

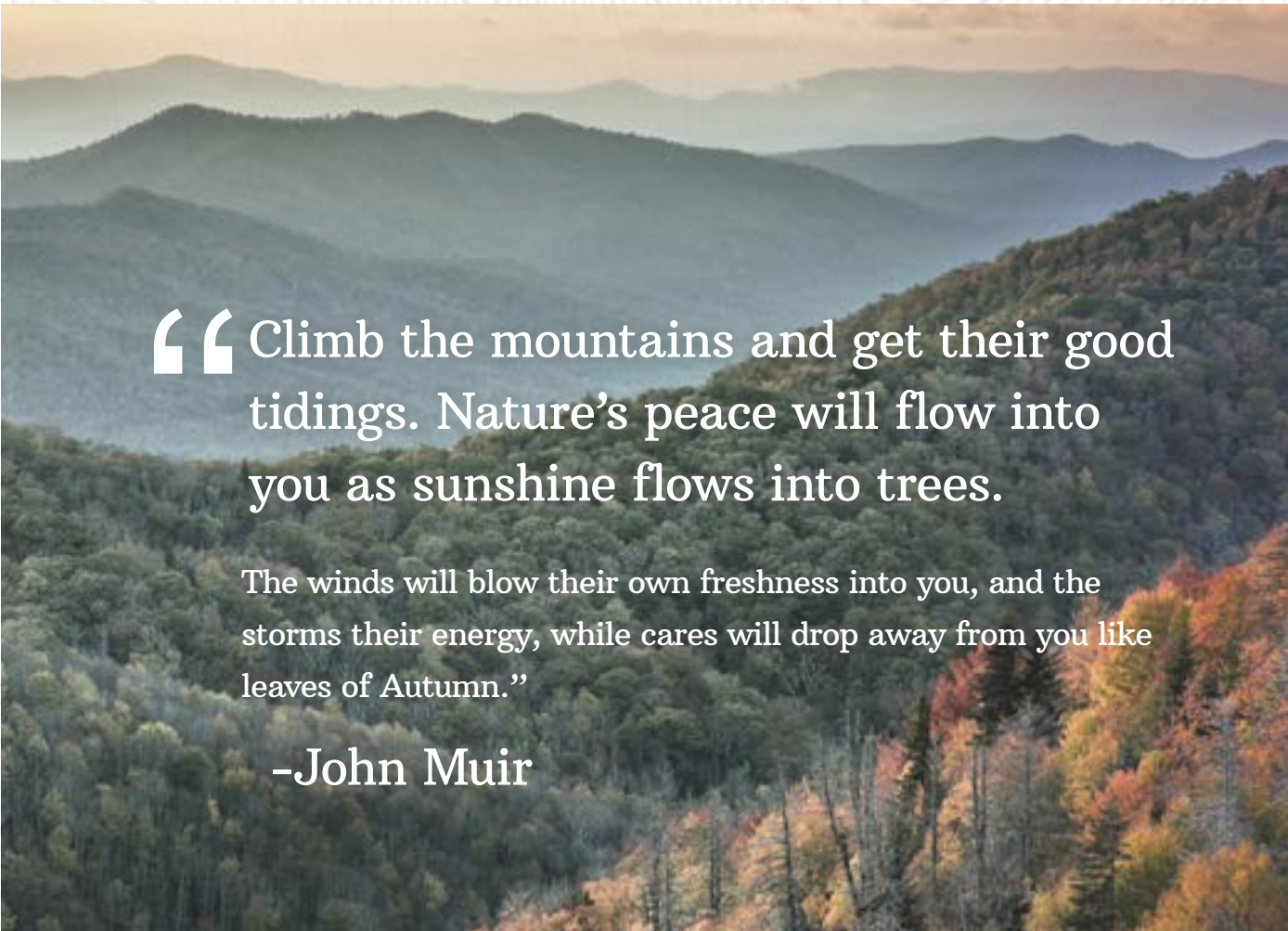
Threshold

EXPEDITIONS

PISGAH FOREST, NC



Join us on the Art Loeb Trail & Pisgah National Forest in North Carolina's Blue Ridge Mountains. Ranked by National Geographic Adventure as one of the best trails in North America, the iconic Art Loeb Trail offers a 30-mile point-to-point traverse in the stunning Blue Ridge landscape.



“Climb the mountains and get their good tidings. Nature’s peace will flow into you as sunshine flows into trees.

The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like leaves of Autumn.”

–John Muir





RUN. RETREAT. REPEAT.



The diversity of challenging climbs, exhilarating descents, mountain streams and inspiring views pack this expedition full of everything we love about trail running.

We start our adventure along the banks of the Davidson River and run through the tranquil Pisgah National Forest. We summit Pilot Mountain before continuing our climb to Black Balsam Knob, following the trail along the mountain balds into the Shining Rock Wilderness area with an optional push to the summit of the famous Cold Mountain.

These mountains will leave our spirits renewed with their ancient gifts.

Threshold Expeditions' professional team curates and operates all of our own trips throughout the U.S. We hold ourselves to a high standard and insist on excellence in the quality and experiences we create for our clients.

Each trip has a support vehicle to meet you at designated points along your running journey. All of our professional guides are wilderness medicine certified and know how to keep you safe and happy as you explore in our inspiring, beautiful destinations.

Our trips have three leaders with two logistic support staff. No matter which distance you decide to conquer in a day, you will have a guide with you out on the trail. They offer a wealth of knowledge and will enhance your trip with stories, nutrition support, education and fun.

Threshold offers multiple daily routes to support a variety of activity levels, ability and preferences.

DAY 1

| WED OCT 21, 2020

Arrive in the beautiful Blue Ridge Mountains of Western North Carolina. Meet your Threshold Expedition leaders at 12:30 p.m. at the Ecusta Brewing Company in Brevard, N.C. Please arrive dressed in your running clothes with your gear from our “Art Loeb Gear List” and bring your luggage (to be transferred to our accommodations at Pilot Cove). Meet the team and your fellow runners for brief intros, safety overview, blister prevention and a gear check.

Shuttle to Trailhead

Running Options: Art Lobe Trail

6 mi. Davidson River to Cat Gap Loop to Forest Service Road 5017
(max pace 20 min./mi.)

12 mi. Davidson River to Gloucester Gap
(max pace 20 min./mi.)

Return Shuttle: Pilot Cove

Post-Run Activities

Recovery Lounge open
Settle into cabin
Threshold Sunset hour



Regroup with everyone back at Pilot Cove to check into our tree-top mountain cabins. Relax on your own or enjoy post-run healing time in our recovery lounge before Threshold Sunset Hour followed by our delicious dinner.



DAY 2

| THUR OCT 22, 2021

Our journey on one of the most beautiful trails in the United States continues. Enjoy the peace of the lush Southern Appalachian Mountain forest, mountain streams and rhododendron tunnels as we make our way to the Blue Ridge Parkway and Graveyard Fields. The day includes the challenging climb and flowy downhill of Pilot Mountain. Explore the treeless grassy bald ecosystem that is unique in the Appalachian Mountains on Black Balsom Knob. Be sure to stop for photos with the impressive 180-degree panoramic views.

7:30-8:30 a.m. Nourish your body with breakfast
9 a.m. Shuttle to Trailhead

Running Options: Art Loeb Trail

7.2 mi. to Blue Ridge Parkway
(max pace 20 min./mi.)

10 mi. to Hwy. 215 on Graveyard Trail
(max pace 20 min./mi.)

17+ mi. to Fork Ridge Trail to Sunburst Camp
(max pace 20 min./mi.)

Return Shuttle: Pilot Cove
with post run snacks & lunch

Post-Run Activities

Class option, Environmental Emergencies
Recovery Lounge open
Threshold Sunset Hour
Dinner and wine tasting



Looking Glass Falls



Join the post-run class option, relax in your cabin or take a walk on the trails, grab a beer at the Ecusta Brewery or listen to the sounds of the Davidson River as you relax cradled by the ancient Appalachian Mountains. Take time for self-care in our recovery lounge, then join the group for Threshold Sunset Hour followed by dinner and wine tasting.



Shining Rock

| FRI OCT 23, 2021

DAY 3

Today we continue on the Art Loeb trail into the Shining Rock Wilderness area. Enjoy big views and fun climbs as we approach Shining Rock and the optional trip to summit Cold Mountain. The beauty and presence of these places have resonated with people for generations. Reflect on the journey as we reach the end of the Art Loeb trail at the Daniel Boone Boy Scout Camp.

7:30-8:30 a.m. Nourish your body with breakfast
9 a.m. Shuttle to Trailhead

Running Options: Art Loeb Trail

10 mi. loop to Cold Mountain
(max pace 20 min./mi.)

10.6 mi. from Blue Ridge Parkway to finish
(max pace 20 min./mi.)

14 mi. Blue Ridge Parkway + Cold Mountain side trip
(max pace 20 min./mi.)

Return Shuttle: Pilot Cove

Post-Run Activities

Class option, Leave No Trace Ethics
Depart for Asheville outing and dinner
Recovery Lounge open

Enjoy time on your own or the recovery lounge before we head into Asheville to celebrate completing the Art Loeb Trail. At 4:45 p.m. we depart for our first stop in Asheville at the New Belgium Brewery along the banks of the French Broad River. After our tasting, we will make our way to let our spirits run free in beautiful downtown Asheville for dinner. Our evening ends with delicious treats at the French Broad Chocolate Lounge before we return to Pilot Cove.

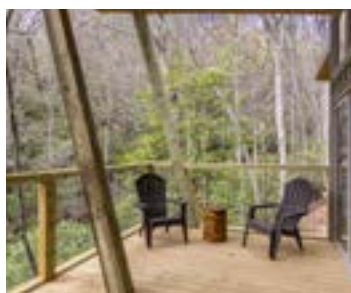




DAY 4

| SAT OCT 24, 2021

Our last morning together takes us to the top of the pluton monolith, Looking Glass Rock, which offers a big view of all we covered during our shared time together. Enjoy one last morning filled with rhododendron tunnels, exhilarating downhill, challenging climbs and amazing vistas. We return to Pilot Cove and say, “Until next time!”



6-7 a.m. Nourish your body with breakfast
7 a.m. Shuttle to Trailhead

Running Options: Looking Glass Rock

6 mi. loop with hill running clinic option

6.5 mi. loop with hill running clinic option
(max pace 20 min./mi.)


Return Shuttle: Pilot Cove

Post-Run Activities

Prepare for departure

We return to Pilot cove to freshen up and check out before we shuttle back to Asheville for departure. Please see “Arrival and Departure” details to help you coordinate your travel logistics.





PILOT COVE | BREVARD, NC
OCTOBER 21- 24, 2021

SETTING EXPECTATIONS

ACCOMMODATIONS

Three Nights Pilot Cove, where you will immerse yourself in nature while enjoying modern design and luxurious furnishings. Pilot Cove cabins are nestled in the treetops bordering the Pisgah National Forest.

Wake to the sound of song birds in the fresh mountain air and experience why Threshold Expeditions loves to adventure in these wild places.

www.pilotcove.com

ARRIVING & DEPARTING

Please inform your trip coordinator of your arrival and departure plans. Asheville Regional Airport is the recommended choice for this trip. It is located approximately 30 minutes from our accommodations in Pisgah Forest.

DESTINATION DETAILS

Brevard, NC

Local Time: Eastern Time Zone

October climate averages:

High °F 69

Low °F 42

Precipitation 4.45 inches

MEETING TIME & LOCATION

12:30 p.m. EST

Ecusta Brewing Company

49 Pisgah Hwy #3,

Pisgah Forest, NC 28768

RECOVERY LOUNGE

Support your body in an optional recovery lounge with yoga mats, stretching, foam rollers and other healing tools.

MEALS

Successful running begins with excellent nutrition. All meals for our trips are curated by PhD. nutritionist Stephanie Howe. She emphasizes local ingredients that capture the best from the regions we visit. Her meal plans include nourishing breakfasts, post-run picnics, boxed lunches, dinner together on property prepared by your Threshold team or dinner together at one of our favorite restaurants.

Please inform your trip coordinator of any food allergies or dietary restrictions we need to consider.

3 breakfasts, 3 lunches, 3 dinners

*Wine tasting and the brewery tour included.

*Additional alcohol not include in cost.

TRAINING PLANS

All Threshold trips are curated by professional runners and coaches. Each itinerary comes with a trip-specific training suggestion guide. Our excursions are designed for various fitness levels, so we offer daily mileage options that will meet your ability.

CONCLUSION OF THE TRIP

Threshold Expeditions will offer shuttle service to the Asheville Regional Airport and Downtown Asheville at the conclusion of the trip.

POST-RUN CLASS OPTIONS

Threshold Expeditions' team of experts offers a wealth of knowledge and experience on wilderness medicine, nutrition, environmental issues and more. We offer optional post-run classes on many of our trips. Pisgah offerings include:

Blister Prevention and Care

Learn multiple effective blister prevention techniques including pre-taping, sock selection, lubricant and powder use, lacing systems and gaiters. Understand the best way to clean, lance and cover a blister to keep running and hiking comfortably. Learn what products to carry on hikes or runs.

Wound Care

Learn how to clean common cuts and scrapes to prevent infection and promote healing. Design a lightweight first aid kit to care for common trail-running injuries.

Hydration

Understand how much fluid you need to carry to safely fuel a hike or run in different environments. Learn best practices to prevent and treat both over-hydration and dehydration. Discuss sports drink choice, electrolyte use and hydration packs.

Environmental Emergencies

Learn how to prevent and treat heat exhaustion and heat stroke, hypothermia and frostbite, and avoid lightning danger. Discussion focuses on gear choices, food and fluid intake and emergency gear choices.

Leave No Trace Ethics

Gain a deeper understanding of how to care for and promote the health and responsible use of our trails. Learn how LNT's seven principles apply specifically to trail runners. Discussion focuses on planning and preparing for long runs, route choice, proper disposal of waste, wildlife interactions and safe/friendly social interaction with other trail users.