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If You Have Two Hours To Spend At Arabia Mountain NHA

Walk through an untamed Georgia at Panola Mountain State Park.

One of the Georgia monadnocks that was never quarried, Panola Mountain offers a glimpse into a landscape that existed long before Atlanta. Park rangers offer guided daytime and nighttime hikes of the park, as well as archery, tree climbing and other activities. Access to the mountain is limited; hikers must register for a guided tour with Panola Mountain State Park staff.

Panola Mountain State Park is located at 2620 Highway 155 SW, Stockbridge, GA 30281, and is open 7 a.m. to dark. Parking is \$5, with annual passes available. For more information, call 770-389-7801.

Visit the Monastery of the Holy Spirit.

Located in Conyers, this historic Trappist monastery is a place of peace and beauty. Visitors can enjoy the museum, gift shop, bakery, and garden center (all located within the Visitor's Center), visit the beautiful Abbey Church, or take a walk through some of the Monastery's protected greenspace. People of all faiths and backgrounds are welcome.

Visit today! The monastery is located at 2625 Highway 212 SW, Conyers, GA 30094, and is open Monday-Saturday 10 a.m. to 5 p.m. Note that the museum, visitors' center and gift shop are closed on Sundays.

Step into the past with the Flat Rock Archives:

Sign up for a tour with Archives President Johnny Waits to learn about the powerful history of Flat Rock, one of the oldest African-American communities in Georgia. Tour the historic Rev. T. A. Bryant, Sr. house and surrounding homestead, as well as a slave cemetery and the Lyon Farm, one of the oldest homesteads in DeKalb County and a key remnant of the former agricultural community of Flat Rock. The Flat Rock tour takes about 2 hours.

Take a bike ride along the South River.

The Arabia Mountain PATH has a segment running alongside the South River, ending at the Monastery of the Holy Spirit. Park at the trailhead located on Daniels Bridge Road, just off Union Church Road in Stockbridge, and enjoy a peaceful ride along the waterway. The Arabia Mountain National Heritage Area is located in Georgia's piedmont region, so know that this ride is quite hilly.