

2013 OLD-TIMERS HIKING SCHEDULE FOR JULY ,AUGUST AND SEPTEMBER	
MON.-JULY-1	An easy 4 mile hike in Bays Mountain Park from the Nature Center via the Lakeside and Big Oak Trails out to the TV antennas and return via the Azalea Trail. If any hikers elect to do longer hikes, be sure you have a ride home. Bring lunch, plenty of water and rain gear. I will meet you at Hardees just off of I-26 on Dennis Bypass at about 8:30AM. I will have a sign-up sheet. Leader Bob Miller, 423-245-1465.
WED- JULY-3	A strenuous 7 mile in/out hike to Hump Mountain from the approach FS Road to the Over Mountain Shelter and on the AT north. Breakfast at Bob's Dairyland in Roan Mountain. Lamar Adcox <u>234-0296</u> or cell (423) 823-1768.
MON.- JULY-8	6.9 mile moderate hike from Backbone Rock to the AT (2.3 miles) then (4.6 miles) on to Damascus. Breakfast and vehicle swap at Burger Hut in Elizabethton. John Parks 423- 773-9643
WED.- JULY-10	Moderate 10 mile loop, WITH ONE STRENUOUS CLIMB; starting at the park in Damascus we will use the AT and the Creeper Trail to make a loop. We will pass the ice-cream shop on the way back so an ice-cream break might be nice in July. No breakfast stop. Leader Howard Guinn 423-753-4072 cell 423-741-7755.
MON-JULY-15	A moderate 5 mile loop hike starting at Camp Creek Bald using the AT and the blue blazed bypass trail==with a side trip to Black Staff Cliffs. Form your carpools at the church and meet the leader at Ma and Pa's for breakfast. Leader David Douthat 423-639-8567.-423-620-3437.
WED.-JULY- 17	Moderate 9-mile hike along the Blue Ridge Parkway on the Mountains to Sea Trail from Bent Creek Gap to the French Broad River. No breakfast stop. Leader Howard Guinn 423-753-4072
MON-JULY-22	8.3 easy miles from Green Cove to Taylors Valley on the Creeper Trail in Damascus. Breakfast at Cowboys. Leader Daryl Loyd 423-753-2859.
WED. JULY-24	Strenuous 10.4 mile hike on the AT from Walnut Mountain Road to 19E. No breakfast stop. Details of a keyswap or a car drop will be worked out at the church. Leader Howard Guinn 423-753-4072
MON-JULY-29	A 5.2 mile hike on the AT from Hughes Gap to Greasy Creek Hostel. Form your carpools at the church and meet the leader at Clarence's for breakfast where there will be a sign-up sheet and we will decide on a key swap or dropping a car. Leader Howard Guinn 423-753-4072.
WED-JULY-31	A very strenuous 11 mile hike on the AT from Hwy 19E to Hump Mountain and return. NO BREAKFAST STOP. Lamar Adcox <u>234-0298</u> or cell (423) 823-1768.
MON-AUG-5	Easy to moderate 9.2 mile hike south on the AT from where the trail crosses Tn. 91 at Cross Mt. to Iron Mt. Shelter and return. Breakfast at the Burger Hut. Leader Wayne Jones <u>423-737-4852</u>
WED. AUG-7	A 6 mile strenuous hike at Horse Creek Park on the Turkey Pen and Middle Springs Trails. We will cross several creeks which we should be able to rock hop. Form your carpool, have a quick breakfast and meet your leader at Horse Creek Park. The hike will start at 9:15.Leader, Lamar Adcox, 423- <u>234-0296</u> or cell 423-823-1768
MON.-AUG-12	A strenuous 7 plus mile shuttle hike over Pond Mountain from Shuck Branch on the AT south and out the Blue Line Trail near Hampton. Breakfast at Nancy's in Elizabethton. Leader, Lamar Adcox, 423- <u>234-0296</u> or cell (423) 823-1768.

WED.-AUG-14	A 7.4 mile moderate to strenuous in and out hike from Lemon Gap to Bluff Mountain on the AT. There is a little over 1100 ft of elevation change. No breakfast stop. Leader Howard Guinn 423-753-4072
MON.-AUG-19	A 9 to 10 mile moderate loop hike on the AT and the Mills Ridge Trail, starting at Tanyard Gap. If you wish to hike less miles— if you just hike the Mills Ridge Trail-- it is about 5 miles---carpool with that in mind. Form your car pools at the church and meet the leader at Ma and Pa's for breakfast. David Douthat 423-639-8567-cell 423-620-3437.
WED.-AUG -21	A strenuous 10 mile hike south on the AT from Dennis Cove Road to White Rocks Mountain and return. NO BREAKFAST STOP. Lamar Adcox, <u>234-0296</u> or cell <u>(423) 823-1768</u>
MON-AUG-26	A 5.6 mile moderate in and out hike on the Flat Top Carriage Trail to the fire tower at Moses Cone Park on the BRP.Breakfast at McDonalds in Newland?? Leader Daryl Loyd 423-753-2859. Cell 423-202-5238
WED-AUG-28	Moderate to strenuous 8 to 9 mile loop hike on the Beech Cove, Iron Mt, and Feather Camp Trails near Damascus. There are several creeks to cross on the Feather Camp Trail which we should be able to rock hop in August. No breakfast stop. Leader Howard Guinn 423-753-4072
MON-SEPT-2	Hawks Bill and Table Rock and Lineville Falls. ---Short hikes at each spot but great views from the rocks—maybe 6 or 7 miles of hiking. Breakfast stop—unknown. Leader Daryl Loyd 423-753-2895.
WED.-SEPT-4	Strenuous 13 mile hike on the AT from Sam's Gap to Big Bald and back. Since this is an in and out hike, those who prefer a shorter hike can go as far as they like. Please bring plenty of food and water. No Breakfast stop. If you want to be met in Erwin at the parking lot across from McDonalds, please let the leader know. Leader, Wayne Jones <u>423-737-4852</u> .
MON-SEPT-9	Moderate 6 mile in and out hike to Looking Glass Rock. The trailhead is on the other side of Asheville in the Pisgah area. No breakfast stop. Leader Howard Guinn 423-753-4072 cell 423 741-7755
WED-SEPT-11	A strenuous 11 mile hike on the AT from McQueen's Gap to Damascus, Va.This will be a keyswap. No breakfast stop. Leader Wayne Jones 423-737-4852
MON-SEPT-16	A 7.5 mile in & out hike on the Overmountain Victory Trail. We climb the historic trail from Hampton Creek Road to Yellow Mt. Gap, and then go to the Overmountain AT shelter for lunch before hiking back to our cars. Breakfast at Bob's Dairy land. Leader Howard Guinn 423-753-4072.
WED-SEPT-18	A strenuous 10.5 mile hike on the AT from Browns Gap to the I40 underpass. We will most likely drop a shuttle car at I40 and start our hike at Browns Gap. No breakfast stop. Leader Howard Guinn 423-753-4072
MON-SEPT-23	A fall work-day on the old-timers section of AT. We will do a walk-thru with handsaws and pruners to make sure the trail is clear. Form your carpools at the church and meet Mike at Clarence's for breakfast, where there will be a sign-up sheet. Leader Mike Hupko 423-929-2626.
WED-SEPT-25	Our annual hike to Grayson Highlands State Park. This year we will hike from the Park to the top of Mt.Rogers. The summit is covered with dense spruce with no view but it is the summit of Mt. Rogers. The in and out

	hike will be a moderate to strenuous 8 miles mostly on the AT. Lunch will be at the Thomas Knob Shelter. No breakfast stop. Leader Howard Guinn 423-753-4072----Cell 423-741-7755
MON-SEPT-30	6.5 mile moderate in and out hike on the Little Stony Creek Trail from Hanging Rock Park near Dungannon, VA to the upper waterfalls. Leader will decide on a breakfast stop. Leader John Parks 423-773-9643
<p>We leave Covenant Presbyterian Church, 603 Sunset Drive, Johnson City, Tenn. each Monday and Wednesday at 8am. Come join us; bring lunch, PLENTY of water, gas money, a snack, each person should carry a small first aid kit, you should also carry a little extra food just in case, raingear [it may rain where the hike is even if the weather here does not say rain], and most important bring yourself and a smile and come enjoy our hikes. Everyone is welcome, member or not. No beverages containing alcohol are allowed on our hikes or at the trailhead if you are involved in activity with the club. We are an alcohol free activity. Participation in club activities carries with it the obligation to hold the club and its representatives free of liability for individual safety.</p>	
<p>President and founder of Old-Timers Hiking Club—CB Willis 423-282-3325. cbwillis@charter.net Treasurer and person to give your membership dues-Gil Derouen 423- 283-7767 –2702 Avondale Drive—Johnson City,Tenn 37604 -- gilderrouen@comcast.net Website---http://oldtimershikingclub.org Trail Work Coordinator—Mike Hupko-423-929-2626 mcmbohupko@comcast.net Hike schedule—Faye Guinn-423-753-4072 wegonehiking@embarqmail.com [SEND ME YOUR HIKES written up exactly as you wish them to appear in the schedule]</p>	