Active Trek
Through Georgia

Physical Activity Exercise

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Stretching

Let’s warm up before our trek through Georgia.
Cloudland Canyon State Park

Our first point of interest is in Dade County....
Cloudland Canyon State Park

Let’s hike down the 600-step staircase to the bottom of the gorge.
Cloudland Canyon State Park

We have arrived to view the waterfall…
Cloudland Canyon State Park

Let’s hike back up the steps....

Our next stop is Ellijay, GA.
Picking Apples in Ellijay, GA

Let’s reach up and pick some fresh apples…

Next on our trek, is the Etowah River....
Etowah River

Let’s canoe down the Etowah River ....
Lake Lanier

At the lake we have rented paddle boats, let’s paddle across the lake.

Next, let’s head to Stone Mountain...
Let's climb the mountain...... and see downtown Atlanta.

Our next stop is the Georgia Dome to see the Atlanta Falcons.
Cheering at the Georgia Dome

The Falcons just scored, let’s do a cheer!!
Georgia State Fair in Macon, GA

Let’s walk around the fair ........... follow the arrows.
Georgia State Fair in Macon, GA

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Georgia State Fair in Macon, GA

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Let’s walk around the fair……….. follow the arrows.
White water rafting down the Oconee River

Let’s use our paddles to ride the rapids down the river!

Our next stop is Plains, GA
Plains, GA

Grab your shovel and start digging up peanuts.

Next, let’s travel east towards Statesboro, GA……
Meinhardt, GA

We’re in the Magnolia Midlands Tourist Region, at the Annual Grape Stomp.

Let’s stomp some grapes!
In St. Simons, let’s walk up the 129-step spiral staircase to the top of the lighthouse and see the view.
St. Simons Island, GA

The view from the top of the lighthouse.....
St. Simons Island, GA

Let's take the steps back down and see the beach up close……
Coastal Georgia

Now that we’re down from the lighthouse, let’s play some beach volleyball.
Okefenokee Swamp

Canoeing through the Okefenokee Swamp...watching for alligators.
Hope you enjoyed your active trek through the Peach State.
Photograph Citations

Georgia Tourism Regions Map. (Slide 1 and 35)

Cloudland Canyon State Park:
Slide 3:
Georgia Department of Natural Resources. Overlook [Photograph]. Retrieved April 4, 2011, from: http://www.gastateparks.org/CloudlandCanyon/gallery#slide (#34)

Slide 4 and 6:
Georgia Department of Natural Resources. Staircase to Bottom of Falls [Photograph]. Retrieved April 4, 2011, from: http://www.gastateparks.org/CloudlandCanyon/Gallery#slide (#2)

Slide 5:
Georgia Department of Natural Resources. Waterfalls [Photograph]. Retrieved April 4, 2011, from: http://www.gastateparks.org/CloudlandCanyon/gallery#slide (#26)

Etowah River. (Slide 8)

Lake Lanier. (Slide 9)

Stone Mountain (Slide 10)
Photograph Citations

Oconee River (Slide 27)
  Jackson, Ed (Photographer). Oconee River [Photograph]. Retrieved March 8, 2011, from: 
  http://georgiainfo.galileo.usg.edu/photogallery/htmpages.oconee1.htm

Peanut Field (Slide 28)

St. Simons Island
  Slide 30 and 32:
  Slide 31:
  Slide 33:

Okefenokee Swamp (slide 34)
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