APPALACHIAN (APPLE-AT-CHUN) TRAIL DAYS 2022

VisitDamascus.org/TrailDays
During the summer of 2010, this very pack spent months making its way up and down the Appalachian Trail, helping to shape its final design as it went. Along the route, we gained feedback, and it gained signatures from that year’s class of thru hikers. 2010 was also the first that we attended Appalachian Trail Days. We’re excited to be back!

This year, we brought a fresh pack that’s just itchin’ for your signature, as well as those from your colleagues in the Class of ’22. Signing the pack gets you entered for a chance to win it—loaded with a whole new kit—once you reach Katahdin. Of course, we’ll still be having our famous daily raffle, too.

So, visit our booth in the Town Park this weekend and celebrate all things Trail Days with us. We’d love to catch up!

HYPERLITEMOUNTAINGEAR.COM
During the summer of 2010, this very pack spent months making its way up and down the Appalachian Trail, helping to shape its final design as it went. Along the route, we gained feedback, and it gained signatures from that year’s class of thru hikers. 2010 was also the first that we attended Appalachian Trail Days. We’re excited to be back!

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So, visit our booth in the Town Park this weekend and celebrate all things Trail Days with us. We’d love to catch up!

Welcome to ‘The Friendliest Town on the Trail’ for the 35th Annual Appalachian Trail Days festivities! While we REALLY MISSED YOU in 2020, it was sooooooo good to see everyone celebrating in 2021!!

Since 1987, when Trail Days began, this event has become one of the most anticipated by community, visitors, vendors, business owners, and hikers. Damascus looks forward to this week 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 next year!

Much Love and Light,

Katie Lamb
Mayor, Town of Damascus

Trail Days
Collectors Coin!
Pick up your very own Trail Days Collector Coin at the Damascus Town Hall, 208 West Laurel Ave. (Mon-Fri 9am-5pm), or at the Town Info/t-shirt booth in the park during the festival. Coins are $12.

2022 T-SHIRTS
Get your official t-shirts at the Town Info Tent $20 each, cash only
WE’LL BE YOUR TOUR GUIDE
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Saturday at 5:45 PM in the Campground Parking Lot

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WHERE RELAXATION MEETS RECREATION
Trail Days Auction!

Annual auction to benefit Damascus’
Historical non-profit Hostel: The Place

Sponsored by Laurel Family Drug

Trail Days vendors, sponsors, manufacturers
representatives, and local merchants (such as
our bike shops, outfitters, B&Bs, inns,
restaurants, artisans, and others) have been very
generous to the auction fundraiser by donating
high quality items that are used in creating
packages to be auctioned off at the gazebo in
Town Park. These packages are worth hundreds
dollars each and include items such as hiking
and camping gear, vacation packages, arts and
crafts, shopping vouchers, and more!

For more information and/or to make donations
contact TK Waters at tkpratt47@gmail.com.

Live Auction
Saturday at 3pm
May 14, 2022
visitdamascus.org/traildays

Sponsored by Laurel Family Drug

This year’s auctioneer is
provided by A OK Auction
Gallery, LLC of Damascus, VA.

Owned by the First United
Methodist Church of
Damascus, 'The Place' has
been in operation since 1975
providing a warm, safe, and
welcoming atmosphere for
long distance Appalachian
Trail hikers and
Trans-America cyclists. It is
likely that The Place would
no longer be open, if not for
the financial support of this
auction fundraiser.

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Titanium
7.9oz/225g
4⅜"x4¾"/105x105mm

Wine Flask 150ml
FLASK-150
Titanium
1.55oz/44g
5.28oz/150ml

TiTong
SLV-15
+Titanium Spoon
+Titanium Fork

V-shaped Tent Peg
PEG-10
Titanium Alloy
0.6oz/17g
6⅛"/165mm

TiStand
FRM-03
Titanium
4 flat pcs + 2 stakes
2.5oz/70g
MY NEW FAVORITES
12:30-2:30 at the Town Park Gazebo

My New Favorites features a mix of honky-tonk and Appalachian music that is authentic enough for purists and progressive enough for folks who are ready to hear the Allman Bros. played on the old time clawhammer banjo. Led by award-winning songwriter Jeffrey Benedict, MNF is danceable, fun-loving and funny. They feature top-notch fiddling from virtuoso Westley Harris, and sweet vocal harmonies from bass-player supreme Amy Benedict. Jason Carpenter, a one-man-band percussionist, rounds out the sound. The band has been featured at many festivals, concert halls and music venues in Tennessee, North Carolina and Virginia and is looking forward to playing a full schedule of shows in 2022 and beyond.

SAM COLLIE & THE ROUSTABOUTS
3:00-5:00 at the Town Park Gazebo

Sam Collie is a blues and soul musician and songwriter from the mountains of Appalachia in East Tennessee. Sam began writing at the age of 10, performing at the age of 14, and formed his band, Sam Collie and the Roustabouts, in the spring of 2019 at the age of 15. Sam and the band perform throughout the Appalachian regions of East Tennessee and Southwest Virginia and beyond with a large selection of original material to choose from. The band’s debut full length album, “The Search For Relief,” was released in June of 2021. Sam Collie and the Roustabouts consists of Sam Collie on lead vocals and guitar, Evan White on bass guitar and backup vocals, and Cameron Taylor on drums.
DONNIE AND THE DRY HEAVERS
5:30-7:30 at the Town Park Gazebo

Coming to fruition in the early months of 2018, Donnie and the Dry Heavers strive to bring a fresh take to the musical styling of the Indie-Rock/Jam Band genres. Hailing from Kingsport, TN, this 4-piece group includes Tennessee Songwriters Sweepstakes 2022 Finalist Chance Lawson (vocals/guitar), Andrew Kramer (vocals/guitar), Cameron Hite (vocals/drums), and Magus Vaughn (vocals/bass). Together, they deliver memorable performances to audiences young and old, holding the music above all else in their travels. Through all of their struggles, hopes, and accomplishments, one question rings loud in many minds: Where is Donnie?

FRITZ & CO.
WITH SPECIAL GUESTS
8:00-10:00 at the Town Park Gazebo

Based out of the Tri-Cities region in Southwest Virginia, rock and roll outfit Fritz & Co. consists of members Logan Fritz, Neal Reid, Tyler Mullins, and Matt Mullins. During the five years 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 as well as shows with artists such as Brent Cobb, Whiskey Foxtrot, Folk Soul Revival, Dangermuffin, Annabelle’s Curse, 49 Winchester, and many more. With boots planted firmly in the realm of rock and roll, the group embraces all things Appalachian, and the sound has evolved into a mix of rock and roll, americana and alternative rock with modern sensibilities and catchy hooks.
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Saturday Music

BIG SON
12:30-2:30 at the Town Park Gazebo

Big Son is an eclectic Mountain Soul band with a smidge of southern accents thrown in for good measure. Featuring players who have graced every stage in the region, this five-piece from East Tennessee covers a lot of ground, from New Orleans funk to West Texas soul and an original sound that defies categorization.

- Hiker Parade, Live Auction, Hiker Talent Show -

RANFORD ALMOND
5:30-7:30 at the Town Park Gazebo

Bringing the soul from Greensboro NC, Ranford Almond is a young singer/songwriter and troubadour that has begun to make his mark across the Southeast. Raspy fresh vocals meet the Appalachian strings of Ranford’s guitar, reminiscent of John Prine and Townes Van Zandt. His talent extends far beyond composition and strumming, as he is a warrior with the electric as well. Ranford plays as a solo artist and also leads in the Greensboro based psychedelic folk collective Viva La Muerte.

The year 2020 saw the release of Ranford Almond’s debut EP entitled “Back Burner,” which is available on all streaming platforms. At only 21 years of age he has played the stages of major venues and festivals such as Shakori Hills, The Big What?, Mantrabash, The Heap, Mayday on McGee and more. He has shared the stage with Big Something, The Mantras, The Kind Thieves, The Wright Avenue, and many more.
Tuatha Dea, The Appalachian, Celtic, Tribal, Rock Band (and family) from Gatlinburg TN has been called pure primal energy with a Celtic, World and ROCK twist. The bands eclectic sound blends the tribal vibe of primitive drums with conventional and non conventional instruments to create a real evolutionary musical crossover that defies category and genre! Combining primal rhythms, melodic and ethereal ballads, screaming guitar riffs with an Appalachian/Celtic vibe this FAMILY born of a family drum circle delivers an authentic tribal and clannish feel that not only draws the audience into the music but into the moment and clan as well. Their rhythmic groove and interaction naturally inspires audience participation which has become a staple of their performances. From the beginning the band has embraced its Celtic heritage and meshed the traditional music of Scotland and Ireland with their own bold blend of mainstream rock, mountain drumming and Appalachian blues to produce a truly unique sound that has a universal appeal! Dubbed “The Eclectic Steam Punk Partridge Family in Kilts and Corsets” and “The Appalachian Fae”, this band is REAL family!!!
Sunday Music

CARSON PETERS & IRON MOUNTAIN
1:00-3:00 at the Town Park Gazebo

Fresh off of his exhilarating appearances on NBC’s “The Voice” as a member of Blake Shelton’s team, Carson Peters and his band, Iron Mountain, will join us for a Trail Days Sunday show for the ages! Peters received a 4 Chair Turn during his blind audition at which time he chose Blake Shelton as his coach instead of Ariana Grande, Kelly Clarkson or John Legend. Peters’ smooth blues tone had the entire judge’s panel really impressed! Carson started playing the fiddle at the ripe old age of 3 when his parents bought him a 1/8 size fiddle. By age 4, he was playing in fiddle competitions and jamming at musical festivals. Peters has continued to hone the fiddling and singing talents that God has so graciously blessed him with and has won many competitions along the way. At 18 years old, Carson is a seasoned performer playing numerous venues with his band Iron Mountain throughout the United States and Canada; Bristol Rhythm and Roots, Dollywood’s Bluegrass and BBQ, Song of the Mountains, Carter Family Fold, Silver Dollar City BBQ and Bluegrass, Jenny Brook Bluegrass Festival, and Bluegrass Island just to name a few. Carson has had the honor of playing on national TV multiple times, most recently on NBC’s The Voice but also as a guest on NBC’s The Tonight Show with Jay Leno, Little Big Shots with Steve Harvey and with Jimmy Fortune on the floor of the Tennessee State Senate. On March 28, 2014, Carson’s dream of playing on the Grand Ole Opry stage was realized when he was invited by Ricky Skaggs to come perform with him and his band, Kentucky Thunder. In May of the same year, Carson was asked to make a reappearance at the Opry, but this time with his own band. On July 31, 2014, Carson made his Ryman Auditorium debut playing again with Ricky Skaggs during the 2014 Bluegrass Nights series. Since these appearances, Carson and his band have performed numerous occasions on the Opry Show. In November of 2018, Carson was thrilled to be asked to play fiddle for his buddy Ricky Skaggs when he was honored at the nationally televised 52nd CMA Awards Show.
Visit the AntiGravityGear & A.T. Guide Booth

It’s a Trail Days tradition! Whether you hiked or hitched in to Damascus, **post your progress and see the location of others on the trail.** It’s also a great time to trade up to The 2022 A.T. Guide, get your A.T. Passport stamped, and say hi to the A.T. Guide team.

**FREE!** HEAVY-DUTY ZIP CLOSE BAG FOR YOUR A.T. GUIDE, JUST FOR STOPPING BY  
**FREE!**
Farm to Feet is committed to the single, simple goal of creating the world’s best wool socks by all-American recipe:

Come say hi to us at Tent City for pack repairs, daily giveaways, and to pick up some sweet swag. We look forward to seeing you all there!
Saturday, May 7th

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

9am-noon: Dr. John Roberts of VCA Highlands Animal Hospital will be holding a rabies clinic at the gazebo in Town Park. Other routine vaccines will also be available at a discounted price! Please bring dogs on leashes and cats in carrier crates.

4pm: Trail Days Beauty Pageant at the gazebo in Town Park

Wednesday, May 11th

Manufacturer Representatives will be setting up in the Tent City parking lot, and from Thursday (12th) through Saturday (14th), will be available to assist hikers with equipment repairs, gear advice and specialized services. These Reps are there to help with any issues you may be having with your gear, and they generously donate their time and skills to provide FREE gear repairs, expert fitting and other services to the A.T. community. We hope you’ll take advantage of this service opportunity in the Tent City parking area, but even if you don’t need any repairs, stop by and thank them for what they do!

9am-3pm: “The Place” Annual Work Day - Come and be part of this 9th Annual Work Day at “The Place Hostel”. Free Lunch provided for the first 25 volunteers. Volunteers are welcome to stay the night before the workday and thru Trail Days. Be part of keeping the oldest Hostel on the Appalachian Trail in good shape. Contact roy_hiking@yahoo.com or www.facebook.com/theplacehostel for more information.

6pm: Trail Days Ministry Team Cookout & Music in Town Park – everyone welcome (in the event of rain, this event will be canceled)

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

TENT CITY, THURSDAY to SUNDAY

Tent City is located at 1011 S. Shady Ave. and opens at 9am on Thursday. If you arrive before the camping area opens, you will be asked to leave the premises.

Weekend parking on-site is $20 per car. An entrance fee is required to enter Tent City, whether camping or not. Tent City wristbands are good for the entire weekend and cost $15 per person on Thursday, $10 on Friday, and $5 on Saturday. CASH ONLY.

No vehicles may be taken into the camping area. There is a $200 fine for vehicles driven onto the utility field.

Quiet Hours begin at midnight on Friday and 1am on Saturday. No exceptions.
Thursday, May 12th

“Ride Board” on Facebook. www.facebook.com/traildaysrideboard  (If you want to offer or get a ride, to or from Trail Days, you should ‘create a post’, do not send a message.)

8am-4pm: The Trail Days Ministry Team will be providing hair cuts at One Way Ministries, and showers & laundry services across the street at Tent City.

8am-10pm: One Way Ministries open with drinks, snacks, and charging stations.

10am-6pm at Allyn’ Fix it Man’ Morton’s booth in the Free Gear Repair Area at Tent City - Stuff the Sleeping Bag Contest, sponsored by BIG AGNES®. One winner will be chosen over this 3-day event, based on participants time, and announced on Saturday. The prize is a $200 sleeping bag from Big Agnes®

Noon-4pm: The Trail Days Ministry Team welcome and information tents open; as well as ‘Pickin’ and Grinnin’ on the Front Porch with Tuck’ at One Way Ministries (come play your favorite instruments).

4pm at the Big Agnes/Allyn’ Fix it Man’ Morton’s booth in the Free Gear Repair Area at Tent City – Musical Chairs, sponsored by Crazy Creek®. 1 chair prize per event.

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

7-10pm: Coffee House at One Way Ministries - LIVE band, dancing & food.
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Friday, May 13th

“Ride Board” on Facebook.  www.facebook.com/traildaysrideboard  (If you want to offer or get a ride, to or from Trail Days, you should ‘create a post’, do not send a message.)

7:30am: Prayer Gathering at One Way Ministries – Everyone is Welcome!

8am-4pm: Trail Days Ministry Team welcome and information tents open, as well as ‘Pickin’ and Grinnin’ on the Front Porch with Tuck’ at One Way Ministries (come play your favorite instruments). Showers at the Town Pool, and showers & laundry services at Tent City.

8am-4pm: The Trail Days Ministry Team offers the following services in the parking lot at First Baptist Church: Medical Team, foot washing/massages; Narcan training & medication dispensation.

8am-4pm: The Trail Days Ministry Team providing small supplies ministry @ One Way Ministries and in the First Baptist Church parking lot.

8am-10pm: One Way Ministries open with drinks, snacks, and charging stations.

9am-4pm: The Trail Days Ministry Team offers Starbucks coffee, cold drinks, snacks and a Charging Station in the parking lot at First Baptist Church.

9am-5pm: The Trail Days Ministry Team will be providing hair cuts at One Way Ministries.

10am: Corn Hole Tournament begins @ One Way Ministries.

10am-noon at the Laurel Creek Park: Live music by Raymond and the Senior Citizen Group!

10am-noon at Mt. Rogers Outfitters: Shoe Fitting by Oboz Fit Specialists.

10am–1pm: Dr. John Roberts of VCA Highlands Animal Hospital is doing hiking dog check-ups at One Way.

10am-2pm at One Way Ministries: Put your mug on a postcard.

10am-4pm at the L5A booth in Town Park: Hikes for Those with Disabilities – Using special equipment, Luke5Adventures will take individuals with disabilities on a 45minute hike on the AT. These hikes will be available during the entire festival by visiting the Luke5Adventures booth. There is no charge.

10am-6pm at Allyn’ Fix it Man’ Morton’s booth in the Free Gear Repair Area at Tent City - Stuff the Sleeping Bag Contest, sponsored by BIG AGNES®. One winner will be chosen over this 3-day event, based on participants time, and announced on Saturday. The prize is a $200 sleeping bag from Big Agnes®.

11:00am-1:30pm at the Rock School Auditorium: Annual ALDHA Hiker Reception. ALDHA stands for Appalachian Long Distance Hikers Association. Come for the camaraderie and free food. ALL ARE WELCOME, hikers, hiker’s friends, and dreamers. Volunteers needed and food donations greatly appreciated. Please contact organizer “Trailangelmary” for more information: trailangelmary@aol.com
EVENT SCHEDULE

Friday, May 13th (continued)

11am-5pm at the Damascus Branch Library: Trail Days Zero Day @ the Library – Offering refreshments, crafting stations with macrame making, trail magic jar making, board games, adult coloring, giant Jenga, croquet on the lawn, bubble guns, etc! There will also be popular movies available, charging stations, free wifi, lounging inside and out, and public computers.

Friday afternoon: Raffle at the TOAKS Booth. Please come visit us to chat, see our quality titanium gears, and sign up for the raffle! We’ll be raffling TOAKS titanium cups, pots, cutlery, and tent stakes. Titanium is lightweight, durable, non-rusting, and non-toxic – great choice for backpacking!

12:30-2:30pm at the Town Park Gazebo: The Trail Days Committee hosts Live Music by My New Favorites!

1pm at the Big Agnes/Allyn' Fix it Man’ Morton’s booth in the Free Gear Repair Area at Tent City – Musical Chairs, sponsored by Crazy Creek®. 1 chair prize per event.

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

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

2-3pm at the Rock School Auditorium: Grandma Gatewood Takes A Walk. Actress Anne Van Curen transforms into Emma “Grandma” Gatewood to describe what it was like to be the first woman to solo hike the AT in 1955, at the age of 67. Based on the book “Grandma Gatewood’s Walk”.

3-5pm at the Town Park Gazebo: The Trail Days Committee hosts Live Music by Sam Collie & The Roustabouts!

3:30-5pm at the Rock School Auditorium: Hot Weather Hiking: AKA Sweat Is Not The Enemy. When temperatures soar, staying cool and safe requires more than just drinking water. Dehydration, muscle cramps, and heat exhaustion can happen even at higher elevations. Come to this interactive workshop about strategies for avoiding heat related injuries.

4-5pm at the Damascus Trail Center: Stewardship Social – Are you interested in doing more to help the Appalachian Trail? Love ice cream? Come network with organizations to learn about how to get involved in trail maintenance and beyond at our ice cream social. We’ll bring the ice cream, you bring a desire to protect our trails! (Free ice cream while supplies last, provided by the Appalachian Trail Conservancy.)

4pm at the Big Agnes/Allyn’ Fix it Man’ Morton’s booth in the Free Gear Repair Area at Tent City – Musical Chairs, sponsored by Crazy Creek®. 1 chair prize per event.

5pm at the Damascus United Methodist Church: On the Trail with Chappy Jack, former Appalachian Trail Chaplain.

The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays
WE’VE GOT YOUR GEAR

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128 West Laurel Avenue,
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Celebrating
24 YEARS OF TRAIL MAGIC
The Trail Days shuttle route is shown in yellow. Look for shuttle stops throughout town on Friday and Saturday.
QUESTIONS?
VISIT THE TOWN INFO TENT BY THE GAZEBO IN THE TOWN PARK FOR LOCAL INFORMATION, LOST AND FOUND ITEMS, AND OFFICIAL TRAIL DAYS MERCH.

LEARN MORE ABOUT DAMASCUS, VA AT: WWW.VISITDAMASCUS.ORG
Friday, May 13th (continued)

5:30-6:30pm at the Old Mill Conference Room: We made it! Six kids, two parents, one job, five seasons. From Sept 2020 to Sept 2021, this family of eight (known on the trail as the Perch Creek Explorers) completed an unconventional northbound AT hike. This all with six kids using two vans, while homeschooling and working full-time. Come meet them and hear how they did it, and what happened along the way.

5:30-7pm at the Rock School Auditorium: Give Me Shelter on the Appalachian Trail. (Presentation and book signing) Sarah Jones Decker is the author and photographer behind the popular book: The Appalachian Trail: Backcountry Shelters, Lean-tos, and Huts. Come learn more about the history, design, and documentation of these iconic structures and gathering spaces.

5:30-7:30pm at the Town Park Gazebo: The Trail Days Committee hosts Live Music by Donnie and the Dry Heavers!

6-9pm at the Wicked Chicken: Live music by Mumblin Blues!

7pm at Tent City - 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 be more spread out. In field near Billville camp.

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

7:15-8:30pm at the Rock School Auditorium: Nimblewill Nomad! Since 1998, one of the most remarkable hikers of the AT has been M.J. “Eb” Eberhart. In one of the ‘feel good’ stories of the AT Class of 2021, he became the oldest thru-hiker. Come hear this master storyteller and Flagg Mountain (AL) sage. He is an extraordinary example of how to retire and then to live your life to the fullest. There also will be a short discussion on the controversy surrounding attempts to make the Pinhoti Trail a southern extension of the AT. The president of the Alabama Hiking Trail Society will be attending.

8-10pm at the Town Park Gazebo: The Trail Days Committee hosts Live Music by Fritz & Company with Special Guests!

8:45-10:30pm at the Rock School Auditorium: My 54 y.o. Love Affair with the Appalachian Trail. Come be regaled by a recent inductee into the Appalachian Trail Hall of Fame - Warren Doyle (18 AT traverses). Be prepared to be entertained, amused, enlightened, agitated, pushed out of your comfort zone, and inspired by Dr. Doyle’s passion for this 2,193-mile green thread of simplicity and freedom. The question of “What motivates someone to walk the entire trail 18 times?” will be answered by evening’s end.

The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays
FRESH PIZZA, BURGERS, WINGS, SALADS, BEERS ON TAP AND A FULL BAR—WHAT’S NOT TO LOVE? COME SEE US TODAY!

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**Saturday, May 14th**

“The Ride Board” on Facebook. www.facebook.com/traildaysrideboard  (If you want to offer or get a ride, to or from Trail Days, you should ‘create a post’, do not send a message.)

**7:30am: Prayer Gathering** at One Way Ministries – Everyone is Welcome!

8-9:30am at the Rock School Auditorium: **How Has AT Thru/Section-Hiking Changed Over the Last 50 Years.** Talk and discussion moderated by Warren Doyle.

8am-noon: Trail Days Ministry Team **welcome and info** tents open, and **laundry services** at Tent City.

8am-1pm: ‘Pickin’ and Grinnin’ on the Front Porch with Tuck’ at One Way Ministries (come and play your favorite instruments).

8am-2pm: The Trail Days Ministry Team offers the following services in the parking lot at First Baptist Church: **Medical Team, foot washing/massages; Narcan training & medication dispensation.**

8am-4pm: The Trail Days Ministry Team providing **small supplies ministry** @ One Way Ministries and in the First Baptist Church parking lot; **Showers** at the Town Pool, and **showers & laundry services** at Tent City; and Starbucks coffee, **cold drinks, snacks and a Charging Station** in the parking lot at First Baptist Church.

8am-10pm: **Charging stations** at One Way Ministries.

9am-noon at the Laurel Creek Park: **Damascus Farmers Market!**

9am-noon: The Trail Days Ministry Team will be providing **hair cuts** at One Way Ministries.

9:45-11am at the Rock School Auditorium: **The Sutton Family: Thru-hiking with a young child.** Discussion, video, and question/answer. Definitely one of the ‘feel good’ stories of the AT Class of 2021, the Sutton family walked the entire way with their 4-5 y.o. son (trail name-Little Man). Starting in January, and taking 209 days to reach Katahdin, they learned a lot about how to entertain a young child through long days and all types of trail conditions.

10am-4pm at the L5A booth in Town Park: **Hikes for Those with Disabilities** – Using Special equipment, Luke5Adventures will take individuals with disabilities on a 45minute hike on the AT. These hikes will be available during the entire festival by visiting the Luke5Adventures booth. There is no charge.

10am-10pm: One Way Ministries open with **drinks and snacks.**

10am-2pm at One Way Ministries: **Put your mug on a postcard.**

10am-6pm at Allyn’ Fix it Man’ Morton’s booth in the Free Gear Repair Area at Tent City - **Stuff the Sleeping Bag Contest**, sponsored by BIG AGNES®. One winner will be chosen over this 3-day event, based on participants time, and announced on Saturday. The prize is a $200 sleeping bag from Big Agnes®

*The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays*
Saturday, May 14th (continued)

**10:30-noon at the Old Mill Conference Room:** **Foot Care on the AT.** Walking 10 hours a day, day in and day out can play havoc on your feet. Foot problems can make hiking miserable and possibly end your hike early. Come discover how to take care of your feet on a long hike. Be prepared to take your shoes off.

**11am-noon at the Damascus Branch Library:** **Foraging for Edibles on the Trail** – Ben Casteel will lead a walk where he points out the various plants and fungi one can eat along the trail. He will also show you what to avoid! (Very popular event, and there will be books and displays on this subject in the Library.)

**11am-noon at the Damascus Trail Center:** **BearVault Food Storage Contest** - Join BearVault and the Appalachian Trail Conservancy for lively contests to win BearVaults! Also learn about using bear canisters on the Appalachian Trail to properly store food while backpacking. Everyone will have the chance to try out a BearVault, ask questions, and enter the big raffle. (BearVault will be doing their demo at the ATC Trail Days tent on the Damascus Trail Center lawn.)

**11am until sold out:** Support the **Veterans Memorial of Damascus!** The Veterans Memorial Committee will be serving pulled pork sandwich or chicken breast with beans, chips, and a drink at the Veterans Memorial at the southern end of the Town Park. All proceeds go to construction and maintenance of the Memorial. Visit us on Facebook @VeteransMemorialofDamascus. Come on by and enjoy the best BBQ in the south!

**11:15am-12:30pm at the Rock School Auditorium:** **Hostel Inspiration and Reality** - Neville Harris of Woods Hole Hostel will share her experience, insight, and reality of what it’s like to operate a hostel on the Appalachian Trail. If you are thinking of opening a hostel or just curious - what is running a hostel like? You may get more than you can imagine from this talk. There will also be ample time for discussion with questions and hopefully some helpful answers.

**Saturday afternoon: Raffle** at the TOAKS Booth. Please come visit us to chat, see our quality titanium gears, and sign up for the raffle! We’ll be raffling TOAKS titanium cups, pots, cutlery, and tent stakes. Titanium is lightweight, durable, non-rusting, and non-toxic – great choice for backpacking!

**12-1pm at the Damascus Branch Library:** **Herbal First Aid on the Trail** – A certified herbalist will discuss which herbs and plants you can find along the trail to help with blisters, tension, sore muscles, cuts, etc. She will also hand out some small samples of said herbs with instructions.

**12:30-2:30pm at the Town Park Gazebo:** The Trail Days Committee hosts **Live Music by BIG Son!**

**12:30-1:30 at the Old Mill Conference Room:** **AT Hiking - Then and Now.** How did a family of six survive 262 miles of the AT in 1990 without modern conveniences? What hardships and blessings did they encounter with heavy packs, no GPS, no cell phones, and no apps? Tom and Janie Niedfeldt answer those questions through slides and stories.

**1-5pm at the Wicked Chicken:** **Live music by Adam Musick!**

*The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays*
Saturday, May 14th (continued)

1pm at the Big Agnes/Allyn’ Fix it Man’ Morton’s booth in the Free Gear Repair Area at Tent City – Musical Chairs, sponsored by Crazy Creek®. 1 chair prize per event.

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: Trail Days Live Auction, at the Gazebo in the Town Park! Outdoor Gear, Crafts, Books and more. Also on auction will be Lodging, Bike Shuttles, Meals, and other Gift Certificates. All proceeds go to benefit “The Place” (donation Hostel owned by United Methodist Church of Damascus), the oldest hostel on the Appalachian Trail. Donations are requested before noon the day of the Auction, please bring donations to the Auction trailer in the park. Sponsored by Blevins Realty. This year’s auctioneer is Wayne Collins with A OK Auction Gallery, LLC of Damascus, VA. Contact Roy Knight at 504-343-3734 or roy_hiking@yahoo.com for pick-up or mailing address.

3:30-5pm at the Rock School Auditorium: Increasing Your Success on Completing the AT. Valid and time-tested tips and advice to complete a thru- or section-hike by a wise, old man - Warren Doyle. Includes FREE one-page ‘book’.

4pm at the Gazebo in Town Park: Hiker Talent Show!

4pm at the Big Agnes/Allyn’ Fix it Man’ Morton’s booth in the Free Gear Repair Area at Tent City – Musical Chairs, sponsored by Crazy Creek®. 1 chair prize per event.

5pm at the Damascus Trail Center: Grand Prize Drawing for the ATC Gear Raffle

5:30-7:30pm at the Town Park Gazebo: The Trail Days Committee hosts Live Music by Ranford Almond!

6-9pm at the Wicked Chicken: Live music by Mumblin Blues!

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

7-7:45pm at the Rock School Auditorium: Contra Dance beginners’ workshop. Come learn the basics so you can strut your stuff later!

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

8-10pm at the Town Park Gazebo: The Trail Days Committee hosts Live Music by Tuatha Dea!

8-11pm at the Rock School Auditorium: FREE Contra Dance (a Trail Days tradition)! Live music. Caller is AT thru-hiker Warren Doyle. www.contradancersdelight.com

The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays
**Sunday, May 15th**

“Ride Board” on Facebook. www.facebook.com/traildaysrideboard (If you want to offer or get a ride, to or from Trail Days, you should ‘create a post’, do not send a message.)

10am: Run Damascus – **Trail Days 5k!**  www.facebook.com/Run-Damascus-109100134986325/

10:30am-noon: **Worship Service** in Town Park, provided by the Trail Days Ministry Team.

1-3pm at the Town Park Gazebo: The Trail Days Committee hosts **Live Music** by **Carson Peters & Iron Mountain!**

1-3pm at the Damascus Trail Center: **Community Planting Day** – Help the Washington County Master Gardeners and Appalachian Trail Conservancy plant a native garden at the Damascus Trail Center. All supplies and refreshments will be provided. (Proof of vaccine may be required*)

1-5pm at the Wicked Chicken: **Live music** by **Adam Musick!**

1:30pm: **Free North and South bound shuttles** leave One Way Ministries (for Erwin and Bland) - Sign up at One Way.

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**Join us during Trail Days at the Damascus Trail Center**

209 West Laurel Ave, Damascus, VA 24236

*Sign up for our raffle to win great prizes!*

Learn more at appalachiantrail.org/traildays

*The schedule is subject to change. To see an updated schedule, visit www.VisitDamascus.org/TrailDays*
Laurel Creek Park
Saturdays 9am to 12pm
April to October

Questions?
Visit the Town Info Tent by the Gazebo in the Town Park for local information, lost and found items, and official Trail Days merch.

Farmers Market
Damascus

The Virginia Creeper Trail Conservancy Welcomes you to Damascus Trail Days!

For your next trail adventure, visit vacreepertrail.org

Trail merch and gear, trail info and trip planning

Wildcat

La Sportiva

Sportiva.com
Anton Krupicka wears the Wildcat
Photo: ©Matt Trappe

Our softest yarns twisted up in our most popular height, the Ranger hiking sock is a steward of feet on trail.

Unrivaled durability

Still made in VT, USA
Guaranteed for life

Wander over to our booth
Discover Damascus is a friendly, one-stop tourism gift shop that provides our customers with regional visitor information and affordable, locally-made keepsakes. “Your journey begins here!”

Discoverdamascus@gmail.com
128 East Laurel Ave
Damascus, VA 24236

M-F 11~5
Sat 11~7
Sun 11~4
Closed Wednesdays

Hampton Farms is proud to be a part of the Appalachian Trail Days Festival and to be one of many to support and nourish hikers, former hikers and aspiring hikers. We salute your passion!

Hampton Farms
www.AppyTrails.com
Sam@appytrails.com
423-764-4116
WEDNESDAY 5/11

6PM- Cookout and concert in the town park – everyone welcome (in case of rain, this event will be cancelled)

THURSDAY 5/12

8AM-4PM- Showers and laundry service - Across from One Way @ Tent City. Hair cuts @ One Way Ministry.
8AM-10PM- One Way Ministries OPEN with drinks, snacks, and charging stations
Noon-4pm- Welcome & Info Tents Open. “Pickin’ and a Grinnin’ on the Front Porch with Tuck” @ One Way Ministry (come play your favorite instruments)
5:30PM-8PM-Hiker Feast @ One Way (free tickets are required – get them at Info Tents or One Way Ministry)
7PM-10PM- Coffee House @ One Way Ministry - LIVE band, dancing & food

Friday 5/13

7:30AM- Prayer gathering at One Way Ministry - Everyone is Welcome!
8AM-4PM- Welcome & Info tents open. Medical team, foot washing & massages, Narcan training & medication dispensation in the parking lot at First Baptist Church. Small supplies ministry @ One Way and in the First Baptist parking lot. Showers and laundry service at Tent City across from One Way Ministry. Showers @ Town Pool. “Pickin’ and a Grinnin’ on the Front Porch with Tuck” at One Way Ministry (come play your favorite instruments)
8AM-10PM- One Way Ministries OPEN with drinks, snacks, and charging stations
9AM-4PM- Starbucks coffee, cold drinks, snacks and a Charging Station in the parking lot at First Baptist
9AM-5PM- Hair cuts @ One Way Ministry
10AM- Corn Hole Tournament begins @ One Way
10AM-1PM- Vet (Dr. John Roberts) taking care of hiking dogs at One Way
10AM-2PM- Put your mug on a Postcard @ One Way
1PM- Eating Contest at One Way Ministry - Great prizes! Registration starts at 1PM – eating starts at 2!
7PM-10PM- Coffee House – One Way Ministry - LIVE band, dancing & food

Saturday 5/14

7:30AM- Prayer gathering at One Way – Everyone invited!
8AM-12PM- Welcome & Information Tents open
8AM-1PM- “Pickin’ and a Grinnin’ on the Front Porch with Tuck” at One Way Ministry (come play your favorite instruments).
8AM-2PM- Medical Team, foot washing/massages; Narcan training & medication dispensation in the parking lot at First Baptist
8AM-4PM-Small supplies ministry @ One Way and in the First Baptist parking lot. Showers and laundry service at Tent City across from One Way Ministry. Showers @ Town Pool. Starbucks coffee, cold drinks, snacks and a Charging Station in the parking lot at First Baptist
8AM-10PM- Charging stations at One Way Ministry
9AM-12PM- Hair cuts @ One Way Ministry
10AM-12PM- “Pickin’ and a Grinnin’ on the Front Porch with Tuck” at One Way Ministry (come play your favorite instruments)
10AM-2PM- Put your mug on a Postcard @ One Way
10AM-10PM- One Way Ministries OPEN with drinks and snacks
7PM-10PM- Live Music under the big tent at One Way with snacks and drinks

Sunday 5/15

10:30AM-12PM Service in the town park
1:30PM- Free North and South bound shuttles leave One Way Ministries (for Erwin and Bland) - Sign up at One Way
CELEBRATE TRAIL DAYS WITH OSPREY

FREE GEAR REPAIRS
If your pack or gear needs a little love, visit Osprey’s Tent City booth for minor gear repairs and replacement parts.

SPRING 2022 PACKS ON DISPLAY
Come try on some of our new Spring 2022 backpacking packs including the new Exos/Eja and Atmos/Aura AG.

GIVEAWAYS
Stop by our booth and enter to win a new pack!

osprey.com
QUESTIONS?
VISIT THE TOWN INFO TENT BY THE GAZEBO IN THE TOWN PARK FOR LOCAL INFORMATION, LOST AND FOUND ITEMS, AND OFFICIAL TRAIL DAYS MERCH.

LEARN MORE ABOUT DAMASCUS, VA AT: WWW.VISITDAMASCUS.ORG
We are hikers on remote trails. We are alpinists navigating rock and snow. We are pioneers on hostile summits. We span seven continents and a thousand landscapes but our intent is the same. For every trail, for every mountain, for every moment. We are Explorers.
The Appalachian Long Distance Hikers Association

Join us for our 40th ANNUAL GATHERING in the shadow of Mount Greylock


Sign up NOW at aldha.org/gathering
Welcome to the friendliest Town on the Trail!

Please share your Trail Days photos with us on

Instagram  Facebook

Using #TRAILDAYS & #VISITDAMASCUS

www.visitdamascus.org
Trail Days Hiker Parade
Sat. May 14th at 2pm
Lineup at 1:30 in front of Sundog Outfitter

Water balloons are not allowed, but super soakers are very much encouraged! Please do not spray inside vehicles or anyone preceding the hikers, including those in uniform such as the Honor Guard and Police, or other parade participants such as trail maintenance clubs, beauty pageant queens, scout troops, etc...unless they have a water gun too!

Following the Hiker Parade is the Trail Days Auction at 3pm, and then the Hiker Talent Show at 4pm!

QUESTIONS?
VISIT THE TOWN INFO TENT BY THE GAZEBO IN THE TOWN PARK FOR LOCAL INFORMATION, LOST AND FOUND ITEMS, AND OFFICIAL TRAIL DAYS MERCH.

MANUFACTURER REPRESENTATIVES

Manufacturer Reps set up in the Tent City parking lot and from Thursday (12th) through Saturday (14th) will be available to assist hikers with equipment repairs, gear advice, and specialized services. These Reps are there to help you, the hiker, with any issue you may be having with your gear, and generously donate their time and skills to provide FREE repairs, expert fittings, and other services to the AT community. We hope you'll stop by and take advantage of this service opportunity. The following will among the gear manufacturers represented:

BACKPACKER, ASOLO, BIG AGNES, CRAZY CREEK, ETOWAH OUTFITTERS, GREGORY MOUNTAIN PRODUCTS, LEKI POLES, OBOZ FOOTWEAR, AND OSPREY PACKS

Make sure you stop in and thank these folks for volunteering their time and services!
Welcome to Trail Town USA
“Friendliest Town on the Appalachian Trail”

**Damascus, VA** is a small town with a big claim to fame: Seven nationally known trails intersect within the town limits making Damascus “Trail Town USA”. In fact, the simple act of taking a stroll through downtown Damascus means interacting with at least one of our trail systems in one way or another. Thanks to the efforts of our local government, dedicated staff, scores of volunteer helpers, and residents we’ve found ways to turn these trails - and our other outdoor recreation resources - into a source of local pride and community revitalization.

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**YEAR AT A GLANCE**

**Beaverdam Friday Jams**: Live music & beer garden, 7pm at Town Park on Jun 3, Jul 22, Aug 26, Sept 23, Oct 14

**Farmers Market**: 9am-12pm at Laurel Creek Park on Saturdays from April to October

**June 18**: Dedication of Laurel Creek Park

**July 3**: Independence Day Celebration at Town Park

**Late Summer**: Grand Opening of the Damascus Trail Center

**December**: A Trail Town Christmas

**FIND THE CALENDAR & EVENT DETAILS AT WWW.VISITDAMASCUS.ORG**

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The Damascus Trail Center operates as a partnership between the Town of Damascus and the Appalachian Trail Conservancy. Join us for the Grand Opening in late summer!
TOP 5 LOCAL ADVENTURES

RAIL TRAILS
Built in 1989 and added to the Rails-to-Trails Hall of Fame in 2014, the Virginia Creeper Trail is one of the most popular trails in the United States. The most popular section is the 17-mile, downhill bike ride from Whitetop to Damascus. Plan your trip with one of our seven bike outfitters in town. The Beaverdam Creek Rail Trail provides access to Tent City. Only .5mi of this trail is complete; the original rail line extended to Backbone Rock and Shady Valley.

DOWNTOWN
Discover adventure without even leaving downtown! The Town Park and Laurel Creek Park offer play and picnic space, waterfront access, and events throughout the year. Find coffee, ice cream, baked goods, and a variety of food options at our restaurants. Stop in our retail shops for unique finds in outdoor gear, local artisan items, antiques, and more.

THE VIRGINIA HIGHLANDS
Visit Virginia’s two highest mountains, Mount Rogers and Whitetop Mountain, just up the road (or trail) from Damascus. Grayson Highlands State Park and Mount Rogers National Recreation Area offer year-round access to peaks of more than 5,000 feet high and some of the best views in the Southeast. Plan ahead to make the most of your visit - know road and trail access, guidelines, and weather forecasts before you go.

LONG TRAILS
Several long trails pass through downtown, to include the Appalachian Trail, TransAmerica Bicycle Trail, and TransVirginia Bike Route. Anywhere is hiking or biking distance from Damascus if you have enough time.

RIVER ACCESS
One of our best-kept secrets is the abundant waterfront access. Trout streams Whitetop Laurel, Tennessee Laurel, and Beaverdam Creek all converge downtown, then join the South Fork of the Holston River and run into South Holston Lake just downstream of town limits. Damascus has great swimming holes, local whitewater, and unparalleled fishing access, as well as nearby motorized boating and paddling.
THANK YOU TO OUR 2022

Title Sponsor

HYPERLITE MOUNTAIN GEAR

Thru-Hiker Sponsors

DARN TOUGH VERMONT

GREGORY

OSPREY

SIX MOON DESIGNS

GOOD TO-GO

FARM TO FEET

HOW TO SPONSOR TRAIL DAYS IN 2023:
Become a Trail Days event sponsor by emailing Tuesday Pope, the Town Clerk, at clerk@damascusc.org. The sponsor deadline is January 31, 2023.
THANK YOU TO OUR 2022 TRAIL DAYS SPONSORS!

Section-Hiker Sponsors:

- LA Sportiva
- Ripstop ByTheRoll
- Rab
- TOAKS
- LiteAF
- Backpacker
- Salewa
- Appalachian Gear Company
- Town Shirt
- Freeman Productions

Day-Hiker Sponsors:

- Tasty Bite
- Hampton Farms
- Brinkwaters
- Fernweh Food Co.
- Nature Valley
See you next year!

APPALACHIAN TRAIL DAYS
MAY 19-21, 2023