

July-August-September Hikes 2018

NOTE: All Friday hikes Meet at 9:30 a.m. at the Clawson-Burnley Park (opposite the Armory) on Hunting Hills Lane by the Boone Greenway to join Dave on these relaxed walks.

Mondays

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

July 2: 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, 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.

July 9: Bass Lake to Cone Manor loop. Meet at Bass Lake lower parking area, off Rt. 221 just west of Blowing Rock at 9:30. 5 miles more or less, relaxed pace. Done by noon mostly. Children, grandchildren and guests and non-members welcome. No dogs.

July 16: The Maze and Apple Barn at Cone Manor. Meet at Bass Lake lower parking area, off Rt. 221 just south of Blowing Rock.

July 23: Mountain-to-Sea Trail: Meet at the Raven Rock Overlook, hiking south & north, BRP MP 289.5.

July 30: Trout Lake to Rich Mountain: Meet at Trout Lake parking lot as per July 2.

August 6: 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.

August 13: Green Knob Trail: This is a short trail with a bit of a climb. Meet at Sims Pond Overlook, BRP MP 295.9.

August 20: Old John's River Road to Price Lake, and a visit to King's marker. Meet at Sim's Pond Overlook, BRP MP 295.9.

August 27: Flat Top Observation Tower + Cone Memorial. Meet in front of the Carriage House by Cone Manor, BRP MP 294.1.

September 3: Old John's River Road to Boone Fork and the new MST Bridge. Meet at Sim's Pond Overlook, BRP MP 295.9.

September 10: Tanawha Trail to Holloway Mountain Road, and on to an older community cemetery. Meet at boat ramp parking at Price Lake, BRP MP 297.

September 17: Carriage Barn to Blowing Rock Stables: Meet in front of the Carriage House by Cone Manor,

BRP MP 294.1.

September 24: Mountain-to-Sea Trail to 321. Meet at Thunder Hill Overlook, first overlook on BRP north of 321, MP 290.4.

Wednesdays

July

July 4th - TBD

July 11th - 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. Paul Dickenson, Dckensp@comcast.net, 561-353-8491

July 18th - Hughes Gap to Iron Mountain Gap. Approx. 9 miles on the AT. Interesting landscapes. Moderate to strenuous. Spot cars. CA Mitchell leader. camitchell21@gail.com, texts iffy--423-957-1207.

July 25th - Profile Trail to Calloway Peak: 7 miles, 5 hrs. Total elevation gain 2,300 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 to Calloway Peak where there are 360 degree vistas at 5,946' elevation. Rocky; rated strenuous - experienced hikers only. 3 easy ladders. Bring water, snacks, and lunch. Hiking sticks are suggested. Sheryl McNair, sammcnair@yahoo.com, No dogs.

AUGUST

1st - **Boone Fork Trail:** Meet at the Price Lake picnic ground (by the toilets/bridge) near MP 296 on the BRP. 5 mile loop, approx. 3 1/2 hrs. Hike includes views of rivers, rapids, waterfalls, meadows, water crossings (easy-difficult, depending on water levels), rhododendron tunnels. Rated moderately strenuous. Hiking sticks are suggested. No dogs. >> Optional PICNIC LUNCH after hike. Contact hike leader Mike Lobban at 305-905-7000 or mjlobban@bellsouth.net for details.

8th - **Mountains-to-Sea Trail from Thunder Hill Overlook** (BRP milepost 290.3) to Aho Gap and return. 5 miles round trip. Easy. In and out of the woods, going through cow pastures, visiting an old cemetery, climbing over stiles. No dogs. Contact hike leader, Pam Hoffman, 828-262-9779

15th - Pond **Mountain from Watauga Lake via Laurel Falls to Dennis Cove.** 9 miles, moderate to strenuous, gorgeous falls, down from Pond Mountain the AT follows Laurel Fork, a branch of the Doe River. Carol Ann Mitchell leader. No dogs. 423-772-4280 or camitchell21@gmail.com.

22nd - **Chestnut Ridge via Rough Ridge.** Approx. 6 miles, strenuous. Roan Mountain State Park. CA Mitchell leader. camitchell21@gail.com, texts iffy--423-957-1207.

29th - **Mountains-to-Sea Trail from Aho Gap** (BRP milepost 288) to Goshen Creek and return. About 5 miles, easy to moderate. Mostly wooded. A couple of easy water crossings. No dogs. Contact hike leader, Pam Hoffman, 828-262-9779

SEPTEMBER

5th - **AT from Carver's Gap to Grassy Ridge Bald:** Moderate stroll about 5 miles out and back. Meet either at Carver's Gap parking area 10:00 or carpool from Banner Elk parking lot by the park 9:15. Optional pizza lunch at

the Smoky Mountain Bakers in Roan Mountain on the way home. No dogs. Contact Mike Lobban at mjlobban@bellsouth.net or 305-905-7000.

12th - **China Creek Trail**: Moderate to strenuous. Significant elevation change - probably 1,800 feet, about 4-5 miles one way. Includes water crossings and rock scrambling. Spot cars at Sandy Flat off 221 and then proceed down the Globe Road where we will start our hike up the trail back to the cars. If it is a pleasant day we may see people doing the sport of "bouldering" near the top. Wes McNair wesmcnair@charter.net No Dogs

19th - **Holloway Road to Cold Prong via the Tanawha Trail** or possibly on to Boone Fork bridge if trail conditions permit with return the same way. 4½ - 7 miles; rated moderate. Sherrey Murray 828-737-0248 spa@att.net No Dogs.

26th - **Pond Mountain to Dennis Cove**. Pond Mountain Trail is 9 miles on the AT from Watauga Lake on 321 where the AT crosses at Shook Branch Rd. (just before Hampton, Tenn.) to Dennis Cove parking lot on Dennis Cove Rd. We will be spotting cars. The hike is moderate to strenuous. Bring water and lunch. No dogs please. Park. CA Mitchell leader. camitchell21@gail.com, texts iffy--423-957-1207.

Saturday Hikes

July

7 Pond **Mountain**. 8 miles from Watauga Lake to Dennis Cove nature area with beautiful waterfall and Laurel fork, a branch of the Doe River. Moderate to strenuous in some areas. No dogs. Carol Ann Mitchell leader. 423-772-4280. camitchell21@gmail.com.

14 Over **Mountain Victory Trail to Little Hump**: Approx... 10 mi., rated moderate to strenuous. Hiking poles, sunhat and lots of fluid recommended. Contact hike leader Carol Ann Mitchell at camitchell21@gail.com, text (iffy) at 423-957-1207.

21 Beacon **Heights to Rough Ridge**: 5.1 mi., rated moderate (with some rough, rocky areas). Hike through one of the most spectacular sections of the Tanawha Trail. Stop over at the Viaduct Visitor Center, then on to Rough Ridge. We will spot cars at the Beacon Heights parking area.

Meet at Rough Ridge Parking at 9:30 AM. Bring water, snacks/lunch. No dogs. Contact hike leader Mike Lobban at 305-905-7000 or mjlobban@bellsouth.net for details.

28 Profile **Trail to Calloway Peak**: 8 miles, 5 hrs. The hike will begin at the new parking area/trailhead. Rated strenuous; total elevation gain 2,300 ft. At Calloway Peak there are 360 degree vistas at 5,946' elev. Bring water, snacks, and lunch. Hiking sticks are recommended. No dogs. Call hike leader Bob Heath at 828-773-0471.

August

4 **Old Mitchell Trail**: 5 mi., rated moderate. Meet at the Ranger's Station at Mt. Mitchell State Park and hike to the observation deck on Mt. Mitchell. Beautiful views of the Black Mtns. along the way. Bring plenty of water, snacks/lunch and hiking sticks. No dogs. Call Susan Smith at 704-607-0330 for directions and time to meet.

11 Roaring **Creek to Humps to 19E**: Approx. 9 mi., rated moderate to strenuous. Steep climbs with magnificent vistas and steep descents with very rocky conditions at the end. Bring sun hat, hiking poles,

water and lunch. Contact hike leader Carol Ann Mitchell at camitchell21@gail.com, text (iffy) at 423-957-1207.

18 **Crabtree Falls - Lunch at Mountain View After.** Crabtree Falls is located at Milepost 339.5 on the Blue Ridge Parkway (about 45 miles north of Asheville) and is accessed by a woodland hiking trail with two options: an easier 3-mile hike to and from on the same trail, with a steady descent and return climb; or a more strenuous 3.5-mile loop trail that climbs a ridge above the falls. The 70-ft. waterfall is definitely worth the trek! Turn into the former visitor center - Crabtree Meadows parking area. It's on the left coming from Asheville and on the right coming from the High Country... The signed trail starts at the northeast side of the parking area. Contact Roger Bodo 828-260-2019. No dogs. We will meet at the Mountain View Restaurant which is off of the Gillespie Gap Hwy 226 exit. Roger Bodo

25 **Calloway Peak via Daniel Boone Scout Trail:** Hike from Boone Fork Parking area on the BRP. 5 - 6 hrs. approx.. 7 mi. round trip. Steady uphill trail with some parts near the top strenuous and rocky with ladders. Elevation gain 2,060 ft. Enjoy beautiful long range views to 3 states from the top of Calloway. Call hike leader Wes McNair at 443-949-2818 or mcnair4@comcast.net.

September

1 **Holloway Mtn. Rd. to Boone Fork Trl. & Hebron Falls:** Rated moderately strenuous, 7½ mi. Park at Holloway Mtn. Rd. lot near the Tanawha trail. We will hike the Tanawha 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. Bring lunch, water, sturdy shoes & poles recommended. Call hike leader Sheryl McNair at 443-306-9933/ sammcnair@yahoo.com.

8 **Quarterly Meeting:** Hosts – Lory Whitehead and John Prickett

15 **AT Watauga Lake:** Approx. 8 mi. Rated moderate. The trail winds around coves on Lake Watauga. Contact hike leader Carol Ann Mitchell at camitchell21@gail.com, text (iffy) at 423-957-1207.

22 **Table Rock and Crest Trail:** 5.2 mi., moderate to strenuous. The Linville Gorge Wilderness area has Table Rock as a view-filled peak above the gorge. The hike is steep but not too long, 2.2 miles round-trip. Beautiful views all the way up and down. Upon return to the parking lot we will continue (optional) on the MST across the crest and partly down toward Shortoff Mountain which will be about 3.0 miles out and back-lunch at the end of this trail before returning to the parking lot. Great views from both sides of the crest. Meet at Christa's Country Corner on 181 at the Parkway, MP 312 to carpool to the trailhead. No dogs. Bring snacks or lunch for the full hike, plus >> ICE CREAM at Christa's when we return. Contact hike leader Mike Lobban at 305-905-7000 or mjlobban@bellsouth.net for details.

29 **Trout Lake to Rich Mountain:** Rated moderate, 6.5 mi. round trip to the top of Rich Mountain with 585' elevation gain. Begin at Trout Lake on a steady uphill climb on carriage trails with nice views at the top. Approximately 3-4 hrs. Call hike leader Roger Bodo at 828-260-2019.