



## **MUDDY BOOTS HIKING – FAQs**

### **What is Muddy Boots?**

Muddy Boots is a fun and casual group sponsored by New Villagers (but anyone is welcome) that each month undertakes easy-to-moderate hikes generally of 3-5 miles.

### **When do you hike?**

We hike on the second Monday of the month (rain date is the 3rd Monday). We meet at the Chota Center (across from the Marathon Gas station) to carpool to the hike. We meet at 8:00 a.m. except in December-February when we meet at 9:00 a.m.

### **Where do you hike?**

We hike all around Eastern Tennessee. We hike in the Smoky Mountains, the Cumberland Plateau, the Cherokee National Forest, the East Lake Shore, and state parks. The objective is to introduce you to the wide diversity of geography, topography, flora and fauna in the region.

### **What does it cost?**

Nothing! There is no cost to participate, no sign-up, no membership. The only cost is gas money for carpooling and if we eat at a local restaurant after the hike.

### **How do I participate?**

Sign up for the Muddy Boots email list on [TellicoLife.org](http://TellicoLife.org). That way you'll get announcements of upcoming hikes and any changes to the schedule due to weather. There's no advance registration, on the day of the hike, just show up!

### **How difficult are the hikes? Do I need to be in great shape?**

Muddy Boots hikes are generally 3-5 miles and rated as easy-to-moderate. You should be capable of sustained walking, sometimes over uneven terrain, some up and down inclines and hills. If you can walk a couple of hours and climb a flight of stairs, you can do it!

### **What equipment do I need?**

You'll want to have a good pair of sturdy shoes. Hiking boots or trail shoes are recommended but not required. You'll want to bring water on the trail, and probably a snack. A small backpack, hip or fanny pack is a good way carry your water and other items. Finally, a pair of hiking or trekking poles is helpful for ensuring your footing and balance, shifting some weight/work from your legs to your arms and giving you an overall aerobic workout.

### **How should I dress?**

Dress for the weather...which can change and may be different at elevation. So, dress in layers that you can add or subtract as needed. A pack is helpful to store your extra layers. Synthetics and wool are better than cotton at wicking moisture and keeping you dry/cool/warm as needed. During warmer months, use sunscreen and bug spray as needed.

### **Lions and tigers and bears, oh my!**

We hike in the woods, home to a range of wildlife. That said, most of our hikes are on well-traveled trails and our large, talkative group is usually enough to cause wildlife to leave the trail to ourselves.