



TO: Training Teams
FROM: Coach Ron Gunn
DATE: May 8, 2019
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APPALACHIAN TRAIL TEST HIKES

(required for candidates to do the *Alum Cave Trail to Newfound Gap* hike)

I have decided to have two TEST HIKE options for both mid season and late season TEST HIKES. In order to qualify for the Alum Cave to Newfound Gap hike on the A.T. trip each participant must pass one of the mid season and one of the late season TEST HIKES. These TEST HIKES are scheduled to insure the safety of the participant and also keep the trip moving within a reasonable time frame. Of course all Training Partners and A.T. trip members are welcome to participate in all of these hikes. There will be a wide choice of hike distances and we love the comradery developed by having everyone involved. Thank you for your cooperation with the high standards of the program.

MID-SEASON TEST HIKE OPTIONS

<u>WHEN</u>	<u>WHERE</u>	<u>MILES</u>
JUN 8 SAT 9:00AM	Indiana Dunes National Park	15.0
JUN 22 SAT 8:00AM	Big Rock Valley	15.5

LATE-SEASON TEST HIKE OPTIONS

<u>WHEN</u>	<u>WHERE</u>	<u>MILES</u>
SEP 14 SAT 8:00AM	Grand Mere State Park	21.0
SEP 29 SUN 8:30AM	Manistee River Valley *	21.0

Alum Cave Trail to Newfound Gap Description

This is a 13.9 mile classic hike in the Great Smokey Mountain National Park. Our bus will drop our hikers who qualified with the TEST HIKES off at the Alum Cave to Mt. LeConte trailhead. The trail rating is STRENUOUS and starts at 3,830' and climbs to 6,593' or just over ½ mile elevation gain in 5.9 miles. Once at the lodge at Mt. LeConte the hikers will join the Boulevard Trail heading west for 5.3 miles. This is a spectacular trail on a clear day as it follows the mountain peak and views are available on both sides. At 11.2 miles hikers will reach a junction with the A.T. Hikers will turn south (right) and follow the A.T. down 2.7 miles to our awaiting bus at Newfound Gap (5,048'). Our elite hikers will be given the option of turning north (left) at the Boulevard/A.T. Junction and taking the A.T. trail 1.7 miles to Charlie's Bunion (5,564') before turning around and returning to Newfound Gap via the A.T. The Charlie's Bunion spur adds 3.4 miles, some elevation gain and makes the total mileage 17.3.

* A special hotel package will be available soon for our candidates who want to do the Manistee River Valley TEST HIKE.

