

ADVENTURE EDUCATION GUIDE

Take advantage of your mountain getaway while learning how to be a true local mountaineer



ADVENTURE PROGRAM SCHEDULE

MONDAY

MOUNTAIN MEDITATION

9 to 9:30 a.m.

SMOKY MOUNTAIN TRIVIA

12 to 12:30 p.m.

TUESDAY

ARCHERY

9 to 10 a.m.

LEAVE NO TRACE WORKSHOP

11 to 12 p.m.

WILD TEA MAKING

3 to 4 p.m.

WEDNESDAY

SURVIVAL BASICS COURSE

10 to 11 a.m.

FIRESIDE FOLKLORE

4 to 4:30 p.m.

THURSDAY

MOUNTAIN MEDITATION

9 to 9:30 a.m.

PAINTING WITH A TWIST

2 to 4 p.m.

FRIDAY

ARCHERY

9 to 10 a.m.

NATIVE AMERICAN COURSE

2 to 2:30 p.m.

ARCHERY

COMPLIMENTARY

Do you have what it takes to score a bullseye? Come learn the traditional way Cherokee Indians would gather food for their families.

FIRESIDE FOLKLORE

COMPLIMENTARY

Join us around the fire and snuggle in with a complimentary blanket as we tell you local folklore and ghost stories of the Cherokee Indians and the Smoky Mountains.

LEAVE NO TRACE WORKSHOP

COMPLIMENTARY

Stop by and learn the seven Leave No Trace Principles to make sure you are honoring Mother Nature and respecting those around you while visiting the National Park.

MOUNTAIN MEDITATION

COMPLIMENTARY

Start your morning with mountain relaxation. Join us as we combine Cherokee and modern-day meditation while overlooking the Smoky Mountains. We will concentrate on breathing and perform basic stretches; all skill levels are welcome.

NATIVE AMERICAN COURSE

PRICES VARY \$1-\$4

Native Americans are often misrepresented on TV. Learn what the culture was truly like for the Cherokee Indians and how it differs from the perception.

PAINTING WITH A TWIST

PRICES VARY

Join us as we paint black bears and learn facts and tips about them. This paint-by-number class is a great time for all ages and all skill levels. Reserve your spot by Tuesday and let us know if you would like to purchase a bottle of wine.

\$20 per person (without wine) \$23 per person (with a glass of wine). Purchase a bottle for \$10. Must be 21 years of age or older with valid ID to purchase and consume alcoholic beverages.

SMOKY MOUNTAIN TRIVIA

COMPLIMENTARY

How well do you know Smoky Mountains history and its culture? Test your Smoky Mountains knowledge with our jeopardy style trivia game.

SURVIVAL BASICS COURSE

COMPLIMENTARY

If you were lost in the woods, would you be able to survive? Try out some basic survival skills like making a shelter, starting a fire, purifying water and determining which plants are safe to eat. Learning basic wilderness survival skills isn't about the likelihood that you will have to use them, it's about exploring concepts that give self-confidence and knowledge to use in future decision making. Come enjoy these hands-on wilderness survival concepts.

WILD TEA MAKING

\$5 PER PERSON

Have you ever wondered about what you can and can't eat in the wild? Join us as we prepare tea made from local edible plants. Each week will feature a different type of tea.