A National Natural Landmark, this park showcases one of the area’s monadnocks, isolated rock formations that seem to rise from surrounding hills. The raw 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 tent. The park also offers programs on architecture, orienteering, birding and tree-climbing. Mountain access only with a ranger-guided tour.

For more information visit:
http://gaspeak.org/PanolaMountain for programs and hours

Davidson-Arabia Mountain Nature Preserve

The “sensitive fern” is one of the many flowers found on the granite outcrops. The succulent called diadorma blankets the spring, and fall’s yellow daisies, make it seem as though the rock is in constant motion. 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.

The Archives protects and shares the history of Flat Rock, GA. This predominantly African-American community formed during slavery and its descendants continue to 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.

The founders of the Flat Rock community are a photograph of McWhirter and Wellee (c. 1890). Notable decedents include football great Warren Moon, Prime Minister of Jamaica, and comedian Chris Tucker.

ATLANTA WILD ANIMAL RESCUE EFFORT

This multi-use hike and bike trail bisects the National Park and gives visitors access to the granite monadnocks, historic farms and scenic river vistas. The 2631 Foundation designed and built the trail to tie the historic, cultural and natural wonders of the area. This is not a rail-trail, 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

THE ARABIA MOUNTAIN GEO-PATH

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

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

City Hall
@ 6200 Main Street, Open M-F 9am-5pm

Flat Rock Archives
@ 3979 Crossvale Road, Lithonia 30038

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.

The lost-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 sites. Modern shopping, dining and lodging amenities at Stonecrest Mall.

Bike along the Arabia Mountain PATH past historic farms and along the ashes of the South River. You choose your pace and your distance - a short midday or attempt a 20-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 African-Americans labored 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 Benedictine monks who worked to Georgia during a war and built a place of peace. Visitors can discover extraordinary architecture, an unabashed bonai exhibit and gift shop selling tasty treats and crafts prepared by the monks themselves.

Modern shopping, dining and lodging amenities at Stonecrest Mall.

www.arabiamountain.org

Follow us on Facebook and Arabia_alliance

Guide in the foreground, Monastery Visitor Center & Gift Shop, Monastery of the Holy Spirit

Eat, Sleep, Relax!

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 Museums protects and shares the history of Flat Rock, GA. This predominantly African-American community formed during slavery and its descendants continue to 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.

The natural beauty and history of Arabia Mountain PATH and Arabia Mountain State Park, a National Heritage Area. The paths are open daily 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 are available.

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 or isolated rock hills. Peering deep into history and earth processes allows one to 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 and squeezing daisies, make it seem as though the rock is in constant motion.

The Monastery Visitor Center & Gift Shop
McWhirter Rd, Open 10 am to 5 pm,
Abby Church and Trailhead
Daily Dawn to Dusk @ 2825 Hwy 212, Conyers 30015
www.monasteryofholyspirit.org

This multi-use hike and bike trail bisects the National Park and gives visitors access to the granite monadnocks, historic farms and scenic river vistas. The 2631 Foundation designed and built the trail to tie the historic, cultural and natural wonders of the area. This is not a rail-trail, 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

Arabia Mountain PATH

400 Million Years in the Making!

A National Natural Landmark, this park showcases one of the area’s monadnocks, isolated rock formations that seem to rise from surrounding hills. The raw 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 tent. The park also offers programs on architecture, orienteering, birding and tree-climbing. Mountain access only with a ranger-guided tour.
Arabia Mountain

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

Arabia Mountain National Heritage Area

- Natural Heritage Area
- Interstate Highway
- Main Local Road
- Secondary Local Road
- County Border
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