

# JOURNEY TO SALEM

September 28 - October 26, 2021

## The Route

- ❖ We will be following, as closely as possible, the historic route as outlined in the 1766 journal of Salome Meurer - along the colonial migration trail beginning in Pennsylvania, passing through Maryland, continuing east of the mountains in Virginia, turning west in Hillsborough, NC, and finishing in Bethabara and Winston-Salem.
- ❖ Feel free to sign up for one day, two days, or all 29!
- ❖ On average, we will walk 20 miles per day, but there are a few days where the distance is between 6 and 15 miles.
- ❖ Walkers who do not need lodging should meet the group at the hotel by 7:30 a.m.
- ❖ We will do our very best to design the route to be as pedestrian friendly as possible, but please note that we will be walking along roads without sidewalks and crossing major intersections. At times, the terrain may be rocky, bumpy, uneven, rolling, and/or rugged. If sidewalks are not available, you must walk on the left side of the road, facing traffic.
- ❖ A van will follow walkers all day, every day; so if you get tired, you may hop in the van and cheer on your friends.
- ❖ On most days, we will be able to walk directly from hotel to hotel. However, there will be some days where the mileage is too great between hotels, so we will transport walkers the last few miles to the hotel for that evening.
- ❖ Daily walking directions will be provided electronically. Printouts will be available upon request.

## Accommodations

- ❖ The Journey Team has blocked rooms at hotels along the route. **Walkers are responsible for securing the reservation and payment.**
  - **Registering for the Journey does NOT reserve your room. You MUST contact the hotel to reserve your room(s).**
  - Be sure to mention the block name (see "Hotel Reservation Sheet").
  - Keep in mind that we will start walking early in the morning, so you may need lodging the night BEFORE your first day of walking.
    - For example, if your first day of walking will be Bethlehem to Allentown on 9/28, you should plan on staying at the hotel on 9/27.
    - Also consider if you would like lodging the evening of your last day of walking so that you can enjoy one last dinner with your friends before departing the next morning.
  - Space is limited in some of the smaller inns and B&B's, and due to the remoteness of some locations, alternate lodging is NOT available. Be sure to make your reservations early!

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- It is highly recommended that you use the lodging selected by the Journey Team. The van will not be able to transport walkers to hotels other than what is selected by the Team.
- See "Hotel Reservation Sheet" for information on reserving rooms.
- ❖ There are a variety of lodging types along the route from historic inns to charming B&B's to familiar chains.
- ❖ The average nightly rate is \$135, with the range from \$75 to \$225 (taxes not included in quoted rates). Where possible, room blocks include King size rooms and/or 2 Queens, so feel free to find a roommate.
  - Lodging on a couple of nights (Middleburg, VA and Gordonsville, VA) includes cottages that have multiple bedrooms. Groups walking together will be able to reserve these. And because of limited space, we will need to group single walkers to utilize all available rooms.
- ❖ When booking your hotel reservation, be sure to inquire about each hotel's cancellation policy. ***You are responsible for cancelling your own reservation if you are unable to attend.***

## Meals

- ❖ Participants are responsible for paying for all their meals.
  - Breakfast - included at many of the hotels. If not, restaurants will be identified within easy walking distance of accommodations.
  - Lunch - we will identify options along the route to grab a quick sandwich/meal. If there are not any dining options along the route, the van will deliver a picnic lunch to you (at walker's expense).
  - Dinner - restaurants will be identified within easy walking distance of accommodations. If restaurants are not within walking distance, the van will transport walkers to a nearby restaurant or in some cases, dinner will be catered (at walker's expense).

## Facilities

- ❖ We will make every attempt to identify restroom options along the route, but it is possible there will be stretches where options are not available. Bringing biodegradable toilet paper is suggested.

## Apparel and Gear

- ❖ Proper walking shoes are your most important piece of equipment. Be sure to have two good pairs of shoes to train in.
- ❖ Invest in good socks that wick away moisture, helping prevent blisters.
- ❖ You may find walking sticks are helpful.

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- ❖ You will probably want to walk with a waist-pack or backpack to carry essentials for the day, such as water, snacks, extra pair of socks, moleskin, bodyglide, etc.
- ❖ You may want to bring along an extra battery pack for your phone, since walking directions will be available online, and you will be referring to your phone often.
- ❖ Be prepared for rain.

## Inclement Weather

- ❖ We will walk rain or shine unless conditions become dangerous. The Journey Team will monitor the weather. If conditions become unsafe, the van will pick up all walkers, and we will move to shelter.

## Safety

- ❖ Every walker must wear a safety vest which will be provided at no additional cost.
- ❖ We ask that you walk with a buddy.
- ❖ The van will be available for you if you ever feel unsafe or are injured. Phone numbers will be provided for you to call the van driver.
- ❖ For safety purposes, the route will be open from 7 am to 4 pm. All walkers must be on the route by 8:00 am. If walkers are still on the route at 4 pm, the van will pick them up and take them to the hotel for that evening.
- ❖ If you must use your phone, please stop walking and move to a safe place away from traffic.
- ❖ We will do our very best to design the route to be as pedestrian friendly as possible but please note that we will be walking along roads without sidewalks and crossing major intersections. At times, the terrain may be rocky, bumpy, uneven, rolling, and/or rugged. ***If sidewalks are not available, you must walk on the left side of the road, facing traffic.***

## Transportation

- ❖ Ground transportation to and from a walker's starting and ending point is the responsibility of each participant.
- ❖ If you are walking multiple days, the van will transport your luggage from hotel to hotel.
  - Please pack lightly as space will be limited.
  - Luggage must be in the hotel lobby by 7:45 am for loading.

## Training

- ❖ Yes, it's just walking, but walking 20 miles a day is hard! It's very important to train for this event, especially if you will be walking more than one day.

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- ❖ Depending on your level of fitness, you should start training at least 6-12 weeks prior to the event. Please consult with your physician before beginning any new exercise program.
- ❖ Be sure to stretch every hour.
- ❖ Be sure to drink plenty of water and fuel up with snacks (salty snacks especially).
- ❖ Stock up on blister band aids, moleskin (apply this as soon as you feel a hotspot), bodyglide, and /or powder. Experiment with different products to see what works best for you.

## Communication

- ❖ We will need your mobile phone number for contact in case of emergencies.
- ❖ You may call or text the van to request a pickup or emergency supplies. Phone number for the van will be shared each morning.

## Contact

- ❖ For questions, please contact Holt Long Morris, C'88, at [holtmorris@gmail.com](mailto:holtmorris@gmail.com).