

Weekend Backpacking Trip on the Bartram Trail

This Hike is designed for those who have some backpacking experience and would like to Hike with a Guide. With a minimum of 3 people and a maximum of 6, our small group will hike Friday thru Sunday afternoon on the Bartram Trail in Georgia. Transportation to the Trailhead is included. Bring your own gear, or we have gear available for a rental fee to our Guided Hikers.

Gear you will need:

Bring your own gear and food. If you need a full set of gear or just a few things to get ready for your trip, we have it! The following gear is available for a rental fee to our Guided Hikers:

- 1 person tent (unless a 2 person tent is requested)
- Sleeping Bag (appropriate to the time of year)
- Sleeping Mattress Pad
- Backpack
- Hiking Poles
- Water Container
- Water Filter
- Stove
- Fuel
- Cooking Gear/utensils
- Food for 2 Breakfasts, 2 Lunches and 2 Dinners
- Camp Chair



Supplemental Gear List:

This is a list of additional personal items that you should consider bringing on your trip. These items will make your trip more pleasant, depending on what you would like to have on hand.

- Hiking Boots—Well fitted and broken in - New boots are not recommended
- Athletic Shoes/Camp Shoes—Something to wear in camp when not hiking, allows your feet to rest
- Good hiking socks—3 pair, wool, synthetic or blend. NO COTTON
- Clothing—Check weather, but minimum of 2 t-shirts, long sleeve shirt and a light jacket. Synthetic pants/shorts. Rain gear. (Avoid cotton clothing if possible)
- Snacks—This will supplement our regular meals and you will need extra calories. Pack at least 1000 calories in the form of energy bars, nuts, chips, crackers, cheese, dried fruit or mixes. Snacks should be light and packable so avoid fresh fruit or bulky foods
- First Aid—Motrin, Aleve, band aids, antibiotic ointment, blister cream, etc.
- Toiletries—toothpaste, tooth brush, toilet paper
- Medications and Supplements—anything you take each day
- Pocket knife or multi-tool
- Sunblock and sunglasses
- Bug Repellent
- Camera
- Baggies—for trash, snacks and other uses
- Whistle
- Garbage Bag
- Matches or lighter
- Bandanna
- Pencil and paper
- Cell Phone—optional since service is sporadic

Things to NOT bring along

- Laptops, music players or other electronics - Only cell phones please
- Anything already included

What's Included and How Do I Register?

Your trip price of \$575 per person includes a 2-night Guided Backpacking trip on the Bartram Trail in Georgia. You are responsible for all your own food and gear – we have gear available for rent for an additional fee. A deposit of \$300 is due at the time of registration to hold your reservation. The final payment is due no later than 3 days prior to your trip date. To Register, contact us at Shady Creek Expeditions at 678-986-5167 or visit our website at www.shadycreekexpeditions.com

A minimum of 3 people, with a maximum of 6 is required for each trip, you may sign up as an individual or with friends. Each individual participant will make reservations with a deposit and when we reach the required 3 reservations, you will be notified with an invoice for the remainder of the payment. In the event the 3 person minimum is not reached, you will be contacted to see if you would like to reschedule or receive a refund of your deposit. All trips, once confirmed, will proceed as scheduled. We reserve the right to postpone and cancel trips if life threatening weather is imminent, but trips will proceed otherwise. **All deposits and payments are non-refundable**, except for the above reason. Should a trip be cancelled due to dangerous weather, any payments may be applied to another trip or refunded.

Children under 18 must be accompanied by their legal guardian and count as a trip participant. The fee for a child is same as an adult. All children must be at least 12 years of age to register. As much as we love our furry friends, we cannot safely allow dogs to join us on this trip.

Meet Your Backing Guide: Rob McClarty

Nothing compares with the transformative power of spending time in the woods. From personal childhood experiences with my dog ranging through the forests behind my home, to weekend camping trips, then a 7 month Thru-Hike of the Appalachian Trail (Ga-Me) and several years as a Senior Field Staff with one of the country's preeminent Wilderness Therapy companies, I have felt and witnessed this power time and again. My time on the AT and as a Wilderness Therapy field staff combine for more than 3 years total time spent living in the wilderness out of a backpack. This has given me the opportunity to observe the anxiety and discomfort that can be experienced by a newcomer to the natural world. In turn, I saw that same person's confidence and appreciation of the wilderness surroundings grow as they became familiar with basic backpacking/camping skills. Seeing that process play out led me to believe that making wilderness opportunities available to others is a valuable service. I look forward to Walking in the Woods with you.



The Bartram Trail in Georgia

The Bartram Trail is the path of naturalist William Bartram as he walked through what is now the Chattahoochee National Forest. Bartram hiked this route from 1773- 1777 as he explored and cataloged the plants and animals he found and made maps of his route, which began in Georgia and continued to the Carolinas, Florida, Alabama and beyond. Providing a variety of hiking experiences, this section of the Bartram Trail winds from high elevations, like the observation tower on Rabun Bald to lower elevations through beautiful wilderness with side trails to waterfalls and scenic spots along the river. Trips are planned for specific parts of the trail based on the ability and experience of the hikers and in accordance with the permits issued to Shady Creek Expeditions by the US Forest Service.

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