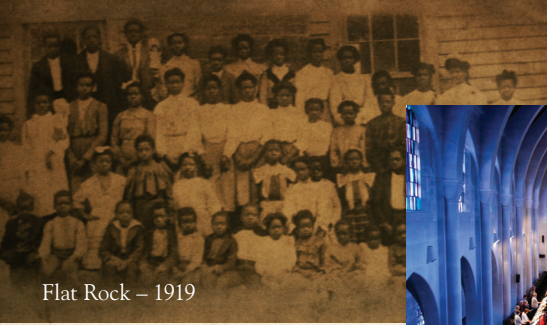


# SEE 400 MILLION YEARS FROM HERE.

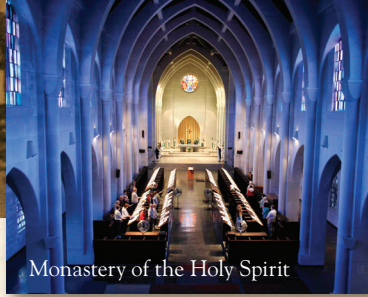


Photo courtesy of Phil Varney

[www.arabiaalliance.org](http://www.arabiaalliance.org)



Flat Rock – 1919



Monastery of the Holy Spirit

# Just east of

Atlanta lies an open landscape of breathtaking beauty, peace and wonder. Come explore the Arabia Mountain National Heritage Area.



**Hike granite monadnocks** – sentries to millions of years of history and host to wildlife and rare plant species.

*Davidson-Arabia Mountain Nature Preserve (1)*  
A Dekalb County Park

Open dawn to dusk – 770.484.3060

*Panola Mountain State Park (4)*

Guided hikes only – Reservations: 770.389.7801

## Challenge yourself on the 30+ mile Arabia Mountain PATH (AMP).

This paved multiuse trail is open to cyclists and pedestrians and has 16 trailhead parking lots. Prepare for hills and extraordinary views!

Trail map: [www.arabiamountainpath.org](http://www.arabiamountainpath.org)

## Feed your soul at the Monastery of the Holy Spirit (5).

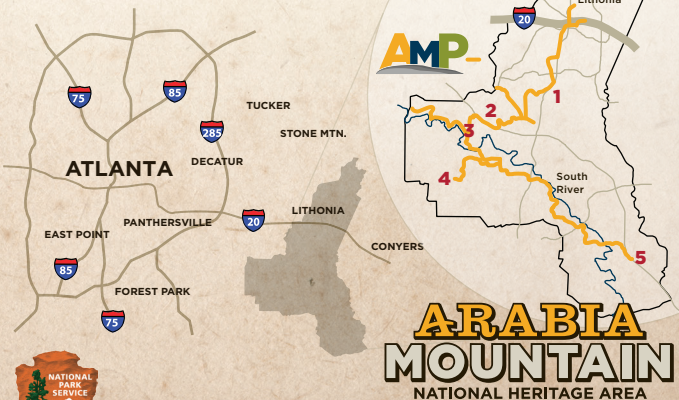
A welcoming and peaceful environment with a Heritage Center, Abbey Church & Café open daily. [www.trappist.net](http://www.trappist.net)

## Discover the Flat Rock Archive (2).

Learn how a group of slaves built a community for the ages. Tours of a slave cemetery and Lyon Farm (3) available.

Check the website for current hours or call 770.797.5625

for an appointment. [www.flatrockarchive.org](http://www.flatrockarchive.org)



The Arabia Mountain National Heritage Area is an affiliate of the National Park Service and a member of the Alliance of National Heritage Areas.