

**UAB OUTDOOR PURSUITS**  
**BACKPACK PISGAH NATIONAL FOREST, NC**  
April 16-18, 2010

**Friday, April 16**

- Meet in room 290 at the Campus Recreation Center at **12:00 PM**
- Eat breakfast, pack your pack with meals/snacks/gear and fill water bottles before you come.
- Ride to Pisgah National Forest
- Stop at a fast food restaurant for lunch.
- Set up camp near trailhead along the creek.
- Eat dinner out of your pack
- Sleep Friday night.

**Saturday, April 17**

- Wake up; eat breakfast from your pack (boiled water will be provided)
- Hike approximately 7 miles to a backcountry campsite (No restrooms).
- Eat an early lunch at John Rock overlook.
- Continue hike to shelter. Arrive and set up camp
- Enjoy the peace and quiet.
- Cook dinner out of your pack. (boiled water will be provided)
- Sleep Saturday night.

**Sunday, April 18**

- Wake up; eat breakfast from your pack (boiled water will be provided)
- Hike approximately 5 miles out to van. Mostly downhill or flat.
- View waterfalls along the trail.
- Eat lunch along the trail out of your pack
- Load up vans.
- View Looking Glass Falls on the way home.
- Stop at nearby waterfalls depending on time.
  - Possible stops include:
    - Sliding Rock: A rock that you can slide down into a large pool at the bottom. \$1 charge per person to use slide.
    - Looking Glass Rock Overlook: Opportunity to see the back side of looking glass rock.
    - Devil's Courthouse: View of a rock protrusion. May or may not be waterfalls there.
- Depart Pisgah National Forest.
- Eat dinner on the drive back.
- Arrive in Birmingham by 10:00PM

Pre-trip meeting and deadline for sign-up, Tuesday, April 13, at 6:00 PM in room 290 of Campus Rec.

Pick up equipment, packing list, and receive additional instructions.

Trip fee covers accommodations, transportation, and equipment. Refund policy on Waiver is closely followed.

Participants are responsible for all meals.

Any questions not answered at pre-trip meeting should be directed to: Bill Pierce 966-4913

For your outdoor needs visit

**Mountain High**  
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