



MOUNTAIN SHEPHERD ADVENTURE SCHOOL

TRAIL MIX - WOMEN'S ADVENTURE

Here's a little taste of everything you need to hit the trails with confidence! This energizing course is your chance to push yourself on challenging day hikes with big rewards, while learning key outdoor skills in a supportive environment. Create your own custom blend of experiences: try out hammock, tarp or tent camping; or enjoy the comfort of our lodge at the end of the day. Let the breathtaking views and campfire camaraderie fuel your hunger for adventure!

Adventure Highlights

- 4 days/3 nights
- Survival training
- Hiking prep
- Shuttle service
- All meals included
- Memories to last a lifetime
- Small group environment (6 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 9:30 on Day 1. The course concludes by 1:00 on Day 4.

Activity Level

Moderate to Strenuous

During your survival skills and hiking adventure, you will complete the Virginia Triple Crown — an experience that features some of the best hiking on the A.T. in Virginia's Blue Ridge Mountains. Each hike is an all-day (5-8 hour) adventure for most hikers.

- Dragon's Tooth (4.5 miles/1,103' elevation gain)
- Tinker Cliffs (7.7 miles/1,945' elevation gain)
- McAfee Knob (8.63 miles/1,643 elevation gain)

Who Chooses This Course

This adventure is for women who are ready to challenge themselves, in a supportive environment with other like-minded women. Whether you're an experienced hiker looking to take your skills to the next level (while checking off some world-class hikes), a novice hiker just getting your bearings, or somewhere in between — you're 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!

Meals

Start each day with a hearty, homemade breakfast, and choose from a range of options for a packed lunch to enjoy on the trail. Back at the lodge, enjoy a homemade dinner with dessert around the campfire (from classic s'mores to Mountain Shepherd's famous dutch oven peach cobbler).

Overnight accommodations

This is your adventure! You may choose to fully embrace the experience by spending the night in your own tent, or you can borrow a tent, tarp, or hammock from us. It's also totally fine to sleep in a bunk in the lodge. The choice is yours.





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PACKING LIST

- Seasonally appropriate clothes:
- Good fitting and broken-in hiking boots/shoes
- Hiking socks (wool or synthetic recommended)
- Active T-shirts (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.
- Water Bottle – fresh drinking water for refills provided
- 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 (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.

