

2019 OLD-TIMERS HIKING SCHEDULE FOR JULY, AUGUST AND SEPTEMBER Founded in 1991 by CB Willis and Don Frederick and named by Jim Widener	
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.	
MON.- JULY-1	Pinnacle Tower Trail: A moderate hike to the tower via the Pinnacle Trail in the Cherokee Forest at Unicoi. Lots of nice switchbacks can take you to the tower and back for a total of 9.8 miles or less, if you choose. As this is an in-out hike, with well-marked miles, it is easy to set your own goals. Meet at the church in time to leave at 8:00, or sign in at trailhead about 8:20. Leader: Howard Guinn 423-753-4072 cell 423-747-4881.
WED.- JULY-3	Laurel Fork Falls: from U.S. 321 moderate, 5-6 miles. We will hike the blue-blaze trail to the AT to these beautiful falls. On the way back we can return via the blue-blaze high-water trail that takes us by Laurel Fork Shelter and to a very small waterfall. Leader: Jeannine Edwards. e-mail jeannine21@bellsouth.net . Phone 423-202-1377 or 901-351-1779.
MON-JULY-8	Lamar Alexander Rocky Fork State Park: 7 mile-loop hike on Snake den Ridge. Easy to moderate. Judy Middlemas, (423) 282-6987.
WED.-JULY- 10	Mt Rogers, VA: strenuous 10-mile hike starting on the Jackie Street Tr/Little Wilson Cr Wilderness and ending at the AT Fox Creek (Lewis Fork Wilderness) intersection with Rt #603. We will climb for the greater part of the first 4 miles on old road & horse tr. Jackie Street Tr will take us 2 miles to First Peak Tr. Then, following it up hill crossing Second Peak, 4857', to Third Peak we come to fantastic views of Walker Mt., Pine Mt, and the Mt Rogers ridges. Then we drop down to Scales completing 5 miles. From here we will take the AT to Fox Cr. over Pine Mt. starting with a climb and then a descent. Hikers wanting less miles can start at Fox Creek and go N. or S. Going S there is a bald at 3.4 miles with a view. Form your carpools at the Church 8:00 am and meet the hike leader at Lowes, Exit 19 on I81. Hike leader: Marcia Pruner H 276-889-5714 or CI 276-614-5504.
MON-JULY-15	Work Day: A work-day on the Old-Timers section of AT to finish tasks from the June work day. We will focus on mowing with weed trimmers, refreshing water bars, and cutting back woody growth. Form your carpools at the church and meet at Clarence's for breakfast and work assignments. Leader: Eric Middlemas (423) 282-6987; email: emiddlemas@live.com .
WED. JULY-17	Clingmans Dome to Newfound Gap (Great Smoky Mountains National Park) —Moderate to strenuous, 7.6 miles. This will be a shuttle hike. We'll drop a car at Newfound Gap and then proceed to Clingmans Dome and walk Northbound on the AT. Hike leader: Pat Kenney, (423) 282-4115 or patkenney28@hotmail.com
MON-JULY-22	Rock Creek Falls. 5-mile, in-out. Moderate, with climb growing steeper as we near the falls. Unaka Wilderness area, and a beautiful hike along Rock Creek. There are several creek crossings, so be prepared to get your feet wet. (But it's worth it!) Leader: Jeannine Edwards. e-mail jeannine21@bellsouth.net . Phone 423-202-1377 or 901-351-1779.
WED-JULY-24	Elk Park to Virginia Creeper Trail – 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-JULY-29	Laurel River Trail: A 7-mile easy hike near Hot Springs on the Laurel River Trail to the French Broad River. This is an in and out hike along the Big Laurel River to where it reaches the French Broad River. 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 or cell 423-741-7058.
WED-JULY-31	19E to Doll Flats/Hump Mountain: 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 7-mile hike. We will form the carpools and leave the church at 8 am. Food City in Elizabethton at 8:15 am. Leader: Dave Polon, Cell 423-302-8368, DPolon123@yahoo.com
MON.-AUG-5	Pinnacle Tower Trail. A moderate hike to the tower via the Pinnacle Trail in the Cherokee Forest at Unicoi. Lots of nice switchbacks can take you to the tower and back for a total of 9.8 miles or less, if you choose. As this is an in-out hike, with well-marked miles, it is easy to set your own goals. Meet at the church in time to leave at 8:00, or sign in at trailhead about 8:20. Leader: Howard Guinn 423-753-4072 cell 423-747-4881
WED.-AUG-7	Sam's Gap to Bald Mountain: 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. We will form the carpools and leave the church at 8 am. Leader: Dave Polon, Cell 423-302-8368. DPolon123@yahoo.com
MON.-AUG -12	Sam's Gap to Hogback Ridge Shelter. This moderate in-out hike follows the AT along the Tennessee / North Carolina line. We will hike to the summit at High Rock (4460'), then on about half a mile to the blue blaze trail to the shelter for a little reprieve. Afterwards, we will return the way we came, for a total of about 4.6 miles. Leader: Jeannine Edwards. e-mail jeannine21@bellsouth.net. Phone 423-202-1377 or 901-351-1779.
WED-AUG-14	Shortoff Mountain (elevation 2,883 ft.), soak in some of the most spectacular views in the North Carolina mountains, with sweeping vistas of the <u>Linville Gorge</u> and Lake James. The Linville Gorge Wilderness Area, also known as the Grand Canyon of the East, is one of the wildest, most rugged gorges in the eastern United States. It's outdoor paradise on a clear day. We will have to watch weather for this hike as won't be much fun if raining and soaked in. Shortoff Mountain is near <u>Lake James</u> in <u>Burke County</u> , N.C. The 5-6-mile round-trip hike gains 1,321 ft. in elevation. The first mile of the hike is strenuous as you climb the mountain on the rocky trail with switchbacks, but it's safe and easy to follow. The last 1.25 miles is a mostly level trail across the broad summit, with plenty of spots for panoramic views. It's approximately 2 hour drive each way so plan for a longer day. Leader: Rich Ritter 765-414-4253
MON.-AUG-19	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.-AUG-21	Chestoa to Curly Maple Shelter: A moderate to strenuous 8.6 mile in and out hike North on the AT from Chestoa to Curly Maple Shelter. Breakfast at Clarence's. Leader Wayne Jones 423-737-4852
MON.-AUG-26	Marguerette Falls: 2.7 miles near Camp Creek/Greeneville area. Beautiful falls at the end. About a 45-minute drive. Meet the leader at the Ingles in Jonesborough after forming carpools at the church. Leader: Joy Cook 423-913-2220, joyfulhikr@aol.com.
WED-AUG -28	Hump Mountain: A strenuous 8 miles in and out. Starting from Roaring Creek Road (Yellow Mountain Gap), this hike will take us to the open balds of Little Hump and Hump Mountains. Weather permitting, we can enjoy 360 vistas and the flowering fields. One can hike to Little Hump if desire and turn around. Leader: Janice Miller (423) 543-5602. Depart from the church and second meeting place, Food City, (Elizabethton).
MON.-SEPT-2 Labor Day	Pinnacle Tower Trail. A moderate hike to the tower via the Pinnacle Trail in the Cherokee Forest at Unicoi. Lots of nice switchbacks can take you to the tower and back for a total of 9.8 miles—or less, if you choose. As this is an in-out hike, with well-marked miles, it is easy to set your own goals. Meet at the church in time to leave at 8:00, or sign in at the trailhead about 8:20. Leader: Jeannine Edwards. e-mail jeannine21@bellsouth.net. Phone 423-202-1377 or 901-351-1779.
WED-SEPT-4	Cross Mtn to Iron Mtn Shelter: A moderate 9.2-mile hike South on the AT from TN 91 at Cross Mt. to the Iron Mt. Shelter and back. A shorter version would be to the Grindstaff Monument that would be 6 miles. Leader Wayne Jones 423-737-4852
MON-SEPT-9	Roan Mountain State Park: 9 miles of combined trails through woods, along streambed, including a rock outcropping overlook. Rated moderate. The hike may be shortened for those who want to do fewer miles. Judy Middlemas, (423) 282-6987.
WED-SEPT-11	Hot Springs to Deer Park Mountain Shelter: A moderate 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. Leader: Dave Polon, Cell <u>423-302-8368</u> , DPolon123@yahoo.com
MON-SEPT-16	Iron Mountain Gap to Cherry Gap Shelter. Moderate. We will take the AT beginning at Iron Mountain Gap, 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. e-mail jeannine21@bellsouth.net. Phone 423-202-1377 or 901-351-1779.
WED-SEPT-18	Shelton Grave Site: 11-mile in/out hike moderate to strenuous south on

	the AT from Devil's Fork Gap to the Shelton grave site. Breakfast at Clarence's. Leader Wayne Jones 423-737-4852
MON-SEPT-23	Open Date: This spot will be left open for a date to move a cancelled hike—if not needed hike will be announced on Tuesday Sept 17 th .
WED-SEPT-25	Camp Creek Bald to Jerry Cabin Shelter —Moderate to strenuous, 11-mile in and out on the AT. Weather permitting, will take the trail over Big Firescald Knob where the views are spectacular. For those who want a shorter distance, when the trail meets back up with the AT, you can return Southbound from there for something around 8.6 miles. Hike leader: Pat Kenney, (423) 282-4115 or patkenney28@hotmail.com.
MON-SEPT-30	Indian Grave Gap to Beauty Spot and Beyond. Moderate. We will hike on the AT to Beauty Spot, a bald that on a clear day gives an almost 360-degree view of the surrounding mountains and valleys. Those who wish to have the shorter hike can return from this point, for about 4.5 miles. Anyone wanting a longer hike, we will continue to the Gap for an 8-mile round trip. Leader: Jeannine Edwards. e-mail jeannine21@bellsouth.net. Phone 423-202-1377 or 901-351-1779.
	<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 Treasurer and person to give your membership dues [per year/per family\$10.00] Rich Ritter ,1125 Biltmore Dr, Piney Flats, TN 37686 Richieritch1.0@gmail.com Phone 765-414-4253 Website---http://oldtimershikingclub.weebly.com Webmaster: Joel Zabel at joyjoelz@yahoo.com. Trail Work Coordinator—Eric Middlemas 423-282-6987 Hike schedule—Faye Guinn-423-753-4072 wegonehiking@embarqmail.com</p>