

# Roan Highlands

## BORN 2 BE WILD

### BACKPACKING ADVENTURE

Along 15 miles of the Appalachian Trail

**MARCH 24-26**

*Saturday AM  
through Monday PM*

**3-Day, 2-Night  
Wilderness  
Backpacking  
Expedition**

#### THE MISSION:

*We'll leave Huntsville at 5:00 AM on Saturday morning.*

##### **Day One: Carvers Gap to Overmountain Shelter (5 miles)**

We'll ascend over a number of open highland ridges, including Round Bald and Jane Bald, then summit Grassy Ridge (5,770'), a great spot for photos if the weather is clear. It has some of the best views you will ever get to experience with 360 degree views of the surrounding mountains! We'll descend through Low Gap and Buckeye Gap, finishing at Yellow Mountain Gap (4,682') at the Over Mountain shelter area where we'll camp overnight.

##### **Day Two: Over Mountain Shelter to Doll Flats (7 miles)**

This will be an awesome day, with some ridiculous highs and lows...literally! We'll start with a crazy uphill section called "The Incline", as we begin the ascent over Little Hump Mountain (5,459'). Then we descend below 5,000 feet at Bradley Gap where there's a good water source in the saddle between the two mountains. We immediately begin a long, long ascent to the summit of Hump Mountain. (5,587') Then we'll slowly descend and begin to leave the highlands. After a long, circuitous descent, the trail opens up into the Doll Flats (4,560') where we'll make camp.

##### **Day Three: Doll Flats to Elk Park NC - Hwy 19E (3 miles)**

We finish our trip with a 1,600-foot drop starting with a rocky overlook of the Elk river valley. There's a steep, treacherous descent for several miles, then it finally flattens out for the last mile. After passing a 120- year old iron mine, we exit the woods at US19E near the town of Elk Park, NC and our return vehicle. We'll shuttle back to our vehicles, then stop for dinner on the way home.

*We'll arrive back in Huntsville at approximately 10 PM Monday.*

*For more information and to register for the trip, contact:*

**Bruce W. Martin**

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256.520.2502

**Email:**  
[bruce@brucewmartin.com](mailto:bruce@brucewmartin.com)



Grassy Ridge Bald



Cloudland Hotel Ruins



The Hump Mountain Range

#### THE BRIEFING:

This is a 3-day, 2-night wilderness backpacking adventure. It will test you physically, emotionally and spiritually. It won't be easy and you should train in advance. But it will also be one of the most fulfilling experiences of your life!

#### THE GUIDELINES:

- Each person will hike with our group for safety and accountability.
- Each person is responsible to get their own gear from the gear list.
- Participants should be 10 or older.
- Each person needs to be in sufficient physical condition to hike 15 miles with a full backpack. (30-40 lbs.)

#### THE LEADER:



**Bruce W. Martin** will serve as your Expedition Leader. He's been leading wilderness expeditions since 2003, logging over 3,000 miles on the Appalachian Trail and the High Sierras. He'll be facilitating a briefing each morning and evening in camp.

#### THE COST:

**\$99.00 per person includes:**

- Guided 15-mile, 3-day, 2-night backpacking adventure.
- A training hike before your trip.
- All logistics planning for the hike.
- 4 sessions on "*The Secret to Life-Giving Friendships.*"
- All meals for your trip. (Snacks and drinks are on your own.)