayheart, host of the "Jester" Section Hiker podcast and Friends of the MST board member, will be leading this 5-mile out & back hike which starts out on the MST at the Pisgah Inn going past the historic Buck Spring Lodge. About half way out you'll head up the Mt. Pisgah Trail hiking through rosebay and Catawba rhododendron and mountain laurel to the summit of Mount Pisgah.  
*Meet at the Waterrock Knob Visitors Center (BRP mile marker 451.2)*

### MST/Bent Creek/ NC Arboretum Loop Hike

9 AM - 3:30 PM

This is a moderate and enjoyable 7-mile trek that begins on the MST/Shut-In Trail near the French Broad River and entrance to the NC Arboretum. This 2.3-mile stretch of the MST climbs steadily and has most of the 820 ft. total elevation gain. We will turn into Bent Creek Forest, and then into the Arboretum up the beautiful Carolina Mountain Trail. We will stop for a break/lunch near the Education Center, then continue through the gardens of the Arboretum, and back to the trailhead. Expect to see many early Spring wildflowers 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.*

### Wildflower Hike

9:30 AM - 1:30 PM

This gentle 4-mile hike 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 in the parking lot of York Dining Commons at Lake Junaluska (689 N. Lakeshore Drive) to form carpool shuttles to hike start.*

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

### Mills River Overlook to Bent Creek Gap Hike

9:30 AM - 3:30 PM

This one-way moderate 5-mile hike with 600' elevation gain offers great views and a 400' uphill over Ferrin Knob near the end of the hike.  
*Meet in the parking lot behind the Lake Junaluska Bethea Welcome Center (91 N. Lakeshore Drive) to form carpool shuttles to hike start.*

### 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.*

### Great Day Hike #5

10 AM - 3 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 in the parking lot just past Stuart Auditorium at Lake Junaluska (20 Chapel Drive) 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 Tsali Boulevard in Cherokee*

**MAST GENERAL STORE<sup>®</sup>**  
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## Friday, April 8<sup>th</sup> continued . . .

<b>Haywood County History Tour: The Shook-Smathers House &amp; The Shelton House</b>	10 AM – 2:30 PM	<p>Participants will start the day off with a guided tour of the new Museum of Haywood County History at the <a href="#">Shook-Smathers House</a> 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 <a href="#">Shelton House</a> 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.</p> <p>Fee - \$13 per person</p> <p><i>Tour begins at 178 Morgan Street in Clyde and continues to 49 Shelton Street in Waynesville.</i></p>
<b>Cradle of Forestry Tour</b>	11 AM – 12:30 PM	<p>Nestled in Pisgah National Forest, the <a href="#">Cradle of Forestry</a> 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 &amp; Talk tour through the historical buildings, interactive displays and nature trails. Admission fee generously waived by FIND Outdoors!</p> <p><i>11250 Pisgah Highway in Pisgah Forest</i></p>
<b>Craven Gap to "Lunch Rock" Hike</b>	12:30 PM – 4 PM	<p>This 3.4-mile hike starts out at Craven Gap and goes to just past "Lunch Rock" where we'll enjoy great views all the way to Mt. Pisgah. Expect about 400' elevation gain.</p> <p><i>Meet in the parking lot just past Stuart Auditorium at Lake Junaluska (20 Chapel Drive) to form carpool shuttles to hike start.</i></p>
<b>Kituwah Fields Site Tour</b>	1 PM – 3 PM	<p>This site tour of the <a href="#">Kituwah Fields</a>, 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&amp;A.</p> <p><i>3831 Ela Road in Bryson City</i></p>
<b>Garden Tour of Lake Junaluska</b>	1 PM – 3 PM	<p>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</p> <p><i>Meet at the Lake Junaluska Bethea Welcome Center (91 N. Lakeshore Drive).</i></p>



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

<b>Yoga by the Lake</b> <b>Room 21 Shackford Hall</b>	2 PM - 3 PM	<p>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!</p>
<b>Conversations about a Diverse &amp; Inclusive MST</b>	3 PM - 4 PM	<p>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></p>
<b>Walking Tour of Lake Junaluska</b>	3 PM – 4:30 PM	<p>Enjoy a scenic guided walking tour of the Lake Junaluska campus with Lake Junaluska Executive Director Ken Howle. With almost 20 years of experience on the campus, Ken can provide a wealth of information about the center’s 100-year history, its role in Haywood County, how it fared throughout the pandemic and what the future holds for this beautiful mountain retreat.  <i>Meet at the Stuart Auditorium at Lake Junaluska (20 Chapel Drive)</i></p>
<b>Gathering Opening! Dinner and Drinks by Lake Junaluska</b> <i>Sponsored by Visit NC Smokies</i>	5 PM – 6:45 PM	<p>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. No sign-up needed. Included with Friday Gathering registration.</p>
<b>Meet the Supers! MST Notables and Partners Share the Stage</b>	7 PM - 8 PM	<p>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>, <a href="#">Lisa McInnis</a>, Acting Deputy Superintendent GSMNP and others! No sign-up needed. Included with Friday Gathering registration.  <i>Shackford Hall Main Auditorium</i></p>
<b>Cultural Exploration featuring the Warriors of AniKituhwa</b> <i>Sponsored by the Eastern Band of Cherokee Indians</i>	8 PM - 9:30 PM	<p>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. No sign-up needed. Included with Friday Gathering registration.  <i>Shackford Hall Main Auditorium</i></p>

## Saturday, April 9th

### Yoga by the Lake Room 21 Shackford Hall

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!

### Group Trail Run

*Sponsored by  
Mountain Running Company*

6:30 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. *Meet at the Lake Junaluska Bethea Welcome Center (91 N. Lakeshore Drive).*

### Friends Annual Meeting & Lunch

9:30 AM - 2:45 PM  
*Doors open at 8:45*

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.

### Friends Walk Around the Lake

*Sponsored by  
Mast General Store*

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!

### Pontoon Boat Ride on Lake Junaluska

3:30 PM – 4:15 PM  
4:30 PM – 5:15 PM  
5:30 PM – 6:15 PM

Enjoy a 45-minute guided tour on the [Cherokee IV pontoon](#) 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.

### Basic Tool Repair & Sharpening Workshop

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. *Nanci Weldon Outdoor Gym at Lake Junaluska*

### Chain Saw Maintenance Workshop

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. *Nanci Weldon Outdoor Gym at Lake Junaluska*

### Waynesville Wander

4 PM - 7 PM

After the day’s events wind down at Lake Junaluska or head to the streets of Downtown Waynesville to enjoy a variety of street musicians and browse the shops (including sponsor Mast General Store), galleries, breweries and restaurants.

### 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*



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

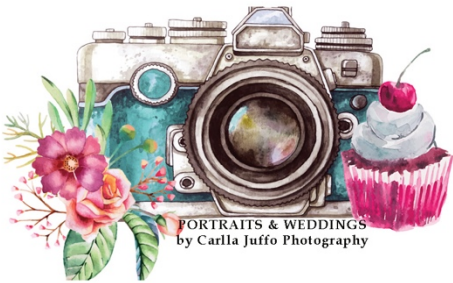
Appalachian Music  
Exploration at the  
Folkmoor  
Friendship Center

7 PM - 9 PM

Celebrate the music of western North Carolina! Featuring the Junior Appalachian Musicians (JAM) consisting of Fourth – Twelfth 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. Come early and enjoy some local food truck fare - starting at 5:30 PM!  
*112 Virginia Avenue in Waynesville*



VisitCherokeeNC.com



## Sunday, April 10th

### Yoga by the Lake Room 21, Shackford Hall

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

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*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).*

### 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!

<b>ENO Hammock Lounge</b> <i>Sponsored by Eno</i>	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.
<b>Paddle on Lake Junaluska</b>	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.
<b>Choose a Favorite Trail</b>	The trails aren't going to hike themselves so get on out there! Log a few more MST miles or try one of the <a href="#">Carolina Mountain Club's Favorite 100 Hikes</a> .
<b>Elk Watching 101</b>	Watching the elk roam as they please never gets old! <a href="#">Visit NC Smokies</a> offers advice on how to find where they're hanging out.
<b>Winchester Creek Farm</b>	<a href="#">Winchester Creek Farm</a> 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.
<b>Museum of the Cherokee Indian</b>	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. <a href="#">The Museum of the Cherokee</a> Indian was voted Top Ten Best Native American Experiences by USA TODAY.
<b>Mingus Mill</b>	<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.
<b>Oconaluftee Visitor Center and Mountain Farm Museum</b>	<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.
<b>Mingo Falls</b>	<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.
<b>Soco Falls</b>	<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.

<b>Haywood County Quilt Trail</b>	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.
<b>Waynesville Public Art Trail</b>	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.
<b>Fire Mountain Trails</b>	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.
<b>Oconaluftee Islands Park</b>	<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.
<b>Green Hill Cemetery</b>	<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.
<b>Wheels Through Time Museum</b>	<a href="#">Wheels Through Time Museum</a> is home to the world's premier collection of rare American motorcycles, memorabilia, and a distinct array of unique "one-off" American automobiles. Located just 5 miles off the Blue Ridge Parkway in Maggie Valley, North Carolina our museum houses a collection of over 300 rare machines.
<b>Elevated Mountain Distilling Company</b>	<a href="#">Elevated Mountain Distilling Company</a> is a craft distiller of premium, small-batch whiskeys and spirits. Elevated uses water flowing from Waterrock Knob - pure, pristine and fast-moving water perfect for distilling. Elevated remains true to the Maggie Valley's heritage and continue a legacy of making GREAT Smoky Mountain whiskeys and spirits!



