



## Third Quarter Hikes July-September 2022

### Monday Hikes

All Monday 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.

### July

July 4: **Trout Lake to Manor House & Figure 8 Trail:** Meet at Trout Lake parking lot. Take 221 south from BR, exit onto Shull's Mill Rd, go under parkway, and then immediately a paved one lane access drive to the parking area for Trout Lake.

July 11: **The Maze and Apple Barn at Cone Manor.** Meet at Bass Lake lower parking area, off Rt. 221 just south of Blowing Rock.

July 18: **Mountain-to-Sea Trail:** Meet at the Raven Rock Overlook, hiking south to Thunder Hill and return. BRP MP 289.5.

July 25: **Flat Top Observation Tower + Cone Memorial.** Meet in front of the Carriage House by Cone Manor, BRP MP 294.1.

### August

Aug 1: **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 8: **Green Knob Trail:** This is a short trail with a bit of a climb. Meet at Sims Pond Overlook, BRP MP 295.9.

Aug 15: **Trout Lake to Rich Mountain.** Meet in parking area of Trout Lake off Shull's Mill Road near BRP Milepost 294.6.

Aug 22: **Old John's River Road to Boone Fork Trail.** Meet at Sim's Pond Overlook, BRP MP 295.9.

Aug 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.

### September

Sept 5: **Carriage Barn to Blowing Rock Stables.** Meet at Cone Manor House in front of the Carriage Barn BRP Milepost 294.1.

Sept 12: **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.

Sept 19: **Bass Lake to Cone Manor Loop**. Meet at Bass Lake lower parking area off 221 just south of Blowing Rock.

Sept 26: **Trout Lake to Rich Mountain**. Meet in parking area of Trout Lake off Shull's Mill Road near BRP Milepost 294.6.

### Wednesday Hikes

#### July

6 - **AT, Hughes Gap to Rhodo Gardens** 8 miles, many switchbacks, moderate, beautiful views. Covid club rules. Leader Carol Ann Mitchell 423-772-4280, [camitchell21@gmail.com](mailto:camitchell21@gmail.com), texting iffy 423-957-1207. No dogs.

13 - **Boone Fork Trail**: Meet at the Price Lake picnic ground near MP 296 on the BRP. 5-mile loop, 4 ½ hrs., containing rivers, rapids, waterfalls, meadows, water crossings (easy-difficult, depending on water levels), and rhododendron tunnels. Includes 2 trail ladders. Rated moderately strenuous. Hiking sticks are suggested. Bring a lunch. Hike leader Sheryl McNair, 443-306-9933 or [sammcnair@yahoo.com](mailto:sammcnair@yahoo.com). No dogs. COVID protocols apply.

20 - **Hike + Art**. New Trail! The Blue Ridge Conservancy Trail on recently acquired land in Aho. This newly constructed trail is 2 miles in length, the first mile is a moderate climb on switchbacks, the second is a mostly easy descent. The entire trail is cool and shady with no roots/rocks. As this is not a long hike, let's consider an optional visit to BRAHM afterwards followed by a cold brew. Directions to trail: Turn onto Aho Rd off Rte 321 (large antiques store on corner). Go 0.4 mile, continuing past the sign for Blue Ridge Conservancy, and pull into a gravel parking area on the left with a marker for the trailhead. Someone from the Conservancy will join our hike to tell us about the trail. Contact hike leader Eva Rand for start time: 301-758-4375 or [twowheels28@hotmail.com](mailto:twowheels28@hotmail.com) No dogs. COVID protocols apply.

27 - **Linville Falls**: Meet at the Linville Falls Parking lot, BRP, MP 316.5. Moderate to strenuous hike to both the Plunge basin overlook and Plunge Basin lower area depending on conditions, and given time, also part of the Upper falls trails. Expect about a 3.0-hour hike. Snack at one of the overlooks. Hike Leader, Sherrey Murray, 828-737-0248, [smpa1958@gmail.com](mailto:smpa1958@gmail.com). No dogs. Covid protocols apply.

#### August

3 - **Glen Burney**: The trail starts at Annie Cannon Gardens parking lot on Laurel Lane in Blowing Rock. The trail meanders down through a gorge past 3 waterfalls on the New Years Creek. It is 3.2 miles total. Easy going down but the 700-foot elevation change is a good workout

coming back up. Hike Leaders, Mitch Murray and John Prickett, 828-737-0248, [smpa@att.net](mailto:smpa@att.net). No dogs. Covid Protocols apply.

10 - **Mountains-to-Sea Trail**. Meet at Grandview Overlook on the Parkway, Milepost 281.2. An out and back hike from the overlook south to Boone Trace, where we will stop for lunch before doing the return. Total distance is 7+ miles. A good amount of up and down, moderate...not rocky. Vaccinated hikers only. No dogs. Contact hike leader, Pam Hoffman, [hoffmanpw@yahoo.com](mailto:hoffmanpw@yahoo.com) or text, 828-963-3369, for start time and driving directions (to avoid the section of the BRP that is closed).

17 - **Elk Knob** 3.8 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. No dogs. Optional picnic in the park afterwards. Call / text hike leader, Mike Lobban at (305) 905 7000, [mjlobban@bellsouth.net](mailto:mjlobban@bellsouth.net).

24 - **Profile Trail to Calloway Peak**: 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.), Profile View (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\\_wesmcnair@charter.net](mailto:email_wesmcnair@charter.net).

31 - **AT, Hughes Gap to shelter** 8 miles, moderate, fabulous overlook, changing terrain. Covid club rules. Leader Carol Ann Mitchell 423-772-4280, [camitchell21@gmail.com](mailto:camitchell21@gmail.com), texting iffy 423-957-1207. No dogs.

## **September**

7 - **New! Peak Mountain (private trail) in 7 Devils** followed by Otter Falls. New Trail! This is a gated, private property that the Blue Ridge Conservancy is in the process of acquiring, at which time it will become open to the public. We will meet BRC's Wendy Patoprsty at the new Seven Devils Town Hall (157 Seven Devils Road, Banner Elk, NC 28604) at 10:30am, then carpool to the mountaintop. After turning onto 7 Devils Road from Highway 105, Town Hall is the building immediately on your left. The hike is an easy to moderate out-and-back walk (0.75 miles each way) to an overlook, where we can eat a picnic lunch. The trail includes some elevation gain but is primarily flat and free of obstacles. After we leave the property, for those who would like, we can make the short drive to Otter Falls, 825 Skyland Dr. Hike is an easy descent of about 230 ft down to the falls with a round trip of 1.2 mi or more if we add an extra loop. Contact hike leader Eva Rand to RSVP: 301-758-4375 or [twowheels28@hotmail.com](mailto:twowheels28@hotmail.com) Optional visit to Grandfather Winery afterwards. Hike Leader, Eva Rand, 301-758-4375, [twowheels28@hotmail.com](mailto:twowheels28@hotmail.com). No dogs. Covid Club Rules.

14 - **Meet at the Price Park picnic ground** (by the restrooms) near MP 296 on the BRP. 5-mile loop, 3 hrs., containing rivers, rapids, waterfalls, meadows, water crossings (easy-difficult, depending on water levels), a ladder and rhododendron tunnels. Rated moderately strenuous. Hiking sticks are suggested. No dogs. PICNIC LUNCH after, weather permitting, bring chairs. Call / text hike leader Mike Lobban - 305-905-7000 for details.

21 - **Elk Knob State Park**. Meet 10 AM. Elk Knob is approximately a 4-mile round trip hike. 1.9 miles up in the remainder down. Elevation gain of 900 feet. The trails are mostly moderate but there is a steep incline in some places. There are two views to see Tennessee and Virginia which are very pretty. Walking sticks are encouraged. Covid restrictions apply. If carpooling, please, wear masks. If interested, TEXT Judy Eichmiller at 630-240-2644 or email at [jeichmiller@gmail.com](mailto:jeichmiller@gmail.com). No dogs.

28 - **AT, around Watauga lake**, easy/moderate 6 (to dam and back)-8 miles (to visitor center and back). Much of the trail along the lake. . Covid club rules. Leader Carol Ann Mitchell 423-772-4280, [camitchell21@gmail.com](mailto:camitchell21@gmail.com), texting iffy 423-957-1207. No dogs.

### **Saturday Hikes, 3<sup>rd</sup> Quarter, 2022**

#### **July**

- 2 **Elk Knob**: Meet at Elk Knob trailhead at 9:00 (we want to beat the July 4th crowds). The hike is 900' in elevation gain and 2 miles up. At the top are beautiful views, looking to VA, TN, and NC. Rated moderately strenuous. No dogs. Call hike leader Christine Castelleo at 919-632-1250.
- 9 **Rich Mountain to Sims Pond**: One way hike. Steady 3-mile uphill walk from Trout Lake on the Rich Mtn. trail to MST style, then down the Mountains-to-Sea Trail, past Shull's Mill Road to Old John's River Road to Sims Pond and the cars. Total about 7 moderate miles, gradual uphill on Rich trail, then mostly downhill from Rich Mountain. No Dogs. Vaccinated hikers only. Contact Juin Adams, hike leader [juinadams@yahoo.com](mailto:juinadams@yahoo.com) or 828-295-9607 for meeting time and place.
- 16 **Boone Fork Trl. from Holloway Mtn. Rd.:** 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. Includes 2 trail ladders and back. Moderately strenuous, 8 mi. Hiking sticks strongly recommended for water crossings. No dogs. Call hike leader Bob Heath at 828-773-0471.
- 23 **OverMountain Victory to AT** interaction back by Birchfield trail. Approximately 6+ miles up through pastures into the forest to intersection with AT. Back by Birchfield trail along the creek = cool. Moderate, some sections strenuous. Hike leader Carol Ann Mitchell 423-772-4280, [camitchell21@gmail.com](mailto:camitchell21@gmail.com), texting iffy 423-957-1207. No Dogs, Covid precautions.

- 30 **Grayson Highlands State Park to top of Mr. Rogers.** 8-mile round trip. 360-degree views during most of the hike. No view at top of Mt. Rogers but you will get plenty of views of wild Shetland ponies, mountains ranges, open meadows, and rock outcroppings during the trip up. Plan on being gone most of the day. Carpool and/or caravan from Deep Gap Fire Department on 221. Meet at 8 AM. COVID restrictions. Masks necessary for carpooling. No dogs. **TEXT** Judy Eichmiller at 630-240 2644 or Jeichmiller@gmail.com.

### **August**

- 6 **MST:** Holloway Mtn. Rd. to Shulls Mills Rd. This hike will start on the Tanawha Trail then follow the Boone Fork trail to the MST bridge crossing Boone Fork Creek and finish on MST trails to up to Shulls Mill Rd. Bring sticks and lunch and water. 5-6 miles rated moderate. We will spot cars. Contact Mike Lobban at 305-905-7000 / [mjlobban@bellsouth.net](mailto:mjlobban@bellsouth.net). Mike Lobban
- 13 **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. 7 mi. round trip; steady uphill with 1,489' elevation gain. Rated moderate. No dogs. Call hike leader Bob Heath at 828-773-0471.
- 20 **Bluff Mountain Trail in Doughton Park.** Trail is relatively level and parallels the BRP. 7 miles. We may decide to add 1.4 miles to view the Wildcat Rocks Overlook and Fodder Stack for some amazing views. Directions forthcoming as there are BRP detours from 248.1 to 258.7-mile markers. No dogs. COVID restrictions. Masks required for carpooling. **TEXT** Judy Eichmiller at 630-240 2644 or Jeichmiller@gmail.com.
- 27 **Fred Behrend to Raven Rocks to Old Forest Road Ridges** down to Moonshiners Run. Approximately 6.5 miles. Hike leader Carol Ann Mitchell 423-772-4280, camitchell21@gmail.com, texting iffy 423-957-1207. No Dogs, Covid precautions.

### **September**

- 3 **Overmountain Victory Trail and AT to Little Hump:** Approx. 6 miles RT and 1500' elevation gain. Access is Yellow Mountain Gap Trailhead ( Drive 4.7 miles up Roaring Gap Road to the end from 19E turnoff between Newland and Elk Park). Trail follows old logging road a short distance to barn site of AT camp, then right with choices to the gap, then on to the Humps on the AT. Plan lunch/snack and linger at top views etc. Call / text Mike Lobban 305-905-7000, mjlobban@bellsouth.net for details.
- 10 **Quarterly Meeting:** Hosts: Eva Rand & Roger Bodo
- 17 **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 Bob Heath at 828-773-0471.
- 24 **Holloway Mt to Boone Fork:** 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. Includes 2 trail ladders and back. Moderately strenuous, 8 mi. Hiking sticks strongly recommended for water crossings. No dogs. Call hike leader Sheryl McNair at 443-306-9933.