

# July-August-September Hikes 2019



***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.***

## **Monday Hikes**

*NOTE: All Monday hikes meet at 9:30 am, are 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 1: Bass Lake to Cone Manor loop. Meet at Bass Lake lower parking area off 221 just south of Blowing Rock.

July 8: Flat Top Observation Tower. Meet at Cone Manor House in front of the Carriage Barn BRP Milepost 294.1.

July 15: Price Lake plus. Meet at Boat Ramp Parking at Price Lake BRP Milepost 297.

July 22: Rich Mountain: Meet in parking area of Trout Lake off Shull's Mill Road BRP Milepost 294.6.

July 29: Green Knob: Meet at Sims Pond Overlook BRP Milepost 295.9.

August 5: The Maze and Applebarn at Cone Manor. Meet at Bass Lake lower parking area off 221 just south of Blowing Rock.

August 12: Old John's River Road to Boone Fork. Meet at Sim's Pond Overlook BRP Milepost 295.9.

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

August 26: Tanawha Trail to Holloway Mountain Road. Meet at Boat ramp Parking at Price Lake BRP Milepost 297.

September 2: Old John's River Road to Price Lake. Meet at Sim's Pond Overlook BRP Milepost 295.9.

September 9: Mountain to Sea Trail to 321. Meet at Thunder Hill Overlook, first overlook on BRP north of 321, MP 290.4

September 16: Trout Lake to Manor House & Figure 8 Trail. Meet in parking area of Trout Lake off Shull's Mill Road BRP Milepost 294.6.

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

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

## Wednesday Hikes

### July

**3 - Trout Lake to Fire Tower:** Approximately 7-8 miles up and back, rated moderate-strenuous, on Cone Manor carriage trails with approximately 650 ft. elevation gain. Meet at Trout Lake parking area. No Dogs. Contact hike leader Juin Adams [juinadams@yahoo.com](mailto:juinadams@yahoo.com) 828-295-9607 or call 828-295-9607.

**10 - Boulder Fields Parking to Flat Rock overlook at top of Cragway:** This is the new way to approach the beautiful vistas of the Boone Bowl and beyond from Flat Rock until the Nuwati trail and Boone Fork bridge are restored. The hike will take the Tanawha trail down from Boulder fields parking area, up the Daniel Boone Scout trail to Flat Rock. Approx. 8.4 miles out and back. Moderate, but strenuous at times. Bring lunch, water and sticks. No Dogs. Contact Juin Adams at [juinadams@yahoo.com](mailto:juinadams@yahoo.com) or 828-295-9607.

**17 - Roan Mountain State Park Bear Wallow,** to Raven Rocks to Chestnut Ridge ending at Old Miller Farmstead. 7 miles, some parts strenuous, some challenges, mostly moderate. Bring plenty of fluid. No dogs. Leader Carol Ann Mitchell text 423-957-1207, email [camitchell21@gmail.com](mailto:camitchell21@gmail.com) or call 423-772-4280.

**24 -** We will begin at the Massie Gap parking area of Grayson Highlands State Park. It is about a one hour fifteen-minute drive from downtown Boone. We will hike to Thomas Knob shelter on the Appalachian Trail, a round trip distance for 6-7 miles. There is also a very nice visitor center near the trail head. Contact Hike Leader, Tom Goodwin. 336-877-2449.

**31 - Mt. Mitchell Crest trail to Cattail Peak:** The hike will start at the summit of Mt. Mitchell (6684'), continue to Mt. Craig (6648'), Big Tom (6581') Balsam Cone (6566') and Cattail Peak (6584') and return. These are magnificent mountains with spectacular views. Rated moderate to strenuous, the most strenuous part being the climb back up Mt. Tom on the return. Approx 6+ miles. To participate you should be an experienced hiker. There may be some hikers who will cut the hike short at Mt. Tom (3 miles or less). Picnic grounds and restaurant available in the park. No dogs. Contact hike leader Juin Adams [juinadams@yahoo.com](mailto:juinadams@yahoo.com) 828-295-9607 or call 828-295-9607 for carpool, meeting place and time.

### August

7 - **AT from Carver's Gap to Grassy Ridge**, 36.106329,-82.110229 ([map](#)), Moderate stroll about 5 miles out and back. Meet either at Carver's Gap parking area at 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](mailto:mjlobban@bellsouth.net) or 305-905-7000.

14 - **Crabtree Falls and Grassy Creek Falls Where:** Crabtree Meadows Campground, South Toe, Yancy Co., NC, 1-1/4 hours down BR Parkway south from Boone near BRP milepost 340. Walk down on loop trail to a pretty waterfall. Steps going down, sloped trail coming back up. Approx. 3 miles, moderate with a few strenuous parts, 700-foot elevation gain, 2 hours. On our return we will enjoy a meal at Little Switzerland and then cross the Parkway to walk to Grassy Creek Falls, 2 miles out and back. No dogs. call hike leader, Juin Adams 828-295-9607 for carpool, meeting place and time.

21 - **Hughes Gap to Iron Mountain Gap**. 10 miles, moderate, beautiful views. Bring plenty of fluid. No dogs. Leader Carol Ann Mitchell text 423-957-1207, email [camitchell21@gmail.com](mailto:camitchell21@gmail.com) or call 423-772-4280.

28 - **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 Amina Huebner, Text to Cell: 352 874 6521 or email: [aminahuebner@gmail.com](mailto:aminahuebner@gmail.com) Start Time: 9:30am

## September

4 - **Cold Prong Pond 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. Approximately 7 mi. round trip. Rated easy to moderate. No dogs. Contact Hike Leader Sheryl McNair [sammcnair@yahoo.com](mailto:sammcnair@yahoo.com), 443-306-9933.

11 **Thunderhole Descent** - This is a downhill trek of approximately 5 miles. We plan to start where the Cone Park carriage trail crosses under 221, walk down past the stables to do the Upper Thunderhole Trail, then along China Creek to Thunderhole Creek. We will then continue down through several stream crossings (some below-the-knee wading required) and end up way down Globe Road, south of Blowing Rock. Some car staging required. Starting point is across from the Blue Ridge Parkway sign on 221S, 1.2 miles up from Main Street in Blowing Rock. Bring a lunch & water. Poles recommended; no dogs. Contact Wes McNair ([wesmcnair@charter.net](mailto:wesmcnair@charter.net) or [443-949-2818](tel:443-949-2818)) for more information.

18 - **Carvers Gap to Grassy Ridge**. About 6-7 miles. Gorgeous views. Bring plenty of fluid. No dogs. Leader Carol Ann Mitchell text 423-957-1207, email [camitchell21@gmail.com](mailto:camitchell21@gmail.com) or call 423-772-4280.

25 - **Virginia Creeper Trail Bike Ride** (Washington Co., VA) 14 miles, 4.5 hours easy downhill trail that is an old, flat RR bed that follows a beautiful river from Whitetop to Damascus. Rent bikes in Damascus and shuttle to the top of Whitetop (or bring your own and ride to Whitetop and back). Bring lunch or you can order lunch at the sandwich shop in Taylor Valley approx. 8-9 miles down from Whitetop. No dogs. Contact hike leader Susan Moore 828-733-5748, [moore2157@bellsouth.net](mailto:moore2157@bellsouth.net) for carpool, meeting place and time.

## Saturday Hikes

### July

- 6 **Boone Fork Trl. from Holloway Mtn. Rd. Parking**: Hike the Tanawha from Holloway Mtn. road east to the Boone Fork Trail, with an optional side trip to Hebron Falls. Finish Boone Fork loop back to the Tanawha and Holloway Mtn. Rd. Rated moderately strenuous. 7½ mi. No dogs. Call hike leader Bob Heath at 828-773-0471.
- 13 **Hughes Gap to Rhododendron Gardens**. 8 miles, moderate. No dogs. Leader carol Ann Mitchell text 423-957-1207, call 423-772-4280, email [camitchell21@gmail.com](mailto:camitchell21@gmail.com).
- 20 **Calloway Peak via Daniel Boone Scout Trail**. We will meet at the “View Calloway Peak” overlook, located at mile 299.6 of the Blue Ridge Parkway. The hike will proceed along the lovely Upper Boone Fork Trail, rock-hop the Fork before joining the Tanawha to reach the Daniel Boone Scout Trail, and up to Calloway Peak. The total distance is approximately 8 miles, with an elevation gain of 2166 feet. This hike is strenuous. Bring lunch, water, and poles if desired. No dogs. Contact Wes McNair at [mcnairmail@charter.net](mailto:mcnairmail@charter.net) or 443-949-2818 for more information.
- 27 **Beacon Heights to Rough Ridge via Tanawha Trail / MST**: 5.1 mi. rated moderate (with some rough, rocky areas). Hike through one of the most spectacular sections of the Tanawha Trail. Stopover at the Viaduct Visitor Center, then on to Rough Ridge for snack/lunch atop the magnificent vista. We will spot cars at the Beacon Heights parking area. Meet at Rough Ridge Parking area. No dogs. Call / text hike leader Mike Lobban at 305-905-7000 or [mjlobban@bellsouth.net](mailto:mjlobban@bellsouth.net) for details.

### August

- 3 **Over Mountain Victory Trail to Little Hump**, approx. 10 miles, moderate. No dogs. Leader Carol Ann Mitchell text 423-957-1207, call 423-772-4280, email [camitchell21@gmail.com](mailto:camitchell21@gmail.com).

- 10 **Tanawha Trail:** From end to end, 13.5 mi. from Beacon Heights to Julian Price Park, ranges from easy to strenuous; about 8 hrs.- we'll start early. Net elevation loss is about 800'. Meet at Julian Price Park. We will spot cars at Beacon Heights. No dogs. Call hike leader Bob Heath at 828-773-0471. Bob Heath
- 17 **Trout Lake to Cone Cemetery** and perhaps beyond. Meet at Trout Lake at 9:00 a.m. No dogs. Call hike leader Roger Bodo 828-260-2019.
- 24 **Crabtree Falls:** Crabtree falls is located at Mile 339.5 on the Blue Ridge Parkway about 1 1/4 hours south of Boone and 45 miles north of Asheville. Walk down on loop trail to the base of a lovely 70-foot waterfall. Steps going down, sloped trail coming back up. Approx. 3 miles, moderate with a few strenuous parts, 700 elevation gain, 2 hours. 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. Optional lunch afterwards at Mountain View restaurant in Little Switzerland. No dogs. Call/text hike leader, Mike Lobban 305-905-7000 or email [mjlobban@bellsouth.net](mailto:mjlobban@bellsouth.net).
- 31 **Lost Cove Creek:** 7 miles, 5 hours. This is a loop trail starting with a moderate climb to the top of the ridge then a steep descent down to Hunt Fish Falls and a large swimming hole where we will have lunch. The return has several climbs and follows several tributaries of Lost Creek where there are falls, cascades and swimming holes. 6-8 water crossings. This beautiful hike is a favorite as it affords the most variety. Meet at Beacon Heights parking area at mile marker 310 on the BRP. No dogs. Call hike leader Sheryl McNair at Sheryl McNair at 443-306-9933/ sammcnair@yahoo.com.

## **September**

- 7 **Pond Mountain to Laurel Fork Falls** approx 9+ miles. Moderate. No dogs. Leader carol Ann Mitchell text 423-957-1207, call 423-772-4280, email [camitchell21@gmail.com](mailto:camitchell21@gmail.com).
- 14 **Quarterly Meeting:** Hosts Lory Whitehead and John Prickett –
- 21 **Price Lake Plus Boone Fork Trail:** Easy to moderate hike starting at the Price Lake Picnic Area, Boone Fork trailhead. Hike across BRP to the Lake trail, and then back to Boone Fork trailhead start with the possibility of continuing a bit further on the Boone Fork Trail and then doubling back. Meet at Price Lake Picnic Area at 9:30. Approx. 3.5 mi. and 2 hrs. No dogs. Call Roger Bodo at 828-260-2019.
- 28 **Table Rock and Shortoff Mountain:** Table Rock is 2 mi. of moderately strenuous hiking roundtrip. After returning to the parking area, hike the MST 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., 3-4 hrs. No dogs. Call hike leader Bob Heath at 828-773-0471.