



## Get on the Trail with Friends and Missy

### 2018 SPRING HIKES



**April 4 –Chimney Tops – 3.5 miles, difficult.** Meet at 8:15 a.m. at Sugarlands Visitor Center Training Room for registration and carpool to trailhead. Park in RV parking lot.

**April 11 – Deep Creek and Indian Creek Waterfall Loop – 6.5 miles, moderate.** Meet at Sugarlands Visitor Center RV parking lot at 8:15 a.m. for check-in and carpool to Deep Creek trailhead.

**April 18 –Turkeypen Ridge Trail to Schoolhouse Gap- 7.2 miles, moderate.** Meet at 8:15 a.m. at the Townsend Wye and carpool to trailhead.

**April 25 – Little River Trail to Campsite #24 – 8.5 miles, Moderate** due to distance. Meet at 8:15 a.m. in Elkmont at the trailhead.

**Space is *limited*.**

**You must pre-register to participate by calling 865-541-4500!**

Cost for each hike is \$20.00/person with the proceeds going to Friends of the Smokies. Make payment to: Friends of the Smokies, PO Box 1660, Kodak, TN 37764. Cost includes a special gift for all participants! A complimentary Friends membership is provided with registration of the entire series.

To prepare for the hikes, we suggest doing an aerobic workout 3-4 days/week on a regular basis. **Bring day pack, water, snacks, hiking poles, rain gear, appropriate shoes & medications.**

***Join us at REI for Hiking Basics with Friends of the Smokies on Thursday, March 29 at 6:00 p.m.***

*REI staff share the basics of hiking including the 10 essentials! The session reviews planning your hike and what to bring to make your adventure a success. Class intended for beginning outdoor enthusiasts getting ready to participate in ½ day or longer hikes. Registration required at [www.rei.com/learn](http://www.rei.com/learn)*

**Please call to cancel if you can't make a hike as we have a waiting list!**

**For more information, contact Sarah Weeks at Friends of the Smokies, 865-932-4794 or [sarah@friendsofthesmokies.org](mailto:sarah@friendsofthesmokies.org). Send your money in to secure your spot!**

