

Waterfall Hikes in the Carolinas' *Blue Ridge Mountains* *May 13-19 & 20-26, 2018*

If you love towering waterfalls, gorgeous mountains, spring wildflowers, and meeting other outdoor women, this trip is for you...

- **Hike** to 15 of the loveliest waterfalls in the Blue Ridge Mountains.
- **Be awed** by the highest waterfall east of the Rockies, walk *behind* a thundering 80-foot fall, and **glimpse** waterfall-created rainbows.
- **Kayak** the third oldest river in the world.
- **Discover** amazing vistas from a mountain that could be the world's oldest.
- **Enjoy** two charming lodges. One is in a quaint mountain village. The other was recently voted "Best National Park Lodge," and features breathtaking views of the Blue Ridge Mountains from your private balcony.
- Explore spring's vibrant colors, courtesy of mountain azaleas and wildflowers; in verdant, towering forests; and along mountain rivers.



Discover gorgeous views of the Carolina wilderness, like this one at Turtleback Falls.



Savor jaw-dropping vistas and spring blossoms of the Blue Ridge Mountains.

Trailbound Trips: Explore. Dream. Discover.

“The whole experience exceeded my expectations! The leaders were very tuned in to individual & group needs. The Carolina scenery was exceptional, lodging was great, meals were well thought out, and the group of women was awesome!”
~Periwinkle



Feel the waterfalls' rush, the mountains' majesty, and nature's embrace..

Sunday, May 13 & 20

Arrive at Asheville's airport. We'll shuttle you to our charming lodge in the village of Cashiers. Enjoy views of the Blue Ridge Mountains en route.

After settling into your room, we'll head out to savor one of our favorite Carolina restaurants.

Monday, May 14 & 21

Hike 3.5 miles along *Horse Pasture River* and its two spectacular waterfalls: teen-favorite *Turtleback Falls* and 150-foot *Rainbow Falls*.

Our short afternoon hike will take us along 411-foot *Whitewater Falls* (the tallest waterfall east of the Rockies). On the way home, take a dip or cool your feet in the swim hole under *Silver Glenn Falls*.

Let us treat you to a catered dinner from one of our favorite Cashier's restaurants.

Trailbound's operations on National Forest System Lands are authorized under a Special Use Permit by the Pisgah National Forest.



Stand atop the world!



Kayak the world's third oldest river.



Hike to 15 of Carolinas' most beautiful waterfalls.

Tuesday, May 15 & 22

Hike to amazing (but safe) vistas on this 2-mile trek of *Whiteside Mountain*, which boasts the highest sheer cliffs in the eastern U.S. Some experts believe this mountain is the oldest in the world.

After our hike, enjoy free time for lunch and shopping in the charming mountain village of Highlands. Next, we'll drive past wispy *Bridal Veil Falls* and then stroll behind the roaring 80-foot waterfall at *Dry Falls*. Enjoy dinner at a favorite Cashier's spot.

Wednesday, May 16 & 23

Kayak 8 miles down the French Broad River, considered the third oldest river in the world. This river's gentle current is great for beginner paddlers; its beauty is ideal for everyone! We'll eat our trail lunch at the headwaters.

Next, we'll head to Living Waters Ministries, where a short walk treats us to three spectacular falls and more great photo opps. Then, we're off for a drive on the famous Blue Ridge Parkway to the Pisgah Inn, voted "Best National Park Lodge" by *USA Today* readers. Settle into your rooms, relish spectacular views from your balcony with a good book, or take a self-guided hike along the Blue Ridge escarpment. Enjoy dinner at the Pisgah Inn dining room.

Thursday, May 17 & 24

Explore DuPont State Forest to admire beautiful 120-foot High Falls, to stand on bedrock jutting into the cascades of 150-foot Triple Falls, and to lunch along *Hooker Falls* (featured in *The Last of the Mohicans*).

Then, hike through the private trails of the Connestee Falls Community, featuring a cascading brook that plummets over five major waterfalls, including Connestee Falls, one of Western Carolina's most scenic falls. You'll enjoy the trail's abundant wildflowers and historic cave.

After hiking, kick back and enjoy free time at Connestee's Lake Ticoa, to relax on a pontoon cruise, to kayak, or to swim. For dinner, we'll treat you to a catered lakeside picnic. Then savor the views from the Pisgah Inn before tucking in for a great night's sleep.

*"I have too many favorite memories to list!
But a few are the beautiful scenery and woods
... the "girls" swimming in the cold pond ...
evenings having a wonderful meal and wine ...
laughing. The ladies were all great to be with,
and our guides were terrific!"*

~ Monkey Hill"



Play in nature!



Enjoy spectacular vistas from our Pisgah Inn lodge.

Friday, May 18 & 25 Drive along the scenic Blue Ridge Parkway to Devils Courthouse. From its rocky edge, you can see into Georgia, Tennessee and South Carolina. Enjoy lunch at this “top of the world” vista. After lunch, join us for an optional 1-mile hike to Skinny Dip Falls, one of the locals’ favorites. This trail passes through a wildflower habitat rich with spring ephemerals.

In the afternoon, take your pick: Relax and reflect on your adventures while taking in the views of the peaks and valleys below from your balcony, or select one of the many hikes out of the back of the Pisgah Inn. Savor our last night’s meal at the Pisgah Inn Dining Room

Saturday, May 19 & 26 We’ll shuttle you to Asheville Regional Airport for your flight home.



Bask in Carolina’s beauty.

“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do ... Explore. Dream. Discover.” ~Mark Twain

Say Yes! Spots fill quickly for this trip.

Register online at www.TrailboundTrips.com or register by mail with the form on the next page.

The trip cost, beginning at \$2,198, includes:

- 3 days and nights, double-occupancy, at charming Laurelwood Mountain Inn
- 3-nights, double-occupancy with two queen beds, at the Pisgah Inn. <http://www.pisgahinn.com>
- Hot, complimentary breakfasts at the Pisgah Inn
- Guided hikes by experienced, knowledgeable leaders
- Dinner at Conneestee
- Nature-based discussions, based on what we see each day, that foster warm camaraderie and help you view nature and yourself in new ways
- Transportation throughout the week
- Shuttles to and from Asheville's airport, within designated time frames
- Park entrance fees
- Informational booklet packed with suggestions on what to bring; fun facts about the area's history, weather, and wildlife; and hiking tips
- Online photo memories of the trip

**Trip price is based on the room you choose for your 3-night stay at Laurelwood Mountain Inn. Read the options below and view rooms at www.LaurelwoodMountainInn.com. Rooms are available on a first-come basis.*

\$2,198 pkg: Double-occupancy standard rooms have 1 double and 1 single bed, along with a mini-frig, coffeemaker, TV, and high-speed internet. (These rooms have no deck or porch. Price based on double-occupancy. Solo room upgrade: add \$145.

\$2,248 pkg: Enjoy the spacious luxury of the deluxe room, which features **1 king bed** and a covered front porch with rocking chairs overlooking fountains and gorgeous landscaped grounds. In addition to the standard room amenities, you'll enjoy this room's extra space, dressers, and microwave. One of these deluxe rooms features a spacious screened porch. These rooms are ideal for mother-daughters, sisters, and friends comfortable with sharing a king bed. Price based on double-occupancy. Solo room upgrade: add \$190.

\$2,298 pkg: Luxurious 2-story suite offers you a living room, full kitchen, private bedroom (queen or king bed) and 2 full baths. The covered wrap-around porch and rockers let you enjoy the sound of a gurgling brook. Two of the three suites feature screen porches. Price based on double occupancy.



Enjoy the peaceful grounds of our Laurelwood Mountain Inn



Sit in waterfalls' refreshing mist.

Join Us For Our Carolina Waterfall Adventure

To register, mail in this form or sign up online at www.TrailboundTrips.com

1. Your contact info

Your name: _____

Address: _____

City: _____

State/Zip: _____

Cell phone: _____

E-mail: _____

Roommate (optional) _____

(Request a roommate, or we'll be happy to pair you with another Woman traveling solo.)

2. Choose your 2018 dates:

___ May 13-19 (Sun-Sat) ___ May 20-26(Sun-Sat)

3. Choose your room:

3 nights at Laurelwoods:

Indicate your 1st and 2nd choice (details on previous page; rooms on first-come basis)

___ Standard room (\$2,198 pkg)

___ Standard room solo upgrade (\$2,343 pkg)

___ Deluxe room (\$2,248 pkg)

___ Deluxe room solo upgrade (\$2,438 pkg)

___ Luxury suite (\$2,298 pkg)

3 nights at Pisgah Inn

___ Check here if you'd like a solo room upgrade at Pisgah Inn for an additional \$525.

4. Mail this form...



Greet morning with vistas on Whiteside Mountain and the warmth of friendship.



Walk behind a rushing waterfall and feel its spray.

...and your \$500 non-refundable deposit to: **Trailbound Trips, 533 S. Summit St., Barrington, IL 60010** Make checks payable to Trailbound Trips.

We're delighted you're joining us! We'll contact you soon with information about your upcoming hike.

Questions? Contact Carol Ruhter at Trailbound Trips at 847-381-9374 or TrailboundTrips@gmail.com

Happy Trails!



This trip is ranked Challenging (rated 3 boots, with 5 being most difficult)

Criteria for trips ranked "Challenging"

Maximum daily mileage: 4-8

Terrain: Hilly with uneven patches, rocks, and roots

Maximum elevation gain on some hikes: 750 feet