

SEE YOU NEXT YEAR!
MAY 16-18, 2025

PLAN YOUR NEXT ADVENTURE
IN TRAIL TOWN USA
AT VISITDAMASCUS.ORG



VIRGINIA
IS FOR
TRAIL
LO♥ERS



FESTIVAL GUIDE
MAY 17-19, 2024



SEE ALL YOUR ADVENTURES THRU.

CONTOUR 35

COME DEMO OUR NEW FRAMELESS PACK!

HYPERLITE
MOUNTAIN GEAR



A LITTLE NOTE FROM THE MAYOR



Welcome to 'The Friendliest Town on the Trail' for our 37th annual Appalachian Trail Days Festival! Since 1987, when Trail Days began, this event has become one of the most anticipated by the community, visitors, vendors, business owners, and hikers alike. Damascus looks forward to this gathering each year to continue to celebrate the Appalachian Trail and all the folks who love it.

Trail Days takes months of planning, and we are so grateful to the Trail Days Committee, the Parks and Recreation Committee, Town Officials, employees, sponsors, vendors, volunteers, hikers, and all those who participate. Thank you!

We hope that you enjoy your time with us in our beautiful little town and we look forward to seeing you again soon!

Much Love and Light,
Katie Lamb
Mayor, Town of Damascus



DAMASCUS, VIRGINIA, TRAIL TOWN USA

We have some of the best outdoor recreation of the Southeast right in our backyard. There's an adventure for everyone here! The **Appalachian Trail** and **Virginia Creeper Trail** pass right through the heart of Damascus, along with several other long distance hiking, cycling, and motor routes. At the edge of town, **Mount Rogers National Recreation Area** stretches as far as the eye can see, across the highest peaks in the state, over high elevation mountain balds and spruce-fir forests, trout streams, and more than 500 miles of trails. Here you'll find the three highest peaks in Virginia: **Mount Rogers, Whitetop Mountain, and Pine Mountain / Wilburn Ridge.**

The **trail town lifestyle** is adventurous and creative, yet relaxed. Stop and stay awhile in our vibrant downtown, where everyone is treated like a local. **Take the time to explore all that Damascus has to offer.** From the many trails, parks, and public lands, to our shops and restaurants downtown, there is an adventure for everyone here. It's the kind of place where you'll find an adventure of your very own - one that makes you return again and again. **We cherish this lifestyle and we know you will too.**

PLAN YOUR NEXT ADVENTURE AT [VISITDAMASCUS.ORG](https://www.visitdamascus.org)



THANK YOU TO OUR SPONSORS!

EVENT INFO



EXPED

MERRELL



HYPERLITE MOUNTAIN GEAR



STILL MADE IN VT, USA GUARANTEED FOR LIFE



SEATOSUMMIT

REI CO-OP



TOAKS



PATH AHEAD VENTURES



Ripstop ByTheRoll



THE MOUNTAIN PEOPLE

FREEMAN PRODUCTIONS

FARM TO FEET



LA SPORTIVA

Black Diamond



MYSTERY RANCH



LEARN MORE:



THE APPALACHIAN TRAIL DAYS FESTIVAL

Trail Days is the biggest event of the year in Damascus and the world's largest celebration of the Appalachian Trail and hiker culture! Each year in May, the town swells to an estimated 25,000 people for the festival. You can expect a grand reunion of thru-hikers past and present, over a hundred vendors of handmade goods and some of the best outdoor gear in the industry, a packed schedule of live music and events, and a large crowd of trail supporters and hiking enthusiasts. Trail Days is always the weekend after Mother's Day. The Town-wide Yard Sale is always the weekend before Trail Days. Trail Days is free to attend; there is a fee at Tent City.

GENERAL INFORMATION

- Find the **Town Information Tent and First Aid Station** by the Town Park Stage.
- **Live Music:** There are FREE concerts at the Town Park Stage all weekend. Bring your own lawn/camping chair or picnic blanket and stay awhile.
- **Alcohol is prohibited in all public spaces.** Attendees may drink responsibly in designated areas.
- **ATM locations in town:** Bank of Damascus, Cowboys, Country Corner, and Food City.
- **Ride Board:** To request or offer a ride to or from Trail Days, post in the **Trail Days Ride Board** group on Facebook. The Damascus Trail Center will also have an in-person ride board to post offers and requests.
- **Content Creators:** Pick up your Trail Days media kit and talking points at the Town Info Tent!
- **Share your Trail Days photos with us!** Use hashtags #VisitDamascus, #TrailDays, and #TrailTownUSA or tag the Appalachian Trail Days Festival pages on Facebook and Instagram.

FREE EVENT SHUTTLE

- **Trail Days Shuttle:** The 2024 shuttle is **provided by People Inc.** Use the free shuttle to get around Trail Days! Shuttle stops are shown on the centerfold map and marked with yard signs around town.
- **Shuttle Hours:** are Thursday 1-5pm, Friday 10am-10pm, Saturday 10am-10pm, and Sunday 10am-5pm.
- **Rules:** Stay seated while the bus is moving. No open containers, no tobacco products, no smoking or vaping.

PARKING

- Public parking cannot accommodate oversized vehicles, trailers, RVs, or campers during Trail Days. This includes Tent City, the Town Park, downtown, and the long-term lots.
- Please be considerate of our residents and **do not park on private property** unless you have permission.
- Paid parking is available by Tent City at 1011 S Shady Ave, Damascus VA 24236. \$20 per car, CASH ONLY.
- The Wilson St lot by the Library is CLOSED to public parking. This area is reserved for vendor parking only.
- The town of Damascus is **highly walk-able and bike-able.** Once you find a place to park, we recommend that you travel by foot, bike, and/or shuttle as much as possible. If you are staying overnight, please try to leave your vehicle at your lodging.

By attending the Appalachian Trail Days Festival, you consent to the use of any photos, videos, recordings, or any other record of this event with you in it for any legitimate purpose, including use by the Town of Damascus, Virginia Tourism Corporation, and other organization partners.

SHOW YOUR LOVE FOR THE A.T. ON YOUR SLEEVE!

Become an ATC member during TRAIL DAYS 2024 and get an exclusive T-shirt.

Your support enables our work to conserve the awe-inspiring A.T. landscape, manage the treadway and its features, and provide educational programs for Trail visitors.



Visit us at the Damascus Trail Center this weekend and year-round for

- ⬆️ **HIKING RESOURCES**
- ⬆️ **GEAR GIVEAWAYS**
- ⬆️ **EDUCATIONAL PROGRAMS**

TENT CITY (1011 S SHADY AVE)

Tent City is a large walk-in camping area provided by the Town of Damascus during Trail Days. There are no advance reservations and camping is first come, first served. Tent City has restrooms/portajohns and dumpsters nearby. Firewood is provided.

- An **entrance fee is required** to enter, whether you are camping or not.
- **Wristbands** are good for the whole weekend: Thursday is \$20 per person, Friday \$15, and Saturday \$10.
- Tent City is **CASH ONLY**. We do have an option to **pay by Square via QR code** with a processing fee of \$1 per person. This option is only available if you have cell service and can show proof of receipt at the gate.
- **Opens at 9am Thursday and closes 12pm Monday**. If you arrive early or stay late, you will be asked to leave.
- No vehicles may be taken into the camping area. There is a **\$200 fine for vehicles** driven onto the field.
- Tent city is **pet-friendly** for friendly pets. Please keep pets on a leash and clean up any waste.
- **Town-wide quiet hours** begin at midnight on Friday and 1am on Saturday. No exceptions.

HIKER PARADE

- **The parade is at 2pm. Parade line-up is at 1:30pm** by Sundog Outfitter. The parade ends at the Town Park.
- Water balloons are not allowed but **super soakers** are very much encouraged! The Town expects participants to use caution and common sense.
- **Do not spray water on anyone preceding the hikers**, to include those in uniform such as the Honor Guard and Police. Do not spray water on other parade participants such as trail maintenance clubs, beauty pageant queens, scout troops, etc...unless they have a super soaker too!
- **Alcohol is prohibited in all public spaces**. This includes the Hiker Parade and Town Park.

TOWN INFO TENT

Located by the Town Park Stage, 10-10 daily.

Stop by for:
Festival Guide & Local Info
Lost and Found
Official Trail Days merch

Official Trail Days t-shirts usually sell out by the end of the weekend, so stop by early!

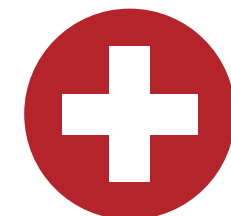


FIRST AID STATION

Located by the Town Park Stage, 9-5 daily.

Stop by for basic first aid needs. If the First Aid Station has closed for the day, first aid supplies will be available at the Town Information Tent.

In case of emergency, call 911.





CELEBRATE TRAIL DAYS WITH OSPREY

50TH ANNIVERSARY CELEBRATION

Stop by the Osprey booth to celebrate a half-century of innovation and exploration.

FREE GEAR REPAIRS IN TENT CITY

Show your gear some TLC with some help from our warranty and repair team.

DAILY GIVEAWAYS

Stop by every day for a chance to win!

SPRING 2024 PACKS ON DISPLAY

Experience the ultra lightweight Exos/Eja Pro and the supremely comfortable Atmos/Aura AG LT.

SHOP 20% OFF DEALS

Courtesy of Damascus Outfitters.



GET YOUR OFFICIAL TRAIL DAYS MERCH! AT THE TOWN INFO TENT



GET YOUR OFFICIAL TRAIL DAYS MERCH: T-SHIRTS, POSTCARDS, STICKERS, BANDANAS, COLLECTOR COINS, NECK GAITERS, & MORE! CASH ONLY. THE TOWN INFO TENT IS OPEN FROM WEDNESDAY 1PM TO SUNDAY 5PM.

MUSIC & BEER GARDEN AT LAUREL CREEK PARK

SPONSORED BY THE HEAD OUTSIDE AWARDS:

FRIDAY: JOEY'S VAN

7:15-8:15 at Laurel Creek Park

Joey's Van is a cover band based out of Bristol, TN playing a wide variety of 90's/00's popular covers. The band all started around the idea to try and appeal to people in their 20's and 30's that grew up on bands like Blink-182, Paramore, Green Day, and so on - just like they did! The goal was to create a pleasant nostalgia in the crowd from when they were angsty teens. And while that's how it all began, they also noticed people of all ages started showing up enjoying the shows simply because the music is super fun and upbeat!





Swing by the GG booth in Town Park!



- We've got -

2 RAFFLES!

Friday at 4pm &
Saturday at 12:30pm

*Just stop by before
the drawings and grab your*

Trail Name Sticker!



FRIDAY MUSIC

PIERCE EDENS

12:30-2:30 at the Town Park Stage



Pierce Edens is an independent musician and singer-songwriter from Western North Carolina. He is best known for powerful vocals and haunting, fiery music that captivates listening rooms and excites dance floors in equal measure.

With well over five million streams on multiple platforms and pockets of loyal fans across the nation, audiences continue to indulge in the hard-edged folk sound he creates alongside his long-time bandmate Kevin Reese. Reese accompanies Edens with lead guitar and mandolin, completing the duo's sound that is both intimate and gritty, atmospheric and raw.

ORBITAL PLANES

3:00-5:00 at the Town Park Stage

Local singer/Songwriter Jenna Greene is taking new heights, altitudes even, with her band Orbital Planes. Despite a bright and bubbly personality at the forefront, songwriting for Jenna has always been an outlet for her negative thinking. She writes about heartbreak, loss, feeling unsure, and second guessing.

For a while, she hid away her talent in fear that her songs would bring down the mood of her listeners. Now, in a comfortable and creative space with her friends, Jacob Bordwine (Bass) and Neal Reid (drums) help her feel inspired to stay in touch with every emotion and idea. The combination of her upbeat, catchy melodies and dark lyrics beautifully reflect the high and low points in life that seemingly happen all at once. The band name embodies that same idea. Whether dancing or welling up, every audience will feel a connection to the songs of Orbital Planes.



There are FREE concerts from Friday to Sunday at the stage in the middle of the Town Park. Bring your own lawn/camping chair or picnic blanket and stay awhile!

FRIDAY MUSIC

LATE NIGHT SPECIAL

5:30-7:30 at the Town Park Stage

Hailing from Charlotte, NC, Late Night Special brings a unique flavor to the funk rock genre. Their unique approach is highlighted by a blend of thought-provoking lyrics with compelling beats, which has become a defining feature of their music. 2020 was a pivotal year, with 'Don't Leave Me Lonely' earning nearly a million streams, showcasing their growing appeal.

They are renowned for funky tunes that not only resonate but also get people on their feet and rocking out. Their reputation for electrifying live performances has been solidified through regularly headlining festival tours - creating a communal experience as an invitation to join the celebration of life and music.



FRITZ & CO.

8:00-10:00 at the Town Park Stage

Based out of the Tri-Cities region in Southwest Virginia, rock and roll outfit Fritz & Co. consists of members Logan Fritz, McKenna Blevins, Matt Martin, Amanda Hollifield, and Josh Cavinder. Since the group's inception, Fritz & Co. has performed extensively across the Southeast region with notable performances including numerous appearances at Bristol's Rhythm & Roots reunion. They have opened for artists such as Brent Cobb, Folk Soul Revival, Annabelle's Curse, 49 Winchester, and most recently for The Wallflowers as a duo.

With boots planted in the realm of rock and roll, Fritz & Co. delivers a high energy show fueled by their punchy songs.



There are FREE concerts from Friday to Sunday at the stage in the middle of the Town Park. Bring your own lawn/camping chair or picnic blanket and stay awhile!



hope to see you in the park!

have a gear snafu? stop by our tent in Tent City and our repair team will help get your gear back on the trail!

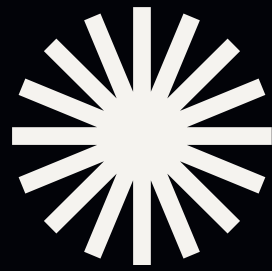
bigagnes.com

photo: Noah Wetzel

ultralight sleeping bags, sleeping pads, tents, backpacks & insulated apparel.



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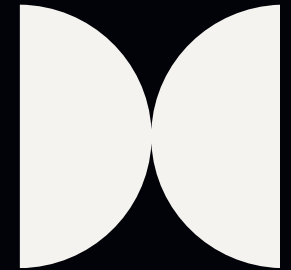


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Founders MARKET

APPALACHIAN TRAIL DAYS



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www.rei.com/path-ahead

SATURDAY MUSIC

THE WELL DRINKERS

12:00-2:00 at the Town Park Stage

The Well Drinkers are a progressive, original bluegrass and Americana band based out of Western North Carolina whose range extends to festivals and venues across the Southeast.

Since the band's creation in 2019, the group has striven to combine traditional roots of their Appalachian region with progressive instrumentation, songwriting, and subject matter. The group doesn't shy away from the opportunity to bring experimental jams, jazz, Cajun, classical and reggae into their live performances.



SATURDAY AFTERNOON

2pm Hiker Parade downtown

3pm Live Auction at the Town Park Stage to benefit The Place Hostel

4pm Hiker Talent Show at the Town Park Stage

SHARE YOUR TRAIL DAYS PHOTOS WITH US!

USE THE HASHTAGS #VISITDAMASCUS, #TRAILDAYS, AND #TRAILTOWNUSA OR TAG THE APPALACHIAN TRAIL DAYS FESTIVAL PAGES ON FACEBOOK AND INSTAGRAM.

There are FREE concerts from Friday to Sunday at the stage in the middle of the Town Park. Bring your own lawn/camping chair or picnic blanket and stay awhile!

SATURDAY MUSIC

JAKE MOSCA & THE TRAVELERS

5:30-7:30 at the Town Park Stage

Jake Mosca, a New Jersey native, has been immersed in his musical pursuit from the age of 15. Jake was featured on American Idol in 2022 and is now the front man for The Travelers. This band brings all of Jake's musical influences together during his performances.

Based in the blues, Jake is now chasing his honky tonk dreams and exploring country music with a classic Nashville sound. While covering songs by artists such as Johnny Cash & Waylon Jennings, Jake is now beginning to create his own original music, blending his prior musical influences together for something new and original.



Jake Mosca was also the winner of the 2023 Hiker Talent Show at Trail Days with his original song, *Hiker Trash*.

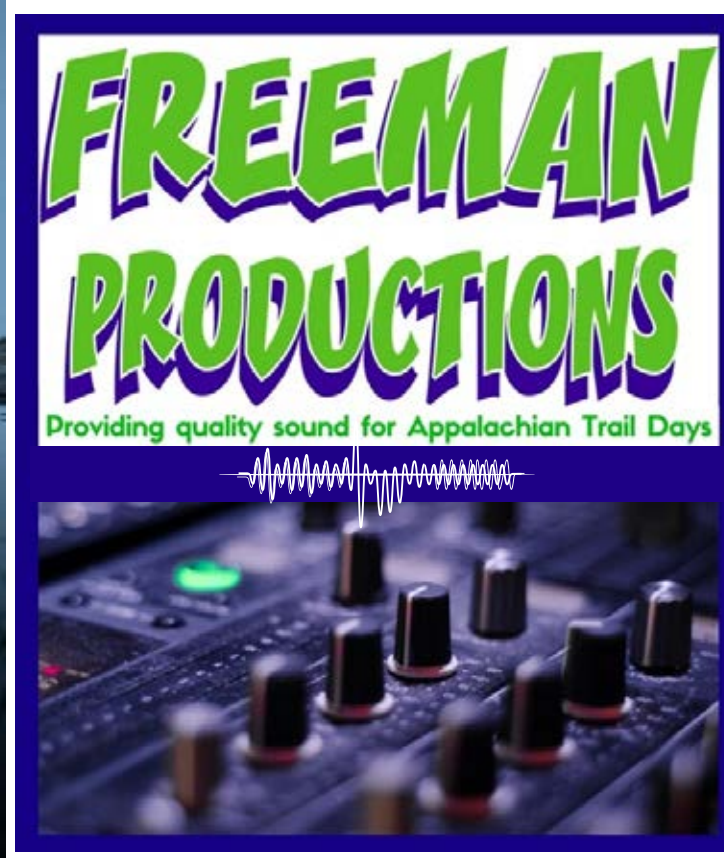
GENTS & LIARS

8:00-10:00 at the Town Park Stage

The Gents & Liars are dedicated to creating an immersive musical experience weaving together timeless stories showcased in "Old Flame," as well as "Let You Down" and "Rescue Me." Other tunes like "Devious Woman" and "Get A Little Groove On" set the mood for a good time.

Washed in southern rock, outlaw country, and groove, The Gents & Liars deliver a high-energy live performance featuring a unique mix of harmonies and first-class musicianship.

Settle into the driver's seat. It's time for a road trip, destination unknown. Skip through the static over the airwaves with each turn of the radio dial until a fresh yet familiar sound rings out through the speakers. The needle has landed on the Gents & Liars, a band of groove engineers based out of Johnson City, Tennessee.



THE SALEWA TREKKING COLLECTION IS
ENGINEERED IN THE DOLOMITES,
CRAFTED FROM NATURAL FIBERS, AT HOME IN NATURE.
ANYTIME, ANYWHERE.

SUNDAY MUSIC



NOAH SPENCER

11:30-1:30 at the Town Park Stage

Noah started singing in church when he was 5 years old and picked up his first guitar when he was 11. Many guitars later, he is still most comfortable strumming and picking tunes on an acoustic and singing songs that make people smile. His musical influences are broad and include artists from multiple genres and decades. John Mayer, Glen Campbell, Tyler Childers, Jim Croce, Chris Stapleton, James Taylor, Willie Nelson, and Toto just to name a few. He was a contestant on Season 24 of the NBC television show "The Voice". He is still living in Southwest VA and is pursuing a career in music.

PHANTOM

2:00-4:30 at the Town Park Stage

Perennial favorite Phantom will fill the air with its energetic renderings of 70's & 80's rock and roll. The band has been at the top of southwest Virginia's music scene since the early 90's. Their popularity dates back to high school days when they won the regional "Battle of the Bands" decades ago, and they've remained a major staple at fairs, festivals and celebrations across the region, even topping newspaper polls as the region's best several times.

The band has maintained a "dance and party" playlist over their time on top, and have appealed to a garden salad of musical tastes and social circles. "The variety we play is our best asset", say founders Proffitt and Atwood, who assert that the band tries to capture the essence of thirty-five or forty different artists in a show's work. "We've adopted a style that's never repetitive". Phantom promises a serving of familiar favorites that makes this home-grown group a welcome chill.



ALTRA
STAY OUT THERE



TIMP HIKER GTX

This is the trail in Timp.

There are FREE concerts from Friday to Sunday at the stage in the middle of the Town Park. Bring your own lawn/camping chair or picnic blanket and stay awhile!



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POT-750
Titanium
3.6oz/103g
25.4oz/750ml

Wood Burning Stove
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7.9oz/225g
4 1/8" x 4 1/8" / 105x105mm

Long Handle Spoon
SLV-11
Titanium
0.65oz/19g
8 5/8" / 220mm

Siphon Alcohol Stove
STV-01
Titanium
0.7oz/20g
2 1/8" x 1 1/2" / 53x40mm

V-shaped Tent Peg
PEG-10
Titanium Alloy
0.6oz/17g
6 1/2" / 165mm

Ultralight 450ml Cup
CUP-450-L
Titanium
1.75oz/48g
15.2oz/450ml

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Thru-Hikers
for **Thru-Hikers**



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Live Young*



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Explore the All-New RADIX SERIES!



EVENT SCHEDULE

SATURDAY, MAY 11

7am-3pm: TOWN-WIDE YARD SALE... Bargains on every street!

8am-2pm at Daisy Bell Children's Consignment: **\$5 Fill A Bag Sale**

9am-noon at Laurel Creek Park: Stop by the **Damascus Farmers Market** for fresh and local produce, meats, eggs, baked goods, craft items, and more. Laurel Creek Park is located downtown by the Post Office and Damascus Old Mill Inn. The Farmers Market will also have **official Trail Days t-shirts** for sale on May 11th!

9am-noon at the Gazebo in the Town Park: **Rabies Vaccine Clinic** by Dr. John Roberts of VCA Highlands Animal Hospital. Other routine vaccines will also be available at a discounted price! Please bring dogs on leashes and cats in crates. vcahighlandsva.com.

11am-2pm at the Damascus Senior Citizens' Center: **Bean Dinner & Bake Sale Fundraiser**; all proceeds go toward replacing the roof at the Senior Center. Great dinner of pinto beans, mac and cheese, cole slaw, cornbread, apple cobbler with caramel sauce, tea/water/coffee.

WEDNESDAY, MAY 15

9am-3pm: "The Place" 11th Annual Work Day - Come and lend a hand in taking care of the oldest hostel on the Appalachian Trail. Free lunch is provided for the first 25 volunteers. Volunteers are welcome to stay the night before the work day and through Trail Days (Sunday morning). For more information and to make donations, contact roy_hiking@yahoo.com or www.facebook.com/theplacehostel.

6pm at the Town Park: **Cookout & Music with the Trail Days Ministry Team**. Everyone is welcome. (If it rains, this event will be moved under the tent at One Way Ministries.)

THURSDAY, MAY 16

Thursday Hiker Services by the Trail Days Ministry Team

Stop by the Ministry Team's Welcome & Information Tents anytime between 12 and 4pm on Thursday. Located at First Baptist Church, by the Library, and along the trail toward Tent City.

At One Way Ministries: *OPEN 8:30am to 10pm with drinks, snacks, and charging station.*

8:30-4pm: Haircuts (at One Way), Free Showers & Laundry (across the street).

12-4pm: "Porch Picking" on the Front Porch – come and play your favorite instruments!

At First Baptist Church:

8:30am-4pm: Free Showers at the Town Pool (behind First Baptist).

5:30-8pm at One Way Ministries: **Hiker Feast**. Free tickets are required – get them at Info Tents or One Way.

7-10pm at One Way Ministries: **Coffee House** with LIVE band, dancing & food.

The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays.



EMPOWERING PEOPLE WITH MULTIPLE SCLEROSIS to connect to nature and navigate their path with resiliency and dignity

Providing support in:

- Accessibility
- Adaptive Driving
- Exercise
- Mobility Aids
- Service Dogs



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Enter to Win a
Fearsome Swag Bag

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FEARSOME



Hikes that bring hope



Since 2012,
3,000+ hikers helped raise \$870,000
for mental health research and trail conservation.
Thank you!

hikeformentalhealth.org



Appalachian Long Distance Hikers Association
CELEBRATING 43 YEARS OF LONG DISTANCE HIKING



Come visit us at our tent on the main greenway near the playground



EVENT SCHEDULE: FRIDAY

Friday Hiker Services by the Trail Days Ministry Team

Stop by the Ministry Team's Welcome & Information Tents anytime between 8:30am and 4pm on Friday. Located at First Baptist Church, by the Library, and along the trail toward Tent City.

At One Way Ministries: *OPEN 8:30am to 10pm with drinks, snacks, and charging station.*

8:30am-4pm: Haircuts (until 5pm), Free Showers & Laundry (across the street), Small Supplies ministry.

8:30am-4pm: "Porch Picking" on the Front Porch – come and play your favorite instruments!

10am-1pm: Hiking dog check-ups by Dr. John Roberts of VCA Highlands Animal Hospital and Dr. Dean Baird of Mountain Empire Small Animal Hospital.

10am-2pm: Put your mug on a Postcard @ One Way.

At First Baptist Church: *OPEN 8:30am-4pm with Starbucks coffee, cold drinks, and snacks.*

8:30am-4pm: Free Showers at the Town Pool (behind First Baptist).

9am-4pm: Medical Team, foot washing/massages; Narcan training & medication dispensation.

8am at One Way Ministries: **Prayer Gathering.** Everyone is Welcome!

9am at the Blue Ridge Discovery Center booth in the Town Park: Join BRDC naturalist Olivia Jackson for a lesson on **Birding by Sound.** Take a stroll along the trail and listen for birdsongs as a method of identification. Although not required, participants are encouraged to bring a pair of binoculars! blueridgediscoverycenter.org.

10am-6pm at the Damascus Branch Library: **Relax & Chill Zero Day** - Offering refreshments, crafting stations with special crafts for hikers, board games, adult coloring, giant Jenga, croquet on the lawn, bubble guns, etc. There will also be popular movies, charging stations, free wifi, lounging inside and out, and public computers.

10am at One Way Ministries: **Cornhole tournament**

10am at the Damascus Trail Center: **Bear Necessities** with the Virginia Department of Wildlife Resources. Learn more about native wildlife and how to recreate responsibly. Leave with a better understanding of Virginia's unique wildlife and natural history! dwr.virginia.gov.

10:45am at the Damascus Trail Center: **ATC gear raffle!** Stop by to toss your name in the raffle. Must be present to win. appalachiantrail.org.

11am at the Damascus Trail Center: **BearVault Game** - Visit the BearVault booth for a discussion on how to use a bear canister to properly store food while backpacking. Participants will have the chance to try out their skills in opening a BearVault canister, learn the best practices for food safety and storage, and compete in games to win a bear canister.

11am-1pm at the Black Diamond booth in the Town Park: **Black Diamond Gear Blitz** - Kit yourself out faster than your buddies. The top 10 fastest times to put on traction, a pack, z-poles, a rain shell, headlamp, and gloves will win cold, hard gear. Over \$1,000 in prizes to the fastest times.

The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays.



NEW EVENT

HEAD OUTSIDE AWARDS

APPALACHIAN TRAIL DAYS FESTIVAL!
MAY 17TH 2024
LAUREL CREEK PARK

CELEBRATING THE INDIVIDUALS AND ORGANIZATIONS WHO HARNESS
THE HEALING POWER OF THE OUTDOORS

CHASSERSIZE @ 3:30PM-4:15PM
GROOVE & MOVE. BYOBoogie

YOGA IN THE PARK @ 4:30-5:15PM
BREATHE, STRETCH, CONNECT

FREE GIVEAWAY RAFFLE @ 5:30PM-5:45PM
GEAR, MERCH, SWAG

HEAD OUTSIDE AWARDS @ 6:00PM-7:00PM
OUR MISSION TO INSPIRE & CONNECT. RAISE AWARENESS. BREAK DOWN BARRIERS.

JOEY'S VAN BAND @ 7:15PM - 8:15PM
HIGH ENERGY, POP PUNK & EMO COVERS. THE NOSTALGIA YOU NEVER THOUGHT YOU NEEDED

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Thursday to Saturday: Reps are on-site by Tent City to assist hikers with FREE gear repairs, expert fitting, advice, and other specialized services to the A.T. Community. Any brand - any item. Stop by and thank them for what they do!

JEB Stuart Hwy
To I-81 Exit 19
Alvarado
Abingdon
Bristol

To I-81 Exit 29
Glade Spring
Holston High School
Rhea Valley Elem. School

To: Hwy 58E
Mt. Rogers, Whitetop,
Beartree Gap
To: Hwy 91S
Taylors Valley
Mtn City, TN

To
TENT CITY



- BIKING & HIKING OUTFITTERS**
- 90, 99 - Adventure Damascus & Sundog Outfitter
 - 91 - Bicycle Junction
 - 93 - Blue Blaze
 - 94 - Creeper Trail Bike Rental and Shuttle
 - 96 - Damascus Bike Rental LLC
 - 95 - Damascus Outfitters
 - 97 - Mt. Rogers Outfitters
 - 98 - Shuttle Shack
 - 92 - The Bike Station



- GOODS & SERVICES**
- 1 - Aaron's Satellites
 - 3 - Blevins Realty
 - 4 - Briar Patch Antiques
 - 2 - Buddy's Goodies
 - 5 - Crazy Larry's (Riddle's Sales)
 - 6 - Daisy Bell Children's Consignment
 - 7 - Damascus Rootz, LLC
 - 8 - Damascus Wood Works
 - 9 - Discover Damascus
 - 11 - Eula's Beauty Shop
 - 13 - Food City
 - 14 - Garrett Funeral Home
 - 15 - H2 Health
 - 16 - Junkin' Shenanigans
 - 17 - Laurel Family Drug, Inc
 - 18 - Seven is Enough
 - 19 - Morgan's on Main
 - 22 - Virginia Creeper Trail Conservancy
 - 23 - Creeper Trail Vape
 - 20 - Trailhead Designs
 - 21 - Trails ARTware
 - 6 - Widener's Garage
 - 111 - Trail Town Chiropractic

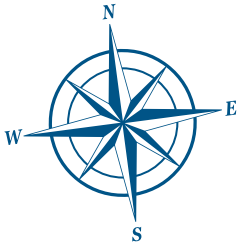


- PUBLIC BUILDINGS & VISITOR INFO**
- L Backer Park
 - M Beaverdam Creek Park
 - E Caboose: VCT Visitor Center
 - K Damascus Branch Library
 - G Damascus Trail Center
 - L Dog Park
 - D Gazebo
 - O Holston Family Health Center
 - F Laurel Creek Park
 - P Playground
 - J Post Office
 - N Rock School
 - A Town Hall/Police/Fire
 - B Town Park
 - H Town Pool
 - C Veterans Memorial



- DINING & BEVERAGES**
- 76 - Appalachian Heritage Distillery & Brewery
 - 80 - Country Corner
 - 81 - Cowboys
 - 75 - Dairy King
 - 77 - The Damascus Brewery
 - 78 - Damascus Diner
 - 79 - Damascus Old Mill Inn
 - 82 - Main Street Sweets & Eats
 - 83 - Wilson's Cafe & Grill
 - 84 - Pizza Plus
 - 85 - Subway
 - 86 - Wicked Chicken Winghouse & Tavern

- TRAIL DAYS**
- Exhibitor Area
 - Main Stage
 - Programs & Presentations
 - Tent City & Manufacturer Rep Area
 - Ministry Team
 - Shuttle Stops



Town is 1.6 miles from east end to west end

1/16 mi

- TRAIL DAYS SHUTTLE
- VIRGINIA CREEPER TRAIL
- APPALACHIAN TRAIL
- LAUREL CREEK TRAIL
- IRON MOUNTAIN TRAIL
- BEAVER DAM CREEK TRAIL
- TOWN STREETS



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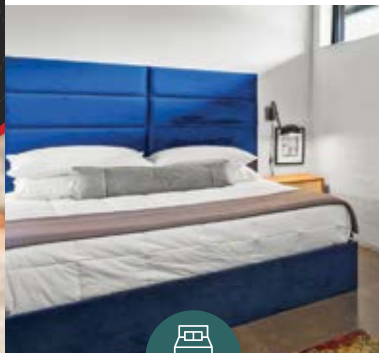
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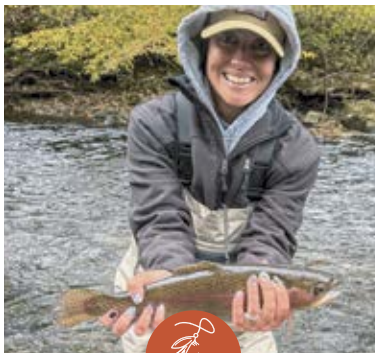
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EVENT SCHEDULE: FRIDAY

11:30am-1pm at the Rock School Auditorium: **ALDHA's Annual Hiker Feed**. ALDHA is the Appalachian Long Distance Hikers Association. Come to enjoy the camaraderie and food. ALL ARE WELCOME, hikers, hikers' friends, and dreamers. Volunteers are needed and food donations are greatly appreciated. For more information contact Penny Vann at plvann3@gmail.com. aldha.org.

11:30am at the Damascus Trail Center: **Bear Necessities** with the Virginia Department of Wildlife Resources. Learn more about native wildlife and how to recreate responsibly. Leave with a better understanding of Virginia's unique wildlife and natural history! dwr.virginia.gov.

12 to 4pm at Wicked Chicken Winghouse & Tavern: **Live music by Ed Main and RJ Smith**.

12:30-2:30pm at the Town Park Stage: **Live Music by Pierce Edens!** Best known for powerful vocals and haunting, fiery music, Pierce Edens captivates listening rooms and excites dance floors in equal measure. He and long-time bandmate Kevin Reese create a hard-edged folk sound that is both intimate and gritty, atmospheric and raw.

12:45pm at the Damascus Trail Center: **ATC gear raffle!** Stop by to toss your name in the raffle. Must be present to win. appalachiantrail.org.

1pm at the Damascus Trail Center: **I've Got a Trail to Tell** - The Overmountain Victory National Historic Trail extends 330-miles across the Blue Ridge Mountains following a story from the American Revolution. What story could be important enough for its own National Trail? What does it mean to be a National Historic Trail and how is that different from everything else? Join the staff from the Overmountain Victory National Historic Trail to hear the story, learn how it works, and discover how you too can hike in the footsteps of Patriots.

1pm at One Way Ministries: **Eating Contest** - Great prizes! Registration starts at 1pm - eating starts at 2!

1pm at the Gregory booth in the Manufacturer Rep Area at Tent City: **Raffle Drawing & Winner of the Guess the Weight Contest**. Come visit Gregory where you can get your pack fixed, have a chance to win cool swag, participate in our raffle, and test your skills in our Guess the Weight game. The winner of Guess the Weight will walk away with a new Gregory backpack. Raffle & Guess the Weight hosted twice daily - winners announced at 1pm and 4pm on Friday and Saturday.

1:30-3pm at the Rock School Auditorium: **Horsepower's Calendar Year Triple Crown +**. Come see a presentation of Brian "Horsepower" Weiss's 8,292-mile traverse of the AT, PCT, CDT, and AZT in 2021.

1:30pm at Allyn 'Fix it Man' Morton's Flyin' Pig Repair Center in the Manufacturer Rep Area at Tent City - **Musical Chairs with Crazy Creek**. 1 winner and prize per event - 1 Crazy Creek Chair!

2pm at the Ripstop by the Roll booth in the Town Park: **Cottage Gear Raffle**. A daily raffle with prizes from Nashville Pack, Red Paw Packs, UGQ, FarPointe Outfitters, Walhalla Hammocks, and more! You can expect to see backpacks, quilts, accessories, and other one-of-a-kind items from the best names in cottage gear.

The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays.

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EVENT SCHEDULE: FRIDAY

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2pm at Tent City: **Billville Leki Pole Throw Contest** with prizes in field near Billville camp.

2:45pm at the Damascus Trail Center: **ATC gear raffle!** Stop by to toss your name in the raffle. Must be present to win. appalachiantrail.org.

3-5pm at the Town Park Stage: **Live Music by Orbital Planes!** Local singer/songwriter Jenna Greene is taking new heights, altitudes even, with her band Orbital Planes. Despite a bright and bubbly personality at the forefront, songwriting has always been an outlet for her heartbreak, loss, feeling unsure, and second guessing. Whether dancing or welling up, every audience will feel a connection to the songs of Orbital Planes.

The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays.

EVENT SCHEDULE: FRIDAY

3pm at the Damascus Trail Center: **BearVault Game** - Visit the BearVault booth for a discussion on how to use a bear canister to properly store food while backpacking. Participants will have the chance to try out their skills in opening a BearVault canister, learn the best practices for food safety and storage, and compete in games to win a bear canister.

3pm at the Big Agnes booth in the Town Park: **Dirtbag Wheel of Prizes** - Swing by the booth earlier in the day for a chance to spin the wheel and win great prizes. Sign-ups are limited to once per person and to the first 20 or so people per day. Everyone wins something and maybe even something BIG.

3:30pm at Allyn 'Fix it Man' Morton's Flyin' Pig Repair Center in the Manufacturer Rep Area at Tent City - **Musical Chairs with Crazy Creek**. 1 winner and prize per event - 1 Crazy Creek Chair!

3:30pm at the Six Moon Designs & Toaks booth in the Town Park: **Allgood's Gear Giveaway**. Lucky winners will have a chance to win a variety of ultralight gear to help them get on down the trail. Sign up and get a ticket in advance at the Six Moon Designs booth. Must be present to win.

3:30-4:15pm at Laurel Creek Park: **Head Outside Awards "Chassersize"** - Join Head Outside Director Chas for a dance class with a fun twist. "Chassersize" is a unique blend of dance, inclusive fitness, and movement exploration. Perfect for everyone, regardless of dance experience. Just BYOBoogie. headoutsideusa.com.

3:30pm at the Damascus Trail Center: **Two Thousand Miles to Happy reading, Q&A, and book signing** with the author, Andrea Shapiro. Impossible! No one can hike the entire Appalachian Trail in one season. That's what everyone thought back in 1948. Two Thousand Miles to Happy is a non-fiction children's picture book based on Walking with Spring, Earl Shaffer's own book about his historic hike.

4pm at the Granite Gear booth in the Town Park: Swing by anytime before 4pm on Friday to get entered into **Granite Gear's "Trail Name" raffle!** 30 minutes of pure gear-giving-away! Simply stop by and pick up your "Trail Name" sticker and drop your name in the hat. It's that easy! Participants must be wearing the corresponding Trail Name sticker at the time of the event and be present at the booth to win.

4pm at the Gregory booth in the Manufacturer Rep Area at Tent City: **Raffle Drawing & Winner of the Guess the Weight Contest**. Come visit Gregory where you can get your pack fixed, have a chance to win cool swag, participate in our raffle, and test your skills in our Guess the Weight game. The winner of Guess the Weight will walk away with a new Gregory backpack. Raffle & Guess the Weight hosted twice daily - winners announced at 1pm and 4pm on Friday and Saturday.

4:30-5:15pm at Laurel Creek Park: **Head Outside Awards Yoga in the Park** - Join us for a relaxing, re-energizing guided yoga session. Take this FREE opportunity to breathe deeply, stretch your body, and connect with nature and the hiker community. headoutsideusa.com.

4:45pm at the Damascus Trail Center: **ATC gear raffle!** Visit the Trail Center toss your name in the raffle. Must be present to win. appalachiantrail.org.

The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays.



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EVENT SCHEDULE: FRIDAY



Elevate Your Outdoor Experience!

5:30-7:30pm at the Town Park Stage: **Live Music by Late Night Special!** Hailing from Charlotte, NC, Late Night Special brings a unique flavor to the funk rock genre. They are renowned for funky tunes that not only resonate but also get people on their feet and rocking out.

5:30pm at Laurel Creek Park: Head Outside Awards **Free Giveaway Raffle**. Your chance to win some sweet swag, gear and merch. headoutsideusa.com.

6-8:15pm at Laurel Creek Park: **Head Outside Awards Ceremony** to celebrate the individuals and organizations who harness the healing power of the great outdoors to improve mental health. Join us for a unique celebration filled with inspirational stories of recovery, hope, meaning, and community. Winners include the Appalachian Trail Conservancy, HIKE for Mental Health, and Triple-Crowners Jesse "Boston Mule" Cody and Will "Akuna" Robinson. **Live music by Joey's Van** after the awards ceremony. **Beer garden by The Damascus Brewery** – free drink and souvenir cup to the first 200 people to show up! headoutsideusa.com.

7-10pm at One Way Ministries: **Coffee House** with LIVE band, dancing & food.

6pm at Tent City - **Billville Soup and Chili Contest**. Hikers, please come and taste and vote for your favorite of each: soup and chili. Entries, please bring your own table so we can spread out. In the field by Billville camp.

7-7:50pm at the Rock School Auditorium: **Beginners' Contra Dance Lesson**. Warren & Terry Doyle (AT thru-hikers) will offer patient, fun instruction so you don't look too foolish at tonight's dance. Don't worry, you don't have to know your left foot from your right foot to contra dance.

8-11pm at the Rock School Auditorium: **Annual Trail Days Contra Dance**. Enjoy dancing to some mighty-fine musicians and with patient, clear dance calling by Warren & Terry Doyle, and it's FREE! For new dancers, please come to the beginner's lesson at 7pm. "Contra dancing is the most fun you can have standing up!" No partner or fancy duds needed. Please attend sober. Damascus also hosts a quarterly contra dance, the Trail Town Twirl, in March, June, September, and December. contradancersdelight.com, visitdamascus.org/contra-dance-trail-town-twirl-quarterly.

8-10pm at the Town Park Stage: **Live Music by Fritz & Co!** Based out of the Tri-Cities region in Southwest Virginia, rock and roll outfit Fritz & Co. consists of members Logan Fritz, McKenna Blevins, Matt Martin, Amanda Hollifield, and Josh Cavinder. Since the group's inception, Fritz & Co. has performed extensively across the Southeast region with notable performances including numerous appearances at Bristol's Rhythm & Roots reunion. With boots planted in the realm of rock and roll, Fritz & Co. delivers a high energy show fueled by their punchy songs.

The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays.

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EVENT SCHEDULE: SATURDAY

Saturday Hiker Services by the Trail Days Ministry Team

Stop by the Ministry Team's Welcome & Information Tents anytime between 8:30am and 12pm on Saturday. Located at First Baptist Church, by the Library, and along the trail toward Tent City.

At One Way Ministries: *Charging station opens at 8am. OPEN 10:30am to 10pm with drinks and snacks.*
8:30am-4pm: Haircuts (until 12pm), Free Showers & Laundry (across the street), Small Supplies ministry.
8:30am-12:30pm: "Porch Picking" on the Front Porch - come and play your favorite instruments!
9am-12pm: Hiking dog check-ups by Dr. Dean Baird (Mountain Empire Small Animal Hospital).
10am-2pm: Put your mug on a Postcard @ One Way.

At First Baptist Church: *OPEN 8:30am to 2pm with Starbucks coffee, cold drinks, and snacks.*
8:30am-1pm: Free Showers at the Town Pool (behind First Baptist).
9am-2pm: Medical Team, foot washing/massages; Narcan training & medication dispensation.

8-9am at the Rock School Auditorium: **Trail Epiphanies with Warren Doyle.** Receiving the gifts the trail provides, IF you are aware and open to them. (no mention of ounces/pounds; equipment; Far Out; hostels/shuttles). warrendoyle.com.

8am at One Way Ministries: **Prayer Gathering** - Everyone is Welcome!

9am-noon at Laurel Creek Park: Stop by the **Damascus Farmers Market** for fresh and local produce, meats, eggs, baked goods, craft items, and more. Laurel Creek Park is located downtown by the Post Office and Damascus Old Mill Inn.

9-10:15am at the Old Mill Conference Room: **Appalachian High Route: Exploring Endurance.** Come and hear about Meg Landymore's AHR FKT during the summer of 2023. Learn how she put together an adventure to explore personal endurance and join a discussion on setting new records vs. chasing records. The Appalachian High Route is a new loop trail in North Carolina that incorporates the Appalachian Trail, Mountains-to-Sea Trail, and the Black Mountain Crest Trail. mxgadventures.com.

9am-2:30pm at First Baptist Church: **Blood Drive** with Marsh Regional Blood Center.

9:15-10:45am at the Rock School Auditorium: **Going SOBO on the AT.** Join Joe Gleason of ALDHA as he presents the ups and downs (i.e. physical/emotional) of hiking the AT from Maine to Georgia from the perspective of a hiker who decided to get off the couch one day and hike 2,194 miles. aldha.org.

10am at the Damascus Trail Center: **BearVault Game** - Visit the BearVault booth for a discussion on how to use a bear canister to properly store food while backpacking. Participants will have the chance to try out their skills in opening a BearVault canister, learn the best practices for food safety and storage, and compete in games to win a bear canister.

The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays.



**Mount Rogers
Appalachian Trail Club**
PO Box 789, Damascus, VA 24236

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EVENT SCHEDULE: SATURDAY



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10am at the Blue Ridge Discovery Center booth in the Town Park: Join BRDC naturalist Brendan Murphy for an **AT Plant ID Walk** on the trail identifying both native and non-native plants. Learn identification tricks, edible properties, and some history of the plants along the AT. blueridgediscoverycenter.org.

10:30-11:45am at the Old Mill Conference Room: **Appalachian Trail RunVenture: The Busy Moms' Guide to Adventure Logistics**. An adventure tale of two mother runners (i.e. Celia Eicheldinger-Sweet Potato; Meg Landymore-Rock Dancer) taking on the entire AT without losing their jobs, their sanity, and family balance. We'll take a deep dive into the planning and logistics, as well as the laughter and struggle of leading a double life. mxgadventures.com.

10:45am at the Damascus Trail Center: **ATC gear raffle!** Stop by to toss your name in the raffle. Must be present to win. appalachiantrail.org.

11am-12:15pm at the Rock School Auditorium: **Grandma Gatewood's Walk**. Come see actress Anne Van Curen transform into Emma Gatewood to describe what it was like to become the first woman to solo hike the AT in 1955. Based on the book "Grandma Gatewood's Walk." mountainstorytelling.com.

11am at the Damascus Branch Library: **Foraging for Edibles on the Trail** with Ben Casteel - Walk with Horticulturist Ben Casteel and he'll explain the kinds of plants you can forage and eat on the trail, and which you should avoid! (A very popular event – there will be books and displays on this subject in the Library.)

11:30am at Allyn 'Fix it Man' Morton's Flyin' Pig Repair Center in the Manufacturer Rep Area at Tent City - **Musical Chairs with Crazy Creek**. 1 winner and prize per event - 1 Crazy Creek Chair!

12-1:15pm at the Old Mill Conference Room: **Women Endure: Realizing our female superpowers in the realm of endurance sport**. Sarah 'Gazelle' Baker and Tara 'Candy Mama' Dower will talk about their thru-hiking experience, motivations for setting FKTs (Fastest Known Times), and how they hope to inspire a new generation of women to reach their full potential through endurance efforts.

12pm at the Damascus Branch Library: **Herbal First Aid & Remedies on the Trail** with Megan Boissiere. Megan is a Flower Essence Therapy practitioner and herbalist and she will explain how to find and use herbal remedies and tinctures on the trail to help with blisters, tension, sore muscles, cuts, and more.

12pm at the Damascus Trail Center: **Hardcore Reunion** - Stop by for a reunion of past Hardcore volunteers with Tennessee Eastman Hiking and Canoe Club before heading to the Hiker Parade.

12pm at the LiteAF booth in the Town Park: Gather for the **Ultimate Gear Giveaway!** by LiteAF, Jolly Gear, and Deliberate Life Designs. 30 minutes of gear giveaways! Get your raffle tickets at any of the three booths.

12 to 4pm at Wicked Chicken Winghouse & Tavern: **Live music by Ed Main and RJ Smith**.

The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays.

BOTTLE SALES - DRINK SPECIALS - MERCH - GIVEAWAYS

APPALACHIAN HERITAGE DISTILLERY & BREWERY

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EVENT SCHEDULE: SATURDAY

12 to 8pm at Appalachian Heritage Distillery & Brewery: **Beer Garden**. Enjoy draft beers from the newly opened Appalachian Heritage Brewery while listening to live music. Fat Daddy's Chilli Dogs and Patriotic Pitmaster BBQ food trucks on-site. ahddamascus.com

12-2pm at the Town Park Stage: **Live Music by The Well Drinkers!** The Well Drinkers are a progressive, original bluegrass and Americana band based out of Western North Carolina whose range extends to festivals and venues across the Southeast. The group doesn't shy away from the opportunity to bring experimental jams, jazz, Cajun, classical and reggae into their live performances.

12:30-1:45pm at the Rock School Auditorium: **The Wonder of Woods Hole**. Come hear about a special place along the trail just south of Pearisburg, VA. Find out what makes this spot like no other. Neville Harris, the guiding spirit/caretaker of this oasis, will share her thoughts/feelings on Woods Hole's past, present and future.

12:30pm at the Granite Gear booth in the Town Park: Swing by anytime before 12:30pm on Saturday to get entered into **Granite Gear's "Trail Name" raffle!** 30 minutes of pure gear-giving-away! Simply stop by and pick up your "Trail Name" sticker and drop your name in the hat. It's that easy! Participants must be wearing the corresponding Trail Name sticker at the time of the event and be present at the booth to win.

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EVENT SCHEDULE: SATURDAY

1:30pm: Trail Days Hiker Parade Line-Up in front of Sundog Outfitter.

2pm: Trail Days Hiker Parade from Sundog Outfitter to the Town Park.

3pm at the Town Park Stage: **Trail Days Live Auction to benefit The Place Hostel**. Outdoor gear, crafts, books, and more! Also on auction will be lodging, bike shuttles, meals, and other gift certificates. All proceeds benefit "The Place" Hostel, operated by the Damascus United Methodist Church, the oldest hostel on the Appalachian Trail. Donations are requested by noon on Saturday; please bring donations to the auction tent in the Town Park. This year's auctioneer is provided by A OK Auction Gallery, LLC of Damascus, VA. Contact TK Waters at tkpratt47@gmail.com for more information and/or to make donations.

3pm at the Hyperlite Mountain Gear booth in the Town Park: **Hyperlite Mountain Gear's Famous Raffle**. They will be giving away a full kit as the grand prize, with a pack, shelter, and other accessories, plus several other accessories and packs! Enter to win before Saturday at 2pm; entries will be cut off one hour before drawing names.

4pm at the Town Park Stage: **Hiker Talent Show!** Sign up in the Town Park after the Hiker Parade. Time limit 4 minutes each.



Thank you to all who participated in the first annual Trail Days T-Shirt Design Contest!

Be on the lookout for the 2025 Design Contest to open this November/December, then vote for your favorites in January.

The 2024 Trail Days graphic is by Jackie "Flo" Sidor.

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EVENT SCHEDULE: SATURDAY

3pm at the Damascus Trail Center: **BearVault Game** - Visit the BearVault booth for a discussion on how to use a bear canister to properly store food while backpacking. Participants will have the chance to try out their skills in opening a BearVault canister, learn the best practices for food safety and storage, and compete in games to win a bear canister.

3:30-4:45pm at the Old Mill Conference Room: **Building a new AT segment to Cheaha State Park, AL.** Jeff Hayes proposes building a new, 21st century trail segment to connect Amicalola Falls State Park with Cheaha State Park in Alabama. AT2AL.net

3:30pm at the Ripstop by the Roll booth in the Town Park: **Cottage Gear Raffle.** A daily raffle with prizes from Nashville Pack, Red Paw Packs, UGQ, FarPointe Outfitters, Walhalla Hammocks, and more! You can expect to see backpacks, quilts, accessories, and other one-of-a-kind items from the best names in cottage gear.

4-5:30pm at the Rock School Auditorium: **Untold Stories.** Listen to Jennifer Pharr Davis (Odysa) and Brew Davis share their adventures on the AT. There will be new content from Jennifer along with original songs from Brew's latest 'Brewgrass' album and more! jenniferpharrdavis.com, nickandbrew.com.

4pm at the Damascus Trail Center: **Journey to Kings Mountain** - In the year 1780, 400 men from southwest Virginia joined a gathering army of Patriots from the mountainous frontier. These men journeyed hundreds of miles through extreme conditions and won a decisive victory during the American Revolution. Join the storytellers of the Overmountain Victory Trail Association for a dramatic retelling of this journey and how these men changed the course of American history.

4pm at the Gregory booth in the Manufacturer Rep Area at Tent City: **Raffle Drawing & Winner of the Guess the Weight Contest.** Come visit Gregory where you can get your pack fixed, have a chance to win cool swag, participate in our raffle, and test your skills in our Guess the Weight game. The winner of Guess the Weight will walk away with a new Gregory backpack. Raffle & Guess the Weight hosted twice daily - winners announced at 1pm and 4pm on Friday and Saturday.

4pm at the Big Agnes booth in the Town Park: **Dirtbag Wheel of Prizes** - Swing by the booth earlier in the day for a chance to spin the wheel and win great prizes. Sign-ups are limited to once per person and to the first 20 or so people per day. Everyone wins something and maybe even something BIG.

4 to 6:30pm at the Damascus Brewery: **Live music by Shake It Like a Caveman.**

4:45pm at the Damascus Trail Center: **ATC gear raffle!** Stop by to toss your name in the raffle. Must be present to win. appalachiantrail.org.

5-6:15pm at the Old Mill Conference Room: **Navigating the Trail Within: Managing your mental health while hiking the Appalachian Trail.** This is an interactive, discussion-based workshop that focuses on how to manage your mental health on the AT, facilitated by Stu Skinner, a mental health professional and seasoned thru-hiker who leads challenging hikes in remote environments all over the world. changinghorizons.org.

The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays.

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EVENT SCHEDULE: SATURDAY

5pm at the DryFoxCo booth in the Town Park: **Adventure Towels Raffle** for compact, lightweight DryFoxCo hiking towels. Enter to win before 5pm on Saturday. Winner does not have to be present at the drawing but must pick up their prize in person at Trail Days.

5:30-7:30pm at the Town Park Stage: **Live Music by Jake Mosca & The Travelers!** Jake has been immersed in his musical pursuit from age 15 and was featured on American Idol in 2022. Based in the blues, he is now chasing his honky tonk dreams and exploring country music with a classic Nashville sound. Jake Mosca was also the winner of the 2023 Trail Days Hiker Talent Show with his original song, *Hiker Trash*.

5:30pm at the REI Co-op Path Ahead Ventures booth in the Town Park: Enter to win the **Founders Market Cottage Gear Giveaway** anytime before 5pm on Saturday to win gear from Allmansright, Outdoor Element, and ANDA. Additional good vibes and free high-fives all weekend!

6-7:15pm at the Rock School Auditorium. **Dream Big, Be Courageous with Anish.** Stories of Adventure on America's Long Distance Trails. Heather 'Anish' Anderson prolific/successful self-supported FKT long-distance hiker, author, speaker. wordsfromthewild.net.

6:30-7:45pm at the Old Mill Conference Room: **A Feat with our Feet (All 16 of them.)** We made it! 6 kids, 1 job, 5 seasons. From Sept. 2020 to Sept. 2021, this family of eight (known on trail as the Perch Creek Explorers) completed an unconventional northbound AT hike. This all with six children, facilitated by two vans, while homeschooling and working full-time along the way. Come meet them and hear how they did it, along with what happened along the way. perchcreekexplorers.wordpress.com.

7-10pm at One Way Ministries: **Live music** under the big tent with snacks and drinks.

7pm at Tent City: **Billville Useless Gear Contest** with prizes. Be creative and enter or just come and watch the fun!

7:30-9pm at the Rock School Auditorium. **'Safe and Found' film screening** showcases the gripping world of search and rescue in the rugged Smokies and surrounding mountains of western North Carolina. The film dives deep into actual SAR operations, witnessing the intense experiences of rescuers and those in need of help, while highlighting how to stay 'safe and found' on a hike. nancyeast.com, jesterwallisproductions.com.

8-10pm at the Town Park Stage: **Live Music by Gents & Liars!** It's time for a road trip, destination unknown. The needle has landed on the Gents & Liars, a band of groove engineers based out of Johnson City, TN.

8-9:15pm at the Old Mill Conference Room: **1 Mom & 15 Kids: Doing the "Impossible" with 32 Feet Up.** Come and hear about this family's 2023 thru-hike and their why, how, and logistics of successfully hiking 2,198.4 miles with 15 kids in tow. 32feetup.com.

9:15-11pm at the Rock School Auditorium. **My 56 y.o. Love Affair with the AT.** Come be regaled by Warren Doyle who has attended all of the Trail Days. His AT hiking exploits speak for themselves. Be prepared to be entertained, amused, agitated, enlightened and/or pushed out of your comfort zone (just like the trail does to its pilgrims). The question of "What motivates someone to walk the entire trail 18 times?" might be answered by the end of this program. warrendoyle.com.



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EVENT SCHEDULE: SUNDAY

8-10:15am at the Rock School Auditorium: **How to Successfully Complete the Entire AT.** Dreaming of doing the AT either as a thru-hike or a section hike? There doesn't have to be a decades-old 70-75% failure rate and all that waste of people's time and money. Come and get some time-tested, field-proven wisdom by an elder who has 'walked the walk' and has earned the right to 'talk the walk.' warrendoyle.com.

10am-4:30pm at the REI Path Ahead Ventures booth in the Town Park: **allmansright Gear Clinic** is offering basic repairs, modifications or alterations to your gear for FREE! as well as sharing the know-hows and tips to keep your gear going strong. Limited spots available; secure yours at the booth on Friday and Saturday.

10:30am-12:30pm at the Rock School Auditorium: **Walking Home film screening** featuring a father/son duo who hiked the AT in 2016. Winner of the Maine Outdoor Film Festival Award in 2018. EmilysEscapades.com.

10:30am-noon at One Way Ministries: **Praise & Worship Service** under the big tent with the Ministry Team.

10:45am at the Damascus Trail Center: **ATC gear raffle!** Stop by to toss your name in the raffle. Must be present to win. appalachiantrail.org.

11am on the Virginia Creeper Trail by the Damascus Town Park: **Osprey Packs Trail Days 5K & Run Happy Kids' 1K** - The course is a certified out-and-back 5K on the Virginia Creeper Trail with electronic B-tag timing by We Run Events. Awards for 5K overall winners and by age group. All Kids 1K participants will receive a medal and t-shirt. 11am start for the 5K with the Kids 1K to follow. rundamascus.com/the-race.

11am at the Damascus Trail Center: **Book Discussion & Signing for *Walk, Ride, Paddle: A Life Outside* by Tim Kaine** - In his memoir, Senator Tim Kaine shares his epic 1,228-mile journey into the "faraway nearby." Kaine hiked 559 miles on the Appalachian Trail, cycled 321 miles through the Blue Ridge Mountains, and paddled 348 miles on the James River—creating the Virginia Nature Triathlon in the process. The Appalachian Trail Conservancy will sell copies of the book on-site. walkridepaddle.com.

11:30-1:30pm at the Town Park Stage: **Live Music by Noah Spencer!** Noah started singing in church when he was 5 years old and picked up his first guitar at 11. This Southwest Virginia artist was a contestant on Season 24 of the NBC television show, "The Voice," but is most comfortable strumming and picking tunes on an acoustic and singing songs that make people smile.

12pm at the Ripstop by the Roll booth in the Town Park: **Cottage Gear Raffle.** A daily raffle with prizes from Nashville Pack, Red Paw Packs, UGQ, FarPointe Outfitters, Walhalla Hammocks, and more! You can expect to see backpacks, quilts, accessories, and other one-of-a-kind items from the best names in cottage gear.

12 to 4pm at Wicked Chicken Winghouse & Tavern: **Live music by Ed Main and RJ Smith.**

1pm at the Damascus Trail Center: **Book Discussion & Signing for *Walk, Ride, Paddle: A Life Outside* by Tim Kaine** - In his memoir, Senator Tim Kaine shares his epic 1,228-mile journey into the "faraway nearby." Kaine hiked 559 miles on the Appalachian Trail, cycled 321 miles through the Blue Ridge Mountains, and paddled 348 miles on the James River—creating the Virginia Nature Triathlon in the process. The Appalachian Trail Conservancy will sell copies of the book on-site. walkridepaddle.com.

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ONEMOREDAYONTHEAT.COM



EVENT SCHEDULE: SUNDAY

1:30pm at One Way Ministries: **Free Shuttles North and Southbound** leave for Erwin and Bland - sign up at One Way Ministries to reserve your spot.

2-4:30 at the Town Park Stage: **Live Music by Phantom!** Perennial favorite Phantom will fill the air with its energetic renderings of '70s & '80s rock and roll. The band has maintained a "dance and party" playlist over their time on top and appeal to a garden salad of musical tastes and social circles.

MONDAY, MAY 20

9:30am at the Damascus Trail Center: **Free Shuttle to Pat Jennings Visitor Center** / Route 16 in Marion via Mountain Lynx Transit. Sign up in advance at the Damascus Trail Center to reserve your spot. Limited seating available, first come first served, all participants must be at the Trail Center ready to leave by 9:30 AM.

12:00pm: Tent City closes at noon. If you try to stay late, you will be asked to leave the premises immediately. See you next year!



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