



ORGT is part of Tech history! Since 1970, we have enhanced student, faculty, & staff experiences at Tech with quality outdoor adventures.

ORGT is also part of Healthy Lifestyles Programming at the CRC.

We are a community of volunteers & professional staff committed to delivering outdoor experiences of the highest caliber.

Each year, we offer about 140 day & overnight adventures -- including about 15 extended expeditions around the globe!

"Saturday Mornings" are toned-down versions of the experiences we provide for 3,500 individual students each year. They are beginner-friendly & tailored for most fitness levels.

www.crc.gatech.edu/orgt/

On the day of your Wellness Walk:

- Meet ORGT staff at trailhead at 0730.
- Hike with a seasoned ORGT instructor & "wellness" expert (yoga instructor, naturalist, historian, etc.)
- Pack light: water, snacks, & rain gear.
- We'll bring 1st aid supplies, etc.
- Return to your car by noon.

Questions?

david.knobbe@crc.gatech.edu
404-894-6267

Year-round Opportunities: Did you know ORGT rents everything you need for a comfortable camping trip – Tents, sleeping bags & pads, stoves, chairs, coolers & more?

ORGT

Outdoor Recreation Georgia Tech

Saturday Morning Faculty-Staff Wellness Walks

CRC /ORGT "Wellness Walks" are beginner-friendly 3-5 mile guided hikes conducted at a leisurely pace, scheduled "close" to Atlanta so you can "get up, get out, and get home" before lunch on Saturday & still have time for the rest of your busy weekend.

NEAR NORTH – Kennesaw Mountain **Sept. 23, 7–11 am**



Meet for breakfast at Mountain Biscuit Company at 7:00 am if you're an early-riser, then join the group at the base of Little Kennesaw for a trek over the smaller mountain then up to

the top of Big Kennesaw. Before Atlanta fell to General Sherman's Union army in 1864, a fierce battle raged at the base & on the face of the mountains. 4 miles.

WEST – Sweetwater Creek

October 7, 7:30 am–11 am



20 mins from downtown. The path follows spirited Sweetwater Creek past a textile mill burned during the Civil War. Trails climb rocky bluffs to views of beautiful rapids & then wind

through fields & forest. Enjoy ferns, amphibians, wild azaleas & reptiles. 5.2 miles.

FAR NORTH – Emery Creek Falls **Oct. 21, 8 am – 4 pm**



1.5 hours from GT. Van transport provided from GT.

The trail follows lushly forested creek banks to a beautiful waterfall -- Not Georgia's tallest, but remote and serene. The 6.5 mile trail is scenic & water-filled. It splashes through 20 creek crossings on the way to tumbling cascades and a quiet pool.

Unless you can fly, you can't stay dry on this hike. Don't worry if you can't swim, the water is rarely deeper than knee deep. The trail is rough, rocky & moderately strenuous.

You should be in good physical condition and have sturdy shoes for walking.

NORTH – Redtop Mountain **Nov. 11, 8 am–12 nn**



30 minutes from GT. Van transport from GT is available.

Red Top Mountain is a little further from Tech's campus, but if you're looking for places to get outside, it should be on your list. It's

under 30 miles from Tech and ideal for swimming, fishing, hiking, & camping. There are 15 miles of forested trails, a 12,000 acre lake, & lots of options for overnight camping.