

“Pine Mountain Hike - Ladies”

25 miles on the Georgia's Pine Mountain Trail



General Trip Information:

Trip Agenda:

- A. To develop a closer walk with God by setting aside five days to focus on Him.
- B. To help other ladies with their perspective walks with God.
- C. To look for opportunities to share Biblical truths with other hikers who are not apart of our group.
- D. To develop bonds and friendship that will last far beyond this trip.
- E. To experience God's creation from a new perspective.
- F. To gain a new appreciation for material items God has bless you with.

Trip Schedule:

- A. Travelling day – Monday, April 25
- B. Hiking Days - Tuesday, April 26 – Saturday, April 30
- C. Personal devotions each morning
- D. Hike during daylight
- E. Group devotions each afternoon
- F. Group devotions each evening
- G. Partner prayer time each evening

Note: The schedule must be very flexible to accommodate the unpredictable events that will take place each day. The targeted finish time is before noon on Saturday.

Backpacker and Partner Info:

- A. We will partner each hiker with another lady for the week, making groups of 2.
- B. We will remain together as a larger group the entire time – unless there is an emergency.
- C. The purpose of partnering with another lady is to help in carrying and sharing gear as well as helping each other with spiritual issues.
- D. Partners will share tents, some meals and other miscellaneous gear.

Traveling and Meeting Arrangements:

- A. A camp shuttle van will be leaving Grace Gospel Baptist Church in Ripley, WV at 9:30am on Monday April 25. This is courtesy van with no additional fee. Hikers do not have to ride the van. Hikers can drive on their own and meet in GA. If you plan to ride the shuttle van, please call or email the camp in order to secure your seat.
- B. All hikers riding in the camp van will need to be prepared to pay their share of a hotel stay (\$15.00).
- C. “Orientation” and “Bag Shakedown” begin on Tuesday, April 26 at 9:45am in Kennesaw, GA at Recreational Equipment Inc. (REI).
- D. We will have brief orientation and “Bag Shakedown”. During this time each hiker will have to prove that she has all the necessary food and gear for the week's hike. Hikers will also have time to pack gear with the assistance of our guide staff.
- E. After orientation, we will park vehicles at state parking lot. They charge \$3.00 per night, per vehicle. Driver is responsible for parking fees.
- F. Hikers making arrangements to have someone pick them up should plan for 12:30pm on Saturday (April 30) at F.D. Roosevelt State Park Office.

Park Office Phone: (706) 663-4858

Web site address (for directions): <http://www.gastateparks.org/info/fdr/>

Preparation:

- A. Secure the proper food and equipment.
- B. This is a “moderate” ranked trail. Get your body physically in shape for this trip. Your shoulders and calf muscles will be the most important. Every pound that you are overweight is just one more pound you have to carry all week.



- C. After the hike is completed, you will want to shower and put on clean clothes. **It is strongly suggested that you pack a separate bag with clean clothes and towel to be left in a vehicle until the end of the week.**
- D. Spiritually prepare! Stop and assess the amount of preparation that will go into your gear and body. How much more important is the spiritual aspect of this trip? We challenge you to put more preparation on that which is most important.
- Begin praying and preparing now.
 - Pray specifically for each of the other ladies
 - Begin asking God to show you what he would have you to share with the other ladies.
 - Be aware that the devil will try and hinder this trip and any one lady from attending this discipleship journey.

Devotion Time:

- A. Some ladies will be asked to lead the afternoon group devotion (about 20-25 minutes)
- B. Bro. Jason Perlak will be leading the evening fire-side devotions. (See section entitled "Safety & Support Staff")
- C. Morning personal devotions will be assigned for the week.

Guide Information:

- A. Kelly Perlak will be the trail guide

Safety & Support Staff:

- A. Jason Perlak and his assistant, Adam Hager, will be filling the role of "Safety & Support Guides". One of them will be a short distance from the group at all times (hiking ahead or behind of the group). Jason is well trained and in the event of a medical emergency, they will be just a radio call away. They will also be setting up a nearby camp each night to help with the unlikely event that another MALE group of hikers would give our group any trouble.

Trail Info:

- A. The Pine Mountain Trail, known to hikers as the PMT, is 23 miles long and intersects with over 20 miles of additional loop and spur trails.
- B. We will hike approximately 25 miles in the F.D. Roosevelt State Park.
- C. You are permitted to have fires at designated camping areas. There are NO shelters on this trail.
- D. The trail is closed to foot traffic only.
- E. Most of the trail is firm and solid ground with well-marked footpaths.
- F. The section we are hiking is rated as "moderate" and is known for training beginner hikers for the Appalachian Trail.
- G. Climbs are moderate and well graded with switchbacks to make hiking easier. Total climbs or drops do not exceed 400 feet. End to end; the trail has a 51-foot elevation change.
- H. There are 3 substantial waterfalls along the trail.
- I. There is one restrooms on the trail (Day 2); the rest of the time you must use "natures" restroom. Bathing will be done at creeks, springs, and streams.

Water:

- A. When you arrive at the Park Office, have your water bottles full.
- B. There are plenty of good clean springs along the trail.
- C. Carrying an excessive amount of water is a waste of energy.
- D. Approximately 2-3 liters of water is sufficient.
- E. Water should always be filtered or treated to avoid problems.

*"Iron sharpeneth iron; so a man sharpeneth
the countenance of his friend."*

-Proverbs 27:17