



Tennessee Great Smoky Mountains Women's Backpacking

4 Days



The Adventure Company | EST. 1969

MT+SOBEK™

MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Tennessee Great Smoky Mountains Women's Backpacking

Perfect for the backpacking adventurer who wants to try the Appalachian Trail, hone multi-day backpacking skills or just disconnect from the day to day, this trip gives you a taste of being a thru-hiker. We wake each morning to the symphony of the forest. Fueled by hot coffee and a hearty breakfast, we backpack to primitive shelters, camp in lush meadows, traversing narrow ridgelines, threading old-growth forests, and pausing to appreciate the grandeur of Great Smoky Mountains vistas. Along the trail, our passionate expert guides share the Smokies' history, lore and field-tested backpacking tips. Evenings bring friendly camaraderie around the campfire. The simplicity of trail life soothes stress and helps us be mindful in the here-and-now. Our journey culminates with gratitude for new friends and wild places. Mind clear, spirits renewed, we depart ready to take on life's next adventure.

Details

Arrive: Gatlinburg, Tennessee

Depart: Gatlinburg, Tennessee

Duration: 4 Days

Group Size: 4-6 Guests

Minimum Age: 18 Years Old

Activity Level:



Testimonials

We have traveled throughout the world, but never experienced a level of service and attention to detail as we did with MT Sobek.

Dennis G.

MTS delivers remote adventure with the smoothest logistics and unrivaled depth of local experience. One call and you are expedition ready. Booking our eighth trip now!!

Helen S.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

☎ 1-800-974-0300

✉ info@mtsobek.com

Why Take This Trip With Us?

REASON #01

Our expert guides provide travelers with helpful backpacking tips and techniques, plus knowledge on local wildlife, geology, and history.

REASON #02

MT Sobek's legacy of preservation and protection enables us to operate over 30 Global National Park adventures.

REASON #03

MT Sobek has taken care of all the logistics to visit this one of a kind backpacking adventure.

What to Expect



ACTIVITIES

Hike for 6-10 hours per day most days carrying a 30-35 pound backpack.



LODGING

Spend three nights camping in the backcountry.



CLIMATE

Daytime temperatures in the 60s-70s with nighttime temperatures in the 40s-50s.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.


Ben knew from an early age that he would count on the natural world to guide him throughout his journey. Ben received a B.S. in Geology and Environmental Studies from the University of Tennessee with a minor in Forestry, Wildlife and Fisheries Science. He has worked as a Research Technician with the Department of Plant Sciences since 2013. Ben has Outdoor Guide Certifications from the University of Wyoming and is a Certified Interpretive Guide.

Ben Wolfe

Beth has always enjoyed staying active outdoors as she grew up in East Tennessee. She has a B.S. in Ecology and Evolutionary Biology from the University of Tennessee where she gained research experience in the hybridization of minnows in the Clinch River Valley. While the mountains are home, Beth loves to travel and explore new places as much as possible. She enjoys running, cooking, and spending time on the water.

Beth Wolfe

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Itinerary

DAY 1

WELCOME TO GREAT SMOKY MOUNTAINS NATIONAL PARK!

Our adventure begins this morning in Gatlinburg, Tennessee, where we will meet our guides and fellow travelers. After a brief orientation, pack check, and distribution of group gear we transfer to the trailhead to begin our exploration of Great Smoky Mountain National Park. On the trail we'll pass through stunning meadows and magical old growth forests on the way to our stop for the first night. This evening we'll enjoy dinner, recount the day's adventure, and turn in for the evening under a blanket of stars.

Activity: 3 – 5.5 miles depending on specific route with 1,500-3,000' elevation gain and loss

Meals: D

DAY 2

TODAY WE BACKPACK THE MOST REMOTE AND DIVERSE SECTIONS OF TRAIL IN THE SMOKIES

Awaken to the symphony of the forest as we ease into our first day of life on the trail. Depending on our route we may find ourselves traversing the slopes of ancient Mount Guyot, the second highest peak in the Smokies, soaking in the spectacular views at Charlie's Bunion or working on our naturalist skills along some of the most remote trails in the eastern United States.

Activity: 6.5 – 13 miles depending on specific route with 1,500-3,000' elevation gain and loss

Meals: B, D

DAY 3

THE APPALACHIAN TRAIL AWAITS AND PROVIDES US THE OPPORTUNITY TO EXPERIENCE LIFE AS A THRU-HIKER

Rise and Shine! We'll start this morning with a trail breakfast and coffee to fuel a beautiful day of human powered exploration. Get ready for another day spent in awe as we hike among old growth Boreal forests and continue our journey along sections of the iconic Appalachian Trail. We'll get a feel for the thru-hiker experience and depending on our route may even have a chance to experience the most challenging sections of the AT in Great Smoky Mountains National Park today.

Activity: 6 – 13 miles depending on specific route with 1,500-3,000' elevation gain and loss

Meals: B, D

DAY 4

CHERISH THE LAST FEW HOURS SPENT AMONG NEW FRIENDS ALONG SECLUDED TRAILS IN AMERICA'S MOST VISITED NATIONAL PARK

Today's journey is bittersweet as we continue to soak in breathtaking views and panoramas along our last miles back to the trailhead. Regardless of our route, we'll cherish these last few hours spent in the remote corners of the United States' most visited national park with passionate guides and like-minded new friends.

Activity: 3-11 miles depending on specific route with 1,500-3,000' elevation gain and loss

Meals: B

Dates

May 25 - 28, 2025

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Inclusions & Exclusions

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

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► The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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SEVEN CONTINENTS.

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