

Women's Trail Summit



November 21-23, 2025 ♦ Amicalola Falls State Park
Presented by Georgia Appalachian Trail Club



OVERVIEW

PRE-SUMMIT LEN FOOTE HIKE INN TRIP* (OPTIONAL)

Nov. 20 • Thursday

**Booking required by calling Hike Inn Reservations*

SOCIAL HOUR

Nov. 21 • Friday, 5:00 PM - 6:30 PM

AFSP Lodge Conference Center

KEYNOTE SPEAKER: HEATHER ANDERSON

Nov. 22 • Saturday, 9:00 AM

AFSP Lodge Conference Center

EDUCATIONAL SESSIONS

Nov. 22 • Saturday, 10:30 AM, 1:30 PM, 3:15 PM

AFSP Lodge Conference Center

NIGHT HIKE (Led by Ann Burchfield)

Nov. 22 • Saturday, 7:00 PM

Trails at AFSP

LONGER WORKSHOPS

Nov. 23 • Sunday, 8:40 AM

*AFSP Lodge Conference Center and
The Visitor Center Arch Room*

CLOSING SESSION AND DOOR PRIZES

Nov. 23 • Sunday, 11:00 AM



KEYNOTE SPEAKER

**Heather
'Anish'
Anderson**

SATURDAY 9:00 AM

REGISTRATION TIMES

Nov. 21 • Friday, 4:00 PM - 6:00 PM

Nov. 22 • Saturday, 7:30 AM - 8:30 AM

MEALS

Continental Breakfast

Saturday & Sunday, 7:45 AM - 8:45 AM

Lunch is Provided

Saturday, 11:45 am - 1:00 pm

**EARLY
RISER
ACTIVITIES**
Both Days - TBD

PROGRAM SCHEDULE NEXT PAGE

Program Schedule

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SATURDAY

10:30
A.M.

**GEAR UP AND GET OUT:
FIND YOUR PERFECT KIT**

*Whitney June
Ashley Luke*

Ready to start backpacking but overwhelmed by your gear choices? We'll talk about the many factors that go into evaluating your gear from cost to weight, comfort to style - and show you some of the options to build your perfect kit.

**APPALACHIAN WILD:
A HIKERS GUIDE TO TRAILSIDE
BLOOMS & WONDERS**

Eddi Minche

Hiking is more than covering miles, it's a journey for the mind as well as the feet. Have you ever wondered what that red flower is and if you can eat it? An incredible number of useful and beautiful plants are alongside our toes and just waiting to be noticed. Join me to learn more about what is commonly seen on our Appalachian trails.

WHAT'S IN MY ZIPPY?

Sunny Waller

For those misadventures we may have in the woods, something as simple and lightweight as a small ziplock bag can carry items essential to keeping one safe on your hiking adventures.

1:30
P.M.

**HIKING WITHOUT BORDERS:
PLANNING YOUR INTERNATIONAL
ADVENTURE**

*Irene Hall
Marianne Skeen*

Where should I go? Who should I travel with? Do I prefer a self-planned/self-guided trip or would I be more comfortable with a supported trip? We will explore different strategies and different styles of hiking in a variety of international settings to help you plan for global adventures.

**FEARLESS AND FRESH: WOMEN'S
HYGIENE & SAFETY OUTDOORS**

Chelsea Parrot

Hiking and backpacking experts will share their knowledge and answer your questions about hygiene and personal safety while on trail.

**WORDS FROM THE WILD:
WRITE ABOUT NATURE'S LESSONS**

Heather Anderson

What makes evocative nature writing? Join author and hiker, Heather Anderson to explore tips and techniques for getting your experience down on paper in a way that brings the reader into the experience with you. This workshop includes a practicum so be sure to bring your preferred writing implement and paper!

3:15
P.M.

**LITTLE FEET, BIG ADVENTURES:
HIKING WITH KIDS**

*Lauren Preskitt
Ann Burchfield*

The Outdoor Moms is a growing community founded on the belief that nature heals—and that motherhood shouldn't mean losing yourself. In this session, we'll share how we're empowering women to get outside, build community, and raise confident, adventurous kids by making the outdoors more accessible for families. Whether you're hiking with a baby carrier or curious how to make trails fun for toddlers, we'll offer tips, stories, and encouragement for every chapter of motherhood.

OUTDOORS FOR EVERYONE

*Temple Moore
Vedia Barnette*

Join Temple Moore, Outdoor Activities Program Director, Refugee Women's Network, and Vedia Barnett, Founder/Executive Director of the women's VetSpace organization, as they share the challenges experienced in introducing the outdoors to women in their organizations.

WALKING AS A SACRED PRACTICE

Collin Chambers

Beyond the physical goal of completing miles, there exists a profound, transformative aspect to walking. You are invited to shift your perspective from mere physical activity, exploring how the intentional act of putting one foot in front of the other becomes a powerful meditation...a ritual for self-discovery, connection, and deep inner healing on the trail and in daily life.

7:00
P.M.

NIGHT HIKE

Ann Burchfield

Join Ann Burchfield on a one hour night hike at Amicalola Falls State Park to listen and learn what may go "bump in the night" and how night hiking can be fun! Bring your headlamp!

SUNDAY

8:40
A.M.

STRONG AND CENTERED

Whitney Gilrath

Breathe, bend, backpack, mat to mountain for serenity and wellness in nature. Enjoy a 90 minute all levels yoga practice with flow and restore asanas. You will have a mindful art project provided by the instructor.

THE DIRT ON TRAIL MAINTENANCE

*Christine Ramsey
Kelly Motter
Carol Cherry*

Crosscut sawing, rock splitting, maasdam rigging. Learn how easy it is to become a part of the trail maintainer team. We will introduce you to the basic tools and demonstrate techniques we use to keep our Georgia trails in great shape.

**STEP INTO ADVENTURE:
BACKPACKING FOR BEGINNERS**

*Ashley Luke
Lauri Corbin*

Ready to start backpacking? In this class we'll help you pack and plan to be successful when you hit the trail.

SURVIVAL IN THE BACKCOUNTRY

Karla Redman

Step off the beaten path and put your wilderness instincts to the test! This workshop dives into the core skills every backpacker needs - including the importance of staying calm, resourceful, and resilient when the unexpected happens. We will talk about some of the basics of survival and most importantly, learn how to navigate with a map and compass. If you have never used a compass and want to learn or it has been a long time and you need a refresher, now is your chance! This is perfect for hikers ready to sharpen their survival edge and embrace the wild with confidence.

For more information, contact wts@georgia-atclub.org