

Arabia Mountain

Arabia Mountain National Heritage Area
Georgia
Partner of the National Park Service



400 Million Years in the Making!

Explore a land that has taken 400 million years to form. The Arabia Mountain National Heritage Area (NHA) is dominated by two geological oddities known as monadnocks. Natural wonders, compelling history and heart-pumping activity all converge here.

Hikers can discover rare plants and intriguing geology at The Davidson-Arabia Mountain Nature Preserve and Panola Mountain State Park, a National Natural Landmark. Get lost above the trees at the peak of Arabia Mountain and view the City of Atlanta in the distance. Find the remnants of a once-massive quarry industry that sent Lithonia granite off to build monumental buildings in the U.S. and around the world.

Bike along the Arabia Mountain PATH, past historic farms and along the shoals of the South River. You choose your pace and your distance - a short meander or a 30-mile ride of challenging switchbacks and hills. Learn about two

cultures that form the modern fabric of the NHA. At the Flat Rock Archives, see how people survived enslavement and segregation to build a resilient Black community in the rural South. Tour a farm where enslaved people once toiled and the cemetery where those people and their descendants are buried. At the Monastery of the Holy Spirit, meet a community of Trappist monks who moved to Georgia during World War II and built a place of peace. Visitors can discover extraordinary architecture, an unparalleled bonsai exhibit and gift shop selling tasty treats and crafts prepared by the monks themselves.

Modern shopping, dining and lodging amenities at Stonecrest Mall and in downtown Lithonia.

For more information, visit arabiamountainpath.org. Follow us on Facebook, Instagram @arabiamountain_nha and Twitter @arabia_alliance.

Photo courtesy: Phil Varney

Davidson-Arabia Mountain Nature Preserve

The lunar-like landscape of Arabia Mountain is the most easily identified vista of the National Heritage Area. The mountain itself is part of a 2,550-acre DeKalb County nature preserve, which also includes other large formations of exposed granite, wetlands, pine and oak forests, multiple streams and two lakes. The delightful native plant species, such as the signature red diamorpha, which blooms in the early spring, and fall's yellow daisies (photo below) make it seem as though the rock is in constant metamorphosis.

While the Nature Preserve is considered an exceptional ecological wonder, the area is also very much influenced by human hands. The evidence of quarrying activities is apparent in the industrial debris left on the mountain and in the abandoned structures once used by workers for storage, offices and shelter. Metal spikes that were used to split the granite are still embedded in the rock.

How to Hike

- Keep your dogs leashed - that way, everyone can enjoy the trails.
- Get a permit for professional photography (the rangers will tell you where to get the best pictures).
- Do not use fires, fireworks or smokebombs. Help us protect this rare and fragile ecosystem!
- Leave no trace - take only pictures and leave the landscape untouched behind you.

Nature Center & Mountain Access

@ 3787 Klondike Road, Stonecrest 30038

Mountain Base

@ 4158 Klondike Road, Stonecrest 30038
Open daily, dawn to dusk.



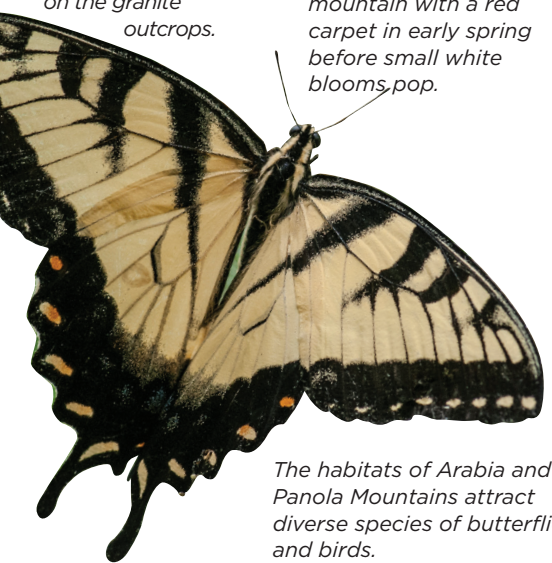
Eric Bowles
The "sensitive fern" is one of the many flowers found on the granite outcrops.



The succulent called diamorpha blankets the mountain with a red carpet in early spring before small white blooms pop.



Photo courtesy: William Bishop



The habitats of Arabia and Panola Mountains attract diverse species of butterflies and birds.



City of Lithonia

The name Lithonia itself means "stone place" in Greek and the city (est. 1856) boomed during the explosive granite quarry industry. Explorers can see the remains of the area's first African-American public schools and cemeteries, visit an early lending library and marvel at the granite architecture.

One of Georgia's major conservation successes, this State Park showcases the pristine ecosystems of Panola Mountain, a rare example of an untouched monadnock in the American Southeast. Panola Mountain has been protected from development since 1972. Today, it is a recreational haven where visitors can spend the night at a primitive campground or sleep in a tree! The park also offers programs on archery, orienteering, birding and tree-climbing. Mountain access only with a guided tour. \$5 parking fee.

Visit gastateparks.org/PanolaMountain for programs and hours.



Park Entrance

@ 2620 Highway 155, SW, Stockbridge 30281

Alexander Lakes Recreation Area

@ 4871 Flat Bridge Rd, Stockbridge 30281



Take a self-guided walking tour, participate in geocaching or start your journey on the Arabia Mountain PATH hike/bike trail.

City Hall

@ 6920 Main Street, Open M-F 9am-5pm



The Lithonia Woman's Club was the area's first lending library. Today, it remains a community landmark and gathering space. Left: Quarrymen "raise a ledge" near Lithonia.

Monastery of the Holy Spirit



The natural beauty of the 2,000+ acre preserve at the Monastery of the Holy Spirit and the artistry of its historic buildings set the stage for a place that speaks to the soul. The Monastic Heritage Center is built around a rehabilitated historic barn and includes an exhibit center, the largest bookstore of its kind in the Southeast and a renowned bonsai greenhouse. At the visitor center, interactive exhibits share stories of the area, including monasticism through the ages and why a group of monks chose Georgia as their home in 1944. The Cloister and Abbey Church are architectural marvels built by the monks themselves from poured concrete.

The Monastery Visitor Center & Gift Shop

Open M-Sat: 10am - 5pm

Abbey Church and Trailhead

Open daily, dawn to dusk @ 2625 Hwy 212, Conyers 30094
www.trappist.net

Flat Rock Archives

The homestead of T. A. Bryant, Sr., a longtime community leader who worked to keep the Flat Rock community together during the Great Migration, is now the home of the Flat Rock Archives. The Archives protects and promotes the history of this community.



Flat Rock Archives

@ 3956 Crossvale Road, Lithonia 30038

Open T, Th & Sat 10am-4pm

www.flatrockarchives.com

Contact: flatrockarchives1865@gmail.com; (770) 885-8330



The founders of the Flat Rock community in a photograph c. 1890. Notable descendants include football greats Warren Moon & Willie Gault and comedian Chris Tucker.

Arabia Mountain PATH



This multiuse hike and bike trail connects sites across the National Heritage Area, taking you across granite monadnocks, historic farms and scenic river vistas. The PATH Foundation designed and built the trail to link the historic, cultural and natural wonders of the area. This is not a rails-to-trails; therefore, the terrain can be intense with amazing vistas, challenging switchbacks and dramatic elevation changes! Open dawn-to-dusk. Multiple trailhead locations.
www.arabiamountainpath.org

Atlanta Wild Animal Rescue Effort



AWARE rehabilitates injured and orphaned native wildlife and educates people about habitats and peaceful coexistence. Ambassador animals participate in public programs & tours every Sat & Sun at 1pm.
@4158 Klondike Road, Stonecrest 30038
www.awarewildlife.org

Vaughters' Farm

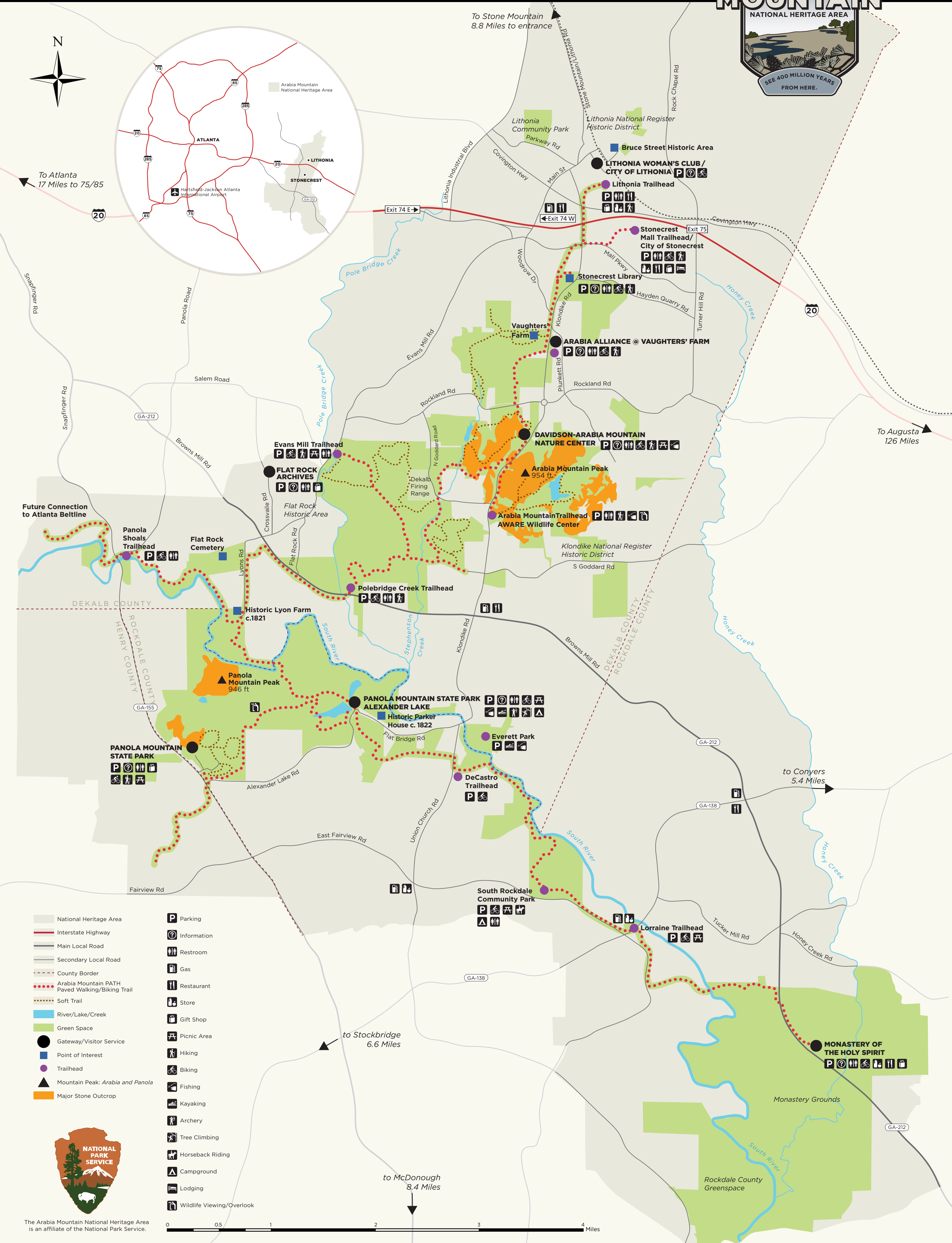


DeKalb County was once the dairy capital of Georgia, and Vaughters' Farm is one of the few remaining remnants of the area's agricultural past. Farmer S. B. Vaughters raised dairy cows, beef cattle and horses here, restoring a landscape that had been ruined by cotton farming as he did so. Today, you can see the historic Vaughters' Barn and meander through the Meadow Loop Trail! Open dawn to dusk. @3366 Klondike Road, Stonecrest, 30038.

NPS Passport Stamp

Get stamped in the Arabia Mountain NHA! All of the above sites participate in the NPS Passport program.

Arabia Mountain



The Arabia Mountain National Heritage Area is an affiliate of the National Park Service.