



Freshman Outdoor Orientation Trip Itinerary

August 10 – 17, 2022

Group A

Group B

Day 1

Day 1

1:00pm: FOOT begins- meet at climbing wall
1:00-1:30: Welcome & group introductions
1:30-3:00: Personal equipment check and group gear issue
3:00-6:00: Challenge Course & team building
6:00-7:00: Eat pizza, relax
7:00-9:00: Activities in the Student Union
9:00 Sleep in on-campus dorms

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Day 2

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6:00am: Meet at Outdoor Resource Center
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

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Day 3

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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

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.

Day 4

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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.)

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)

Day 5

Day 5

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.

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 ca

Day 6

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.

Day 7

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.

Day 8

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

Day 6

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.

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Start your college experience on the Wright FOOT!