

The Wright FOOT Itinerary

August 14-21, 2019

Group A

August 14

1:00pm: FOOT begins
1:00-1:30: Welcome & Group introductions
1:30-2:30: Personal equipment check and group gear issue
2:30-3:00: Travel to Achilles Hill (on campus)
3:00-6:00: Low Ropes course/team building
6:00-7:00: Pizza, relax
7:00-9:00: Alpine Tower
9:00-on: Camp out on Achilles Hill
10:30p: Lights out

August 15

6:00am: Rise and Shine, pack up camp
6:30-7:00: Breakfast, finish packing
7:00-3:00: Drive to Roan Mountain, TN
3:00-6:00: Picnic at Roan Mountain SP, TN
6:00-10:00: Camp at Carden's Bluff Campground
10:30pm: Lights out

August 16

First full day on trail, hike 7.5 miles gradually up hill through mature forests, open fields and past mountain streams to an AT trail shelter

August 17

This 5 mile day may be the toughest of the trip as the trail gains over 2,000ft in elevation and leads to one of the highest mountains in the southeast (6,300ft). The tough climb will be rewarded by an evening spent at the highest shelter along the entire 2,100 mile Appalachian Trail. (Group B will also be camped at this shelter.)

August 18

After two days of hiking your way to the high point you will be rewarded with a gradual descent through open meadows and scenic balds. You'll have time to soak in the views and smell the flowers during this 6 mile hike to your next campsite.

Group B

August 14

1:00pm: FOOT begins
1:00-1:30: Welcome & Group introductions
1:30-2:30: Personal equipment check and group gear issue
2:30-3:00: Travel to Achilles Hill (on campus)
3:00-6:00: Low Ropes course/team building
6:00-7:00: Pizza, relax
7:00-9:00: Alpine Tower
9:00-on: Camp out on Achilles Hill
10:30p: Lights out

August 15

6:00am: Rise and Shine, pack up camp
6:30-7:00: Breakfast, finish packing
7:00-3:00: Drive to Roan Mountain, TN
3:00p-6:00: Picnic at Roan Mountain SP, TN
6:00-10:00: Camp at Carden's Bluff Campground
10:30pm: Lights out

August 16

First full day on trail, hike 8.5 miles up hill through forest, and into a land of scenic balds and open meadows to an AT shelter.

August 17

The open meadows and scenic balds continue during this 6.5 mile day. The trail continues on a gradual upwards climb until you top out on one of the highest mountains in the southeast, and spend the night at the highest shelter along the entire 2,100 mile Appalachian Trail. (Group A will also be camped at this shelter)

August 18

Plenty of time to sleep in today. After two days of soaking in the high country you'll start a rapid descent through the lush forest as you journey down 5 miles to your next camp.

Continued
The Wright FOOT Itinerary
August 14-21, 2019

August 19

8 miles over gradual up hills and long descents will lead you through the forest and to your final pick up point. After four nights on trail you will feast at a beautiful hiking hostel, take showers, and sleep in a warm bed, reunited with group B.

August 20

We will rise early to join a group of local trail maintainers/ builders and spend the day giving back, leaving our mark on the mountain for future generations to enjoy.. This day of labor will be rewarded with a spectacular waterfall to cleanse the dirt from our brow. The final evening will be spent again, at the hostel in the woods.

August 21

6:30am: Rise and shine, pack personal belongings
7:00am: Breakfast at the hostel, clean up
8:30am: Depart from hostel for WSU
3:30pm: Arrive at WSU; unload personal equipment and separate group gear
4:00pm: FOOT concludes, closing activity and debrief, participants rest up for first weekend

*Students living on campus have the option to move in today (a day early). Contact program manager to schedule early move in.

August 19

6 miles of short up hills and gradual descent will lead you through the forest and to your final pick up point. After four nights on trail you will feast at a beautiful hiking hostel, take showers, and sleep in a warm bed, reunited with group A.

August 20

We will rise early to join a group of local trail maintainers/ builders and spend the day giving back, leaving our mark on the mountain for future generations to enjoy. This day of labor will be rewarded with a spectacular waterfall to cleanse the dirt from our brow. The final evening will be spent again, at the hostel in the woods.

August 21

6:30am: Rise and shine, pack personal belongings
7:00am: Breakfast at the hostel, clean up
8:30am: Depart from hostel for WSU
3:30pm: Arrive at WSU; unload personal equipment and separate group gear
4:00pm: FOOT concludes, closing activity and debrief, participants rest up for first weekend

*Students living on campus have the option to move in today (a day early). Contact program manager to schedule early move in.

Start your college experience on the Wright FOOT in 2019!