



Monday Hikes 2nd Quarter 2023

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, and please be prepared to observe Dave's 4 Covid Rules, at least for now. Children and grandchildren, guests, visitors, and non-members are very welcome.

Apr 3: 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.

Apr 10: The Maze and Apple Barn at Cone Manor. Meet at Bass Lake lower parking area, off Rt. 221 just south of Blowing Rock.

Apr 17: Mountain-to-Sea Trail: Meet at the Raven Rock Overlook, hiking south to Thunder Hill and return. BRP MP 289.5.

Apr 24: Flat Top Observation Tower + Cone Memorial. Meet in front of the Carriage House by Cone Manor, BRP MP 294.1.

May 1: Tanawha Trail to Holloway Mountain Road, and on to an older community cemetery. Meet at boat ramp parking at Price Lake, BRP MP 297.

May 8: Trout Lake to Rich Mountain. Meet in parking area of Trout Lake off Shull's Mill Road near BRP Milepost 294.6.

May 15: 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.

May 22: Green Knob Trail: This is a short trail with a bit of a climb. Meet at Sims Pond Overlook, BRP MP 295.9.

May 29: Bass Lake to Cone Manor Loop. Meet at Bass Lake lower parking area off 221 just south of Blowing Rock.

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

Jun 12: Tanawha Trail to Holloway Mountain Road, and on to an older community cemetery. Meet at boat ramp parking at Price Lake, BRP MP 297.

Jun 19: Carriage Barn to Blowing Rock Stables. Meet at Cone Manor House in front of the Carriage Barn BRP Milepost 294.1.

Jun 26: Old John's River Road to Price Lake, and a visit to King's marker (maybe). Meet at Sim's Pond Overlook, BRP MP 295.9.

Jul 3: The Maze and Apple Barn at Cone Manor. Meet at Bass Lake lower parking area, off Rt. 221 just south of Blowing Rock.

Wednesday Hikes 2nd Quarter, 2023

APRIL

5 - **Reverse Boone Fork Loop** hike starting from the Boone Fork Picnic Grounds at 9-30 AM. We will cut through the campgrounds and down through the valley to the Boone Fork River and back to the picnic area via the Falls. The route is about five miles with moderate ups and downs, and about twenty river crossings, some insignificant and some fairly substantial. There is a ladder descent and some steep rocky scrambles. The total distance is around five miles. Please bring a snack. We will eat either by the falls or at the island close to the new bridge. No dogs and everyone should be vaccinated against Covid. I suggest that everyone should wear waterproof boots.

Hike Leader: Bill Baker, williamr.baker@prodigy.com, 828-295-8677

12 - **Shortoff Mountain:** About 5 mi strenuous round trip on a “back door route” to what the author of “100 Classic Hikes of North Carolina” says may be the best view in the state. Mostly uphill from Wolf Pit Road going & downhill returning, passing by open views of Lake James, Linville Gorge and through one old growth wooded area spared from fires. Sunscreen, hat, water and snack/lunch needed. Total elevation gain of 1321 ft. No dogs. Dave’s Covid-19 rules if carpooling. Call or email hike leader Juin Adams 828-295-9607 or juinadams@yahoo.com

19 - **Hughes Gap toward Iron Mountain Gap.** Moderate, beautiful ridge line trail, to Overlook and back 4 1/2 miles, to shelter and back 8 miles. Carol Ann Mitchell leader, 423-772-4280, camitchell21@gmail.com, 423-957-1207 texting. No dogs. Covid rules.

26 - **AT around Watauga Lake**, approx. 6-7 miles, easy to moderate. Carol Ann Mitchell leader, 423-772-4280, camitchell21@gmail.com, 423-957-1207 texting. No dogs. Covid rules.

MAY

3 - **Hawksbill—Linville gorge.** 3m ; meet at main parking lot beside pool at LLH — 1000. Hike Leader: Bob Heinrich
828 7339174, c859 7798986

10 - **Laurel Fork Falls:** This hike is in the Pond Mountain Wilderness and Cherokee National Forest, and will begin from the trailhead parking area on US 321/TN 67 in Hampton, TN. We will follow the Hampton Blueline Trail to its intersection with the Appalachian Trail, then south on the AT, up the high water route, and down to the falls for a lunch stop. We will then make our way back to the trailhead along the low water route. Total distance approximately 5 mi. Rated moderate. Bring a lunch No dogs. Contact Sheryl McNair (sammcnair@yahoo.com, 443-306-9933)

17 - **Upper Creek Falls**-2.5m , near road to table rock. meet at main parking lot beside pool at LLH ---1000. Hike Leader: Bob Heinrich
828 7339174, c859 7798986

24 - **MTS Trail: Elk Mountain Overlook to Jeffress Park and The Cascades Waterfalls.**
This is a beautiful ridge trail through the forest to one of the most beautiful waterfalls in the area. Up close, it's even better. Moderate hike of 6-8 miles. All Day Hike. Bring sticks, snacks, lunch and fluid. COVID restrictions. Masks required for carpooling. TEXT Judy Eichmiller at 630-240 2644 or Jeichmiller@gmail.com.

31 - **Tramway Hike.** The hike follows the extinct Cable Car route (service woods road) from Scotts Ridge to Mahogany Knob, Wilkes County. MP 235.7. We are stepping back in history of a developer's dream that failed. Expect unmaintained stretches of old service roads as we explore the territory of around the Northern terminal of the tramway, very interesting and unique. Moderate hike, easy pace, car spotting, approximately 6 miles. No Dogs, Lunch, water, electrolyte drinks, sticks. Call: Allmuth "Curly" Perzel 336-982-8591 please no emails or texts

JUNE

7 - Blue Trail to Laurel Fork Falls, 5 miles, easy to moderate. Carol Ann Mitchell leader, 423-772-4280, camitchell21@gmail.com, 423-957-1207 texting. No dogs. Covid rules.

14 - AT From Carvers Gap to Grassy Ridge (Pizza Hike)

Where: 36.106329,-82.110229 ([map](#)). **Description:** Out and back hike, approx. 5miles - 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. Meet at Carvers Gap at 9:30 or carpool from Banner Elk Park / Town Hall parking lot on 194, leaving at 8:45. Bring sticks, lots of fluids, sunscreen and a hat (no shade). Please let me know if you plan to attend - text/call/email: 305-905-7000 / mjlobban@bellsouth.net. Optional PIZZA lunch at Smoky Mountain Bakery on the way back.

21 - **MTS Trail: Bluff Mountain Overlook Trail to Brinegar Cabin/Doughton Park.** There are a couple "bailout" places where we can also spot cars. Description: 8.2 miles through forest, pasture, meadows with awesome 360 mountain range views in most parts. Lots of wildflowers. All day- hike. Easy hike except Alligator Outback part. Need hiking sticks. COVID restrictions. Masks required for carpooling. Bring snacks and fluid. We will lunch at Bluff Mountain Restaurant about halfway through the hike. TEXT Judy Eichmiller at 630-240 2644 or Jeichmiller@gmail.com.

28 - Mt Rodgers, High Country, Grayson Highland S P (1965 established)

The 9-mile hike starts and ends at Elk Garden, VA, following the Appalachian Trail (AT) with a spur trail to the highest mountain in VA 5729ft. (may see ponies). Around the summit is a spruce, fir habitat vegetation which includes northern hardwood only unique to New England, which must be seen and smelled. No Dogs, Lunch, water, electrolyte drinks, headlamp, sticks. Call: Allmuth "Curly" Perzel 336-982-8591 please no emails or texts.

Saturday Hikes 2nd Quarter, 2023

April

- 1 **Elk Knob:** 3.8 mi. round trip, with 900 ft. gain in elevation. 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.
- 8 **Carvers Gap to Grassy Ridge.** Rated moderate; fantastic vistas, approximately 6 miles. Call hike leader Carol Ann Mitchell at 423-772-4280, email camitchell21@gmail.com, or text 423-957-1207. No dogs. Covid rules.
- 15 **Hunt Fish Falls:** in Wilson creek area. 2m. Moderate. No dogs. Meet at Linville Land Harbor main rec center parking lot by pool: 10:00. Call hike leader Bob Heinrich at 828-733-9174, c859-779-8986
- 22 **Harper Creek Falls:** near Mortimer. 3m. Moderate. No dogs. Meet at Linville Land Harbor main rec center parking lot by pool: 10:00. Call hike leader Bob Heinrich at 828-733-9174, c 859-779-8986.
- 29 **Hughes Gap toward Iron Mountain Gap,** beautiful trails following the ridge line. Rated easy to moderate. To the overlook and back is 4-5 miles, to the shelter and back is 8 miles. No dogs. Call Carol Ann Mitchell, hike leader at 423-772-4280, 423-957-1207 text, camitchell21@gmail.com. Dave's 4 Covid rules.

May

- 6 **Boone Fork Trl. via Holloway Mtn. Rd./Tanawha Trl.:** Meet at the parking area at the halfway point on Holloway Mtn. Rd. Hike the Tanawha to Boone Fork Trl, loop containing rivers, rapids, waterfalls, meadows, water crossings (easy-difficult, depending on water levels), and rhododendron tunnels. Moderately strenuous, 8 mi., 997 ft. elev. Gain. Hiking sticks strongly recommended for water crossings. No dogs. Call hike leader Bob Heath at 828-773-0471.
- 13 **Cold Prong to Storyteller Rock** – This hike will follow the Tanawha Trail from Cold Prong Pond parking area (299 BRP) to the Nuwati Trail and Storyteller Rock. 7 mi. round trip; steady uphill with 1,489' elevation gain. Rated moderate. No dogs. Call hike leaders Wes and Sheryl McNair at 443-949-2818.
- 20 **Wilson Creek/Lost Cove.** Moderate 6 miles, 6+ water crossings. Need water shoes or change of shoes, socks. One very steep down trail. Call Carol Ann Mitchell, hike leader, at 423-772-4240, email camitchell21@gmail.com, or text 423-957-1207. No dogs. Covid rules.
- 27 **Stone Mountain State Park:** (Leader's choice hike, TBD). No dogs. Contact hike leader Allmuth Curly Perzel at 336-982-8591 for details.

June

- 3 **Table Rock and Crest Trail:** 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 Mike Lobban at 305-905-7000 or mjlobban@bellsouth.net.

10 **Quarterly Meeting Hosts:** Pam Hoffman

17 **TBD** – Wes and Sheryl McNair

24 **Hughes Gap toward Iron Mountain Gap-** to Overlook and back about 4.5 miles, to shelter and back 8 miles. Beautiful ridge line trail and views. Call hike leader Carol Ann Mitchell at 423-772-4280, email camitchell21@gmail.com, or text 423-957-1207. No dogs. Covid rules.