

## ALMOST HEAVEN, WEST VIRGINIA

### Adventures in Good Company's General Information

Welcome to Adventures in Good Company's long weekend in West Virginia (it really is almost heaven)! We have compiled some information that may be helpful as you prepare for your journey. Please feel free to contact the Adventures in Good Company office (1-877/439-4042) if we can provide any additional information.

#### Getting there

*If you are flying:*

There are no really close airports. The closest is in Charleston, WV (CRW) about 3 hours away. Other possibilities include Richmond, VA (RIC, about 4.5 hours), Dulles (IAD, about 5.5 hours and Baltimore-Washington (BWI, also about 5.5 hours). If you're flying, we will try to connect you with someone local who may be able to give you a ride. Plan to arrive the night before the trip. Renting a car is another option.

*If you are driving:*

**From the North** (Pittsburgh, Ohio, etc) Take I-79 South to Weston, WV, go east on Us-33 to Elkins, then south on Hwy 219 for 53 miles to Slatyfork.

**From the East** (Washington DC, Virginia) Take I-81 South to Staunton VA, exit 222 to Route 250 West to Churchville, 42 South to Goshen, 39 West to Marlinton WV, 219 North for 17 miles to Slatyfork

**From the Southeast** (North Carolina) Take 220 North to I-64 West to White Sulphur Springs, exit US-60 through White Sulphur Springs to 92 North, then 39 West to Marlinton WV, then 219 North for 17 miles to Slatyfork

**From the Southwest** (Kentucky) Take I-77 North to I-64 East to White Sulphur Springs, exit US-60 through White Sulphur Springs to 92 North, then 39 West to Marlinton WV, the 219 North for 17 miles to Slatyfork.

#### Emergency contact information

The number to call Elk River Inn is (304) 572-3771. There are no phones in the farmhouse but staff will be able to get a message to you. Cell phones don't work here.

#### Weather

In early May, highs are typically in the high 60s and lower 70s, and night time temperatures may fall into the 30s or 40s. While this is not the rainiest season, rain would not be unusual at some point during the long weekend.

#### Conditioning

While no specific conditioning is suggested for this trip, we will be quite active during our long weekend with cycling, hiking and canoeing. However, the Elk River Inn is a great place to just hang out and that is always an option too. If you would like some general conditioning guidelines, please contact us.

#### Tipping Guidelines

Tipping at the end of the trip is completely optional. If you feel your guide(s) did an outstanding job and would like to reward them for their efforts, a suggested rule of thumb is US \$5-\$10 per person, per day. Oftentimes, trip members organize a group envelope (this makes it anonymous) and present it to the guides at the last shared meal.

#### Some possible pre-trip reading

The following diverse selection will give you some sense of the land, culture and history.

*West Virginia: A History* by John Williams. This is a fast reading introduction to the history of the state. Beginning with a brief section on the region from Revolutionary times, the book quickly moves on to the Civil War era which gave birth to West Virginia statehood. Professor Williams organizes the book by geographic locale, which makes sense in the context of our state.

*Hollows, Peepers and Highlanders* by George Constanz. This is a very entertaining and informative book about Appalachian ecology. It's readable and interesting -- and he talks about such conundrums as "Why are ladyslippers so widespread but still so rare?" and "Why do spring peepers make so much noise?" that are bound to pique the interest of outdoorsy people.

*At Home in the Heart of Appalachia* by John O'Brien. This book examines the myths and realities behind West Virginia's image, intertwined with his own family experience. Although the writing is not excellent and the author a bit self-absorbed, it provides a perspective on the culture that is unique.