

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

## DAY 1

Meet at airport, drive to Millinocket for introductions and trip orientation

We'll meet at the Bangor International airport at 2 p.m. We will be picked up by our shuttle and transported to 'hiker heaven' - the Appalachian Trail Lodge, our home for the next week. That evening we'll start getting to know each other and review everything we need to know for our upcoming adventure to keep us safe and healthy.

**Included Meals:** Dinner

**Accommodations:** Appalachian Trail Hostel (or similar)

**Daily Activities:** Welcome Dinner

## DAY 2

Hike Kokadjo B Pond Road to Jo Mary Road

After a hearty breakfast we begin our day with a shuttle to Kokadjo B Pond Road. As we wave goodbye to our shuttle driver, we can be assured that our shuttle will be waiting for us at the end of our hike to transport us back for that wonderful shower at the end of a satisfying hiking day! Our hike today is a great 'warm up' for the week and will take us through not only Crawford Pond but Cooper Brook Falls, a great swimming hole and an Appalachian trail shelter. Today's terrain is mostly level with approximately 300 feet of elevation loss, a great way to get the 'trail legs' ready and a wonderful beginning to our week.

**Included Meals:** Breakfast, Lunch, Dinner

**Accommodations:** Appalachian Trail Hostel (or similar)

**Daily Activities:** Hiking (~7 miles; approximately +236/-858 feet elevation gain/loss)

## DAY 3

Hike Jo Mary Road to Nahmakanta Lake

So hereâ€™s the drill - each day we will get dropped off where we left our hike the day before. Today we head back to Mary Jo Road and once again put on our packs, grab our poles, and head into the wilderness. As with much AT hiking in northern New England, the trails are challenging with many rocks and roots and require a "mind-full" approach to the day's hiking. Our hike today is definitely longer, with slightly rolling terrain and more lakes, streams, and picturesque footbridges. Northern Maine at its best and we'll be enjoying it as it was meant to be enjoyed - by foot!

**Included Meals:** Breakfast, Lunch, Dinner

**Accommodations:** Appalachian Trail Hostel (or similar)

**Daily Activities:** Hiking (~15 miles, approximately +1,115/-1,145 feet elevation gain/loss)

## DAY 4

Hike Nahmakanta Lake to Pollywog Stream

The high point of today's hike will be Nesuntabunt Mountain complete with the first sighting of our goal â€”Katahdin! Known first by Native Americans as 'Kette-Adona' or the 'greatest mountain' that is exactly what it looks like, particularly from this perspective: a gray granite monolith rising from the green Maine forest. After

...ene or the greatest mountain, that is exactly what it looks like, particularly from this perspective: a gray, granite monolith rising from the green Maine forest. After enjoying this spectacular view of not only Katahdin but of the land below us, we'll descend thru a beautiful stand of old growth red spruce and white pine trees (some at +140 years!) and pass by the Pollywog Gorge. A short side trail will give us great views of the Pollywog Gorge before we finish our day at the Pollywog Stream with more beautiful scenery! Tonight, we leave open for you to explore the culinary opportunities available in town, and our lodge host will be happy to make suggestions (there aren't that many choices so if your stomach is set on fine French cuisine, tell it to wait).

**Included Meals:** Breakfast, Lunch

**Accommodations:** Appalachian Trail Hostel (or similar)

**Daily Activities:** Hiking (8-9 miles, approximately +2,160/-2,109 feet elevation gain/loss)

## DAY 5

### Hike Pollywog Stream to Abol Bridge

Yes, today is our longest mileage day and we're glad it's not all up! Our terrain will include some flat and slightly ascending trail as well as more of the rolling terrain that the AT does so well! The Maine terrain has been described as appearing as though 'a mirror has been broken and scattered over the mantle of dark green spruce and fir forest cover, producing myriad lakes and we will see many of those lakes today. We'll hike past Murphy Lake outlet, continuing past Rainbow Lake and Rainbow Lake Dam as we make our way toward Abol Bridge over the west branch of the Penobscot River, a beautiful river that figured significantly in Maine's logging history. Our shuttle will indeed be a welcome sight and that end of the day shower will be calling.

**Included Meals:** Breakfast, Lunch, Dinner

**Accommodations:** Appalachian Trail Hostel (or similar)

**Daily Activities:** Hiking (17-18 miles, approximately +1,941/-2,038 feet elevation gain/loss)

## DAY 6

### Hike Abol Bridge to Katahdin Stream Campground

By now we have a great routine going - good night's sleep, great breakfast, and then out the door and shuttle to the trail! This morning we will once again put in where we left off yesterday - at the Abol Bridge and head - which way? North of course, toward Katahdin. The beautiful northern spruce and fir forest continues to impress and our forward progress toward Katahdin is exciting. Several highlights of our hike today will include, yes! water features! This time not only ponds and streams but a couple of spectacular waterfalls, including Big and Little Niagara Falls. Both of the falls are located on the Nesowadnehunk Stream, originally used extensively by the logging industry in Maine. The forest has long since recovered from that era and there are few, if any traces of that endeavor now. Our destination for the day is a much-anticipated spot, Katahdin Stream Campground. Here is the place where you realize that the end of your hike is near! Tomorrow, 'the greatest mountain' awaits!

**Included Meals:** Breakfast, Lunch, Dinner

**Accommodations:** Appalachian Trail Hostel (or similar)

**Daily Activities:** Hiking (10-11 miles, elevation ranges from 578 - 1,119 feet)

## DAY 7

### Climb Katahdin!

Yes! The day has arrived, and the summit bid is at hand! We have had some strenuous hikes to prepare us for this day, but today will be our most strenuous with the ascent just as challenging as the descent - which means we have a long and challenging day ahead of us. While there are several options for our climb, we most likely will not take the AT on this final stretch; instead our likely approach starts with a 3.3-mile hike up Roaring Brook Trail to Chimney Pond. At Chimney Pond we will re-group to hydrate and eat a snack. From there we take the Saddle Trail which is a very steep 1.2-mile boulder scramble followed by another mile to the Katahdin

summit. This is the most challenging part of our hike today and people with a fear of heights may choose to make Chimney Pond their final destination. For those that continue to the summit, we will take pictures at the famous Katahdin sign and then begin our long, careful descent down the mountain. Our chariot (OK, our shuttle) will be a welcome sight and will take us to the Lodge for our last dinner and a festive celebration of our week together.

**Included Meals:** Breakfast, Lunch, Dinner

**Accommodations:** Appalachian Trail Hostel (or similar)

**Daily Activities:** Hiking (10-11 miles; Elevation: beginning at 1,106 feet, ending at 1,106 feet. Highest: 5,268 feet)

**DAY 8**

Depart after breakfast for Bangor Airport and home

Sadly, it's time to go home. You are free to leave anytime after breakfast. If you are flying out, we will have you back to the Bangor International airport by 11 a.m. You can plan on flying out anytime after 12:00 p.m.

**Included Meals:** Breakfast