

3rd Quarter 2025 Hikes



Monday Hike List for 3rd QTR 2025

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 non-members are very welcome.

July

- 7: **Trout Lake to Manor House.** 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. Contact: Philip Kagan at pskagan@gmail.com,
- 14: **The Maze and Apple Barn at Cone Manor.** Meet at Bass Lake lower parking area, off Rt. 221, just south of Blowing Rock. Contact: Paul Dickenson at Dckensp@comcast.net
- 21: **Cone Manor House to Blowing Rock Stables.** Meet at Carriage Barn next to Cone Manor House on BRP Milepost 294.1 Contact Dave Johnson at djohnson6146@charter.net
- 28: **Trout Lake to Rich Mountain.** Meet in the parking area of Trout Lake off Shull's Mill Road near BRP Milepost 294.6. Take the 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. Contact Philip Kagan at pskagan@gmail.com.

August

- 4: **Bass Lake to Cone Manor Loop.** Meet at Bass Lake lower parking area off 221 just south of Blowing Rock. Contact Linda Elksnin at elksninl@yahoo.com
- 11: **MST / Tanawha Trail: Holloway Mountain Road to Cold Prong.** Out-and-back, 4 miles. Meet at Holloway Mountain Road / Tanawha Trail parking lot. Contact Mike Lobban mjlobban@bellsouth.net
- 18: **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. Contact Dave Johnson at djohnson6146@charter.net
- 25: **Green Knob Trail:** This is a short trail with a bit of a climb. Meet at Sims Pond Overlook, BRP MP 295.9. Contact: Paul Dickenson at Dckensp@comcast.net

September

- 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. : Contact Dave Johnson at djohnson6146@charter.net
- 8: **Boone Fork Trail to the new MST bridge and Old John's River Road**. Meet at Price Picnic area. BRP MP296.4 Contact Dave Johnson at djohnson6146@charter.net
- 15: **Flat Top Observation Tower + Cone Memorial**. Meet in front of the Carriage House by Cone Manor, BRP MP 294.1. Contact Philip Kagan at pskagan@gmail.com.
- 22: **Mountain-to-Sea Trail**: Meet at the Raven Rock Overlook, hiking south toward Thunder Hill and return. BRP MP 289.5 Contact Sherrey Murray smpa1958@gmail.com
- 29 **Old John's River Road to Price Lake**, and perhaps a visit to King's marker. Meet at Sims' Pond Overlook, BRP MP 295.9. : Contact Dave Johnson at djohnson6146@charter.net

Wednesday Hikes, 3rd Quarter, 2025

July

- 2 **Jones Falls**. Moderate 4.5 miles down AT into gorge, beautiful falls. No dogs. Covid rules. Carol Ann Mitchell leader, text iffy 423-957-1207, camitchell21@gmail.com, phone 423-772-4280.
- 9 **Crab Orchard Falls**: Hike the trails behind the Valley Crucis Conference Center on Hwy. 194 between Valle Crucis and Banner Elk. Includes a beautiful waterfall on Crab Orchard Creek. Meet behind the Episcopalian church at the upper parking lot. Rated moderate; approximately 5 mi. No dogs. Contact hike leader, Phillip Kagan at (828) 386-8205.
- 16 **Carvers Gap to Roan High Bluff**: The hike is a moderate climb up the AT to the Rhodo Gardens/Picnic area, then on to the overlook. Spectacular view at the overlook, if we are not in the clouds. On the way back down, we will stop at the picnic area for lunch. (there are clean restrooms in the picnic area). Total distance about 7 miles, 1145' elev. gain, 4.5 hours. No dogs. Contact hike leader Juin Adams at juinadams@yahoo.com or call 828-295-9607 (landline-no texts) for meeting time, place and carpooling opportunities.
- 23 **Tanawha Trail: Linn Cove to Rough Ridge**: Approx 6 mi. out and back along the Tanawha Trail. Mostly moderate, then becoming more strenuous with rocky terrain among beautiful boulder formations as we climb up to Rough Ridge where we will enjoy the long-range views and have lunch or snacks before returning. No dogs. Call / text / email hike leader Mike Lobban at 305-905-7000 or mjlobban@bellsouth.net.
- 30 **Grayson Highlands to Mount Rogers**: At Grayson Highlands State Park in Virginia, join the Appalachian Trail to the summit of Mt. Rogers. The four-mile hike (each way) passes

through open country and offers sweeping views of the surrounding wilderness as far as the eye can see. This area has creeks, tough climbs, great vistas, wild ponies, the tallest mountain in Virginia and open balds. Moderate to strenuous. No dogs. Contact hike leader, Wes McNair at wesmcnair@charter.net or 443-949-2818 for more information.

August

- 6 **Elk Knob:** 5564 Meat Camp Rd, Todd. 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. 2 ½ - 3 hrs. Poles and water are advised. No dogs. Contact hike leader Eva Rand for start time. Text: 301-758-4375. Email: twowheels28@hotmail.com
- 13 **Laurel Fork Falls.** Easy, moderate, 2 steep parts of trail Falls are beautiful, cool. No dogs. Covid rules. Carol Ann Mitchell leader, text iffy 423-957-1207, camitchell21@gmail.com, phone 423-772-4280.
- 20 **Boone Fork Trail.** 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 water and lunch. No dogs. Contact Cyndi via text or email for meeting time and location. 941-720-1299; plantseeds3@gmail.com .
- 27 **Shortoff Mountain:** Starting from Wolf Pit Road above Lake James, the first mile of the hike is a strenuous, rocky trail with switchbacks and sweeping views of Lake James. One mile up, the trail merges with the Mountains to Sea Trail. The last 1¼ mile is mostly level across the summit at 2883 feet, passing by many panoramic views and a rare mountain-top bog. We'll lunch at a rock outcropping with the best view of Table Rock and the Linville Gorge especially with the fall colors. Hiking sticks suggested. Sunscreen, hat, water and snack/lunch needed. 5 mi., 1321 ft., rated strenuous. Contact Sheryl Yatsko text 908-797-4016 or email samdee57@gmail.com for time and carpooling.

September

- 3 **Emerald Outback Trails on Beech Mountain:** We'll do a combination of the multiple color-coded trails totaling around 4-5 miles, approximately 3 hours. Trails are easy / moderate, great long-range views from overlooks. Address - 328 N Pinnacle Ridge Rd, Beech Mountain. Optional lunch at Fred's Mercantile after. Call / text / email hike leader Mike Lobban at 305-905-7000 or mjlobban@bellsouth.net.
- 10 **Grayson Highlands to Mount Rogers** at Grayson Highlands State Park in Virginia, join the Appalachian Trail to the summit of Mt. Rogers. The four-mile (one-way) hike passes through open country and offers sweeping views of the surrounding wilderness as far as the eye can see. This area has creeks, tough climbs, great vistas, wild ponies, the tallest mountain in Virginia and open balds. Moderate to strenuous. 8 miles total. Hiking sticks are suggested. Bring plenty of water, snacks and lunch. No dogs. Contact Cyndi via text or email for

meeting time and location. 941-720-1299; plantseeds3@gmail.com

- 17 **Carvers Gap to Grassy Ridge**. Moderate, some areas strenuous. 6+ miles. Panoramic views, gorgeous. No dogs. Covid rules. Carol Ann Mitchell leader, text iffy 423-957-1207, camitchell21@gmail.com, phone 423-772-4280.
- 24 **Boone Fork Loop**: (I see a review of the trail posted a few days ago; if closed TBD). 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 recommended. Contact Wes McNair at wesmcnair@charter.net or 443-949-2818 for more information.

Saturday Hikes, 3rd Quarter, 2025

July

- 5 **AT: Humps-Roaring Crk. Rd to 19E**: 9.5 mi., w/1836' elev. gain, moderate to strenuous. There are steep climbs with magnificent vistas and descents with very rocky conditions at the end--hard on the knees, poles helpful, as well as knee strapping. Bring a hat, (no trees), water and lunch. No dogs. Contact hike leader Juin Adams at juinadams@yahoo.com or call 828-295-9607 (landline-no texts) for meeting time, place and carpooling opportunities.
- 12 **Catawba Falls Loop**-Catawba Falls offers a beautiful loop trail that features a variety of terrains, including stairs, rolling hills, and boardwalk sections. A highlight of this trail is the stunning view of the upper falls. Along the way, there are several overlooks, as well as a viewpoint at the lower falls. There are two main trails at Catawba Falls: The River Trail, which leads to the main area, and the Ridge Trail, which takes you to Upper Catawba Falls. One part has been rerouted and will need to cross a stream. Contact Sheryl Yatsko text 908-797-4016 or email samdee57@gmail.com for time and carpooling.
- 19 **Over Mountain Victory trail to Birchfield trail**. Approx 4.5 miles following OMV trail up 8 pastures, switching to Birchfield trail back along the creek, serene, cool. Historic. No dogs. Covid rules. Carol Ann Mitchell leader, text iffy 423-957-1207, camitchell21@gmail.com, phone 423-772-4280.
- 26 **Pond Mountain Wilderness**: Spot cars at Watauga Lake and begin the hike at Laurel Falls Trailhead. Proceed to join the Appalachian Trail northbound and hike up through the Pond Mountain Wilderness and down to Watauga Lake. Approximately 9 miles, strenuous with elevation gain of about 1900 feet. Bring lunch, water, and poles if desired. Contact Wes McNair at wesmcnair@charter.net or 443-949-2818 for more information.

August

- 2 **Daniel Boone Scout to Calloway**: Hike from Boone Fork Parking area on the BRP. 5 - 6 hrs., approximately 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. No dogs. Contact hike leader Juin Adams at juinadams@yahoo.com or call 828-295-9607(landline).

- 9 **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 recommended. No dogs. Contact hike leader Phillip Kagan at (828) 386-8205.
- 16 **Holloway Mtn. Rd. to Shulls Mill Rd:** This hike will start on the Tanawha Trail / MST at Holloway Mtn. Rd. following the Boone Fork trail to the MST bridge crossing Boone Fork Creek and finish at Shulls Mill Rd. Bring sticks and water; we will stop for lunch / snack by the river. Approximately. 5-6 miles, mostly shade, rated moderate. We will spot cars. Call / text / email hike leader Mike Lobban at 305-905-7000 or mjlobban@bellsouth.net.
- 23 **Bynum Bluff:** A 2.1-mile out-and-back trail in the wilderness area of the Linville Gorge. Generally considered a moderately challenging route. Follows the ridgeline and offers a mix of lush and rocky scenery. There is one somewhat technical uphill section. This hike is great for beating the summer heat as there is plenty of shade and it leads to a cool river spot. Contact Sheryl Yatsko text 908-797-4016 or email samdee57@gmail.com for time and carpooling.
- 30 **Hughes Gap toward Iron Mountain Gap to Shelter,** 8 miles moderate. Mostly follows TN/NC state line along ridges, few switchbacks, beautiful. No dogs. Covid rules. Carol Ann Mitchell leader, text iffy 423-957-1207, camitchell21@gmail.com, phone 423-772-4280.

September

6. **Hughes Gap to Rhodo Gardens,** 8 miles, moderate, many switchbacks, beautiful views. No dogs. Covid rules. Carol Ann Mitchell leader, text iffy 423-957-1207, camitchell21@gmail.com, phone 423-772-4280.
- 13 **Quarterly Meeting:** Host: Amy Tidd
- 20 **Glen Burney Soup Hike:** 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 (Cascades, Glen Burney and Glen Marie Falls) on the New Years Creek. It is 3.2 miles total. Easy going down but the 700 feet elevation gain is a good workout coming back up. On the way back up, we will divert up to Juin's house for a soup lunch, then finish the hike. No dogs. Contact hike leader, Juin Adams at juinadams@yahoo.com or call 828-295-9607(landline) for details.
- 27 **Grandfather Trail to Boone Fork Parking via Daniel Boone Scout Trl.:** Very strenuous; 6.5 miles of fantastic hiking and mountain viewing. This hike will encompass McRae Peak, Attic Window Peak, Calloway Peak, and Cragway Trail and ultimately end up at Boone Fork Parking. This hike includes cables, ladders, crevasses, and scaling rockslides. This is a challenging hike for experienced hikers with proper equipment. Will meet at Boone Fork Parking at MP 299.9 for

carpooling. No dogs. Text or call Sheryl Yatsko @ 908-797-4016 or email samdee57@gmail.com. Or contact via text or email to Cyndi 941-720-1299; plantseeds3@gmail.com.