



Welcome to "Hike With Us" 2017!

Outdoors in the Smokies, Inc. of Cosby, TN has a one-of-a-kind, building block trail hiking program intended for all abilities! These are group "day hikes" that will increase by one mile per month as the year progresses.

If your interests or goals for 2017 include fitness, wellness, weight loss, happiness, and more quality time with Mother Nature, this is meant for you!

Come join us while we use the beautiful Great Smoky Mountains National Park as our "gym". Contact Dan (423.200.9935) or Colleen (423.532.0871) for info!

Also, visit us at: www.outdoorsinthesmokies.com

Some rules up front:

- This is a non-competitive, all inclusive, fun, and drama free environment
- There is NO COST to hike with us
- There is no experience necessary (but training and education is encouraged*)
- Waiver of Liability must be signed
- Mandatory items*required for hikes in excess of 5 miles (to be explained)
- Participants need to hike/exercise in the time between group hikes in order to continue to enhance fitness levels; ensuring the ability to add an additional mile +/- to next month's hike.
- NO PETS (GSMNP policy)
- Learn 'Hike Your Own Hike' concept



Hikers are welcome to do more than the prescribed hike on the group day, but, hikers **MUST** "check out" with Dan or Colleen if pushing farther than the turn-around point and **NOT RETURNING** with the group.

*Outdoors in the Smokies provides training services on hiker gear/equipment & proper use. Training is geared towards hiker preparation (many aspects) and safety/survival. Class dates/times will be made available.