



## Trail Days 2023 Schedule of Events

*The schedule is subject to change. To see an updated schedule, visit [www.VisitDamascus.org/TrailDays](http://www.VisitDamascus.org/TrailDays).*

### Saturday, May 13th

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

**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.

**9am-noon** at the Gazebo in the Town Park: Dr. John Roberts of VCA Highlands Animal Hospital is holding a **rabies clinic**. Other routine vaccines will also be available at a discounted price! Please bring dogs on leashes and cats in crates. [vcahighlandsva.com](http://vcahighlandsva.com)

### Wednesday, May 17th

**9am-3pm: "The Place" 10th Annual Work Day** - Come and be part of this 10th Annual Work Day at The Place Hostel. Free lunch provided for the first 25 volunteers. Volunteers are welcome to stay the night before the work day and thru Trail Days (Sunday morning). Lend a hand in taking care of the oldest hostel on the Appalachian Trail. Contact [roy\\_hiking@yahoo.com](mailto:roy_hiking@yahoo.com) or [www.facebook.com/theplacehostel](http://www.facebook.com/theplacehostel) for more information.

**6pm** in 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 18th

**Manufacturer Representatives** will be in the Tent City parking lot from Thursday (18th) to Saturday (20th) to assist hikers with equipment repairs, gear advice, and specialized services. These Reps are here 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-5pm** daily Thurs-Sat at the Big Agnes/Allyn 'Fix it Man' Morton's booth in the Free Gear Repair Area at Tent City - **Guess the Pack's Weight contest**.

**3pm** at the Big Agnes/Allyn 'Fix it Man' Morton's booth in the Free Gear Repair Area at Tent City - **Musical Chairs with Crazy Creek**. 1 chair prize per event.

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

**6-8pm** at Laurel Creek Park: **Backpacker's 50th Anniversary Celebration** with live music by Into the Fog and a beer garden by The Damascus Brewery. Chance to win great prizes from the Get Outside Tour too!

## Friday, May 19th

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

**8-10am** at the Blue Ridge Discovery Center booth in the Town Park: Join naturalist Cade Campbell for a **Birding by Ear Walk**. Take a stroll along the trail and listen for bird songs as a method of identification. Although not required, participants are encouraged to bring a pair of binoculars!  
[www.blueridgediscoverycenter.org](http://www.blueridgediscoverycenter.org).

**8:30-10am** at the Rock School Auditorium: **How has thru-hiking/section hiking changed over the last 50 years?** A moderated discussion led by 18 time AT hiker, Warren Doyle, who has been attached to the trail since 1973.

**9am-2:30pm** at First Baptist Church: **Blood Drive** with the Marsh Regional Blood Center's Bloodmobile

**9am-5pm** daily Thurs-Sat at the Big Agnes/Allyn 'Fix it Man' Morton's booth in the Free Gear Repair Area at Tent City - **Guess the Pack's Weight contest**.

**10am–1pm** at One Way Ministries: Dr. John Roberts of VCA Highlands Animal Hospital will be doing **hiking dog check-ups**. [vcahighlandsva.com](http://vcahighlandsva.com)

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

**10am-4pm daily** at the Luke5Adventures booth in the Town Park: Luke5Adventures uses special equipment to **take individuals with disabilities on hikes**. Stop by their booth in the Town Park if you would like to go on a short hike on the AT. There is no charge.

**10am-5pm daily** at the Damascus Trail Center: The Damascus Trail Center is hosting a silent auction of framed wildflower cross-stitch art to benefit the **Mount Rogers Appalachian Trail Club's (MRATC) Stacey Levin Memorial Fund**. The auction closes on Monday, May 22nd at 5pm.

**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 available, charging stations, free wifi, lounging inside and out, and public computers.

**11am** at the Appalachian Trail Conservancy booth in the Town Park: **ATC raffle drawing!** Beginning at 11 AM on Friday, ATC will raffle off outdoor recreation gear. The final raffle will be on Sunday, May 21 at 10 AM. Participants must be present at the booth to win. Swing by to toss your name in the raffle!

**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 needed and food donations greatly appreciated. For more information contact [coordinator@aldha.org](mailto:coordinator@aldha.org) or visit [www.aldha.org](http://www.aldha.org).

**12pm** at the Appalachian Trail Conservancy booth in the Town Park: **BearVault Program** - Stop by the Appalachian Trail Conservancy 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.

**12-8pm** at the Trail Town Event Center: **Shop Till You Drop** vendor market with thru-hikers and local artisans selling their handcrafted and AT-themed products. Custom jewelry, photos, artwork, wood carvings, candles, books, clothing, animal hides, and more.

**12:30-2:30pm** at the Town Park Gazebo: The Trail Days Committee hosts **Live Music by Anthony Childress Experience!** Hailing from East Tennessee, Anthony Childress Experience brings familiar sounds in an unfamiliar way to connect with artists, performers, and listeners alike.

**1pm** at the Big Agnes/Allyn 'Fix it Man' Morton's booth in the Free Gear Repair Area at Tent City - **Musical Chairs with Crazy Creek**. 1 chair prize per event.

**1pm** at the Appalachian Trail Conservancy booth in the Town Park: **ATC raffle drawing!** Beginning at 11 AM on Friday, ATC will raffle off outdoor recreation gear. The final raffle will be on Sunday, May 21 at 10 AM. Participants must be present at the booth to win. Swing by to toss your name in the raffle!

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

**2pm** at the Damascus Trail Center: **Virginia's Lost Appalachian Trail**. From 1930-1952, the Appalachian Trail from Damascus to Roanoke followed an entirely different route from the one it takes today. AT historian Mills Kelly of The Green Tunnel podcast tells the story of this 300-mile-long lost section of the trail and will show us photos he gathered from archives and personal collections, many of which have never been seen by the hiking community.

**2-3pm** at the Old Mill Conference Room: **"Chasing Sunsets"**. A relatively new, full-bearded face on the AT, Trail Marshall took his first step on the AT in 2020. Since then he has completed the Mountains to Sea Trail (1,175 miles across NC) and the Benton Mackaye Trail. He is currently working on his second AT thru-hike. He believes there is more good than bad in the world. He uses his trail experiences to prove this to his many followers on social media - Trail Marshall hiking on Facebook, Instagram, YouTube.

**2-3:15pm** at the Rock School Auditorium: **Trail Tales: Stories of Adventure from America's Triple Crown**. Enjoy stories spanning two decades of backpacking as Heather "Anish" Anderson shares her journey from neophyte hiker to Triple Crown hiker. [wordsfromthewild.net](http://wordsfromthewild.net).

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

**3-5pm** at the Town Park Gazebo: The Trail Days Committee hosts **Live Music by Joey's Van!** Joey's Van is a cover band based out of Bristol, TN playing a wide variety of 90's/00's popular covers.

**3pm** at the Big Agnes/Allyn 'Fix it Man' Morton's booth in the Free Gear Repair Area at Tent City - **Musical Chairs with Crazy Creek**. 1 chair prize per event.

**3pm** at the Appalachian Trail Conservancy booth in the Town Park: **ATC raffle drawing!** Beginning at 11 AM on Friday, ATC will raffle off outdoor recreation gear. The final raffle will be on Sunday, May 21 at 10 AM. Participants must be present at the booth to win. Swing by to toss your name in the raffle!

**3:15-4:15pm** at the Old Mill Conference Room: **Attack of the Vampires**. Peggy Vann (ALDHA) They can swarm or quietly lie in waiting to sting, bite, or suck on us all the way up the trail. Come to this interactive workshop on how to avoid these critters and to recognize the diseases they carry when they do get us. [www.aldha.org](http://www.aldha.org).

**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.

**4:30-5:30pm** at the Old Mill Conference Room: **Write Your Adventure**. Christine Reed, author, will lead an interactive workshop discussing the power of storytelling and sharing your hiking experience with the world. Bring your journal, leave with the beginnings of a powerful scene. [www.aloneinwonderland.com](http://www.aloneinwonderland.com)

**5pm** at the Appalachian Trail Conservancy booth in the Town Park: **ATC raffle drawing!** Beginning at 11 AM on Friday, ATC will raffle off outdoor recreation gear. The final raffle will be on Sunday, May 21 at 10 AM. Participants must be present at the booth to win. Swing by to toss your name in the raffle!

**5pm** at the Damascus United Methodist Church: Richard Antony, author of **'Finding Myself on the Appalachian Trail'** will explain what motivated him to write an uplifting story describing how hiking the A.T. altered one man's life. He can also be found in the Authors' Tent in the Town Park.

**5:30-7:30pm** at the Town Park Gazebo: The Trail Days Committee hosts **Live Music by Gents & Liars!** The needle has landed on the Gents & Liars, a band of groove engineers based out of Johnson City, Tennessee.

**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 spread out. In the field by Billville camp.

**7-8:30pm** at the Rock School Auditorium: **The Unlikely Thru-Hiker**. Be enthralled by Derick Lugo (Mr. Fabulous) as he inspires unlikely hikers. A young black man setting off from NYC (Brooklyn) with an extremely overweight pack and a willfully can-do attitude. What can go wrong, right? He refuses to let any challenge get in his way, persevering with humor, tenacity, and unshakeable commitment to go the distance. Book signing to follow. [www.dericklugo.com](http://www.dericklugo.com).

**8-10pm** at the Town Park Gazebo: The Trail Days Committee hosts **Live Music by The Tan & Sober Gentlemen!** This band aims to explore the Irish and Scottish roots of North Carolinian music and to play it with as much energy as humanly possible.

**9-10:30pm** at the Rock School Auditorium: **My 55y.o. Love Affair with the AT**. Come be regaled by Warren Doyle who has attended all Trail Days. His record speaks for itself. Be prepared to be entertained, amused, agitated, enlightened and/or pushed out of your comfort zone (just like the trail does to hikers). The question of “What motivates someone to walk the entire trail 18 times?” may be answered by the end of this program. [www.warrendoyle.com](http://www.warrendoyle.com)

## Saturday, May 20th

**7-10am** at One Way Ministries: **All-you-can-eat pancake breakfast** for \$5, youth fundraiser.

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

**8:30-9:45am** at the Rock School Auditorium: **38,000 miles of Trail Stories**. Get your day started with interactions with a platoon of heavily-armed soldiers, an opera singer, a buffet treadmill, giardia, two American kids from the heartland, and zoo-imprisoned, 'body electric' Walt Whitman. No mention of equipment or hostels. [www.warrendoyle.org](http://www.warrendoyle.org)

**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.

**9am-5pm** daily Thurs-Sat at the Big Agnes/Allyn 'Fix it Man' Morton's booth in the Free Gear Repair Area at Tent City - **Guess the Pack's Weight contest**.

**9:30-11am** at the Old Mill Conference Room: **AT RunVenture: The Busy Moms' Guide to Logistics**. An adventure tale of two mother-runners (i.e., Meg Landymore; Celia Eicheldinger) taking on the entire Appalachian Trail without losing their jobs, their sanity and their family balance. They will take the audience on a deep dive into the planning and logistics, as well as the laughter and struggle of leading a double life. [www.mxgadventures.com](http://www.mxgadventures.com).

**10am-4pm daily** at the Luke5Adventures booth in the Town Park: Luke5Adventures uses special equipment to **take individuals with disabilities on hikes**. Stop by their booth in the Town Park if you would like to go on a short hike on the AT. There is no charge.

**10am-5pm daily** at the Damascus Trail Center: The Damascus Trail Center is hosting a silent auction of framed wildflower cross-stitch art to benefit the **Mount Rogers Appalachian Trail Club's (MRATC) Stacey Levin Memorial Fund**. The auction closes on Monday, May 22nd at 5pm.

**10-11:15am** at the Rock School Auditorium: **Grandma Gatewood's Walk**. Join actress Anne Van Curran as she transforms into "Emma" Grandma Gatewood to describe what it was like to be the first woman to solo hike the AT in 1955. A dramatization based on the book "Grandma Gatewood's Walk" [mountainstorytelling.com](http://mountainstorytelling.com)

**10:30-11:30am** at the Damascus Trail Center: **Hopeful Haints: American Chestnuts and the Appalachian Trail** - Do you believe in ghosts? Well, we've got proof! Come hear the story of the once-great American Chestnut, its untimely demise, and how it may yet return with your help. Presented by the American Chestnut Foundation. <https://acf.org>

**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 south end of the Town Park. All proceeds will go to construction and maintenance of the memorial. Visit us on Facebook [@VeteransMemorialofDamascus](https://www.facebook.com/VeteransMemorialofDamascus). **Come on by and enjoy the best BBQ in the south!**

**11am-noon** 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! (This is a very popular event and there will be books and displays on this subject in the Library.)

**11am** at the Appalachian Trail Conservancy booth in the Town Park: **ATC raffle drawing!** Beginning at 11 AM on Friday, ATC will raffle off outdoor recreation gear. The final raffle will be on Sunday, May 21 at 10 AM. Participants must be present at the booth to win. Swing by to toss your name in the raffle!

**11:15-12:30pm** at the Old Mill Conference Room: **The Wonder of Woods Hole**. Come hear about a special place along the trail south of Pearisburg. Find out what makes this spot like no other. Neville Harris, the guiding spirit behind this oasis, will share her thoughts/feelings on Woods Hole's past, present, and future.

**11:30am-1pm** at the Rock School Auditorium: **First Border-to-Border Calendar Year Triple Crown Completer**. Come hear Carl 'Professor' Stanfield as he hiked all three major north-to-south long-distance trails in 2022 including the ECT from Key West. Instagram [@prof\\_carl](https://www.instagram.com/prof_carl)

**12-4pm** at Wicked Chicken Winghouse & Tavern: **Live music by Adam Musick**

**12-1pm** 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 Appalachian Trail Conservancy booth in the Town Park: **BearVault Program** - Stop by the Appalachian Trail Conservancy 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.

**12pm** at the DryFoxCo booth in the Town Park: Join the **DryFoxCo Packing Challenge** demo to learn how to pack up DryFoxCo ultralight adventure towels into their built-in storage pocket, show off how it's done, and then be entered to win 1 of 3 sets of compact towels that are perfect for on-and-off-the-trail use.

**12-8pm** at the Trail Town Event Center: **Shop Till You Drop** vendor market with thru-hikers and local artisans selling their handcrafted and AT-themed products. Custom jewelry, photos, artwork, wood carvings, candles, books, clothing, animal hides, and more.

**12:30-2:30pm** at the Town Park Gazebo: The Trail Days Committee hosts **Live Music by Swim In The Wild**, a new Rock-Folk-Americana fusion with so much East Coast energy that it needs its own identity!

**12:30** at the Damascus Trail Center: **Hardcore Reunion** - Celebrate the past times! Tennessee Eastman Hiking and Canoe Club will be at the Damascus Trail Center for a celebration of previous Hardcore work trips. Come see old friends, find yourself in the Hardcore Yearbooks, and learn about stewardship along the Appalachian Trail. Light refreshments will be provided.

**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.

**12:45-1:45pm** at the Old Mill Conference Room: **An Introduction to Walking as a Sacred Practice.** Thru-hiker Collin 'Rabid' Chambers' program is part story, part guided-visualization, part practical and inspirational tool to begin a regular walking practice for whole health. [www.WildwoodMagic.com](http://www.WildwoodMagic.com)

**1pm** at the Big Agnes/Allyn 'Fix it Man' Morton's booth in the Free Gear Repair Area at Tent City. **Musical Chairs with Crazy Creek.** 1 chair prize per event.

**1pm** at the Appalachian Trail Conservancy booth in the Town Park: **ATC raffle drawing!** Beginning at 11 AM on Friday, ATC will raffle off outdoor recreation gear. The final raffle will be on Sunday, May 21 at 10 AM. Participants must be present at the booth to win. Swing by to toss your name in the raffle!

**1-3pm** at the Blue Ridge Discovery Center booth in the Town Park: Join naturalist Cade Campbell 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. [www.blueridgediscoverycenter.org](http://www.blueridgediscoverycenter.org).

**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.

**2pm** at the Appalachian Trail Conservancy booth in the Town Park: **BearVault Program** - Stop by the Appalachian Trail Conservancy 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 Gazebo in the Town Park: **Trail Days Live Auction!** Outdoor gear, crafts, books, and more! Also on auction will be lodging, bike shuttles, meals, and other gift certificates. All proceeds will benefit "The Place" Hostel, operated by the Damascus United Methodist Church, the oldest hostel on the Appalachian Trail. Donations are requested before noon on the day of the auction: please bring donations to the auction trailer 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](mailto:tkpratt47@gmail.com) for more information and/or to make donations.

**3pm** at the Big Agnes/Allyn 'Fix it Man' Morton's booth in the Free Gear Repair Area at Tent City - **Musical Chairs with Crazy Creek.** 1 chair prize per event.

**3pm** at the Appalachian Trail Conservancy booth in the Town Park: **ATC raffle drawing!** Beginning at 11 AM on Friday, ATC will raffle off outdoor recreation gear. The final raffle will be on Sunday, May 21 at 10 AM. Participants must be present at the booth to win. Swing by to toss your name in the raffle!

**3:30-5pm** at the Old Mill Conference Room: **“Did you even see anything hiking so fast?” Talking Trail FKT's/Records with Candy Mama & Mercury.** Tara 'Candy Mama' Dower (AT19; MTS and BMT record holder) and Liz 'Mercury' Derstine (AT20; AT, LT and PT record holder) shed light on their perspectives as thru-hikers and record holders: what it's like after a FKT (Fastest Known Time) on a long-distance trail, what they learned from their experiences, the controversies and criticisms that come up with FKTs, and tips on how to go for it yourself – be it an FKT or a personal record. Q&A session to follow. [youtube.com/@taratreks](https://www.youtube.com/@taratreks), [mercuryontherun.com](https://www.mercuryontherun.com).

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

**4pm** at the Damascus Branch Library: **Afternoon Yoga** with Tori Bledsoe

**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 Damascus Brewery: **Live music by The Boys and Shake It Like a Caveman** until 11pm. The Hot Mess Express food truck will also be on-site.

**4:30-6pm** at the Rock School Auditorium: **Film Premiere - What do Darwin, Jennifer Pharr Davis, and Sawyer Water Filters have in common?** They are all far more than their on-trail personas. In 2022 they all traveled to Fiji to provide clean water filtration systems to remote villages. The film is the culmination of transformations: a youtube personality as a film director, a record-breaking hiker as a mother and business owner, and a piece of backpacking gear as a device that provides revolutionary international relief. As hikers we are good at finding out who we are on trail, this is a film about discovering who you are - and what you are capable of - off the trail.

**5-8pm** at Wicked Chicken Winghouse & Tavern: **Live music by James Meadows**

**5pm** at the Appalachian Trail Conservancy booth in the Town Park: **ATC raffle drawing!** Beginning at 11 AM on Friday, ATC will raffle off outdoor recreation gear. The final raffle will be on Sunday, May 21 at 10 AM. Participants must be present at the booth to win. Swing by to toss your name in the raffle!

**5:15-6:30pm** at the Old Mill Conference Room: **The Long Start to the Journey.** Screening of one of the most well-received film documentaries of an AT thru-hike. Vivid images backed by a tasteful soundtrack, follow Chris 'Frost' Galloway's 2013 thru-hike. It has it all: beauty, suffering, love, and overcoming tragedy. [www.horizonlinepictures.com](http://www.horizonlinepictures.com).

**5:30-7:30pm** at the Town Park Gazebo: The Trail Days Committee hosts **Live Music by Jeremy Short!** Eastern Kentucky Space Funk artist Jeremy Short has quickly risen to the top shelf of must-hear blues guitar players on the scene.

**5:45pm** at the Get Outside Tour booth in the Manufacturer Rep Area: It's **Backpacker Magazine's 50th Anniversary** and the Get Outside Tour is celebrating right here at Trail Days. Stop by to sign up for the **Get Outside Tour's Great Gear Giveaway.** One of the largest giveaways of the weekend!

**6:45-8pm** at the Old Mill Conference Room: **Search & Rescue in Southern Appalachia.** Nancy East, author and accomplished GSNP hiker, is a member of one of the best search and rescue teams in the NC mountains. She will share stories of her team's most harrowing missions and tips to stay 'safe and sound' based on the most common scenarios her team encounters. [www.nancyeast.com](http://www.nancyeast.com).

**7pm** at Appalachian Heritage Distillery: **Trail Days Open Mic** - Entertain us with a story, sing a song, play an instrument, show off a talent, or tell a joke. Sign-up is at 7pm; show starts at 7:30pm.

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

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

**7-7:50pm** at the Rock School Auditorium: **Beginners' Lesson for Evening Contra Dance**. Warren & Terry Doyle (thru-hikers) will give you patient, fun instruction so you can not look too foolish at tonight's dance. Don't worry, contra dancing is neither Arthur Murray nor 'Dancing With the Stars'.

**8-11pm** at the Rock School Auditorium: **Annual Trail Days Contra Dance**. Live music with patient, clear dance instruction, and it's FREE! For new dancers, please come to the beginners' lesson beforehand at 7pm. "The most fun you can have standing up." No partner or fancy duds needed. Please attend sober. [www.contradancersdelight.com](http://www.contradancersdelight.com).

**8-10pm** at the Town Park Gazebo: The Trail Days Committee hosts **Live Music by Fritz & Co.!** This band brings the fun with genre-defying exciting original material and a few beloved covers.

**1am: Town-wide quiet hours** begin at midnight on Friday and 1am on Saturday. No exceptions.

## Sunday, May 21st

**9-11am** at the Rock School Auditorium: **Successfully Walking the Entire AT**. Dreaming of doing the AT either by thru-hiking or section hiking? There doesn't have to be a 75% failure rate and all that waste of your time and money. Come get some time-tested, field proven wisdom by an elder who has 'walked the walk' and earned the right to 'talk the walk'. [www.warrendoyle.com](http://www.warrendoyle.com)

**10am-4pm daily** at the Luke5Adventures booth in the Town Park: Luke5Adventures uses special equipment to **take individuals with disabilities on hikes**. Stop by their booth in the Town Park if you would like to go on a short hike on the AT. There is no charge.

**10am-5pm daily** at the Damascus Trail Center: The Damascus Trail Center is hosting a silent auction of framed wildflower cross-stitch art to benefit the **Mount Rogers Appalachian Trail Club's (MRATC) Stacey Levin Memorial Fund**. The auction closes on Monday, May 22nd at 5pm.

**10am-1pm** by the Caboose in the Town Park: Meet up to join in **Responsible Stewardship's Community Litter Cleanup**. This all-volunteer litter cleanup helps remove the negative impact that festivals can have on a community, by removing litter throughout the whole town and festival areas. Come and help make our outdoor spaces a better place to recreate and our communities a better place to live. [www.responsiblestewardship.org](http://www.responsiblestewardship.org).

**10am-6pm** at Appalachian Heritage Distillery: **Build-Your-Own Bloody Mary bar**

**10am** at the Appalachian Trail Conservancy booth in the Town Park: **ATC raffle drawing!** Beginning at 11 AM on Friday, ATC will raffle off outdoor recreation gear. The final raffle will be on Sunday, May 21 at 10 AM. Participants must be present at the booth to win. Swing by to toss your name in the raffle!

**10:30am-noon** at Laurel Creek Park: **Praise & Worship Service** with a message by Brad 'Shep' Sasser and worship led by the Trail Days Ministry Team

**10:30am-12:30pm** from the Damascus Library: Join the American Chestnut Foundation on an interpretive hike of about 2.5 miles, **Hiking With Ghosts, American Chestnuts on the Appalachian Trail**, to see tree sprouts in the wild and hear the story of the American Chestnut's past, present, and future.

**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. [www.rundamascus.com/the-race](http://www.rundamascus.com/the-race).

**11am** at the Damascus Trail Center: **Rain Garden Talk and Rain Barrel Giveaway** - The Upper Tennessee River Roundtable will host a rain barrel 101 class in the Damascus Trail Center Classroom. Participants who attend will be entered to win their own rain barrel.

**11:15-12:15pm** at the Rock School Auditorium: **Trail Epiphanies**. Receiving the gifts the trail provides, IF you are aware and open to them. (no mention of ounces/pounds, equipment). [www.warrendoyle.com](http://www.warrendoyle.com)

**12-2pm** at the Town Park Gazebo: The Trail Days Committee hosts **Live Music by My New Favorites!** My New Favorites feature a mix of honky-tonk and Appalachian music that is authentic enough for purists and progressive enough for folks ready to hear the Allman Bros. played on the old-time clawhammer banjo.

**12-8pm** at the Trail Town Event Center: **Shop Till You Drop** vendor market with thru-hikers and local artisans selling their handcrafted and AT-themed products. Custom jewelry, photos, artwork, wood carvings, candles, books, clothing, animal hides, and more.

**12-4pm** at Wicked Chicken Winghouse & Tavern: **Live music by Adam Musick**

**12:15-2:15pm** at the Damascus Trail Center: **Rain Garden Planting and Native Plant Giveaway**. Love native plants or wetlands? Help the Washington County Master Gardeners and Appalachian Trail Conservancy plant a native wetlands garden at the Damascus Trail Center. All supplies and refreshments will be provided. Volunteers who help will be entered into a native plant raffle!

**12:20-1:30pm** at the Rock School Auditorium: **How to Day Hike the Entire AT**. Yes, it can be done. Find out how. [www.warrendoyle.com](http://www.warrendoyle.com)

**1:30pm** at One Way: **Free Shuttles North and Southbound** leave for Erwin and Bland - sign up at One Way

**1:45-2:45pm** at the Rock School Auditorium: **Should the Trail be Closed for Health or Budgetary Reasons?** A moderated discussion trying to answer the question of: Are we hiking into a Brave New World or a Timid New World? [www.warrendoyle.com](http://www.warrendoyle.com)

**2:30-4:30** at the Town Park Gazebo: The Trail Days Committee hosts **Live Music by Phantom!** Perennial favorite Phantom will fill the air with its energetic renderings of '70s & '80s rock and roll.

## Monday, May 22nd

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

## Tuesday, May 23rd

**5:00pm** at the Rock School Auditorium: **Be Bear Wise program and Q&A with the Virginia Department of Wildlife Resources**. DWR biologist Bill Bassiner and L.E. Corey Garner will give a presentation and answer questions. Open to the public; all are encouraged to attend. Come to learn more about living with black bears in Damascus and the surrounding area. Hosted by the Damascus Police Department.

*The schedule is subject to change. To see an updated schedule, visit [www.VisitDamascus.org/TrailDays](http://www.VisitDamascus.org/TrailDays).*