

<p>2018 OLD-TIMERS HIKING SCHEDULE FOR JULY, AUGUST AND SEPTEMBER</p> <p>Founded in 1991 by CB Willis and Don Frederick and named by Jim Widener</p> <p>Please note if the hike write-up does not mention breakfast there will be no breakfast stop on that hike, so please eat breakfast before coming to the church and signing in.</p>	
MON.- JULY-2	Laurel Fork Falls from U.S. 321. Moderate. 5 miles. We will hike the blue blaze trail to the AT to these beautiful falls. On the way back, we can opt to return via the blue blaze high water trail that takes us by the Laurel Fork Shelter. Leader: Jeannine Edwards jeannine21@bellsouth.net Phone: (H) 423-202-7207; (C) 901-351-1779
WED.- JULY-4	A short moderate hike for those who wish to get a hike in on the 4 th . Form your carpools at the church and meet the leader in Jonesborough at Persimmon Ridge Park, near the ball field/bathroom parking area. Leader: Howard Guinn 423-753-4072 cell 423-747-4881
MON-JULY-9	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. Leader: Howard Guinn 423-753-4072
WED.-JULY- 11	An in/out 11 to 12-mile strenuous hike on the AT from 19E to Hump Mountain. Those wishing a shorter distance can turn around at Doll Flats for a 6-mile hike. Leader: Dave Polon, Cell 423-302-8368 .
MON-JULY-16	This may be the last hike I lead, being 99 years old and having recently celebrated our 75-wedding anniversary. This will be a short hike of 2+ miles on the Greenbelt in Kingsport. It will start at the Netherland Inn parking lot and go to the end of the present trail and back. I will meet you at Hardee's just off I-26 on Dennis Bypass at about 8:30. Bring rain gear and plenty of water but lunch only if you plan to hike further. Bob Miller, 423/245-1465 or rwm1029@hotmail.com .
WED. JULY-18	A 4.8 mile in and out hike from Iron Mountain Gap North on the AT to a Rock Pillar, which will be our snack-rest stop-turn-a-round point. Want a longer hike walking on to Greasy Creek Gap before turning around would be an 8-mile hike. Leader: Howard Guinn 423-754-4072 423-747-4881
MON, -JULY-23	Moderate loop hike of 5 miles on a combination of 4 trails, including Rush, Sawmill, & Feather camp at FS 90 near Damascus. We will have the usual "ups & downs". Leader: Marcia Pruner 276-889-5714 or 276-614-5504 cl.
WED, JULY -25	A moderate to strenuous 7-mile hike south on the AT from Camp Creek Bald to Allen Gap. We will leave a car at Allen Gap and hike down from Camp Creek Bald. Leaders: Dave Polon, Cell 423-302-8368 . and Wayne Jones 423-737-4852
MON-JULY-30	Indian Grave Gap to Beauty Spot and Beyond. We will hike on the AT to the Beauty Spot, a bald that on a clear day gives a near 360 view of the surrounding mountains. Those who wish to have the shorter hike can return from this point, for about 4.5 miles. Anyone wishing for a longer hike can continue with us on the AT for an 8-mile round trip hike. Leader: Jeannine Edwards jeannine21@bellsouth.net Phone: (H) 423-202-7207; (C) 901-351-1779
WED.--AUG-1	Hidden Lake Loop – A strenuous loop hike to Hidden Lake (also known as Camp Birchfield Lake) along the short but steep Camp Birchfield Lake Trail and the longer, but mostly downhill, Lower Higgins Creek Trail at

	<p>Rocky Fork. The total distance is about 8 miles with several beautiful waterfalls along the way. We will have to deal with about 10 creek crossings on the Camp Birchfield Lake Trail on the way up to the lake and about 3-4 on the way back on the Lower Higgins Creek Trail —hopefully on rocks— so, be prepared either way (the first crossing is the hardest). There is also the option of returning via the Camp Birchfield Lake Trail for those hikers who desire a shorter walk. Gather at the church for carpooling. Leader: Eric Middlemas (423) 282-6987; email: emiddlemas@live.com.</p>
MON.-AUG-6	A 4.8 mile in and out hike from Sam's Gap south on the AT to the Hogback Ridge Shelter. Leader: Howard Guinn 423-753-4072
WED.-AUG-8	Strenuous in/out 13-mile hike on the AT from Sam's Gap to Bald Mountain. Those wishing shorter mileage can turn around at Street Gap for a 4.6-mile in/out moderate hike. Leader: Dave Polon, Cell 423-302-8368 .
MON.-AUG -13	A moderate 6-mile hike on the A/T north starting at Hwy.91 to the Double Springs Shelter and return. We will stop at the Burger Hut for breakfast. Leader: Wayne Jones 423-737-4852
WED-AUG-15	A 5-mile strenuous shuttle hike at Roan Mountain State Park. Starting at the Miller Homestead on the Chestnut Ridge Trail, to the Forest Ridge Trail, to the Campground Parking Lot. Leader: Rich Ritter 765-414-4253
MON.-AUG-20	An in/out 5.4-mile moderate hike on the AT from Devil Fork Gap to Flint Mountain Shelter. Breakfast at Clarence's. Leader: Dave Polon, Cell 423-302-8368 .
WED.-AUG-22	A strenuous 7 plus mile hike over Pond Mt. from Shook Branch on the A/T south and out the Blue Line Trail near Hampton. Leader: Wayne Jones 423-737-4852
MON.-AUG-27	A moderate 6 mile in/out hike on the AT starting at US 321 Shook Branch to Watauga Dam on the AT and return. Leader: Lana Scott 423-929-9094 or cell 423-741-7058 .
WED-AUG -29	An 8.9-mile hike on the AT from Hughes Gap to Iron Mt Gap. Meet the leader at the church. We will stop at Clarence's for breakfast. Leader: Lana Scott 423-929-9094 or cell 423-741-7058
MON.-SEPT-3 Labor Day	A moderate hike to the tower via the Pinnacle Trail at Unicoi. Lots of switchback take you up and back for a total of 9 ½ miles. As this is an in-out, with well-marked miles, it is easy to go for a shorter hike if you choose. Breakfast at Clarence's. Meet at the church at 8:00, at Clarence's at 8:15, or at the trail head at 8:45. Leader: Jeannine Edwards. Home 423-202-7207 Cell 901-351-1779 e-mail jeannine21@bellsouth.net
WED-SEPT-5	A 9.6 mile strenuous in/out hike North on the AT from Howard Harrison Rd. to Moreland Gap shelter. Leader: Howard Guinn 423-753-4072
MON-SEPT-10	Leader says you will do a few miles somewhere off Dry Creek Road. Leader: Howard Guinn 423-753-4072 cell 423-747-4881
WED-SEPT-12	An 8.8 Mile moderate to strenuous hike south on the AT form Allen Gap at the Tn-N.C. line to Tanyard Gap outside of Hot Springs. We will

	decide on whether to do a key swap or shuttle at breakfast at Ma and Pa's on Hwy. 70. Leader: Wayne Jones 423-737-4852
MON-SEPT-17	Iron Mountain Gap to Cherry Gap Shelter. We will take the AT beginning at Iron Mountain and walk to Cherry Gap Shelter and return, for a 6-mile hike. This section has some good views of the surrounding mountains and occasional wildflowers. Leader: Jeannine Edwards --- jeannine21@bellsouth.net Phone: (H) 423-202-7207; (C) 901-351-1779
WED-SEPT-19	This spot will be left open for a date to move a cancelled hike—if not needed hike will be announced on Tuesday Sept 16 th .
MON-SEPT-24	Tanyard Gap to the French Broad River - A 5.5-mile moderate shuttle hike from Tanyard Gap to Silvermine Creek Road next to the French Broad River outside of Hot Springs, NC. Lunch at the Iron Horse Cafe in Hot Springs afterwards. Form your carpools at the church and to sign in. Leader: Eric Middlemas (423) 282-6987; Email: emiddlemas@live.com.
WED-SEPT-26	A 10- mile strenuous in and out hike on the Appalachian Trail from Watauga Dam Road to the Vandeventer Shelter. No breakfast stop. Leader: Lana Scott: 929-9094 or cell 423-741-7058
	<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</p>