



-OLD FORT, NC-
**TRAILS & TRAINS
FESTIVAL**

Schedule of Events

JUNE 5TH-7TH

**TRAILS AND TRAINS.....
STREAMS AND DREAMS**
📍 ARROWHEAD GALLERY

During the festival days, visit Arrowhead Gallery and enjoy their exhibit filled with the amazing works of many talented local artists that honor the beauty and history that abounds in Old Fort and our region.

**KIDS SCAVENGER HUNT
"WHERE IS HENRY THE HIKER?"**
📍 VISITOR'S CENTER & ARROWHEAD GALLERY



Pick Up Your Scavenger Hunt Guide at the Destination McDowell Visitor Center or Arrowhead Gallery and begin your hunt at local downtown businesses. Turn in your completed cards on Saturday at Vendor Village to pick up your prize!

THURSDAY, JUNE 5TH

**6:45 AM-8:15 AM
SUNRISE YOGA HIKE**
📍 OLD FORT PICNIC GROUNDS

Join Jordan Laney and Old Fort Yoga on an all-levels meditative hike and 45 minute yoga practice. Meet at the picnic grounds. Equipment will be provided.

**8:00 AM
BERNARD MOUNTAIN HIKE**
📍 POINT LOOKOUT TRAILHEAD

We will hike up the trail for 2.5 miles to the ridge line and views and return by the same trail. Total hike will be around 5 miles.

**2:00 PM-4:00 PM
PLEIN AIR PAINT OUT**
📍 MOUNTAIN APPALACHIAN INN

Bring your sketchbook and the medium of your choice and join us for a plein air paint-out at this beautiful, historic property. This is a non-competitive event and open to all artist skill levels.

**5:00 PM-7:00 PM
PUMP TRACK JAM**
📍 HOSTED BY WATERSHED

Join us for park preview and inclusive bike jam on our pump track and dirt jumps at Foothills Watershed. Watershed is a family riverside hangout and bike park opening in mid-June. We'll be blasting 80s Hair Metal, riding dirt jump and BMX bikes and just having a good time with beginner to expert riders. Josh Whitmore of MTB Skills Factory will be on hand to ride and give quick tips. Handmade hotdogs and toppings from Foothills Butcher Shop.

**5:00 PM-7:00 PM
BOOK SIGNING AND KEYNOTE ADDRESS**
JENNIFER PHARR-DAVIS
📍 EUDA WINERY

Internationally recognized endurance athlete and speaker, Jennifer Pharr-Davis will highlight our evening with a 5 pm Book Signing and 6 pm Keynote Address.

**7:00 PM
NATURE TRIVIA**
📍 EUDA WINERY

Join us following the keynote speech for a game of mostly local trail and nature trivia with PJ Miller

FRIDAY, JUNE 6TH

**8:00 AM
BIRDING HIKE**
📍 MEADOWS LOOP TRAIL

Join expert birder, Matt Eldridge, USFS, in a birding hike along the Meadows Loop Trail.

**9:00 AM
COPPER RIDGE FONTA FLORA HIKE**
📍 ALLISON PARKING AREA

Meet us at the parking area on Mill Creek Road to join Mark Cobb, Friends of the Fonta Flora Board member and discover this section of the Fonta Flora Trail that is being developed to run from Morganton to Asheville

**12:00 PM
DOG WALK**
📍 PERFECTLY PAMPERED PETS

Join the local owner of Purrfectly Pampered Pets, Tori Burnette Dowdy as she leads you and your dog on a hike. Meet in front of Dog Spa.

**1:00 PM
CREATING A POLLINATOR GARDEN**
📍 MUSEUM AMPITHEATER

Dana Owen, co-owner of Painter's Greenhouse, discusses how easy it is to start a beneficial and beautiful garden space. Leave with a list of her favorite pollinator plants and some seeds to get you started.

**6:30 PM-10:00 PM
RAILS AND RHYTHMS BLUEGRASS NIGHT**
📍 NORTH RAILROAD STREET

Bring your chairs to North Railroad Street (next to the SECU) to enjoy the sounds of Zoe & Cloyd, Darrell Nicholson and The Blue Ridge All-Star Band that includes Buddy Melton, Shawn Lane, Danielle Bishop, Colby Laney, Jeff Partin and Jacob Burleson along with surprise guests!

SATURDAY, JUNE 7TH

5:15 AM

SUNRISE HIKE

POINT LOOKOUT PARKING AREA

Don't miss this hike as you watch the skies take color as you are hiking Point Lookout Trail. You'll be just in time to watch the sun appear over the east mountains from the overlook. Park at the lower entrance to Pt Lookout and hike with the McDowell Trail Association President and veteran hiker, Steve Pierce as he leads the climb up the paved trail.

7:00 AM-9:00 AM

TANAWHA ADVENTURES RIDGE TO TRAILS RUNS AT CAMP GRIER

SEE RACE APPLICATION FOR START AND FINISH SITES

Runners will traverse local trails that run through Mill Creek Valley and explore Old Fort's new trails. Registration required. 7:00-50K, 8:20-Half Marathon 9:00-10k

8:30 AM

FONTA FLORA 5K

OLD FORT TOWN HALL

Not quite ready for mountain trail running, get those running/walking shoes on for a mostly flat running course along the streets of Old Fort. Race starts at Town Hall. Registration required.

9:00 AM-4:00 PM

OLD FORT YOGA FEST

OLD FORT YOGA STUDIO

Old Fort Yoga Studio is presenting a day of FREE 45 minute classes. Come discover all that this local yoga studio has to offer.



- 9:00 Bhakti
- 10:00 Pilates and Sculpt
- 11:00 Gentle Flow
- 12:00 Strong Slow Flow
- 1:00 Breath and Gentle Flow
- 2:00 Vinyasa Flow
- 3:00 Yin & Restore

9:00 AM

ROAD CYCLE OLD FORT

VENDOR VILLAGE

Led by RocknRoller Race Director, Mark Burton. This approximately 40 mile ride explores the environs of Old Fort and surrounding area. Look for a meet up sign in Vendor Village

10:00 AM -4:00 PM

VENDOR VILLAGE

MOUNTAIN GATEWAY MUSEUM

Live music, arts and crafts, interactive booths, fly fishing demonstration, Mountain Circus Act, book mobile

10:00 AM-4:00 PM

OLD FORT TRAIN DEPOT AND CABOOSE TOUR

OLD FORT TRAIN DEPOT

Tour the historic depot and caboose on self-guided tours. Join retired teacher and local historian Terry Wilson on a tour of the depot. Visit the vendors and exhibitors at the depot specifically designed for the train enthusiasts

10:30 AM-2:00 PM

VENDOR MARKET

SEEKER COFFEE

For more local fare visit the Vendor Market at Seeker Coffee: knitted and sewn goods, Vintage clothes, craft boiled peanuts and lemonade, soy candles and pj's breadworks.

10:30 AM

A CELEBRATION OF MCDOWELL'S COMEBACK AFTER HELENE

VENDOR VILLAGE

The Town of Old Fort and the McDowell Chamber of Commerce are having a ribbon cutting that will celebrate the resilience, renewal and rebirth Old Fort businesses and people have experienced.

11:00 AM -5:00 PM

EXPERT PRESENTATIONS OF TRAIL AND ENVIRONMENTAL ISSUES

MCDOWELL TECH OLD FORT CAMPUS

11:00 NC Mountains to Sea Trail

Hear local hiker and Friends of the MST President, Heather Cotton share updates on the nearly 1,200 mile trail that runs from Clingman's Dome in the Smokies to Jockey's Ridge at the Outer Banks, including a section through McDowell County.

12:00 Fonta Flora & other County Trails

McDowell County's first trail coordinator, Amanda Finn, and Friends of the Fonta Flora Director, Jessica Sigmon, join forces to share the status and vision of county trails.

1:00 Foothills Conservancy

Learn how Foothills Conservancy's vision to protect the land and create trails that benefits people and other living things in McDowell County. Foothills Trails Program Director, Shane Prisby, will share how trails contribute to vibrant communities.

2:00 Lake James Environmental and

Catawba River Keepers

Waterways are often referred to as our blue trails. Join these two organizations as they share ways to maintain healthy waterways.

3:00pm-5:00pm Women's Hiking Panel

Come join Jennifer Pharr-Davis as she and a panel of experienced female hikers and backpackers share their stories and answer questions about their time on the trail. Open to all who focus on empowering women.

10:00 AM

FOREST RECOVERY HIKE

POINT LOOKOUT PARKING AREA

Arborist John Odell will lead a hike on the Swannanoa Creek Trail and discuss the forest recovery process after Hurricane Helene.

11:00 AM AND 2:00 PM

HAPPY ENCHILADAS

GATEWAY AMPITHEATER

Enjoy this local band featuring singer-songwriters and original songs

12:00 PM-6:00 PM

FLORA + FAUNA

NANU GALLERY

Enjoy the new work of five represented local women artists: Betty Ballew, Darcy Ward, Beth Garrison, Tikanne Herrera, and Katie McWeeney. Through the use of clay, metal, glass, and paint, the group celebrates the natural wonders of our outside environment.

12:00 PM

HIKE TO CATAWBA FALLS

CATAWBA FALLS PARKING LOT

Nationally recognized endurance athlete, Jennifer Pharr-Davis will be leading a hike to Catawba Falls. Meet at the parking lot at Catawba Falls at 11:45 for the 12 o'clock hike.

12:30 PM

LIVE PERFORMANCE OF A RAILROAD CONVICT STORY

GATEWAY AMPITHEATER

Historian and Marion Mayor, Steve Little explores a different story on the building of the track connecting Old Fort with Ridgecrest

3:00 PM

MILL CREEK DUCK RACE

MILL CREEK/GATEWAY AMPITHEATER

Buy a duck to participate in the race. Ducks \$5 each or 5 for \$20. Cash only. Look for Jen dressed in duck clothing. She will be hard to miss.

7:00 PM

RITUAL MOUNTAIN BIKE FILM TOUR

EUDA WINE

Come enjoy a glass of wine at Old Fort's own Winery, while enjoying one of mountain biking's best films The films feature epic adventures, legendary lines, stellar storytelling and interstellar athletes



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