

2014 OLD-TIMERS HIKING SCHEDULE FOR JULY ,AUGUST AND SEPTEMBER	
WED- JULY-2	An 8 to 9 mile moderate to strenuous loop on the Beech Cove, Iron Mountain and the Appalachian Trails. Our lunch stop will be at the ice-cream shop in Damascus, bring your own lunch to eat at the picnic tables or eat lunch at the restaurant. A quick rest/ breakfast stop at Cowboys. Leader Howard Guinn 423-753-4072 cell 423-741-7755
MON.- JULY-7	6 mile moderate hike from Unaka Springs to Temple Hill Gap and back. Form your carpools at the church and eat breakfast at Clarence's and then meet the leader at the parking area beside Pals in Erwin, where there will be a sign-up sheet. Leader Howard Guinn 423-753-4072.
WED.- JULY-9	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 car pool and meet your leader at the first McDonalds on left in Greeneville. Lamar Adcox, 423-234- 0296 or cell (423) 823 – 1768.
MON-JULY-14	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 arrange a keyswap. Leaders Howard Guinn 423-753-4072,Jim Foster 423-946-0536
WED.-JULY- 16	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 Food City in Elizabethton. Lamar Adcox,423- 234-0296 or cell (423) 823 1768
MON-JULY-21	Panther Creek State Park, Morristown, 73 miles, one hour ten minutes drive, each way. About six easy miles in and out. Breakfast stop to be announced at the church. Leader, Jerry Jones, 423-282-2199.
WED. JULY-23	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 cell 423-741-7755
WED-JULY-30	A moderate 7.4 mile in and out hike on the AT from Low Gap to McQueen's Gap. Breakfast at Burger Hut. Leader, Wayne Jones,737-4852
MON-AUG-4	A 4-mile moderate hike to Coon Den Falls, then across to the Appalachian Trail for the remainder of the hike. We will park at Dennis Cove and walk about 1/4 mile down the road to the blue trail marker for Coon Den Falls. The climb to the Falls is a bit steep, but well worth the effort. Then we will take a cross trail to the A.T., which we will follow back to our cars. Breakfast at Hardees. Leader Jeannine Edwards <u>423-202-7207</u> or cell <u>901-351-1779</u> . e-mail <u>jeannine21@bellsouth.net</u>
WED. AUG-6	8 mile moderate to strenuous in and out hike to Lost Cove, which is no longer private property. We will hike the Devils Creek Trail and start our hike at Devil Fork Gap. Form your carpools at the church, come to McDonalds for breakfast and meet the leader at the parking by Pal's at 8:45. Leader Howard Guinn 423-753-4072 cell 423-741-7755
MON.-AUG-11	Carvers Gap to Grassy Ridge--5 miles moderate hike. Should be cooler due to elevation. Breakfast at Bob's Dairyland. Rick Culbertson <u>423-246-7298</u> .
WED.-AUG-13	Moderate 7 mile loop on Holston Mountain, first to the fire tower, then follow Holston Mountain and Flint Mills Trails to Flint Rock for lunch. We will hike a FS road back. Breakfast at Burger Hut. Lamar Adcox, 234- 0296
MON.-AUG-18	7 mile easy to moderate loop at Bays Mountain using the Cheery Knobs

	Trail, turning right on Lake Road to Feagins Gap where we take the Bear Run Trail to the Indian Pipes Trail, then a right to the fire tower, down the Fire Tower Trail to a right on the Chinquapin Trail back to the Lakeside Trail which we follow around the edge of the Lake back to parking. Form your car pools at the church and meet the leader at the Hardees on the John B. Dennis bypass, just off of I26 in Kingsport, where there will be a sign-up sheet. Leader Howard Guinn 423-753-4072 cell 423-741-7755
WED.-AUG -20	Strenuous 7.6 mile in and out hike from Allen Gap to Spring Mountain Shelter. Form your carpools at the church and meet the leader at Ma and Pa's for breakfast where there will be a sign up sheet. Leader Howard Guinn 423-753-4072 cell 423-741-7755
WED-AUG-27	A 7 mile moderate to strenuous in and out hike on the AT from the Fox Creek trailhead to the junction of the Pine Mountain Trail. We can have lunch at the big rocks with some nice views. No breakfast stop. Leader, Lamar Adcox, 234-0296 or cell <u>(423) 823-1768</u> .
MON-SEPT-1	8 mile in and out moderate hike starting at Indian Grave Gap. Breakfast at Clarence's. Leader Jim Foster 423-946-0536
WED.-SEPT-3	Moderate to Strenuous 7 mile hike starting at Devil Fork Gap. We'll follow old forest roads and trails to the Honey Rock on the steep northern flank of Flatop Mountain, where we'll have lunch with views of the Nolichucky River. Form your carpools at the church, come to McDonalds for breakfast and meet the leader in front of Pals at 8:45 where there will be a sign-up sheet. Leader Howard Guinn 423-753-4072. Cell 423-741-7755
MON-SEPT-8	A moderate 5 mile hike at Rock Creek Park to Rock Creek Falls. There are several creek crossings, I believe we can rock hop these but not a promise. Form your carpools at the church, eat breakfast at Clarence's and meet the leader at Rock Creek Park at 9 am where there will be a sign-up sheet. Leader Howard Guinn 423-753-4072
WED-SEPT-10	We will start at Margarette Falls parking area and hike 8 strenuous miles on the Bullen Hollow and Jenkins Ridge Trails. Form your carpool and meet your leader at the first McDonald's on left as you approach Greeneville. Lamar Adcox, 234 – 0296 or cell (423) 823 – 1768.
MON-SEPT-15	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-17	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. A quick rest/breakfast stop at Cowboys. Leader Howard Guinn 423-753-4072
MON-SEPT-22	Fall walk-thru and clean up of our section of AT. We will do minor pruning, clean up around Cherry Gap shelter, and remove downed limbs and trees. Form your carpools at the church and meet at Clarence's for breakfast. Leaders Mike Hupko 423-929-2626 and Eric Middlemas 423-282-6987

WED-SEPT-24	<p>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 but a rest stop at the park in Damascus. Leader Howard Guinn 423-753-4072</p>
<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>	