

## 2017 EXPEDITION PREPARATION SCHEDULE

There are two orientation sessions that will be held at the Appalachian Folk School in northeastern TN. On-site lodging/camping by donation. Expedition hopefuls have to attend just one of these. All expedition prep hikes are day hiking (not backpacking).

**Orientation session #1** Sept. 26-29, 2014

**Orientation session #2** March 20-23, 2015

**First day:** Starts at 9am at the Appalachian Folk School Laurel Bloomery, TN  
Introductions; history and mission of the expeditions; goals & expectations of participants  
A 5.6 mile 'diagnostic' hike into nearby Damascus, VA  
**Second day:** 20.4 mile day hike between TN 91 and US 321 (Watauga Lake)  
**Third day:** 21.5 mile day hike between TN 91 and Damascus, VA **Total miles: 47.5 miles**  
**Fourth day:** Reality check back at the folk school from 7am-noon

### **First expedition prep hike:**

10/2/15	Day hike between US58 and VA600 (Elk Garden)	18.2 miles	meet at 5am at the folk school
10/3/15	Day hike between VA600 and VA603 (Fox Creek)	16.9 miles	
10/4/15	Day hike between VA603 and VA16	23.1 miles	<b>Total miles: 58.2 miles</b>
10/5/15	Reality check at the folk school	7am-noon	

### **Second expedition prep hike:**

4/1/16	Day hike between VA612 and VA623	16.3 miles	meet at 6am at Bland, VA
4/2/16	Day hike between VA623 and VA42	17.4 miles	
4/3/16	Day hike between VA42 and VA16	23.3 miles	<b>Total miles: 57 miles</b>
4/4/16	Reality check at the Settlers Museum picnic pavilion	7am-noon	

### **Third expedition prep hike:**

9/30/16	Day hike between Gathland State Park and MD77	22.4 miles	meet at 5am at Gathland SP
10/1/16	Day hike between MD77 and PA233	21.7 miles	
10/2/16	Day hike between PA 233 and Pine Grove SP	24.6 miles	<b>Total miles: 68.7 miles</b>
10/3/16	Reality check at Pine Grove Furnace State Park	7am-noon	

### **Fourth expedition prep hike:**

3/31/17	Day hike between PA325 and Susquehanna River	16.7 miles	meet at 6am at SR truck stop
4/1/17	Day hike between Susque River and Trindle Rd	22.8 miles	
4/2/17	Day hike between Trindle Rd. and Pine Grove SP	23.3 miles	<b>Total miles: 61.8miles</b>
4/3/17	Final reality check at Pine Grove Furnace SP	7am-noon	

Expedition donation due: April 15, 2017 Sat. 4/29/17 Expedition starts Fri. 9/15/17 Expedition ends

**20 days of preparation – 15 day hikes 293 total miles 21 mpd 32 hours of logistics/planning**

**In order to be a member of the 2017 AT Expedition, one has to participate in at least 16 days of the preparation above (or its equivalent – Appalachian Trail Institute; SmartHike)**

**The only days that count as 'sweat equity' are the twenty days listed above.**

**Last day to join the expedition: Sept. 30, 2016 Questions? Email: warrendance@gmail.com**