

Appalachian Trail 4 day/3 night backpacking

DAY 1 approximately 5 miles

This multi day backpacking trip begins in Gatlinburg, TN with a pre trip orientation and pack up. We are shuttled to the highest point we can access by road in the GSMNP before setting foot on the renowned AT. Our start begins by climbing to 6643' of elevation, which is the highest point on the entire AT. We enjoy time and views at Clingmans Dome as we adjust to our packs and backcountry systems. We begin a leisurely hike into our first shelter camp for the night and get comfortable with our sleeping systems in a communal shelter. Dinner is a highlight on all of our trips and ends the day the right way.

DAY 2 approximately 8-12 miles

Traversing the AT for the entire day, we have the challenge of ascending and descending multiple peaks with great views. This day will begin to allow our team to get comfortable with the rhythm of the AT hiking and enjoy vast diverse vegetation all while hearing the stories of Native Americans, European settlers and white settlers that utilized this area previously. We will arrive at shelter 2 and enjoy a meal before star gazing in some of the darkest sky in the South East.

Day 3 approximately 6-10miles

Day 3 is a big day as we climb a rocky and steep section but only to be rewarded with a spectacular sense of accomplishment and view of Fontana Lake. This section will challenge each individual physically and mentally and is a testament to the ruggedness of the AT. We spend time atop Thunderhead Mountain if the weather cooperates and enjoy the vistas from the ridge.

Day 4 approximately 6-10 miles

Today we descend the ridges and find our self entering a fertile valley once utilized for farming and settled with multiple families. The valley is a welcomed environment with pristine rivers and vegetation. We will be met with fresh fruit and sandwiches as we are shuttled back to Gatlinburg, TN.

WHAT'S INCLUDED

- All group gear: AT shelters, group tarp, all cooking equipment & eating utensils
- Safety Equipment: phone, maps, GPS, and medical kit
- Trekking poles
- Round-trip transportation from Gatlinburg to GSMNP
- Professional guide service with wilderness medicine certification
- All meals & snacks from lunch on day one through lunch on the final day of the itinerary
- Storage for your extra travel items while in the field
- High quality backpacks & sleeping bags

What's not included:

- Lodging in Gatlinburg prior to and after your adventure
- Personal gear (rain gear, etc.) See Equipment Lists and available rental items
- Trip cancellation insurance
- Additional hotel nights
- Alcoholic beverages
- Guide gratuities

Reservation & Cancellation Policy

This Smoky Mountain Guides trip requires payment in full at the time of reservation. If the participant cancels a reservation earlier than 60 days prior to the starting date, the deposit will be refunded, minus a \$100.00 administration fee.

If the participant cancels within 59-31 days of the starting date, 50% of the trip balance will be refunded. If cancellation is made within 30-0 days of the trip starting date, there will be no refund of any costs. Smoky Mountain Guides recommends cancellation insurance available through [Travel Guard](#). Please call or email us for details.

Trip Cancellations or Delays

Smoky Mountain guides reserves the right to cancel or change the itinerary of a trip. In the event that Smoky Mountain guides cancels your trip and you are unable to participate, the total balance will be refunded. Occasionally, weather or other factors may cause delays or make completing a trip impossible. In these circumstances, there will be no refund of fees. Furthermore, Smoky Mountain Guides is not responsible for any other costs, (e.g. airline flight changes, additional hotel nights, etc.) associated with trip delays or itinerary changes due to weather or other factors.

Trip Minimums

In order to assure any Smoky Mountain Guides departure, a minimum number of participants must sign up. Our 4-day Backpacking trip requires a minimum of 3 guests to guarantee departure. However we will operate our adventures at below the minimum required for a modest surcharge.