



Asheville Amblers  
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## ASHEVILLE AMBLERS

AVA-046

Invite you to

HELLO TO THE HIGH COUNTRY  
4 County Walks

Newland (Avery Cty). NC  
SE17/108202

Lenoir (Caldwell Cty). NC  
SE17/108203

West Jefferson (Ashe Cty), NC  
SE17/108204

Laurel Springs (Alleghany Cty),  
NC  
SE17/108206

September 1-4, 2017



**Date:** Fri-Mon Sept 1-4, 2017

**Registration Point:** Fairfield Inn and Suites, 2060 Blowing Rock Rd, Boone, NC 26807

**Registration Start Times:** Fri Noon, Sat/Sun/Mon 8 AM

**Event Finish Time:** Fri/Sat/Sun 5 PM, Mon Noon

**Trail: Newland** (rated 2C) – While in the highest county seat east of the Mississippi, stroll on River Walk along Kentucky Creek and the Toe River; visit an historic court house, museum and train depot; walk to and above a spectacular waterfall. Walk qualifies for City Park, Food for Thought and Bridges Special Programs.

**Lenoir** (rated 2A) – Walk includes Art Council Sculpture Trail, Pagoda Walk Park and interesting neighborhoods in this former furniture manufacturing hub. Walk qualifies for City Park and Make a Wish Special Programs.

**West Jefferson** (rated 2A) – Walk in a quaint town with a working cheese factory (try delicious cheese curds), the source of the finest hams produced in NC and views of Mt Jefferson. Within a short drive are not to be missed two of Ben Long's chapel frescoes. Walk qualifies for Trekking with Trees and City Park Special Programs.

**Laurel Springs (Doughton Park)** (rated 3C) – Walk along a portion of the Mountains to the Sea trail including an old settlers cabin and a rustic campground. Spectacular views. Watch for deer and turkeys.

**Trail Notes:** It is always good to carry water and a snack. Trail shoes highly recommended for the longer Newland and Doughton walks. Water and restrooms available at walk start point. Pets on leash OK.

**Fees and Awards:** Walk is free and open to the public. IVV credit \$3. IVV credit for children 15 and under is free. **DONATIONS WELCOME.**

**Socials:** Friday night, join us for a Meet and Greet 6-8PM. Bring your own drink; snacks provided. Sat night is a no host supper at a location and time to be determined. You must tell the Point of Contact by August 22 if you are attending either or both affairs.

**Specialties:** IVV books, club memorabilia, "B" awards, and club shirts available.

**Procedure:** All participants must register at Fairfield Inn and Suites and receive Start Card, walk instructions/walk map and driving instructions to walk start points. Walks may be done dawn to dusk. Start Card is carried on walk and returned to Registration Point. This applies even if you are a free walker. An adult must accompany all children under 16. All Start Cards remain the property of the Asheville Amblers.

**Stipulations:** Event proceeds rain or shine. NO REFUNDS.

**Disclaimer:** The sponsors are not responsible for accidents, theft, and/or material damage. Every effort has been made to make this a safe, enjoyable and memorable event.

**Where to Stay:** Fairfield Inn and Suites, 2060 Blowing Rock Rd, Boone, NC 28607 has a limited number of rooms reserved at \$99, a most reasonable rate for this area and dates. Call 828-268-0677 before Aug 3 and ask for Asheville Ambler rate for the nights you want.

**Asheville Amblers**  
[www.ashevilleamblers.com](http://www.ashevilleamblers.com)



**What is a Volkswalk:** A non-competitive walk, typically 10KM (6.2 miles) long through an historic or scenic area. It is designed to promote fun, fitness and fellowship. American GIs brought it from Germany in the 1960s.



For More Information  
Contact: Judy Michele  
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**Directions:** From the West, take I-40 to Exit 103. Go left on US 64E 8/10 mile. Left onto Truck US 64E 3.1 miles. Left on US 64/NC 18 approx 12 miles. At light, turn left (Look for sign "To 321") and continue to "T" intersection. Left on US 321 approx 24 miles. Hotel on left; enter between Chick-Fil-A and Applebee's

From the East, take I-40 to exit 188. Merge onto US 421N via ramp. Go 80.7 miles. Left on NC105S/US221S 8/10 mile. Left on Blowing Rock Rd/US221S 1 mile to hotel on right; enter between Applebee's and Chick-Fil-A.

