

2015 OLD-TIMERS HIKING SCHEDULE FOR JULY ,AUGUST AND SEPTEMBER Founded in 1991 by CB Willis and Don Frederick and named by Jim Widener	
WED- JULY-1	An 8 to 9 mile moderate to strenuous hike 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/ice cream at the restaurant. No breakfast stop. A quick rest stop at the park in Damascus. Leader Howard Guinn 423-753-4072
MON.- JULY-6	A 9 mile moderate hike to the Pinnacle fire tower in Unicoi. Form your car pools at the church; come to Clarence's for breakfast and meet the leader at the trailhead about 8:45, where there will be a sign-up sheet. For those who prefer you can just meet the leader at the trail head, Leader: Howard Guinn 423-753-4072 cell 423-741-7755
WED.- JULY-8	A strenuous 7 mile lolly-pop loop hike in the Greystone area, starting on Davis Creek Trail and hiking on unnamed trails to Greystone Mountain and return. Form your car pool and meet you leader at the first McDonald's on you left as you enter Greeneville for breakfast. Leader, Lamar Adcox, 234-0296 or cell <u>(423)823-1768</u> .
MON-JULY-13	In order to keep going, you have to keep going. So let me propose another hike with the opportunity to go on a hike led by a 96 year old which won't last forever, so you might want to do this one. Let's try the Bays Mountain Park 4 mile hike to the TV antennas via the Big Oak trail and back via the Azalea Trail. I want plenty of participants in case I need to be carried back. If you elect to do a longer hike, be sure you have a ride home. I plan to meet the hikers for breakfast at Hardees in Kingsport on Dennis By-pass just off of I-26 about 8:30. Bring plenty of water, rain gear and lunch if you plan a longer hike. Bob Miller 423/245-1465. Wayne Jones 737-4852 will lead the hikers from the church to Hardees.
WED.-JULY- 15	This 5-mile section of the Iron Mountain Trail starts in Damascus, VA, and mostly follows the crest of Iron Mountain in Tennessee. We will exit the trail via a .6-mile downhill forest service road at Shingletown to Corinth Church. This brings our mileage to a moderate 5.6 miles. Rest stop and / or breakfast snack at Cowboys. Leader: Judy Middlemas, 423-282-6987
MON-JULY-20	A 5.2 mile hike on the AT from Greasy Creek Hostel to Iron Mountain Gap. Form your carpools at the church and meet the leader at Clarence's for breakfast where there will be a sign-up sheet. Leader: Howard Guinn 423-753-4072 cell 423-741-7755
WED. JULY-22	We will start at Margarett Falls parking area and hike 8 strenuous miles on the Bullen Hollow and Jenkins Ridge Trails. Form your car pool and meet your leader at the first McDonald's on left as you enter Greeneville for breakfast. Leader: Lamar Adcox, 234-0296 or cell <u>(423)823-1768</u> .
MON,-JULY-27	A 4 mile in and out hike that will start in the lower parking lot at Buffalo Mountain Park and take the white blazed trail to White Rock. Breakfast at Hardees. Leader: Jeannine Edwards: 423-202-7207; cell 901-351-1779
WED.,JULY 29	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-3	A 6 mile in and out hike from Shook Branch at US321 to Watauga Dam. Breakfast stop to be decided at the church. Leader: Lana Scott:929-9094
WED.--AUG-5	Strenuous 10.4 mile hike on the AT from Walnut Mountain Road to 19E. No breakfast stop. A keyswap will be worked out at the church. Leaders:

	Howard Guinn 423-753-4072 cell 423-741-7755 and Lamar Adcox 423-234-0296 or cell <u>(423)823-1768</u> .
MON.-AUG-10-	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
WED.-AUG-12	Nolichucky Overlook-The 6 mile hike is moderate with an excellent view of the Nolichucky gorge overlooking Rooster Tail rapid.{ I believe the route Rick takes has creek crossings.-Faye} Breakfast at Clarence's. Leader: Rick Culbertson - <u>423-246-7298</u>
MON.-AUG -17	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-19	A strenuous 6 mile hike at Horse Creek Park on the Turkey Pen and Middle Springs Trails. Form your car pool and meet your leader at the first McDonald's on left as you enter Greeneville for breakfast. Leader: Lamar Adcox, 234-0296 or cell <u>(423)823-1768</u>
MON.-AUG-24	6 mile moderate hike from Unaka Springs to Temple Hill Gap and back. Form your carpools at the church, come to McDonalds for breakfast 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.-AUG-26	A5 mile moderate to strenuous shuttle hike from Camp Creek Bald on the AT to old forest trails and forest roads near Fox Cabin Gap to the Round Knob FS road, ending at the Round Knob Paviion.Form your car pools at the church and meet the leader at Ma and Pa's for breakfast. Leader David Douthat 423-639-8567 cell 423-620-3437
MON.-AUG-31	This is an easy to moderate hike on the Iron Mountain Trail in Tennessee. Iron Mountain parallels Holston Mountain to the west and Doe Mountain to the east. The Appalachian trail picks up and follows Iron Mountain at Watauga Lake, but at Cross Mountain it begins its transfer to Holston Mountain. It is at this point that we pick up the southernmost section of the "Iron Mountain Trail." We will drop a car on Cross Mountain, and then drive to Sandy Gap on 421 where we begin our 5-mile hike. There is a fine lookout along our way. Breakfast stop at Burger Hut. Leader: Judy Middlemas, 282-6987
WED-SEPT-2	A moderate 8 mile hike from Spivey Gap to Honey Rock on the northern flank of Flat Top Mountain with good views of the Nolichucky River. Breakfast at Clarence's. Leader, Lamar Adcox, 234-0296 or cell (423-823 1768.
MON.-SEPT-7	An easy to moderate 5-mile in and out hike, Squibb Creek Falls begins at Horse Creek and follows Squibb Creek into the Sampson Mountain Wilderness. This pleasant creek side walk crosses the stream multiple

	times and passes smaller cascades before reaching the main falls, which are about 50 feet tall. While you can "rock hop," be prepared to get your feet wet. Breakfast at Shorty's. Leaders: Judy & Eric Middlemas, 423-282-6987
WED-SEPT-9	Strenuous 8.9 mile hike on the AT from Allen Gap to Tanyard Gap. Breakfast at Ma and Pa's. Leader: Wayne Jones 423-737-4852.
MON-SEPT-14	A moderate 5 mile hike at Rock Creek Park to Rock Creek Falls. There are several creek crossings. Form your carpools at the church, eat breakfast at Clarence's and meet the leader at Rock Creek Park where there will be a sign-up sheet. Leader: Howard Guinn 423-753-4072
WED-SEPT-16	A moderate 9.5 mile in/out hike from Fox Run on the AT south to the Scales. We will be traveling on I-81 to exit 35 in Chilhowie, VA. No breakfast stop. We will stop at the Virginia Welcome Center for a convenience break. Leader, Lamar Adcox, 234-0296 or cell <u>(823-1768</u>
MON-SEPT-21	A 5 mile easy to moderate hike in Banner Elk, N.C. Starting at the Banner Elk Park to Banner Road, to the bridge over Elk River, then to the Mill Pond Road, onto the Hemlock Trail, to Grandfather Home, across Hickory Nut Gap Road, then going behind Lees McRae campus track into the woods on the bike trails to the Greenway Trail along Shawneehaw Avenue back to Banner Elk Park. Breakfast at Bob's Dairyland in Roan Mt. Leader: David Douthat 423-639-8567 cell 423-620-3437
WED-SEPT-23	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. No breakfast stop. A quick rest stop at the park in Damascus. Leader: Howard Guinn 423-753-4072 cell 423-741-7755
MON-SEPT-28	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 Eric Middlemas 423-282-6987 and Mike Hupko 423-929-2626
WED-SEPT-30	Indian Grave Gap to Rattlesnake Ridge to Rock Creek Park We will start this 9.5 mile strenuous hike with breakfast at Clarence's in Unicoi, and then proceed to Rock Creek Park where we will drop a car. We will then drive up to Indian Grave Gap where we will begin our hike on the A.T. We will cross Beauty Spot, Beauty Spot Gap, Deep Gap, and then head up Unaka Mountain to a spot where the trail runs adjacent to FS 230. Here will we walk the road for a short distance to access Pleasant View Gardens, where we will pick up the Rattlesnake Ridge Trail that takes us down to Rock Creek Park. Leader: Eric Middlemas, 423-282-6987; <u>emiddlemas@gmail.com</u> .
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.

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 mcmbhupko@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]