



3rd Quarter 2026 Hikes ,

Monday Hikes

July 6: 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. Bill Baker

July 13: The Maze and Apple Barn at Cone Manor. Meet at Bass Lake lower parking area, off Rt. 221 just south of Blowing Rock. Bill Baker

July 20: Cone Manor House to Blowing Rock Stables. Meet at Carriage Barn next to Cone Manor House on BRP Milepost 294.1 Dave J

July 27: Trout Lake to Rich Mountain. Meet in parking area of Trout Lake off Shull's Mill Road near BRP Milepost 294.6. Take 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. Mike Lobban

Aug 3: Bass Lake to Cone Manor Loop. Meet at Bass Lake lower parking area off 221 just south of Blowing Rock. Linda Elksnin

Aug 10: Bass Lake to Apple Barn & return via old trail. Meet at Bass Lake lower parking area off 221 just south of Blowing Rock. Dave J

Aug 17: 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. Skip Rackmill

Aug 24: Green Knob Trail: This is a short trail with a bit of a climb. Meet at Sims Pond Overlook, BRP MP 295.9. Juin

Aug 31: Tanawha Trail to Holloway Mountain Road, and on to an older community cemetery. Meet at boat ramp parking at Price Lake, BRP MP 297. Carol Anne Mitchell

Sept 7: Boone Fork Trail to the new MST bridge and Old John's River Road. Meet at Price Picnic area. BRP MP 296.4. Dave J

Sept 14: Flat Top Observation Tower + Cone Memorial. Meet in front of the Carriage House by Cone Manor, BRP MP 294.1. Linda Elksnin

Sept 21: Mountain-to-Sea Trail: Meet at the Raven Rock Overlook, hiking south toward Thunder Hill and return. BRP MP 289.5. Dave J

Sept 28: Old John's River Road to Price Lake, and perhaps a visit to King's marker. Meet at Price Picnic area. BRP MP296.4. Dave J

Wednesday Hikes

July

1 - Hughes Gap to Little Rock Knob overlook (also possible Shelter), moderate, trail runs along TN/NC state line, great views, wildflowers. To overlook and back 4+ miles to shelter and back 8 miles. No dogs, Covid rules. Carol Ann Mitchell leader 423-772-4280; 423-957-1207, camitchell21@gmail.com.

8 - AT - Carvers Gap to Grassy Ridge (Pizza Hike): Out and back hike, approx. 5 miles - 3 hours, rated moderate to strenuous. Spectacular 360-degree views along part of the AT that crosses the Balds. Trail is rocky in parts with steep slopes in each direction, reaching 6000+ ft. elevations. Bring sticks, lots of fluids, sunscreen, and a hat (no shade). Call/text/email for correct time and possible carpool locations. 305-905-7000/ mjlobban@bellsouth.net. Optional PIZZA lunch at Smoky Mountain Bakery on the way home.

15 - Hike along the Jonas Ridge Trail in Linville Gorge to Hawksbill with spectacular views of the Gorge, with a stop along the way at Sitting Bear. This is a moderate out and back hike for 5 miles with approx. 1200 ft of elevation gain There are a couple of steeper sections, so poles are advisable. Bring water and a snack/lunch. No dogs. Email Nancy Riggsbee at nwriggsbee@gmail.com or text/call 704-517-2993..

22 - MST Aho Road to Bamboo. Easy to moderate. Bring sticks and a snack. ~5 miles. Contact Wendell Harris for parking instructions and start time. Text 704 650 1119
Wendell Harris

29 - The Rough Ridge Trail via the Linn Cove Viaduct Visitor Center is a highly scenic section of the larger 13.5-mile Tanawha Trail along the Blue Ridge Parkway. This route passes directly underneath the engineering marvel of the Linn Cove Viaduct before climbing steadily through rugged terrain to the exposed rock cliffs of Rough Ridge. Hikers are rewarded with stunning, panoramic views of Grandfather Mountain, the viaduct itself, and the distant valleys below. 3.7 mi with an elevation gain of 761ft. The Trail is rated moderate. Hike Leader is Philip Kagan, 828-386-8205, Pskagan@gmail.com

August

5 - Boone Fork Trail, moderate 5 miles. through rhododendron tunnels, along the Fork. No dogs, Covid rules. Carol Ann Mitchell leader 423-772-4280; 423-957-1207, camitchell21@gmail.com.

12 - Profile Trail to Calloway Peak: 7 1/2 miles, 6 – 7 hrs. Total elevation gain 2,000 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, Profile View, and Shanty Springs. Contact Wes McNair (merlin.hood38@gmail.com, 443-949-2818).

19 - 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. Bring lunch, hiking poles helpful for water crossings. No dogs. Contact Sheryl McNair, 443-306-9933 or sammcnair@yahoo.com.

26 - Grandfather Ridge trail to Calloway peak: Very strenuous 4.5 miles. It will be an in/out hike. This hike will encompass McRae Peak, Attic Window Peak, Calloway Peak. This hike includes cables, ladders, crevasses, and scaling rockslides. This is a challenging hike for experienced hikers with proper equipment. Call or text Sheryl at 908-797-4016 or email samdee57@gmail.com for meeting time and carpooling.

September

2 - AT: 19E to Doll Flats and Big Hump. Trail goes up through the woods, then out on the balds to the top of big hump for spectacular long views. 10.6 mi, 2719 ft. elev gain. Rated hard by AllTrails, but we will take it slow. Round trip to Doll Flats 7 miles for those who want to do a shorter version. Bring water, stick and lunch. No dogs. Email juinadams@yahoo.com or call/text 828-406-5738 for meeting time, place and carpooling opportunities.

9 - Crab Orchard to Hermitages- Hike the trails behind the Valle Crucis Conference Center. Includes a beautiful waterfall on Crab Orchard Creek. will then continue to hike up to The Hermitages. Rated moderate; approximately 5 mi. Call or text Sheryl at 908-797-4016 or email samdee57@gmail.com for meeting time and carpooling.

16 - Laurel Fork Falls. Blue trail connecting with AT to gorgeous falls. easy/moderate 5 miles. No dogs, Covid rules. Carol Ann Mitchell leader 423-772-4280; 423-957-1207, camitchell21@gmail.com.

23 - Carvers Gap to AT Shelter: About 8 miles, moderate hike with a few strenuous areas. Fall colors, wildflowers and may encounter southbound thru hikers. Call or text Sheryl at 908-797-4016 or email samdee57@gmail.com for meeting time and carpooling.

30 - Calloway Peak via Daniel Boone Scout Trail. 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. Bring water, sticks and lunch. No dogs. Email juinadams@yahoo.com or call/text 828-406-5738 for meeting time, place and carpooling opportunities.

Saturday Hikes

July

- 4 **Boone Fork Trl. from Holloway Mtn. Rd.:** Hike the Tanawha from Holloway Mtn. Rd. parking 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. Moderately strenuous, 7.4 mi. with 1,053' elevation gain. Hiking sticks strongly recommended for water crossings. No dogs. Contact hike leader Bob Heath at 828-773-0471 or plumbob309@yahoo.com.
- 11 **Iron Mountain:** Hughes gap to Iron Mountain. Part of the AT. Approximately 10 miles, easy to moderate, gentle ascent. Trail running at or below Ridgeline most of the way, a few moderately steep parts, beautiful slopes down ridges, one excellent outcropping with about a 240° view. Out and back Hike. Contact Sheryl McNair, 443-306-9933 or email sammcnair@yahoo.com. Bring lunch, hiking poles recommended, no dogs.
- 18 **Huntfish Falls:** 5 1/2 miles, 5 hours. Loop trail starting from Roseborough with a moderate climb up to Timber Ridge, then down the ridge and a steep descent to Lost Cove Creek. We will break at Huntfish Falls for a swim and lunch. The return has several more swim holes, falls, cascades, and moderate climbs along Gragg Prong. 6-8 water crossings too deep to rock hop (assume wet feet). Meet at the Grandmother Mountain parking area (mm 307.5 on BRP) to carpool to trailhead. No dogs. Contact Wes McNair at merlin.hood38@gmail.com, or text/call 443-949-2818.
- 25 **Chain of Trails RSMP:** 5+ miles moderate, strenuous. Raven Rocks, Forest Rd, Moonshiners Run, Turkey Trot, Forest Rd trails. Parts of trail very steep ascents and descents, fantastic views at Raven Rocks. No dogs, Covid rules. Carol Ann Mitchell leader 423-772-4280; 423-957-1207, camitchell21@gmail.com.

August

- 1 **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. Mike Lobban
- 8 **AT: Carvers Gap to Cloudland and Rhododendron garden overlook.** Trail goes up through ancient woods to clearings at the top and after lunch we will walk over to the overlook for long range views. 5-6 miles, 800-900 ft. elev. Gain. Rated moderate. Bring water, stick and lunch. No dogs. Email juinadams@yahoo.com or call/text 828-406-5738 for meeting time, place and carpooling opportunities.

- 15 **Wolf Den Cave:** The cave is located off Hwy. 194 between Todd and West Jefferson. I am currently working on locating and accessing the trail to this historical cave, which was the location of the only Revolutionary battle in this area. No dogs. Contact hike leader Bob Heath at 828-773-0471 or plumbob309@yahoo.com.
- 22 **Linville Falls:** Linville Falls is one of the most impressive waterfalls along the Blue Ridge Parkway and marks the beginning of the Linville Gorge. We will be hiking the five viewpoints via two trails, approximately 4 miles from the BRP. Call or text Sheryl Yatsko for meeting time and carpooling at 908-797-4016.
- 29 **Hughes Gap to Little Rock Knob Overlook,** possibly shelter. Moderate. 4+ miles to overlook, 8 miles to shelter. trail runs along TN/NC state line, minimal switchbacks, wildflowers. No dogs, Covid rules. Carol Ann Mitchell leader 423-772-4280; 423-957-1207, camitchell21@gmail.com.

September

- 5 **Hanging Rock (Seven Devils):** About 3 miles, rated strenuous. Very steep near the top, but with an amazing 360-degree view. Wildflowers along the trail consist of lilies of the valley and mayapples. Bring water, lunch and wear appropriate footwear. Call or text Sheryl Yatsko for meeting time and carpooling at 908-797-4016.
- 12 **Quarterly Meeting:** Host: Sheryl Yatsko
- 19 **Hwy. 221 Pre-Viaduct Parkway Ramp to Rough Ridge:** Hike the old roadbed from Hwy. 221 to Rough Ridge via the closed entry ramp to the Parkway at Wilson Creek Overlook, then the Tanawha to Rough Ridge and return. Approximately 5 mi. roundtrip; moderately strenuous, some rock scrambling. Meet at the entry on Hwy. 221. No dogs. Contact hike leader Bob Heath at 828-773-0471 or plumbob309@yahoo.com.
- 26 **Jones Falls from NB on AT:** moderate steady climb up then down to beautiful waterfall, 4+ miles. No dogs, Covid rules. Carol Ann Mitchell leader 423-772-4280; 423-957-1207, camitchell21@gmail.com.