

NEWS RELEASE
April 4, 2011

Hammock Hang Kicks Off 2011 Appalachian Trail Museum Programs

GARDNERS, PA. -- Ever go camping, back packing or even hiking and want to stretch out on something other than the ground? The answer is to hang a hammock between a couple of trees, hop in, relax and enjoy the tranquility of nature.

Different types of hammocks will be on display at the Appalachian Trail Museum at Pine Grove Furnace State Park on Saturday, April 30, from 10 a.m. to 4 p.m. "Demonstrations on how to properly hang hammocks will be given, and we expect a lot of interest as outdoor enthusiasts gear up for spring, summer and fall activities," said Tim Weaver, organizer of the event.

Weaver said exhibits will include several styles of backpacking hammocks from Hennessy, Jacks R' Better, Tree to Tree Gear, Speer, Clark and Warbonnet, among others including "do it yourself" versions. Hammock insulation systems such as CCF pads, down under-quilts and top-quilts and Insultex will be critiqued by hammock hanging experts as well. They also will have on hand tarps used for hanging in all seasons of the year.

"Creativity is important in hammock hanging, and we will show what needs to be done to make hammock hanging the ultimate in comfort and protection from the elements," Weaver said. "We also will have a hammock hanging contest, and the winner will take home a DIY hammock."

Discussion groups will be held throughout the day on "Advantages of Hammock Hanging", "Ways to Lighten the Weight of Your Pack", and "Hammock hanging with Disabilities."

In addition to the hammocks, home-made camping items like wood stoves, alcohol burners, hammock stands and Caldera Cones will be on display. Special demonstrations will be given on "Flint Knapping" and "Freezer Bag Cooking."

Gwen Loose, program chair for the Appalachian Trail Museum, said other season-two programs will include:

- Story-telling, songs and activities for children
- Arts and crafts on the Appalachian Trail (photography, painting, handcrafts)
- Natural features of the Appalachian Trail
- Trail maintenance techniques
- Hiker skills and equipment - past and present
- Shelter building
- History of Appalachian Trail maintaining clubs
- Pioneer hiker profiles and why they are important
- First person hiking experiences and accomplishments



Other topics are invited, and they may be submitted to info@atmuseum.org for consideration. Anyone interested in being an Appalachian Trail Museum volunteer may respond to atmuseumgreeters@gmail.com or 717-486-4083.

Located in a 200-year-old, restored grist mill in historic Pine Grove Furnace State Park and at the midway point of the 2,181-mile-long Appalachian Trail, the museum is across from the Pine Grove General Store on Pennsylvania Route 233 in Cumberland County.

About the Appalachian Trail Museum Society

The Appalachian Trail Museum Society, a 501-C-3 not-for-profit organization formed in 2002, organizes programs, exhibits, volunteers and fundraising nationwide for the Appalachian Trail Museum. The museum opened on June 5, 2010, as a tribute to the thousands of men, women and families who have hiked and maintained the 2,181 mile long hiking trail that passes through 14 states from Maine to Georgia. Located in the Pine Grove Furnace State Park in Gardners, Pennsylvania, the museum is conveniently near Carlisle, Gettysburg and Chambersburg, Pennsylvania. Additional information is available at www.atmuseum.org.

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AT MUSEUM 2011 PROGRAM SCHEDULE (*partial listing*)

ALL PROGRAMS ARE AT 1:00 PM, unless otherwise noted

- April 10 – ALDHA Day at the Museum
- May 1– Meet Hammock Hanger Joe Cross
- May 15 – Wildflower & Mountain Laurel Program & Hike
- May 22 – Susquehanna Appalachian Trail Club Day at the Museum
- May 29 – Cumberland Valley Appalachian Trail Club Day at the Museum
- June 5, 9 AM – Moderate hike on the A.T. beginning from the A.T. museum.
- June 5 – Day Hiking 101
- June 12 – Children’s Story Time
- June 17, 6 PM – Appalachian Trail “Hall of Fame” Banquet, Allenberry Resort Inn & Playhouse
- June 18-19, All-day event – Appalachian Trail Festival.
- June 26 – Black Bears of Pennsylvania
- July 3 – A.T. Thru-Hikers “Open Mic”
- July 17 – Family Concert of Appalachian Folk Music
- July 31– The Explorers
- August 7 – Early Days of PATC
- August 28 – Rattle Snakes: Friend or Foe
- September 4 – Mountain Club of Maryland Day at the Museum