



## MOUNTAIN SHEPHERD ADVENTURE SCHOOL

# PEAK PERFORMANCE - WOMEN'S ADVENTURE

Take your backcountry skills to new heights as you summit three of the most popular peaks on the Appalachian Trail – McAfee Knob, Dragons Tooth, and Tinker Cliffs. This 3-day, 2-night adventure traverses the famous Virginia Triple Crown, a 30-mile section of the A.T that is packed with scenic beauty and opportunities to develop your backpacking skills. Our skilled instructors will help you embrace the challenge and reach your personal peak performance!

### Adventure Highlights

- 4 days/3 nights
- Survival training
- Backpacking prep
- Shuttle service
- All meals included
- Memories to last a lifetime
- Small group environment (8 maximum)
- Hands-on learning

### Travel Arrangements

Your adventure begins and ends at the Mountain Shepherd Lodge in Catawba, VA. The nearest airport is Roanoke (ROA), which is approximately a 30 minute drive time. Arrival time is by 12 pm on Day 1. The course concludes in the early afternoon on Day 4.

### Activity Level

#### Strenuous

This trek covers approximately 30 miles of the Appalachian Trail, much of which is steep, rocky terrain. Each day of hiking covers roughly 10 miles, and many sections of this trail feature rapid elevation change in the form of challenging uphill climbs and tricky downhill descents.

We highly recommend training prior to your adventure. climbs.

### Who Chooses This Course

This adventure is for women who are ready to challenge themselves, in a supportive environment with other like-minded women. Due to the challenging nature of the terrain, this course is not for the truly novice hiker. Some experience backpacking, or at least completing strenuous day hikes, is required. Beyond that, all experience levels are welcome – even the most seasoned long-distance backpacker is sure to learn a lot and enjoy the journey.

### What's Included

#### Gear

Have your own? Bring it! Don't have your own, or want to try something new before you buy it? Use ours! From shelter systems to stoves to sleeping bags, we've got everything you need aside from clothing and well-broken-in footwear. Find details on the packing list below, and reach out with any questions. Never fear, we've got the gear!

#### Meals

All meals and snacks are provided, both on-trail and at Mountain Shepherd, with plenty of options and dietary accommodations available.

#### Overnight accommodations

Each night, we'll camp at designated campsites with water sources nearby. Pack your own shelter, or test out a new system by borrowing one of Mountain Shepherd's tents, hammocks, or tarps.

\*The first night will be spent indoors at the Mountain Shepherd Lodge.





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### PACKING LIST

- Seasonally appropriate clothes:
  - Good fitting and broken-in hiking boots/shoes
  - 2-3 pairs of hiking socks (wool or synthetic recommended)
  - 2 sets of undergarments (wool or synthetic recommended)
  - Active T-shirt (synthetic or merino wool recommended-avoid cotton)
  - Lightweight insulating top layer (a light, long-sleeve synthetic fleece or wool shirt, sweater, or jacket)
  - Second insulating top layer (an additional synthetic, wool, or fleece shirt, jacket, or vest)
  - Consider a third, heavier insulating layer such as a puffy jacket or thicker fleece
  - Rain jacket (hood and ventilating zippers recommended)
  - Hiking pants (durable, quick drying synthetic pants are ideal)
  - Bottom base layer, e.g. midweight synthetic or merino wool long john pants
  - Warm winter hat and gloves or mittens
- Your favorite trail snacks.
- Personal toiletries and medications.
- Water bottles/hydration bladders (2-3 Liters)
- Any hiking gear you already own that you'd like to use. No need to buy anything for the adventure, we've got you covered. Could include things like:
  - Backpack
  - Sleeping Bag
  - Sleeping Pad
  - Pillow
  - Flashlight or headlamp
  - Knife - fixed and/or folding blade
  - Whistle
  - Signal Mirror
  - Cooking pot and utensils
  - Notepad/pen and reading material/luxury item (optional)

### DIRECTIONS

**From the North:** Interstate 81 South towards Roanoke, Va. Take Exit 141. Take a left at the stop light. The next light is Route 311. You'll see the Orange Market on the left. A BP and Subway on the right. Take a right. Follow Route 311 for 12 miles to a left on Route 621/Upper Craigs Creek Road. Follow Route 621 for 9.3 miles. Set your odometer, as it is a long and winding 9.3 miles to our sign on the right. Our property is lined with a brown wooden fence. Take the right on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

**From the South:** Interstate 81 North towards Christiansburg/Blacksburg, Va. Take Exit 118B US-11/US 460 towards Blacksburg. Follow US 460 approximately 15.8 miles to a right on Route 621/Craigs Creek Road. Watch for a brown Jefferson National Forest sign on the right. The right turn on Route 621 is just past that sign. Follow Rt. 621 for 11.9 miles to our sign on the left. Just before the turn on Hemlock Ridge Lane you will pass a white church on the left. Our property is lined with a brown wooden fence. Take the left on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

**From the West:** Take 460 East to a left on Route 621. (If your GPS directs you to turn on Route 42, avoid it. You will end up on dirt road. Stay on 460 until you reach Route 621!) Watch for a brown Jefferson National Forest sign and a sign for Pandapas Pond on the right. The left turn on Route 621 is just past that sign. Follow Rt. 621 for 11.9 miles to our sign on the left. Just before the turn on Hemlock Ridge Lane you will pass a white church on the left. Our property is lined with a brown wooden fence. Take the left on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

**From the East:** Travel to Interstate 81 and follow the directions above from the north or the south.

