



## Expeditions Spring 2024 BSAC High Adventure

# Benton Mackaye Trail



At just short of 300 miles with 82 miles in Georgia and 206 miles in Tennessee, the Benton Mackaye Trail shares a starting point on Georgia's Springer Mountain with its world famous, but much longer, Appalachian Trail. Bending into Tennessee and wiggling along a sky-high ridge on the North Carolina border, it goes into the Great Smoky Mountains National Park, making it the longest trail in the Smokies. Ridgeline views and innumerable crossings of mountain streams makes this trail a picturesque trail. Numerous short hikes with amazing views, splendid waterfalls and backpacking treks of 1-4 nights are accessible.

More information is available at <https://bmta.org>

# Lehigh Gorge State Park



Lehigh Gorge State Park is located in the Pocono Mountains in northeastern Pennsylvania. Consisting of 6,107 acres, it is characterized by a deep, steep-walled gorge, carved by the Lehigh River, along with thick vegetation, rock outcroppings and waterfalls. The river provides class II and III rapids for whitewater rafting, a major attraction for many. In addition, there are a numerous hiking and bicycle trails to explore.

More information is available at <https://www.poconomountains.com>. Search for Complete Guide to Lehigh Gorge State Park in Pennsylvania.

## Lost Nation Game Area



Lost Nation State Game Area consists of approximately 2,375 acres in Hillsdale County, Michigan and is important ecologically because it provides critical habitat for a variety of plant and animal species. Within this area are 4 hiking trails, 2 of which are a part of the North Country Scenic Trail as well as 2 others, Doty Cave and The Lake Number One and Two Trail. Low foot traffic can be expected.

For more information search Best Hikes and Trails in Lost Nation Game Area.

# Safety Moment

## Hiking



### SUMMARY

Hiking is a great way to spend your time in the outdoors. Hikes are also good ways to get into better shape for more strenuous activities. Hikes can range from covering just a short distance to the 20-mile hike required for the Hiking merit badge. Some hikes might be on maintained trails that are relatively flat; others are on rough terrain that is physically demanding. Regardless of how long a hike is, it is important to be prepared.

### GENERAL INFORMATION

- Decide where you will go and review the route on a map. Make sure the hike is within your capabilities and that you are prepared for the terrain.
- Recruit at least one buddy to hike with you. It will be more fun and safer, too.
- Always let someone know where you are going, when you are leaving, and when you will return. That will ensure that, if something goes awry on the hike, someone will know that you haven't returned and will start looking for you.
- Review the weather for the area you are hiking in. Will it be sunny, raining, snowing? Windy or calm? Plan accordingly, including considering postponing the hike if the weather is especially inclement.
- Bring the **10 Scout Basic Essentials** with you. Doing so will help you be prepared for most situations that might arise.
  - **Pocketknife or multitool:** A clean, sharp pocketknife can come in handy for a variety of situations.

- **First-aid kit:** While a youth or adult leader will bring a group first-aid kit along, you should bring a personal kit, too.
- **Clothing:** Bring extra clothing to match the forecast and be ready for changes in the weather. You might bring an extra layer or two. Comfortable and appropriate footwear will help protect you. Break in new footwear before heading out.
- **Rain gear:** Besides protecting you from getting drenched, it can be used to block the wind.
- **Flashlight or headlamp:** Finding your way in the dark is critical.
- **Trail food:** Snacks like granola, dried fruits, and trail bars can give you the energy you need to complete your hike.
- **Water:** Staying hydrated is important, regardless of whether it is a hot or cold day.
- **Matches and fire starters:** You might not be planning to need a fire, but it might become critical in an emergency.
- **Sun protection:** Includes a wide-brimmed hat, sunglasses, and sunblock. Sun burns can happen even on cloudy days.
- **Map and compass:** Knowing where you are going and how to get back are absolutely critical. Know how to use the map and compass before you begin your hike. Plan how you will communicate with emergency personnel in the event of an emergency. This might be a satellite phone if there isn't cell service.

## RESOURCES

- [10 Scout Basic Essentials](#)
  - [Troop Leader Resources for Hiking](#)
  - [Cub Scout Six Essentials](#)
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