

All workshops will take place inside the D.P. Culp Center and will last one hour unless otherwise noted.

While A.T. Vista registration is required, no RSVP is necessary for workshops

Friday, Aug. 4		Topic	Name	Room	Description
1:00		Food Storage on the Trail	Morgan Sommerville / Monica Mogilewsky	303	Learn more about how to properly store your food on the trail.
1:00		Leave No Trace & the 10 Essentials	Christine Hoyer	304	Find out about the Leave No Trace certification along with 10 essentials you need on a hike.
2:00		AT Thru the Smokies	Christine Hoyer	304	Follow along with the history and significance of the AT on 71 miles of the most visited National Park.
2:00		Trail Management Tips	Carl Fritz	303	Demonstrated techniques to significantly reduce graffiti in trail shelters as well as versatile, sturdy and
3:00		Appalachian National Scenic Trail Visitor Use Management	Morgan Sommerville / Monica Mogilewsky	303	Ensuring the "People's Trail" remains protected.
3:00		Hiking with Kids	Rob Schoborg	304	How to plan a hike with children, what to expect and how to make it a fun experience for everyone.
4:00		AT and Wildernes 101	Southern Appalachian Wilderness Stewards / Scotty Bowman	303	Learn the basics of hiking and backpacking along the AT.
4:00		Nature Conservancy's Global Landscape Initiative & Land Protection Efforts	Gabby Lynch	304	The significance of the Appalachian Mountains and TNC's land conservation/acquisition work.
		Keynote Why We Need the Gifts of the Appalachian Trail	Warren Doyle	Banquet Hall	Doyle has hiked the entirety of the AT more times than any other hiker in history. He set the unofficial speed record in 1973 and has completed the AT 18 times.
6:00		Keynote Q&A	Warren Doyle	303	Hear more from Warren and ask him questions.
Saturday, Aug. 5					
		Topic	Name	Room	Description
9:00		The Sustainability of Hiking	Alaina Wood	304	Hear from Appalachian Climate Activist and Sustainability Scientist @itshegarbagequeen on best practices.
9:00		Value Added Hiking	Rob Schoborg	303	Making the most of your hike with other activities you can do such as photography and fishing.
10:00		Preventative Search & Rescue	Elizabeth Hall	303	How to make sure you don't end up in a search and rescue situation on the trail.
10:00		Farmland Conservation	Roy Settle	304	You'll encounter miles of farmland along the trail, what's the best way to conserve it?
11:00		Preservation of 10,000-acre Rocky Fork Watershed	Jeffery Sweeny	303	How did Rocky Fork State Park get started and what's being done to preserve it?
11:00		Nutrition on the Trail	Hope Westall	304	How to prepare and pack food for a healthy trail experience.
1:00		How to Organize a Litter Clean Up	Benny Braden	304	Interested in leading your own clean-up? This workshop will be followed by a clean-up at 2 pm
1:00		Wilderness EMS in Depth	Elizabeth Hall	303	Hear stories and tips on what providing emergency services are like on the trail.
2:00		AT Trail Sawyers	Taylor Weatherbee	303	What is it like maintaining trails with the Smoky Mountains Hiking Club? What equipment is used?
2:00-4:00		Co-Existing with Snakes	Connie Deegan	304	Snakes are no strangers to hiking trails. Learn to identify them and how to exist with them!
3:00 - 4:30		Trail Stories and Epiphanies	Warren Doyle	303	Hear some of Warren's favorite experiences on the Appalachian Trail.
4:30 - 5:30		Tails from the Trail Panel Moderated by Warren Doyle	Warren Doyle	304	More stories and tips along the trail from experienced hikers moderated by Warren Doyle
Sunday, Aug. 6					
9:00		Beginner Backpacking	Nicole Markovich / Wildwood Hiking Co.	303	Thinking of taking a trip in the backcountry? Here's how to plan.
9:00		Solo Hiking for Women	Marcia Fairweather	304	Hiking alone as a female? Here are some best tips and practices!
10:00		Adventure with a Purpose	Appalachian Trail Conservancy	304	How to make sure the AT remains for generations to come.
10:00		How to Create an Outdoor Festival	Ashley Cavender and Mary Mars	304	Best practices and stories on how to organize an outdoor related event in your hometown.
11:00		How to Pick the Perfect Shoe	Melanie Harsha	304	Boots, shoes or sandals? Learn what is the best fit for you and your adventure.
1:00		A Different Way to Hit the Trail – Walking Meditation	Jen Skarsaune	303	Making your hike about going for a walk to just enjoy the walking.
1:00		Physical Preparedness: From the Beginner to the Thru-hiker	Jeremiah Tate, PT, PhD	304	How to physically prepare for the trails.
2:00		Tales from the Trail	Steve Wilson, Kayla Carter and Noah Naseri	304	Hear stories folks who have hiked the Appalachian Trail
3:00		Planning for Future AT Vistas	Marcia Fairweather & Ron Rosen	303	Help us plan for AT Vista 2025!
3:00 - 4:30		Connecting with Your Future Volunteers	Appalachian Trail Conservancy	304	Interested in volunteering for the Appalachian Trail Conservancy?
Monday, Aug. 7					
9:00 - 12:00		Volunteer Engagement Workshop	Appalachian Trail Conservancy	TBD	Each volunteer experience is unique. Volunteering for a day or longer, volunteers often recount their experience as a significant milestone in their life.