

## OLD TIMERS HIKING CLUB SCHEDULE

Oct – Nov - Dec 2023

**Founded August of 1991 by CB Willis and Don Frederick and named by Jim Widener**

**32 Years of Hiking and Counting**

**All distances on the Appalachian Trail are taken from the A.T. Guide, 2023 Edition**

<p>Mon, Oct 2</p>	<p><b>Carvers Gap to Eagle Cliff (9+ miles, strenuous):</b> We'll hike South on the AT, climbing Roan Mountain up to Toll House Gap. From there we leave the AT and take the Cloudland Trail to the Roan High Bluff access trail. At this point, we'll use a faint, deer track and make our way to a forest service road (130A) and head down to the Eagle Cliff access trail. Breathtaking views on the cliff will make this journey worth every step. Our return will be all on the forest service road until we connect with Toll House Gap paved road where we will walk back down to Carvers Gap. Form up and leave the church at 8:00 am. We'll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 8:20 am, depart when the group from the church arrives. Leader: Pat Kenney, 276-791-8063 or patkenney28@hotmail.com.</p>
<p>Wed, Oct 4</p>	<p><b>Mount Mitchell State Park (5+ miles, moderate/strenuous):</b> After parking in the park's bottom parking lot, we will hike the Old Mitchell Trail and the Nature Trail to the summit of Mount Mitchell, the highest point east of the Mississippi. Since this is just off the Blue Ridge Parkway, we will have great views and, hopefully, some wonderful Fall colors. The hike is about 5 miles up/down, but it's a workout! It's a moderate to strenuous climb, fairly steep in places, and with some technical areas with lots of rocks. If you want additional mileage, several of us plan on hiking the Deep Gap Trail (aka Black Mountain Crest Trail) in/out to Mt Craig, adding 2+ more strenuous miles. Mt Craig is the second-highest peak east of the Mississippi, only 37 feet lower than Mitchell. Mount Mitchell State Park is about a 2-hour drive from Johnson City. Form up and leave the Church at 7:00 am. We'll make a second stop at the Pinnacle Tower Trailhead at 7:15 am where the hike leader will be with the signup sheet. Leader: Lisa Millburn, 435-840-2685, lisa_millburn@hotmail.com.</p>
<p>Mon, Oct 9 Columbus Day Holiday</p>	<p><b>Beech Mountain Trail System (5 to 6 miles, easy to moderate):</b> A crazy loop thru Beech Mountain ski resort and its Emerald Outback. With weather permitting, we will have scenic overlooks, Beech forests and beautiful rock formations. Form up and leave the church at 8:00 am. We'll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 8:20 am, depart when the group from the church arrives. Leader: Rich Ritter 765-414-4253, richieritch1.0@gmail.com.</p>
<p>Wed, Oct 11</p>	<p><b>Grayson Highlands State Park (5+ miles, easy):</b> After parking at Massie Gap and walking down the road, we'll hike the Stampers Branch Trail for 1.3 miles to the Wilson Creek Trail. This trail follows a beautiful boulder-filled stream. We'll then hike 1.2 miles on the AT and have lunch at Wise Shelter. Afterwards, we'll hike the AT 2.5 miles back to Massie Gap. If desired, we can hike some more on the AT for additional mileage. Much of this hike is new to us. Entry fee</p>

	is \$7/car. Form up and leave the church at 8:00 am. Meet the hike leader at the I-81 Exit 14 Park & Ride at approx. 8:40 am. Leader: Marcia Pruner, 276-614-5504.
Mon, Oct 16	<b>Special Event: Bays Mountain Barge Ride and Hike (5+ miles, moderate):</b> We start the day with a 9:00 am barge ride (free) around the reservoir arranged by Bob Fuller. (Bays Mountain Park does not permit dogs or other pets on the barge ride.) Afterwards, we'll head back to the nature center parking lot to freshen up and gather together our hiking gear. We'll then hike on several trails up to the Fire Tower for lunch. There is a \$7 entry fee per vehicle; with a valid military ID, you are allowed free entry. Form up and leave the church at 8:00 am and/or meet in the Bays Mountain parking lot near the Nature Center at 8:40 am where the sign-in sheet will be. The gate at Bays Mountain does not open until 8:30 am, so if you get there early, you may have to wait. Leader: Bob Fuller, 423-773-3051; refuller99@hotmail.com.
Wed, Oct 18	<b>Hawksbill, Table Rock and the Chimneys (about 5 miles total, moderate):</b> This is a hike that is not about mileage, but the breathtaking views into Linville Gorge. We'll begin by hiking up/down Hawksbill Mountain (2.1 miles), then driving to the Table Rock parking lot. We'll hike up/down to Table Rock (1.4 miles). For those that want more distance, we'll hike in/out (about 1.7 miles) on the Mountains to Sea Trail (MST) to the Chimneys with its superb views. Form up and leave the church at 8:00 am. We'll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 8:20 am, depart when the group from the church arrives. Leader: John Treece, 919-961-1560, john.treece@gmail.com.
Mon, Oct 23	<b>Rattlesnake Ridge Trail to Pleasant Garden and return (9 to 10 miles, strenuous):</b> Starting in Rock Creek Park National Recreation Area near Erwin, we will hike the Rattlesnake Ridge Trail to Pleasant Garden and return. This is a strenuous 9 to 10 mile hike through the changing colors of autumn up to a spectacular view (if the weather cooperates). 2,582 ft elevation gain. Since this is an in/out hike, you can make this a shorter hike if you wish. There is a \$2 day-use fee per car at the entry. (Only \$1 if you have a National Parks Senior Card.) Form up and leave the church at 8:00 am. Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.
Wed, Oct 25	<b>Carvers Gap to Grassy Ridge and return (6 to 7 miles, moderate):</b> We will follow the AT past Round Bald and Jane Bald, then take a side trail to Grassy Ridge. This mountain has incredible views any time of the year and should be especially nice with Autumn colors. Form up and leave the church at 8:00 am. We'll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 8:20 am, depart when the group from the church arrives. Leader Jeannine Edwards, 901-351-1779; jeannine21@bellsouth.net.
Mon, Oct 30	<b>Devil's Fork Gap to Flint Mountain Shelter and back (5.4 miles, moderate) or Shelton Grave Site and back (11.2 miles, strenuous):</b> A moderate in-out hike, about 5.4 miles roundtrip if you turn around at the Shelter, and about 11.2 miles if you hike on to Shelton Graves and return. This section of the AT is tree-filled and boasts outstanding colors in Autumn. Some late-blooming flowers, including closed gentian, have also been found along this path. Form up and

	leave the church at 8:00 am. Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.
Wed, Nov 1	<p><b>Three hikes to choose from!</b> One long one (16.1 miles), one shorter one (9.2 miles), and one even shorter one (6.6 miles). Make sure you sign up with Haitian for the long hike and with Lisa for the two shorter ones.</p> <p><b>TN 91/Cross Mountain to Wilbur Dam Rd (16.1 miles, strenuous):</b> Our annual 16.1-miler on the AT from TN 91 at Cross Mt. to Wilbur Dam Rd. Rated strenuous because of the mileage. Have plenty of water and snacks. This is a “must” hike for those trying to complete the AT in our local area. It takes 8 hours to hike, therefore, we will leave the Church at 7:00 am. We’ll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 7:20 am, depart when the group from the church arrives. Leader: Jeff “Haitian” Marek, 423-276-9160, jcmareksr@gmail.com.</p> <p>or</p> <p><b>TN 91/Cross Mountain Trailhead to the Iron Mtn Shelter and back (9.2 miles moderate) or to the Nick Grindstaff Monument and back (6.6 miles, moderate):</b> A moderate 9.2-mile hike in-out south on the AT from Cross Mountain to Iron Mountain shelter. A shorter version would be to hike to the Grindstaff monument for a 6.6-mile hike. Depart from the Church at 7:00 am, We’ll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 7:20 am, depart when the group from the church arrives. Leader: Lisa Millburn, 435-840-2685, lisa_millburn@hotmail.com.</p>
<b>Sun, Nov 5: Daylight Saving Ends. Set clocks back 1 hr.</b>	
Mon, Nov 6	<p><b>Rocky Fork State Park Flint Mountain Southern Loop (8 miles, ~1500', moderate/strenuous):</b> This hike covers the southern loop of Rocky Fork State Park (Rocky Fork, Flint Creek, Flint Mountain trails). There should be some beautiful cascades going up Rocky Fork and Flint Creek followed by the ascent of Flint Mountain. Lunch/snack will be at the summit of Flint Mountain. There is one stream crossing just before returning to your cars where your feet may get wet depending upon the water level. Form up and leave the church at 8:00 am. Leader: Bob Fuller, 423-773-3051, refuller99@hotmail.com.</p>
Wed, Nov 8	<p><b>Special Event: Hike at Asbury Place at Steadman Hill (1-mile, easy):</b> Our club’s most senior member, Bob Miller, will be turning 105 years old on Oct 29. He will be leading this hike at his senior living community in Kingsport. Time and details will be provided before the event. POC: Dave Polon, 423-302-8368, DPolon123@yahoo.com.</p>
<b>Sat, Nov 11: Veteran’s Day</b>	
Mon, Nov 13	<p><b>Looking Glass Rock (6.5 miles, moderate):</b> The Looking Glass Rock Trail climbs about 1,700 ft. in just over three miles (6.5 miles round-trip). The many switchbacks along the way help make for a long and moderately difficult climb. The trail starts off following a stream with some small cascades along the way, before beginning a series of switchbacks up the mountain. Sections of the trail take you through tunnels of rhododendron and mountain laurel. After about two</p>

	<p>miles, the trail reaches a flat rock area, which is used as a helicopter pad by the local rescue squad for injured rock climbers. A spur trail heads off to the left past the helipad, which leads to some nice views from Lower Looking Glass Cliffs. The Trail continues past the summit and after a short distance you will arrive at Upper Looking Glass Cliffs, where you will be treated to some spectacular views. Drive time is approximately 2 hours each way. Form up and leave the church at 8:00 am. Leader: Rich Ritter 765-414-4253, richieritch1.0@gmail.com.</p>
Wed, Nov 15	<p><b>Big Butt Trail (8 miles, strenuous):</b> An in and out, 8 mile somewhat strenuous hike due to the start of 2,000 ft climb, but then onto a Wilson Ridge which walks you out to the western most portion of the Blacks Mtn range to lunch spot with panoramic views. 75-minute drive to trail head and bad weather will change this hike so watch email right up to hike day. Form up and leave the church at 8:00 am. Leader: Rich Ritter 765-414-4253, richieritch1.0@gmail.com.</p>
Mon, Nov 20	<p><b>Spivey Gap to Chestoa (11.2 miles, strenuous):</b> We'll hike on the AT from Spivey Gap to the Nolichucky River in Chestoa. We will leave a car or two at Chestoa and carpool to Spivey Gap for the start. Afterwards, we'll drive back to Spivey Gap to retrieve the other cars. Form up and leave the church at 8:00 am. Leader: Teresa Pickett 423-552-4126, teresapickett@yahoo.com.</p>
Wed, Nov 22	<p><b>Pinnacle Tower Trail (9.8 miles, moderate):</b> The day before Thanksgiving typically has many you busy with traveling, cooking, shopping, cleaning, etc. And some may be doing nothing at all. So, take a time out and enjoy the pre-holiday weekend with your hiking friends on the Pinnacle Tower Trail. You can hike as little as you want, or all the way to the top for a in/out hike distance of 9.8 miles. We'll meet at the trailhead at 8:30 am. (Directions: Leaving Johnson City, take I-26 to Exit 32. You will see the trailhead on your right). Leader: Jeannine Edwards, jeannine21@bellsouth.net, 901-351-1779.</p>
<b>Thu, Nov 23: Thanksgiving</b>	
Mon, Nov 27	<p><b>Hughes Gap to Clyde Smith Shelter (7.0 miles, moderate):</b> Always a fan favorite. After a 2-mile climb we will be treated to beautiful views at Little Rock Knob. Then it's on to the shelter for snacks and we then make our way back. Form up and leave the church at 8:00 a.m. We will make a stop at Food City in Elizabethton. Be ready to depart Food City at 8:20 am, depart when the group from the church arrives. Leader: Pat Kenney, (276) 791-8063 or patkenney28@hotmail.com.</p>
Wed, Nov 29	<p><b>Jackie Street Trail to Scales and back, Mt Rogers, VA (10 miles, strenuous):</b> We'll hike the Jackie Street Trail to the First Peak. We will climb for the greater part of the first 4 miles on an old road &amp; horse trail. Continuing uphill we will cross Second Peak, 4,857', to Third Peak where we come to fantastic views of Walker Mt., Pine Mt, and the Mt Rogers ridges. Then we drop down to Scales completing 5 miles. Hikers wanting less miles can also do an in/out. Questionable weather will change this hike. Form up and leave the church at 8:00 am. Meet the hike leader at the I-81 Exit 14 Park &amp; Ride at approx. 8:40 am. Leader: Marcia Pruner 276-614-5504.</p>
Mon, Dec 4	<p><b>Sugar Hollow Park in Bristol, VA (6 to 8 miles, moderate):</b> We'll hike various trails in Sugar Hollow Bristol City Park near I-81 Exit #7 across from the</p>

	<p>Target Shopping Center. We can alter distance as a group. The many trails wind around a small park and provide alternatives to shorten the hike. Rocky Top, White Top View, Deer Tail Chase, Fox Trot, Cave Loop, &amp; Black Forest are some of the trails we will walk along with the wetlands. Form up and leave the church at 8:00 am. Meet the hike leader at the first parking lot on the right in the park at about 8:40 am. Leader: Marcia Pruner 276-614-5504.</p>
Wed, Dec 6	<p><b>Straight Branch/Feather Camp Loop (8.5 miles, moderate to strenuous):</b> We'll park at Straight Branch outside of Damascus and head up the Beech Cove trail to connect with the Iron Mountain Trail. From there we'll continue on until we meet the Feather Camp trailhead. The Feather Camp trail has several creek crossings that we should be able to negotiate by rock hopping. I'd suggest bringing some dry shoes and socks for the ride home in case the water is up. Form up and leave the church at 8:00 am. We'll make a second stop at the caboose in Damascus for a bathroom break and to pick up stragglers. Let me know ahead of time if you plan to meet us at the caboose. Leader: Pat Kenney, (276) 791-8063 or patkenney28@hotmail.com.</p>
Mon, Dec 11	<p><b>Elk Garden to Buzzard Rock (6.6 miles, moderate):</b> This hike has been cursed by rain the last three times I've attempted it. Surely, I've moved out from under a bad sign and we can now make another attempt. We'll hike South on the AT from Elk Garden and climb White Top Mountain (the second highest peak in Virginia). Although we won't go all the way to the summit, on a clear day the views from Buzzard Rock are spectacular. Form up and leave the church at 8:00 am. We can make a stop at the Exit 14 Park &amp; Ride on I-81 at 8:40 am for stragglers. Just let me know if you will use that option. Leader: Pat Kenney, (276) 791-8063 or patkenney28@hotmail.com.</p>
Wed, Dec 13	<p><b>Hot Springs to Deer Park Mountain Shelter and back (7.6 miles, moderate to strenuous):</b> We will park and begin the hike near the Iron Horse Station restaurant in Hot Springs. We will walk through Hot Springs south on the AT and into the forest. We will climb Deer Park Mountain to the shelter before returning. The Iron Horse Restaurant can be a lunch stop when we are done for those who wish to eat. There are other options in Hot Springs as well. Make sure your ride is with someone who will be staying for lunch. Form up and leave the church at 8:00 am. Hike Leader: Teresa Pickett 423-552-4126, teresapickett@yahoo.com.</p>
Mon, Dec 18	<p><b>Open Date:</b> We'll keep this date open for Pat if his Buzzard Rock hike is rained out. If not, then we have plenty of other options to hike.</p>
Wed, Dec 20	<p><b>Steele Creek Park: (5 miles, easy/moderate):</b> The hike leaders will take you on various trails. Form up and leave the church at 8:00 am. Meet the hike leader at the Rooster Front parking area at 8:30 am where the signup sheet will be. Directions to Steele Creek Park Rooster Front will be sent out ahead of time. Co-leaders: Debbie Loudon, 919-539-6037, dlouden00@gmail.com and Jolene Yetter, 423-388-5131, aquasizer@aol.com.</p> <p><b>Special Event:</b> Afterwards, on your drive back towards Johnson City, you are welcome to stop by Windy Ridge (Dave Polon's house) for some Christmas cheer, hot cider (always a big hit) hot chocolate, food, snacks, Christmas</p>

	caroling and camaraderie with your fellow hikers. Santa's reindeer Dasher and Donner may make an appearance before their busy, upcoming weekend. His home is open to all. Dave Polon, 539 Sugar Hollow Rd, Piney Flats, 423-302-8368, DPolon123@yahoo.com
	<b>Thu, Dec 21: First Day of Winter (Shortest Day of the Year)</b>
Mon, Dec 25 Christmas	<b>No Hike Scheduled. Have a wonderful holiday.</b>
Wed, Dec 27	<b>Open Date.</b> No hike scheduled. We can reschedule a hike that may be cancelled or schedule one. We have lots of options.
Mon, Jan 1 New Year's Day	<b>First Day Hike!</b> No hike scheduled as of yet, but we will be hiking.

**Come join us!** On most hikes, we leave Covenant Presbyterian Church, 603 Sunset Drive, Johnson City, TN each Mon and Wed at 8:00 am. **Showtime is 7:45-7:50 am** so we can sign hikers in and form carpools if needed. **We leave at 8:00 am sharp!** Please check the hike descriptions for the meeting times. Some hikes we may depart earlier or later. On some hikes, we also have a second stop at Food City in Elizabethton, Ingles in Jonesborough, or Food City in Weber City, VA. Those that meet there will be **ready to depart at the time on the hike description and leave as soon as those from the church arrive.**

**Bring lunch/snack, PLENTY of water, and gas money.** We suggest that 10 cents per mile per person should be the approximate rate. Make sure your driver is properly compensated for his/her expenses and effort. Each person should carry a small first aid kit, you should also carry a little extra food just in case. Bring raingear (it may rain where the hike is even if the weather here does not say rain) Most important, bring yourself and a smile and come enjoy our hikes!!!

When leaving the trailheads, please ensure all cars that are leaving start, especially in the winter. No one wants to be left behind with a dead battery and no cell service.

**Everyone is welcome, member or not.**

**We are an alcohol/drug-free activity.** Drinking alcohol is prohibited before the hikes, during the hikes, or at any trailhead. Participation in club activities carries with it the obligation to hold the club and its representatives free of liability for individual safety.

Treasurer and person to give your membership dues (per year/per family\$10.00): Rich Ritter, 1125 Biltmore Dr, Piney Flats, TN 37686; 765-414-4253; Richieritch1.0@gmail.com

Secretary/Hike schedule: Dave Polon, 423-302-8368; DPolon123@yahoo.com

Trail Work Coordinator: Alan Liggett, 423-926-4391

Website---<http://oldtimershikingclub.weebly.com>

Webmaster: Dave Polon 423-302-8368; DPolon123@yahoo.com