

BRHC 3rd Quarter 2024 Hikes



Monday Hike List for 3rd QTR 2024

All hikes meet at 9:30 am, are 5 miles or less in length, offer a relaxed pace and are done by noon, mostly. No dogs please. Children and grandchildren, guests, visitors, and nonmembers are very welcome.

Jul 1: Trout Lake to Manor House & Figure 8 Trail: Meet at Trout Lake parking lot (1st exit left off Parkway just south of Cone Manor going to Rt. 221 and then take an immediate right, nearly a U turn, onto Shull's Mill Rd going under parkway), and an immediate angling right onto single lane paved access to parking around the lake.

Jul 8: The Maze and Apple Barn at Cone Manor. Meet at Bass Lake lower parking area, off Rt. 221 just south of Blowing Rock.

Jul 15: Mountain-to-Sea Trail: Meet at the Raven Rock Overlook, hiking south toward Thunder Hill and return. BRP MP 289.5.

Jul 22: Flat Top Observation Tower + Cone Memorial. Meet in front of the Carriage House by Cone Manor, BRP MP 294.1.

Jul 29: Tanawha Trail to Holloway Mountain Road, and on to an older community cemetery. Meet at boat ramp parking at Price Lake, BRP MP 297.

Aug 5: Trout Lake to Rich Mountain. Meet in parking area of Trout Lake off Shull's Mill Road near BRP Milepost 294.6.

Aug 12: Price Lake plus. Meet at Boat ramp parking area, BRP MP 297. Since this is a short hike, be prepared to hike over to and up a bit of the Tanawha Trail.

Aug 19: Green Knob Trail: This is a short trail with a bit of a climb. Meet at Sims Pond Overlook, BRP MP 295.9.

Aug 26: Bass Lake to Cone Manor Loop. Meet at Bass Lake lower parking area off 221 just south of Blowing Rock.

Sep 2: Old John's River Road to Boone Fork and the new MST bridge. Meet at Price Picnic area. BRP MP296.4.

Sep 9: Bass Lake to Apple Barn & return. Meet at Bass Lake lower parking area off 221 just south of Blowing Rock.

Sep 16: Carriage Barn to Blowing Rock Stables. Meet at Cone Manor House in front of the Carriage Barn BRP Milepost 294.1.

Sep 23: Old John's River Road to Price Lake, and perhaps a visit to King's marker. Meet at Sim's Pond Overlook, BRP MP 295.9.

Sep 30: Trout Lake to Rich Mountain + The Maze. Meet in parking area of Trout Lake off Shull's Mill Road near BRP Milepost 294.6.

Wednesday Hikes 3rd Quarter 2024

July

3 - **Elk Knob Summit trail**. It is about a 4 mile out and back hike. 2 miles uphill 2 miles down. Great view on top. Hike Leader, Philip Kagan, Text me at 828-386-8205 or email me at pskagan@gmail.com.

10 - **Bear Paw Natural Area, Dutch Creek Road**

Hike up to and along the ridge for views of Seven Devils/Foscoe and Grandfather Mountain. 2.9 mi, 1177ft challenging, but we will take it slow. Ice cream in Valle Crucis or wine at Grandfather Winery a possibility afterwards. No Dogs Contact hike leader at juinadams@yahoo.com for carpool, time and directions.

17 - **Over Mountain Victory trail to AT** intersection toward Yellow Mountain Gap approx. 7 miles, moderate. Hiking through pastures, then along a ridge, up old logging rd to the Gap. Back via Birchfield trail along creek. Beautiful views, lovely cool shady return. Moderate, some areas strenuous Carol Ann Mitchell leader 423-772-4280, camitchell21@gmail.com, 423-957-1207 text. Covid rules. No dogs.

24 - **TBD** Mike Lobban

31 - **Mountains to Sea Trail** from Phillips Gap to the Cascades at Jeffress Park, and return. Total round trip about 4-5 miles. Moderate. Some rocks, but not difficult. The Parkway will no doubt still be closed in that area, so we won't hear any cars as we hike the trail. No dogs. Contact hike leader, Pam Hoffman, for time and directions to the start. Text or call, 828-963-3369. Or email, hoffmanpw@yahoo.com

August

7 - Wed 8/7/24 (or 8/14/24) Tanawha: Wilson Creek-Rough Ridge-Upper Boone Fork Creek

Hike up to Rough Ridge then down to and across Boone Fork bridge and along upper Boone Fork Creek under the parkway to Calloway overlook parking mile 299.7. Moderate. 5-6 miles. Rocky and "rooty". Bring sticks, water and lunch for stop on creek. No Dogs. Contact hike leader at juinadams@yahoo.com or call 828-295-9607(landline) for carpool, time and directions.

14 - **Crab Orchard Falls**. This is also an out and back hike about a 5-mile hike. Hike Leader, Philip Kagan, Text me at 828-386-8205 or email me at pskagan@gmail.com.

21 - **Hughes Gap to Little Rock Bluff** plus a bit 5-6 miles, easy to moderate. Cool, mostly along ridge lines without switchbacks, great views T Bluff. Carol Ann Mitchell leader 423-772-4280, camitchell21@Gmail.com, 423-957-1207 text. Covid rules. No dogs.

28 - Carvers Gap to Grassy Bald, Roan Mtn. TN

Hike is about 6 miles, 4 hours, rated moderate to strenuous. Views for 360 degrees. Trail is rocky with steep slopes in each direction reaching elevations a little over 6000 feet. Folks can contact me at jeichmiller@gmail.com or text at 630 240 2644. No phone calls please. Sunhat, sunscreen, sticks, electrolytes and lunch should be brought.

September

4 - **TBD** Mike Lobban

11 - **Profile Trail** 7.75 miles, 6 – 7 hrs. Total elevation gain 2,200 - 2500 ft. The scenic lower part of the trail is moderate, then there is a steady 3.4-mile uphill climb with rocky terrain near Shanty Springs. Beyond Shanty Springs, the trail has been improved to steps created from the rocks. At the top are amazing 360-degree vistas at 5,946' elevation. Rated strenuous - experienced hikers only. 3 ladders, one of which is a little tricky. Bring water, snacks, and lunch. Hiking sticks are highly recommended. Along the way you will find: Foscoe View (2.2 mi.), ProfileView (2.8 mi.), Shanty Springs (3.2 mi.) and Calloway Peak at 4 mi.). Hike leaders Sheryl McNair (partway and back) and Wes McNair (continuing on to Calloway). Phone 443-306-9933 or email to wesmcnair@charter.net. No dogs.

18 - **Laurel Fork Falls along Blue trail/AT**, 5 miles, easy to moderate. Lovely, shady trail, beautiful high waterfalls. Carol Ann Mitchell leader 423-772-4280, camitchell21@Gmail.com, 423-957-1207 text. Covid rules. No dogs.

25 - 9.25.2024: **South Mountain with Lonnie Johnson and Judy Eichmiller.**

<https://www.alltrails.com/trail/us/north-carolina/high-shoals-waterfall-and-hq-loop-trail> .

4.7 miles, 948 feet elevation change and lots of stairs. Folks can contact me at jeichmiller@gmail.com or text at 630 240 2644. No phone calls please. Sunhat,

Saturday Hikes, 3rd Quarter, 2024

July

6 **Carvers Gap to Grassy Ridge**: Out and back hike, approx. 5 miles - 3 hours, rated moderate to strenuous. Spectacular 360 deg. views along part of the AT that crosses the Balds. Trail is rocky in parts with steep slopes in each direction, reaching 6,000+ ft. elevations. Bring sticks, lots of fluids, sunscreen, and a hat (no shade). No dogs. Call/text/email hike leader Mike Lobban for correct time and carpool locations. 305-905-7000 / mjlobban@bell.south.net. Optional PIZZA lunch at Smoky Mountain Bakers on the way home (or The Station at 19E if too busy).

13 **Table Rock and Shortoff Mtn. Trl. to the Amphitheatre**: Table Rock is 2 mi. of moderately strenuous hiking roundtrip. After returning to the parking area, hike the Mountains To Sea trail toward Shortoff Mountain which affords many beautiful views of the Linville Gorge. Stop at "The Amphitheater" for lunch then return. Total hike will be approximately 4-5 mi. No dogs. Call hike leader, Bob Heath at 828-773-0471.

20 **Calloway Peak via Daniel Boone Scout Trail**. Hike from Boone Fork Parking area on the BRP. 5 - 6 hrs., approximately 7 mi. round trip, rated strenuous. Steady uphill trail with many sections strenuous and rocky with ladders. Hiking sticks are highly recommended. Total elevation gain 2,060 ft. Enjoy beautiful long-range views to 3 states from the top of Calloway. No dogs. Contact hike leader Juin Adams at juinadams@yahoo.com or call 828-295-9607(landline).

27 **Jones Falls**. Easy/moderate 4.5-mile trail to beautiful waterfall along the AT. No dogs. Covid precautions. Carol Ann Mitchell hike Leader 423-957-1207 texting, 423-772-4280, camitchell21@gmail.com.

August

3 **MTS Trail: Brinegar Cabin/Doughton Park to Bluff Mountain Overlook Trail. Will also spot cars at Alligator Outback.** 7.4 miles through forest, pasture, meadows with awesome 360 mountain range views in most parts. Lots of wildflowers. All day- hike. Bring snacks, sticks and fluid. We can stop at the restaurant there for lunch. No dogs. **TEXT** hike leader Judy Eichmiller at 630-240 2644 or Jeichmiller@gmail.com.

10 **Storyteller Rock and Flat Rock** from Boone Fork Parking area on the BRP. The hike will follow the Nuwati Trail to Storyteller Rock with the return trip via the Cragway, Daniel Boone Scout and Tanawha Trails. Storyteller and Flat Rock afford beautiful vistas of the Boone Bowl and beyond. 5 mi., some parts strenuous and rocky. No dogs. Call hike leader Bob Heath at 828-773-0471.

17 **19E AT trailhead to Doll Flats**, approximately 7+ miles, moderate with some strenuous areas. Some lovely views at a few overlooks. Flats are amazing, unexpectedly comfortable, great for a picnic, Golden rod will be beginning on the flats. Need sticks, fluid. Covid precautions. No dogs. Carol Ann Mitchell hike Leader 423-957-1207 texting, 423-772-4280, camitchell21@gmail.com.

24 **Crabtree Falls, Lunch and music (2-5p) at Linville Winery:** The hike is located at Crabtree Meadows Campground, mi. 339.5 on the BRP, not far past Little Switzerland. You will see a sign for Crabtree Falls at the entrance. Park to the left near the gift shop. The hike down involves stairs and a steep, sometimes rocky descent to the 70' waterfall. The trail back up the other side is initially a fairly steep, then moderate climb back to campground, looping back to the trailhead. Rated Moderate, 3 miles, 559' elevation gain. Following the hike, we will go to Linville Winery on Hwy 221 for lunch (yours or food truck) and music (2-5pm). **Optional additional hike to the Linville Falls Plunge Basin after lunch** for those interested. No dogs. Contact hike leader Juin Adams at juinadams@yahoo.com or call 828-295-9607 (landline) for car spotting, carpooling, and time.

31 **Hebron Falls from Holloway Mtn. Rd. Parking:** Hike the Tanawha from Holloway Mtn. Road east to the Boone Fork Trail, then on to Hebron Falls. To get to the top of the falls, hikers can rock-hop up or work your way up through the bushes along the water. After the Falls, finish Boone Fork loop back to the Tanawha and Holloway Mtn. Rd. Rated moderately strenuous. 7½ mi. Bring a lunch. No dogs. Contact Wes McNair at 443-949-2818 or sammcnair@yahoo.com.

September

7 **Elk Knob:** 3.9 mi. round trip, with 900 ft. gain in elevation. Moderately strenuous. Spectacular views at the summit. The trails are mostly moderate, but steady incline, steep in some places. 2 ½ - 3 hrs. No dogs. Call hike leader Bob Heath at 828-773-0471.

14 **Quarterly Meeting:** Host: Pam Hoffman

21 **OverMountain Victory Trail (OMV) to AT intersection** , Yellow Mountain Gap, approximately 8+ miles. Moderate/strenuous through 8 sunny pastures climbing, spacious views, poles very helpful, lots of fluid/electrolytes. Return via Birchfield trail, lovely descent along the creek, one water crossing. Covid precautions. No dogs. Carol Ann Mitchell hike Leader 423-957-1207 texting, 423-772-4280, camitchell21@gmail.com.

28 **Tanawha Trail: Linn Cove to Rough Ridge,** 6 mi. out and back. Tanawha, the Cherokee word for fabulous hawk or eagle, is an appropriate name for this trail that offers hikers spectacular views of distant mountains and the fall colors. Part of the trail is an easy to moderate walk, then becomes more strenuous with rocky terrain among beautiful boulder formations as we climb to Rough Ridge. No dogs. Call or text Sheryl Yatsko at 908-797-4016 or email samdee57@gmail.com.