The Wright FOOT Itinerary  
August 15-22, 2018

**Group A**

**August 15**

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 16**

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 17**

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 18**

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 19**

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.
Continued

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August 20
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
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 21
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
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 22
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

August 22
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

Start your college experience on the Wright FOOT in 2018!