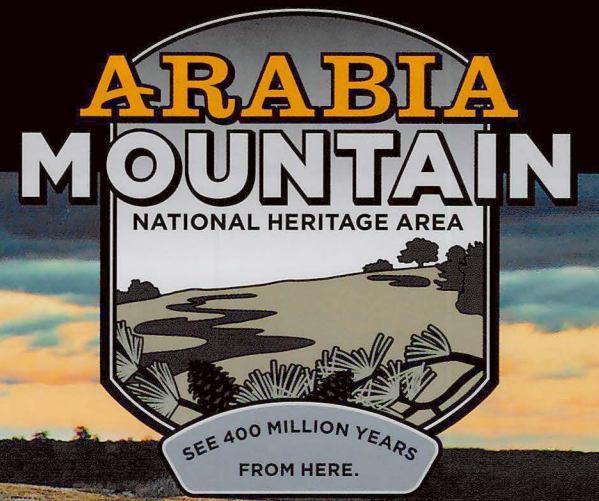


# Arabia Mountain

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 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 the quarrying industry that once prospered here and shipped the stone that built monumental buildings across the U.S.

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 attempt 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 enslaved people settled Native American lands and thrived in the midst of enslavement, emancipation and segregation. Tour a slave cemetery and a farm that was worked by one family for nearly 200 years. At the Monastery of the Holy Spirit, meet a community of Trappist monks who moved to Georgia during a war 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. [www.arabiaalliance.org](http://www.arabiaalliance.org) Follow us on Facebook and @arabia\_alliance

Photo courtesy: Phil Varney

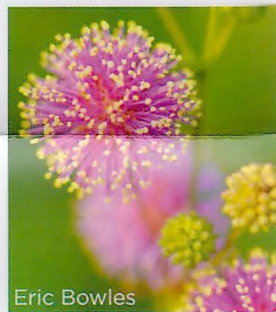
### Davidson-Arabia Mountain Nature Preserve

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, 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 the hand of man. 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.

Visitors can navigate the nature preserve through miles of hiking trails and the Arabia Mountain PATH. Trails are open to the public dawn to dusk. There is no fee for parking or for use of the trails. Leashed dogs are welcome. Fishing permitted, with a valid state license. Special group tours and education programs also available.

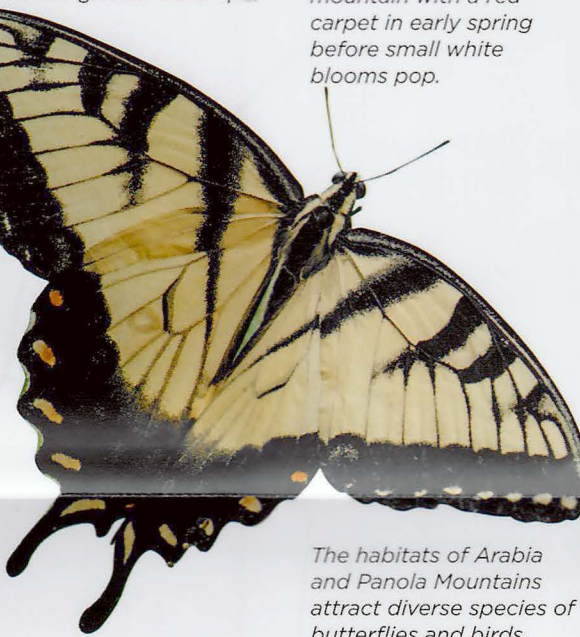
**Nature Center & Mountain Access**  
@ 3787 Klondike Road, Lithonia 30038  
**Mountain Base**  
@ 4158 Klondike Road, Lithonia 30038  
Open Daily: Dawn to Dusk



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.

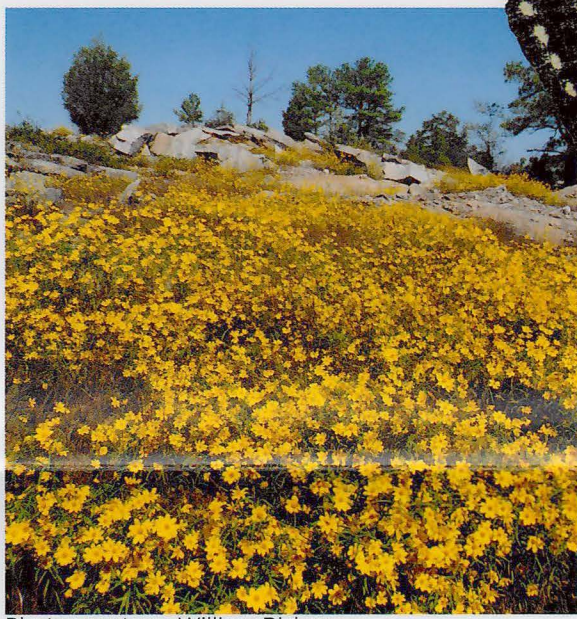
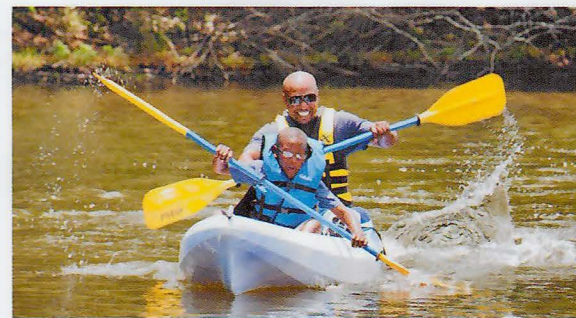
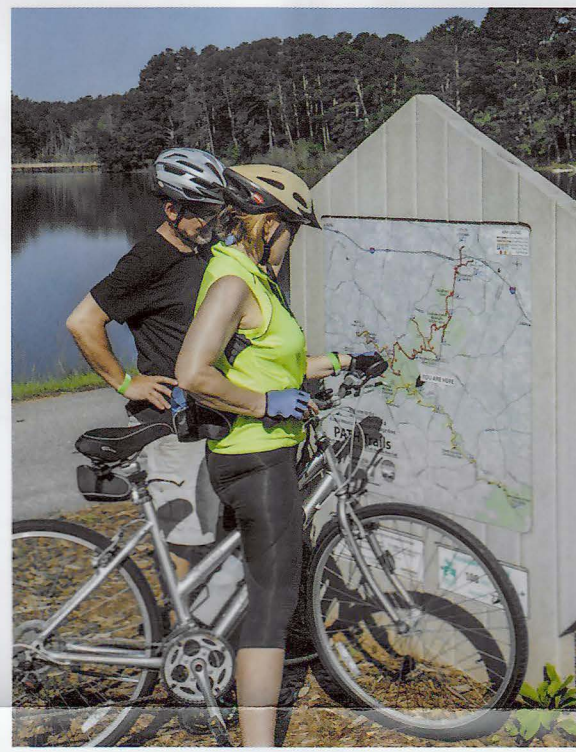


Photo courtesy: William Bishop



### Panola Mountain State Park

A National Natural Landmark, this park showcases one of the area's monadnocks, isolated rock formations that seem to rise from surrounding hills. The rare ecosystems at Panola Mountain have 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 ranger-guided tour.



Park Entrance

@ 2600 Highway 155, SW, Stockbridge 30281

Alexander Lakes Recreation Area

@ 4835 Flat Bridge Rd, Stockbridge 30281



### 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 one of the area's first African-American public schools and cemeteries, visit an early lending library and marvel at the granite architecture.

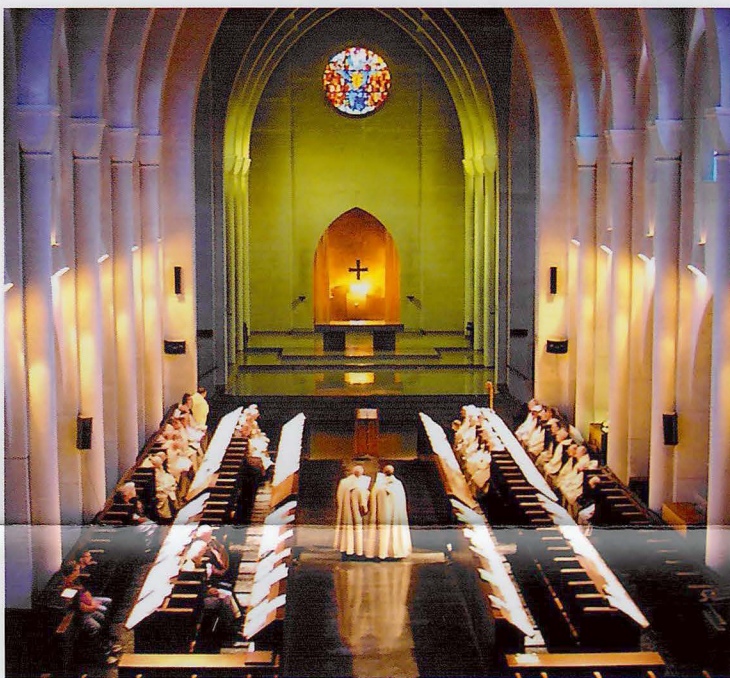
Take a self-guided walking tour, participate in geocaching or start your journey on the Arabia Mountain PATH hike/bike trail.

**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



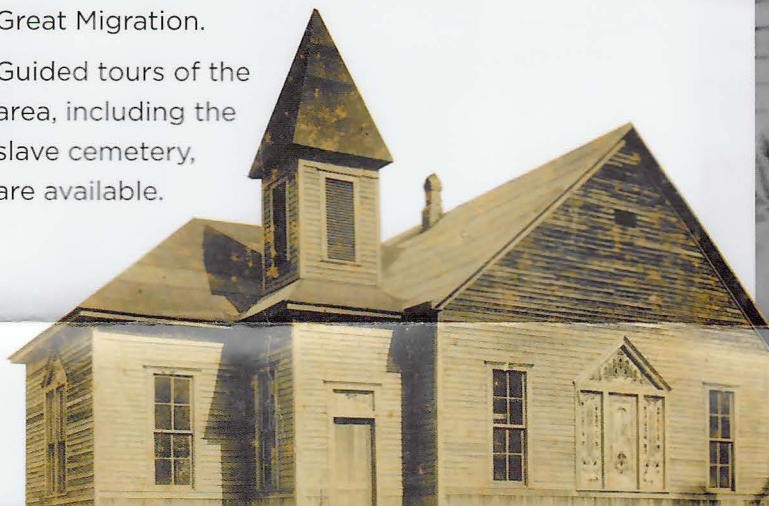
The natural beauty of the 2,000+ acre preserve at the Monastery of the Holy Spirit and the artistry of its historic buildings set the stage for a place that speaks to the soul. The Monastic Heritage Center is built around a rehabilitated historic barn and includes an exhibit center, the largest bookstore 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**  
M-Sun: 10 a.m. to 5 p.m.  
**Abbey Church and Trailhead**  
Daily Dawn to Dusk @ 2625 Hwy 212, Conyers 30094  
[www.trappist.net](http://www.trappist.net)

### Flat Rock Archives

The Archives protects and shares the history of Flat Rock, GA. This predominantly African-American community formed during slavery and its descendants share the story of how their community survived through slavery, emancipation, segregation and the Great Migration.

Guided tours of the area, including the slave cemetery, are available.



**Flat Rock Archives**  
@ 3979 Crossvale Road, Lithonia 30038  
Open T, Th & Sat 10am-4pm  
[www.flatrockarchives.org](http://www.flatrockarchives.org)



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

### Arabia Mountain PATH



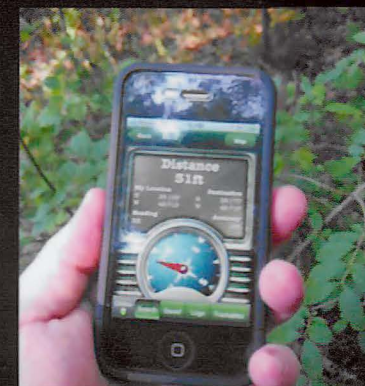
This multi-use hike and bike trail bisects the National Heritage Area and takes you across granite monadnocks, historic farms and scenic river vistas. The PATH Foundation designed and built the trail to link the historic, cultural and natural wonders of the area. This is not a rails-to-trails; therefore, the terrain can be intense with amazing vistas, challenging switchbacks and dramatic elevation changes! Open dawn-to-dusk. Multiple trailhead locations. [www.arabiamountainpath.org](http://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, Lithonia 30038  
[www.awarewildlife.org](http://www.awarewildlife.org)

### THE ARABIA MOUNTAIN GEO-PATH

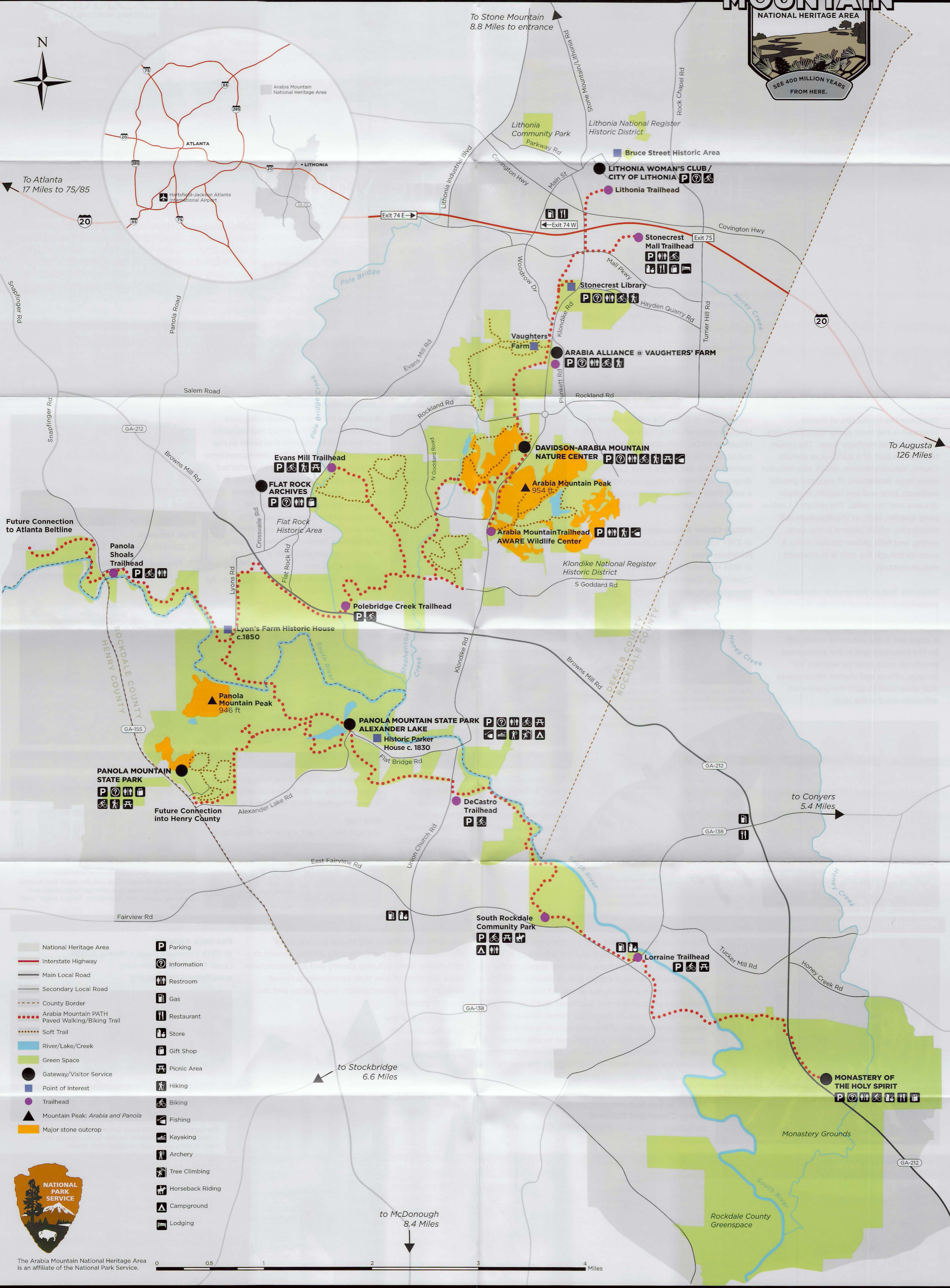


Explore the AMP through a geocaching adventure. Use a GPS device, such as your smart phone, to locate more than 60 caches across five series to earn coveted pathtags. Complete all the finds in the Geo-PATH series and earn a trackable, custom geo-coin.

Learn more at: <http://arabiaalliance.org/explore/geocaching-adventures/>  
**NPS PASSPORT STAMP**  
Get stamped in the Arabia Mountain NHA! All of the above sites participate in the NPS Passport program.

# Arabia Mountain

# ARABIA MOUNTAIN



- |                                  |                  |
|----------------------------------|------------------|
| National Heritage Area           | Parking          |
| Interstate Highway               | Information      |
| Main Local Road                  | Restroom         |
| Secondary Local Road             | Gas              |
| County Border                    | Restaurant       |
| Arabia Mountain PATH             | Store            |
| Paved Walking/Biking Trail       | Gift Shop        |
| Soft Trail                       | Picnic Area      |
| River/Lake/Creek                 | Hiking           |
| Green Space                      | Biking           |
| Gateway/Visitor Service          | Fishing          |
| Point of Interest                | Kayaking         |
| Trailhead                        | Archery          |
| Mountain Peak: Arabia and Panola | Tree Climbing    |
| Major stone outcrop              | Horseback Riding |
|                                  | Campground       |
|                                  | Lodging          |



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

