

	<p>2018 OLD-TIMERS HIKING CLUB SCHEDULE--OCT-NOV-DEC</p> <p>Founded in 1991 by CB Willis and Don Frederick and named by Jim Widener</p>
	<p>Please check your e-mail on the day before hikes in case that hike changes and please note that if the hike does not mention breakfast, that hike will not have a breakfast stop so eat before you come to the church and sign-in. Hiking is fun and healthy, so let's go.</p>
Mon, Oct,1	<p>Hanging Rock Trail, Jefferson National Forest at Dungannon, Va. A 6 Mile in/out hike on old railroad spur along Little Stony creek to two waterfalls. Breakfast at the Campus Grill in Gate City. Leader: John Parks, cellphone - 423-773-9643.</p>
Wed, Oct, 3	<p><b>Nolichucky Overlook (Eagle's Nest Overlook)</b> – 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. Form carpools at the church and sign in. Leader: Eric Middlemas, (423) 282-6987</p>
Mon, Oct, 8	<p>We have reserved Shelter #9 at Eastman Bays Mountain Recreation Area for Monday, October 8, 8:00 a.m. to 4:00 p.m. The club will provide hamburgers, hot dogs and a few veggie burgers for grilling and <u>condiments</u>. We will also provide drinks, ice, potato chips, plates, cups, <u>utensils</u>, and napkins. <u>Everyone is asked to bring a favorite side dish - a salad, vegetable, or dessert - enough for yourself and to share if you are able.</u> After the meal, someone will lead a hike up the Forest Walk Trail into Bays Mt. Park. Meet at the church at 10:30 if you wish to carpool. CB is coming as is our oldest hike leader Bob Miller and we hope some who hiked with us but no longer hike will come and visit. If the weather fails to cooperate, we will move the event to Wednesday Oct 10. Working on this event will be Rich Ritter doing the grilling; Judy and Lana in charge of drinks and utensils, etc. and Eric will lead a hike afterwards. If you have any questions, you can contact me by email at <a href="mailto:wegonehiking@embarqmail.com">wegonehiking@embarqmail.com</a>.</p>
Wed, Oct,10	<p>I will fill this date once we see that the picnic does not have to be moved here--SO leaders think of a hike you can fill in here!!!</p>
<p>Mon, Oct ,15</p> <p>Leave Church at 7:30</p> <p>Will swap with another hike or cancel If bad weather</p>	<p>A beautiful hike for everyone; Dupont State Forest Waterfall hike. A Lunch Bunch dream hike since you can hike as long as you want, see as many waterfalls you want and turn around at any time. Then have a wonderful lunch in or around Asheville, NC on your way home! For the photographers, so many beautiful waterfalls to take that perfect picture, some up close or from overlooks! For the vigorous hikers, we can see up to 4 waterfalls plus two lakes in about 9 miles. Hiking is easy to moderate, with most of the hiking on gravel paths. There are many picnic shelters and tables to enjoy a snack or lunch throughout the hike. Form your carpools as to the distance and waterfalls you want to see so you can leave at any time with your group. Drive time non-stop is 2 hours to Dupont parking lot. Leaving the church parking lot <u>at 7:30</u> due to the travel time. Leader; Rich (Flatlander) Ritter 765-414-4253.</p>
Wed, Oct ,17	<p><b>Roan Mountain;</b> Carvers Gap to Grassy Ridge and return. We will follow the AT past Jane Bald, then a side trail to Grassy Ridge, for about 6 miles. This mountain has incredible views any time of the year and should be especially nice with autumn colors. Leader Jeannine Edwards. Home 423-202-7207; cell 901-351-1779; email <a href="mailto:jeannine21@bellsouth.net">jeannine21@bellsouth.net</a></p>

Mon, Oct, 22	<b>Indian Grave Gap to Ft. Foster</b> – A moderate, 4-5-mile hike, hiking north on the AT from Indian Grave Gap to an overgrown side trail that leads to a rock outcropping with panoramic views. Meet at the church to sign in and arrange carpools. Breakfast at Clarence's. Leader: Eric Middlemas (423) 282-6987; email: emiddlemas@live.com.
Wed, Oct,24	<b>Devil's Fork Gap to Rice Gap; We</b> will hike north on the AT from Devil's Fork Gap to Rice Gap. This is a long hike, [9.8 miles in and out to Rice Gap] since it is an in-out, you can easily shorten your hike. Just let the hike leader know in advance. Leader Jeannine Edwards; Home 423-202-7207; cell 901-351-1779; jeannine21@bellsouth.net
Mon, Oct,29	<b>Watauga Lake;</b> AT from Shook Branch to Watauga Dam and return. About 5 miles. We will follow the AT along Watauga Lake and hopefully catch glimpses of autumn colors reflected in the waters. This is a beautiful, moderate hike, no matter what the season. Leader Jeannine Edwards. Home 423-202-7207; cell 901-351-1779; email jeannine21@bellsouth.net
Wed, Oct.,31	<b>Elk Park to Virginia Creeper Trail</b> – A moderate, 10-mile hike from Elk Park in the Mt. Rogers Area to the Virginia Creeper Trail at Creek Junction. We will spot a car at the Va. 728 access point to the Virginia Creeper Trail then drive to Va. 600 at Elk Garden. Plan on lunch or a snack at Buzzard Rock while enjoying the vistas. Meet at the church to sign in and arrange carpools. There will be no breakfast stop, but there will be a rest stop along the way because of the long drive. Leader: Eric Middlemas (423) 282-6987 emiddlemas@live.com.
Mon, Nov, 5	This may be the only opportunity you will ever have to hike with a 100-year-old leader. Around the lake at Bays Mountain Park in Kingsport, 2.3 miles., rain or shine. I will meet you at Hardee's on Dennis by-pass just off of I-26 at about 8:30. Bring rain gear, suitable clothing and plenty of water but lunch only if you plan to independently hike further. The hike should take about 90 minutes at my speed. Bob Miller, 423/245-1465 or rwm1029@hotmail.com.
Wed Nov, 7	A strenuous 11.5-mile shuttle hike between the Low Gap trailhead to the Backbone Rock Recreation Area. After prepositioning a vehicle at Backbone Rock, we begin our hike at the Low Gap trailhead. We hike north on the AT, passing by the emergency shelter (3.3 miles), McQueen's Gap (3.6 miles) and stopping for lunch/regroup at the Abingdon Gap Shelter (4.6 miles). We continue on the AT and eventually reach the Backbone Rock Trail (9.5 miles). We'll regroup, leave the AT, and hike 2 more miles downhill to the Backbone Rock Recreation Area for a total hike distance of 11.5 miles. While waiting for the shuttle/drivers to retrieve the vehicles and return to Backbone Rock for pickup (about 35 min), hikers can pass the time exploring the beauty of Backbone Rock Recreation Area. For those that desire a shorter hike, you can do an in/out 6.6-mile moderate hike to the emergency shelter. Leader: Dave Polon, Cell 423-302-8368.
Mon, Nov 12	A 7-mile moderate hike, near Hot Springs on the Laurel River Trail to the French Broad River. This is an in and out hike along Big Laurel River to where it reaches the French Broad River in NC. The trail is flat, mostly tree covered, and we will see some of the foundation ruins of the old town of Runion. Leader; Lana Scott 423-929-9094

Wed, Nov, 14	<b>Firescald Loop</b> – A strenuous, 10.2-mile hike in the Shelton Laurel backcountry area. We will start on the Jerry Miller Trail (Trail #286) off of FS Road 111. The trail makes a steady climb of 2500 feet over 4.5 miles to intersect the AT at Bear Wallow Gap. About a mile from the trailhead, there is a vigorous, 100-foot cascade/waterfall just before entering the Whiteoak Flats wildlife area clearing. The hike then follows the Appalachian Trail north for about 2-3 miles across Firescald Ridge to the intersection with the Fork Ridge Trail, which descends steeply to FS Road 111. A short distance along FS Road 111 completes the loop. Meet at the church to sign in and arrange carpools. Leader: Eric Middlemas (423) 282-6987; email: emiddlemas@live.com.
Mon, Nov.,19	Hike 5 miles on the Iron Mt Tr. as a key swap between Rt #421 (@ Sandy Gap) & Cross Mt Rd, parking 1.2 miles S.E. of the A.T. parking. This section is maintained by Mid-Appalachian Club, so let's put them "to the test." You will have some "ups & downs" in here with good trail, along with a couple great views. If you plan to hike that morning, please consider bringing the 2 groups to Cross Mt road AT parking lot to meet the hike leader; notify her in advance. Hike leader: Marcia Pruner cl 276-614-5504, 276-889-5714 home.
Wed, Nov ,21	Day before thanksgiving—Howard will be hiking to the Pinnacle Tower—9.6 miles in and out—if you wish to hike on Thanksgiving Eve form your carpools at the church and meet the leader at the trailhead at 8:15/8:20. Leader: Howard Guinn 423-753-4072 cell 423-747-4881
Mon, Nov, 26	A 5.5-mile moderate to strenuous hike from Spivey Gap to Whistling Gap down the water source trail to a forest service road back to the Hwy. and our cars. Breakfast at Clarence's. Leader: Wayne Jones cell 423- 737-4852
Wed, Nov,28	A moderate to strenuous 7.6-mile hike from Hot Springs, NC south on the AT to Deer Park Mountain Shelter and back. We will park and begin the hike near the landmark Iron Horse Station restaurant in Hot Springs and head south on the AT through the town. We follow the AT into the wilderness and up a long hill until we reach the shelter and turnaround point. We will meet back in Hot Springs at the Iron Horse Station for lunch (optional). Leader: Dave Polon, Cell 423-302-8368.
Mon, Dec, 3	A 6-mile moderate loop on Holston Mountain starting at Griffith Branch Trailhead. Leader: Howard Guinn 423-753-4072 cell 423-747-4881
Wed, Dec, 5	A strenuous 6 plus mile loop on the Paint Mountain and Chimney Rock trails in the Houston Valley area south of Greeneville. Beautiful views of the French Broad at Weavers Bend. The travel time is approximately 1 hour one way (45 miles). Leader: Joy Cook 423-913-2220
Mon, Dec 10	<b>Lone Oak, Buffalo;</b> A moderate 4-mile hike on the Lone Oak Trail to Tip Top on Buffalo Mountain. Be prepared for lots of switchbacks. Anyone wanting a longer hike can continue to White Rocks and back, for about 8 miles. Leader plans to do the longer hike. Leader Jeannine Edwards. Home 423-202-7207; cell 901-351-1779; email jeannine21@bellsouth.net
Wed, Dec, 12	A 10-mile strenuous hike north on the A/T starting at Indian Grave Gap to the Rattlesnake Ridge Trail and down to Rock Creek Park where we will leave a shuttle car or cars. Leader: Wayne Jones cell 423-737-4852

Mon, Dec ,17	A moderate 6.5-mile shuttle hike between Devil's Fork Gap and Rocky Fork State Park. From Devil's Fork Gap, we hike south on the AT past Flint Mountain Shelter (2.7 miles) to Flint Mountain Gap (3.4 miles). From there, we leave the AT and enter Rocky Fork State Park via an access trail. We then hike the scenic Flint Creek and Rocky Fork Trails to the Rocky Fork parking lot. A pre-positioned vehicle will shuttle the drivers back to their cars at Devil's Fork Gap. Leader: Dave Polon, Cell 423-302-8368.
Wed, Dec, 19	<b>Chestoa to Curly Maple Gap Shelter;</b> An 8 mile in-out moderate hike on the AT from the Nolichucky River at Chestoa to the shelter and back. This can be a pretty hike, especially the creek that sometimes runs alongside the trail and occasional view of the Nolichucky River. Hopefully, the trees will also be turning Leader Jeannine Edwards. Home 423-202-7207; cell 901-351-1779; email jeannine21@bellsouth.net
Mon, Dec,24	We wish everyone a Merry Christmas –Howard and Faye
Wed, Dec,26	We will leave this date open, as a place to move a cancelled hike.
Mon, Dec., 31	A 6-mile moderate in and out hike south on the A/T from Indian Grave Gap to Cherry Gap shelter. Breakfast at Clarence's Leader: Wayne Jones, cell 423-737-4852

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.

President and founder of Old-Timers Hiking Club—CB Willis 423-282-3325. cbwillis@charter.net

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

Website---<http://oldtimershikingclub.weebly.com>

Trail Work Coordinator—Eric Middlemas 423-282-6987 Mike Hupko-423-929-2626

Hike schedule—Faye Guinn-423-753-4072 [wegonehiking@embarqmail.com](mailto:wegonehiking@embarqmail.com)