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ForestWatch Outing

Outing Alert

September 6th, 2017

**"Slow Hike"
for Artists, Writers & Forest Bathers
Sunday, September 24**

Join Now

Is your membership current? Not a member yet? Join Georgia ForestWatch and help us watch your forests.

[CLICK HERE NOW](#)



Georgia ForestWatch

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Check us out on the web
at www.gafw.org



photo by Sue Harmon

Hike Leaders: Brenda Smith & Sue Harmon

Hike Location: Warwoman Dell, Clayton, GA

Outing Description: You may have heard of "Slow Food," but how about "Slow Hiking" or "Forest Bathing?" Well, this will be a slow hike and forest bathers are welcome! We will meet at the Dell and enjoy an hour together, wandering the short nature trails, which include a small waterfall. Next, each person will choose a spot in the Dell for an hour or so of silent work alone: nature journaling, photography, drawing, writing, meditation, reading, or the simple luxury of forest bathing! At noon, we will come back together to enjoy a potluck picnic at the large shelter in the Dell. After lunch, there will be a more substantial hike, leaving the Dell and getting onto Bartram Trail, taking it north to Becky Falls and then to Martin Creek Falls and back. No commitment to the longer, post-lunch hike is required.

Hike Date: Sunday, September 24th, 2017

Meeting Time, Place and Directions: We will meet in the Dell at 10:00am. When leaving Clayton on Warwoman Road, look for the State Historical Marker for the Bartram Trail on your right, immediately before the driveway into the Dell, which is a very sharp and steep right. Pull into the drive and past the first parking area, continuing all the way to the end of the drive, where you will park below the large shelter. Google Maps link [here](#)

Distance and Difficulty

Hiking around the Dell before lunch will be leisurely and slow, covering about one mile. There are a few steep places and some steep stone stairs, but these can be avoided, if needed. The post-lunch hike to Martin Creek Falls will be 3 miles round trip, moderate, with a leisurely pace. The trail has the usual ups, downs, roots, rocks, and a few shallow, wet crossings. The few steep climbs are short, no longer than 1/8 mile.

Duration of Hike: Lunch should be over by 1:00pm. Those who stay for the Martin Creek hike will be back to their cars by about 3:00pm.

Participant Limit: 20

What to Bring and Wear: Lunch--you can bring your own or something to share. You can leave your lunch in a cooler in your car until lunch time. Bring any art material you wish to use. Bring a chair, blanket, sit-upon, or meditation cushion. Bring plenty of water, rain gear, sturdy footwear, hiking poles if you need them. If allergic to bees/wasps, remember to bring your meds/epi-pen.

Cancellation: Participants will be notified by 6:00pm the evening before the hike if cancellation is required due to forecast of severe weather, etc.

Pet Policy: No pets, please

Family Safe Policy: Georgia ForestWatch outings are a smoke, alcohol and drug-free setting.

Sign Up Now! **Reservations Required**

Our outings are free of charge and open to everyone on a first-come, first-served basis, up to the limit. **BUT DON'T FORGET**, Georgia ForestWatch members are given early-bird priority. ***Non-members, please register on or after September 9th.*** To learn how you can become a member of Georgia ForestWatch, [click here](#).

To Reserve Your Spot: Register [online](#) or call 706-867-0051 with the following information.

1. Name of person(s)
2. Your email address
3. Your phone number (preferably cell if you will be carrying it on the outing day)

For more information on the hike OR if you need directions the day of the hike, contact Sue Harmon by email [here](#) or phone/text the number provided in your confirmation email. **Text or email preferred.** Remember, the Georgia ForestWatch office is not open on weekends,

so please contact Sue directly. Note that registration for this event closes at the end of business day Friday, September 22nd.

Upcoming Outings & Events - Mark Your Calendars

Saturday, September 16th - Family Hike (kids & dogs welcome) - *with Sally and Tom Colkett*

Sunday, September 24th - "Slow Hike" for Artists, Writers and Forest Bathers - *with Brenda Smith and Sue Harmon*

Saturday, October 7th - Georgia ForestWatch Fall Retreat and Annual Membership Meeting at Vogel State Park

Saturday, November 4th - Geology and natural communities walk to the Zahnd Tract - *with Leslie Edwards and Bill Witherspoon*

