

	<p>2016 OLD TIMERS HIKING CLUB SCHEDULE—April-May-June</p> <p>Founded August of 1991 by CB Willis and Don Frederick and named by Jim Widener</p> <p>25 YEARS OF HIKING AND COUNTING</p>
Mon.-April,4	A moderate 5 mile hike on the AT south from Watauga Dam Road to the Watauga Lake Shelter and return. Breakfast at the Burger Hut. Leader: Lamar Adcox 423- 234-0296 or cell (423) 823-1768.
Wed, April, 6	Moderate with short strenuous sections 8 to 9 mile hike starting on Dry Creek Road. We will take a trail to the crest of Cherokee Mt. ; we return on the FS road and the Renage Trail. No breakfast stop. Leader :Howard Guinn 423-753-4072 cell 423-741-7755
Mon, April 11	A 6 mile key swap hike from Hughes Gap to Greasy Creek Gap on the AT. Form your carpools at the church and meet the leader at Clarence's for your breakfast stop. Leader :Howard Guinn 423-753-4072
Wed, April,13	A strenuous 9.8 mile in/out hike from Devils Fork Gap on the AT north to Rice Gap; or since it is in and out; only as far as you wish to hike. No breakfast stop Leader: Lamar Adcox 234-0296 or cell (423) 823-1768
Mon, April,18	A five mile moderate in and out hike on the Laurel Run Trail: starting from Laurel Run Park near Church Hill Tenn. There will be two creek crossings that we should be able to rock hop. Breakfast at Hardees in Kingsport just off interstate 26.Leader: David Douthat 423-639-8567,Cell 423-620-3437.[We hope to catch the wildflowers at their best but only the wildflowers know if they will pop up early or late spring.]
Wed, April,20	Indian Grave Gap to Rattlesnake Ridge to Rock Creek Park – A 10 mile, strenuous hike starting on the AT at Indian Grave Gap, then taking the Rattlesnake Ridge Trail to Rock Creek Park. No breakfast stop. Leader: Eric Middlemas, 423-282-6987; emiddlemas@gmail.com.
Thursday, April 21st	Annual Pot Luck Dinner at Covenant Presbyterian Church—this year the club will be 25 years old. The dinner will start at six. This year the club will provide the plates, cups, silverware, napkins, the drinks and the rolls and of course a 25 th year birthday cake. Those attending should bring meats, meat dishes, vegetables, salads and desserts. Mike has a few trail work patches to give out and after the dinner Eric will have our picture show in which we hope to have a few pictures of our hikers from every year; questions or you have dated group pictures, please contact Eric-- 423-282-6987emiddlemas@gmail.com. Judy Middlemas is in charge of the food set-up this year- questions ph.423-282-6987.Long ago member, want to be member, member or friend, PLEASE come enjoy good food and an evening with friends. Faye
Mon, April,25	This will be a Senior hike along the Greenbelt in Kingsport from Exchange Place to Rush Street Restaurant, a distance of 2+ miles. I expect at least some wild flowers will be in bloom. I will meet the group for breakfast at Hardees, 1401 S. Dennis Bypass, just off of I-26. Bring rain gear and a light jacket. Lunch will be necessary only if you decide to hike further. Form your carpools at the church and meet the leader at Hardees in Kingsport. Leader: Bob Miller, 423/245-1465 rwm1029@hotmail.com.

Wed, April,27	Strenuous 9 mile in and out hike north on the AT from Hughes Gap. In April this should be a beautiful wildflower hike. There is a nice overlook at Beartown Mountain at 2.5 miles which can be a turnaround point for those wishing a very short hike. At 3 miles we reach Ash Gap. Ash Gap has campsites where those wishing shorter mileage could rest for awhile before heading back. After a climb of just over 2200' we reach Toll House Gap and the picnic area and restrooms; which will be our lunch stop and the turnaround point. No breakfast stop. Leader: Howard Guinn; home 423 -753-4072 cell 423-741-7755
Mon, May,2	An 8 mile moderate to strenuous loop hike from Street Gap across Big Bald then loop back on the AT. We will need high clearance vehicles [maybe pick-up trucks] to get to Street Gap. No breakfast stop. Leader Howard Guinn 423-753-4072 cell 423-741-7755
Wed, May,4	A strenuous 8 to 9 mile hike from near Ripshin to the AT and then on to Little Rock Knob for our lunch spot and turn-a-round point. No breakfast stop. Leader: Howard Guinn 423-753-4072 cell 423-741-7755
Mon, May,9	Two waterfalls hike—First a 4-mile moderate hike to Coon Den Falls. 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. In early April we hope to catch it full of water, which it does not have when we hike it later in the season; then across to the Appalachian Trail to return to our starting point on Dennis Cove road where those who wish can hike another 2 miles to Laurel Falls and back—for those who might wish a challenge?? On the way back from Laurel Falls the leader can show you where to take a side trail and climb Tater Top. Breakfast at Hardees. Leader: Jeannine Edwards 423-202-7207 or cell 901-351-1779 .
Wed ,May,11	Strenuous 17 mile hike on the AT from Watauga Dam Rd. and Hwy. 91 at Cross Mt. This is a key swap hike: half will start at Watauga Dam Rd (2200') with the other half starting at Hwy.91 (3450'). It is rated strenuous only because of the distance. Don't let the mileage scare you, it is very doable but have plenty of water and snacks. Not recommended for first timers. Start time is 7 AM due to about 7 hours hiking time. No breakfast stop. Eat before coming to the Church. Leader: Wayne Jones, phone; cell 423-737-4852.
Mon, May,16	A 4 mile in and out moderate hike on the AT south from Spivy Gap to High Rocks or those who wish a little more hiking can hike on to Whistling Gap at the campsites for a 5.2 mile in and out hike. Breakfast at Clarence's. Leader: Jeannine Edwards 423-202-7207 cell 901-351-1779
Wed, May,18	Shortoff Mountain Trail - A strenuous 5-6 mile hike on the Shortoff trail in the Linville Gorge wilderness. This hike has grand vistas of Lake James, Linville Gorge, Hawksbill and Table Rock mountains. If it's clear we will be able to see Hump mountain, and the profile of the Black Mountain Crest Trail. The trail gains 1,321 feet in elevation in the first mile and is rocky with switchbacks. The last 1.25 miles of the trail, however, are mostly level across the broad summit with plenty of spots

	for panoramic views. No breakfast stop; travel time approximately two hours each way. Leader: Eric Middlemas, 423-282-6987-
Mon.May,23	A 7 to 8 mile hike at Bays Mountain using the nature trail at Eastman Lodge as a starting point and the leader will pick the trails we take during the hike. Leader: Howard Guinn 423-753-4072 cell 423 -741-7755.
Wed, May,25	Nolichucky Overlook (Eagle's Nest Overlook) – An 8.5 mile moderate to strenuous loop hike starting from Ephraim Place Road near Indian Grave Gap and proceeding along the Shinbone Trail to the Nolichucky Overlook. No breakfast stop. Leader: Eric Middlemas, 423-282-6987
Mon, May,30 Memorial Day	A close to home short hike for Memorial Day. A 5 mile moderate loop at Buffalo Mountain Park. Starting at the picnic area we will turn right at the trail sign and using the lady slipper and other trails make a loop back to the picnic area. No breakfast stop. Leader: Howard Guinn 423-753-4072
Wed, June,1	A moderate to strenuous at times 7 mile short shuttle hike from Damascus south on the AT and down Backbone Rock Trail. No breakfast stop. Leader: Lamar Adcox 423-234-0296 or cell 423-823-1768 .
Mon, June,6	A strenuous 7.5 hike from Sam's Gap on the AT south to Rice Gap and return. No breakfast stop. Leader: Lamar Adcox 423-234-0296 or cell (423) 823-1768 .
Wed, June,8	An 8 mile moderate hike on Holston Mountain from Griffith Branch to Hinkle Branch—short shuttle. No breakfast stop. Leader Howard Guinn 423-753-4072 or cell 423-741-7755.
Mon, June,13	A 6 mile moderate hike from Carvers Gap to Grassy Ridge; where we will hike out to some rocks for lunch and our turn-a-round point No breakfast stop. Leader: Howard Guinn 423-753-4072 cell 423-741-7755
Wed, June,15	A 6.5 mile moderate to strenuous in and out hike from Carvers Gap, starting south on the AT; through the Rhododendron Gardens to Roan High Bluff and back. Breakfast at Bob's Dairyland in Roan Mountain, Tenn. Leader: David Douthat 423-639-8567 or cell 423-620-3437.
Mon, June,20	A 7.4 mile in and out hike from Low Gap to McQueen's Gap on the AT. No breakfast stop. Leader Howard Guinn ,cell 423-741-7755
Wed, June,22	9-10 mile strenuous hike to Sand Cave and White Rocks near Ewing, Va. (93 miles one way) Lunch will be on the top of White Rocks with its 360 degree views. This will be a 7 AM leave time from the church because of the driving distance. No breakfast stop but a short break at the junction of Hwy. 23 and Hwy. 58 to stretch and use restroom. Those who have never been here need to go as it is a natural wonder as amazing as the Channels. Leader :Wayne Jones, phone; cell 423-737-4852
Mon.,June,27	Moderate 6 mile hike from the Houston Mt. Campground to the Meadow Creek observation tower and back. No breakfast stop. Leader: Howard Guinn 423-753-4072—cell 423-741-7755.
Wed.,June,29	Work Day -- A work-day on the old-timers section of AT. We will do a walk-thru with weed trimmers, 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. Leaders:

	Mike Hupko 423-929-2626 and Eric Middlemas 423-282-6987.
<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. 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</p> <p>Treasurer and person to give your membership dues[per year/per family \$10.00]-Gil Derouen 423- 283-7767 –or 2702 Avondale Drive—Johnson City, Tenn. 37604 -- gilderrouen@comcast.net</p> <p>Website---http://oldtimershikingclub.weebly.com</p> <p>Trail Work Coordinator—Eric Middlemas 423-282-6987 Mike Hupko-423-929-2626</p> <p>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>	