

OLD TIMERS HIKING CLUB SCHEDULE

Oct – Nov - Dec 2022

Founded August of 1991 by CB Willis and Don Frederick and named by Jim Widener

31 Years of Hiking and Counting

All distances on the Appalachian Trail are taken from the A.T. Guide, 2022 Edition

Mon, Oct 3	<p>Rattlesnake Ridge Trail to Pleasant Garden and return (9 to 10 miles, strenuous): Starting in Rock Creek Park National Recreation Area near Erwin, we will hike the Rattlesnake Ridge Trail to Pleasant Garden and return. This is a strenuous 9 to 10 mile hike through the changing colors of autumn up to a spectacular view (if the weather cooperates). 2582 ft elevation gain. Since this is an in/out hike, you can make this a shorter hike if you wish. There is a \$2 day-use fee per car at the entry. (Only \$1 if you have a National Parks Senior Card.) Form up and leave the church at 8:00 am. Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net</p>
Wed, Oct 5	<p>Roaring Creek Trailhead to Hump Mountain (8+ miles, strenuous): A journey to the top of the world. We'll stop at the Overmountain Shelter on the way up to the AT and then on to Little Hump and Hump Mtn. A grind both ways, but on those rare days, views that will last a lifetime. We will meet at the church for an 8 a.m. departure. A second stop will be at Food City in Elizabethton for an 8:25 departure when the church group arrives. Hike leader: Pat Kenney, (276) 791-8063 or patkenney28@hotmail.com</p>
Mon, Oct 10 (Holiday)	<p>Beech Mountain Trail System (5 to 6 miles, easy to moderate): A crazy loop thru Beech Mountain ski resort and its Emerald Outback. With weather permitting, we will have scenic overlooks, Beech forests and beautiful rock formations. Form up and leave the church at 8:00 am. Meet the hike leader at the Food City in Elizabethton. Be ready to depart Food City at 8:25 am, depart when the group from the church arrives. Leader: Dave Polon, DPolon123@yahoo.com</p>
Wed, Oct 12	<p>Table Rock and Hawksbill (about 5 miles total, moderate): This is a hike that is not about mileage, but the breathtaking views into Linville Gorge. We will meet at the church for an 8 a.m. departure. A second stop will be at Food City in Elizabethton for an 8:25 departure when the church group arrives. Hike leader: Pat Kenney, (276) 791-8063 or patkenney28@hotmail.com</p>
Mon, Oct 17	<p>Iron Mountain Trail to Damascus (8 miles, moderate): We'll start at FS #90, East of Damascus (near Bear Tree Lake) and hike on the Iron Mountain Trail to the caboose in Damascus. This is rolling elevation with the last 2 miles downhill. We will park cars at the caboose and drive to FS #90 and walk 1/2 mile up the road to the Iron Mountain Trail. To shorten the hike, a vehicle can be left on Rt #58 at Straight Branch and hikers can take Beach Grove Trail back to their vehicles on Rt #58. We will walk across Damascus to return to the caboose or to a tasty lunch spot. Form up and leave the church at 8:00 am and meet the hike leader at the Damascus caboose at 9:00 am. We need someone to bring the group to Damascus from the</p>

	church and make sure we have enough vehicles; please notify Marcia if you can help. Leader: Marcia Pruner 276-614-5504, pruner.mpruner@yahoo.com
Wed, Oct 19	Elk Garden to Mt Rogers/Thomas Knob Shelter (9.2 miles, moderate): We'll start at Elk Garden on VA 600 and hike north on the AT to Thomas Knob Shelter and return. Along the way, a spur trail (1/2 mile) will take us to the peak of Mt Rogers, Virginia's highest peak (5,729 ft). Form up and leave the church at 7:30 am. We'll make a second stop at the Exit #14 Park & Ride on I-81 at 8:10 am. Leader: Bob Fuller, 423-773-3051, refuller99@hotmail.com
Mon, Oct 24	Brown Gap to Max Patch and return (7 miles, moderate): We will hike from Brown Gap, near Newport, TN, to the summit of Max Patch with its breathtaking view. This is an incredible place no matter what time of year! Due to the 1 hour, 50 min drive time (79 miles) we need to leave the church at 7:00 am. Meet the hike leader at the Ingles parking lot in Jonesborough. We will leave Ingles at 7:30 am. Leader: Joy Cook 423-913-2220
Wed, Oct 26	Indian Grave Gap to Beauty Spot Gap and return (7+ miles, moderate): We'll start at Indian Grave Gap and hike north on the AT to the beautiful views on Beauty Spot. We'll continue north to Beauty Spot Gap which is our turnaround point. This is the section of the AT that the OTHC maintains. Along the way, we will inspect the trail to see how much work, if any, has to be accomplished on the upcoming workday. Form up and leave the church at 8:00 am. Leader: Teresa Pickett, 423-552-4126, teresapickett@yahoo.com
Mon, Oct 31 (Halloween)	Slabtown Road to Mt Rogers National Recreation Area (NRA) Headquarters (8.7 miles, moderate): After dropping off vehicles at Rt #16 NRA HQ (South of Marion, VA), we start the hike at Slabtown Rd. We hike 8.7 miles north on the AT, crossing the S Holston River foot bridge, across Pugh Mt. and passing Partnership Shelter before ending the hike. If roads are bad, expect a date change. Form up and leave the church at 8:00 am. Meet the hike leader at the I-81 Exit 14 Park & Ride (south side of I-81) at 8:45 am. Contact Marcia ahead of time if you can bring the group from the church to the Park & Ride. Leader: Marcia Pruner 276-614-5504, pruner.mpruner@yahoo.com
Wed, Nov 2	Shortoff Mountain/ Linville Gorge, NC (6 miles, strenuous): Soak in some views of Lake James and Linville Gorge Wilderness area, the Grand Canyon of the East. Hike 6 miles round trip, with an uphill elevation gain of 1,300 ft in the first couple strenuous miles. We will walk the ridge (easy) enjoying several panoramic views. It is a two-hour drive one way so plan on a long day. Weather will be key, so watch your email for a change of hike. Depart from the Church at 8:00 am, we'll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 8:25 am, depart when the group from the church arrives. Leader: Rich Ritter: 765-414-4253.
Mon, Nov 7	Camp Creek Bald to Jerry Cabin Shelter and return (8+miles, moderate to strenuous): This hike includes the always popular Big Firescald Knob with its spectacular views of Greene County and the Bald Mountains. On a clear day, you can truly see forever from the knob. There are options for those who do not wish to hike all the way to the shelter and back. Form up and leave the church at 8 am. Leader: Pat Kenney, (276) 791-8063 or patkenney28@hotmail.com

Wed, Nov 9	OTHC Workday on the AT: If needed, we will use this day for maintenance on our section of the AT (Indian Grave Gap to the U-turn). If little or no maintenance is required, a hike will be provided beforehand.
Mon, Nov 14	Devil's Fork Gap to Flint Mountain Gap and return (6.8 miles, moderate): This section of the AT is tree-filled and boasts outstanding colors in autumn. Some late-blooming flowers, including closed gentian, have also been found along this path. For those that prefer a shorter hike, you can turn around at the Flint Mountain Shelter for a 5.4-mile hike. Form up and leave the church at 8:00 am. Leader: Jeannine Edwards: 901-351-1779, jeannine21@bellsouth.net
Wed, Nov 16	Rocky Fork State Park Geology Hike (about 10 miles, moderate): We will hike the northern loop of Rocky Fork State Park consisting of the Rocky Fork, White Oak Flats, Headwaters, Flint Creek, and Rocky Fork trails (about 1200 - 1500' of elevation gain). At the start of the hike, we will have a short presentation by Park Ranger Jeff Sweeney about the park's geology and physical geography. Form up and leave the church at 8:00 am. Leader: Bob Fuller, 423-773-3051, refuller99@hotmail.com
Mon, Nov 21	Big Yellow Mountain (7+ miles, moderate): We'll leave the Roaring Creek Trailhead and hike up to the AT. Just below Little Hump we'll head southeast over a ridge and onto the shoulder of Big Yellow. One of the most serene spots we venture to, don't miss this one. We will meet at the church for an 8 am departure. A second stop will be at Food City in Elizabethton for an 8:25 am departure when the church group arrives. Co-Leaders: Lisa Millburn, lisa_millburn@hotmail.com and Dave Polon 423-302-8368, DPolon123@yahoo.com
Wed, Nov 23	Pinnacle Tower Trail (9.8 miles, moderate): The day before Thanksgiving typically has many of our members busy with traveling, cooking, shopping, cleaning, etc. And some may be doing nothing at all. So, take a time out and enjoy the pre-holiday weekend with your hiking friends on the Pinnacle Tower Trail. You can hike as little as you want, or all the way to the top for a in/out hike distance of 9.8 miles. We'll meet at the trailhead at 8:30 am. (Directions: Leaving Johnson City, take I-26 to Exit 32. You will see the trailhead on your right). Leader: TBD.
Thu, Nov 24	Thanksgiving Day
Mon, Nov 28	Straight Branch to Damascus Caboose (6.5 miles moderate): Hike from the AT bridge across Straight Branch Creek on Rt #58 east of Damascus to the Damascus caboose. We will climb up Feathercamp Mountain and then descend to the Creeper Trail and hike across town. It will be tempting to stop at one of their neat restaurants while passing thru. The new AT Trail Center on the main street will be open, so let's stop in there too. Leave the church at 8:00 am and meet the hike leader at the Damascus caboose about 9:00 am where we will leave cars and drive to Straight Branch. We need someone to bring the group from the church to the caboose and make sure we have enough vehicles; please notify Tim if you can help. Leader: Tim Richardson 423-747-6352 trich317@gmail.com
Wed, Nov 30	Houston Valley Campground to Meadow Creek Mountain Tower and return (6 miles, moderate): Starting from the trailhead, we'll hike the Gum Springs Trail across from Houston Valley Campground to the Meadow Creek Observation Tower and back. We have great views up there (about 320 degrees!). Form up and leave the

	church at 8 am. Meet the hike leader at Ingles in Jonesborough at 8:20 am. Leader: Joy Cook, 423-913-2220
Mon, Dec 5	Iron Mountain Gap to Greasy Creek Gap and return (8.2 miles, moderate to strenuous): This is a beautiful but challenging hike on the AT with some steep climbs. In autumn, the trees will be turning and mushrooms lingering, along with some interesting trees and possibly a late flower or two. Those wishing a shorter hike can hike to the Rock Pillar and return for a 4.8-mile hike. Form up and leave the church at 8:00 am. Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net
Wed, Dec 7	McQueen Gap to Backbone Rock (8.6 miles, moderate): We will drop a car at the Backbone Rock parking area and proceed to the AT at McQueen Gap to start our hike. This hike starts high on the ridge of Holston Mountain and involves little climbing. There should be some views in the fall depending on the amount of foliage on the trees. We will follow the ridge to the intersection with the Backbone Rock Trail where we will descend 2.3 miles to our car. Form up and depart the church at 8:00 am, we'll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 8:25 am, depart when the group from the church arrives. Leader: Lisa Millburn, lisa_millburn@hotmail.com
Mon, Dec 12	TN 91/Cross Mtn Trailhead to Double Springs Shelter and return (6.2 miles, moderate): From the trailhead, we hike north on the AT across the Osborne Farm with its fabulous views of Shady Valley before heading into the forest. The shelter will be our lunch and turnaround spot. Form up and leave the church at 8:00 am. Meet the hike leader at Food City in Elizabethton. Be ready to depart Food City at 8:25 am, depart when the group from the church arrives. Leader: Lana Scott, 423-929-9094 or 423-741-7058
Wed, Dec 14	Watauga Dam Road to the Vandeventer Shelter (9.2 miles, moderate): From Watauga Dam Rd, we head north on the AT to the Vandeventer Shelter and back. Since this is an in/out hike, you can shorten the distance if desired. This hike follows the spine of the Iron Mountain ending at the shelter where there are great views of Watauga Lake. If Dave P is there, he'll tell one of his gruesome stories. Depart from the church at 8:00 am; we'll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 8:25 am, depart when the group from the church arrives. Leader: Teresa Pickett, 423-552-4126, teresapickett@yahoo.com
Mon, Dec 19	Open Date/TBD: We'll keep this date open to shift hikes around or to re-schedule a rained-out hike. We will be hiking somewhere if someone provides a hike.
Wed, Dec 21	Steele Creek Park: (5 miles, easy/moderate): The hike leader will take you on various trails. Form up and leave the church at 8:00 am. Meet the hike leader at the Rooster Front parking area at 8:30 am where the signup sheet will be. Leader: TBD. Afterwards, on your drive back towards Johnson City, you are welcome to stop by Windy Ridge (Dave Polon's house) for some Christmas cheer, hot cider (a big hit last year!) hot chocolate, snacks, and camaraderie with your fellow hikers. If the weather cooperates, we may toast marshmallows and s'mores out back in the fire pit area. His home is open to all. Dave Polon, 539 Sugar Hollow Rd, Piney Flats, 423-302-8368, DPolon123@yahoo.com
Sun, Dec 25	Christmas Day

Mon, Dec 26 (Federal Holiday)	Day after Christmas Hike at Bays Mountain: Many of you may be busy with family and friends this day and some of you may want to get away from them. If you want to hike, meet Dave Polon at 10:00 am at Bays Mountain. He'll determine the trails and hike length after everyone, if anyone, shows up. There is a \$5 entry fee per vehicle; with a valid military ID, or other pass, you are allowed free entry. Form up and leave the church at 9:15 am and meet the leader in the Bays Mountain parking lot near the Nature Center at 10:00 am where the sign-in sheet will be. Leader: Dave Polon, 423-302-8368 DPolon123@yahoo.com
Wed, Dec 28	Open Date/TBD: We'll keep this date open to shift hikes around or to re-schedule a rained-out hike. We will be hiking somewhere if someone provides a hike.

Come join us! On most hikes, we leave Covenant Presbyterian Church, 603 Sunset Drive, Johnson City, TN each Mon and Wed at 8:00 am. **Showtime is 7:45-7:50 am** so we can sign hikers in and form carpools if needed. **We leave at 8:00 am sharp!** Please check the hike descriptions for the meeting times. Some hikes we may depart earlier or later. On some hikes, we also have a second stop at Food City in Elizabethton, Ingles in Jonesborough, or Food City in Weber City, VA. Those that meet there will be **ready to depart at the time on the hike description and leave as soon as those from the church arrive.**

Bring lunch/snack, PLENTY of water, and gas money. We suggest that 10 cents per mile per person should be the approximate rate. Make sure your driver is properly compensated for his/her expenses and effort. Each person should carry a small first aid kit, you should also carry a little extra food just in case. Bring raingear (it may rain where the hike is even if the weather here does not say rain). Most important, bring yourself and a smile and come enjoy our hikes!!!

Everyone is welcome, member or not.

We are an alcohol/drug-free activity. Drinking alcohol is prohibited before the hikes, during the hikes, or at any trailhead. Participation in club activities carries with it the obligation to hold the club and its representatives free of liability for individual safety.

Treasurer and person to give your membership dues (per year/per family\$10.00): Rich Ritter, 1125 Biltmore Dr, Piney Flats, TN 37686; 765-414-4253; Richieritch1.0@gmail.com

Secretary/Hike schedule: Dave Polon, 423-302-8368; DPolon123@yahoo.com

Trail Work Coordinator: Alan Liggett, 423-926-4391

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

Webmaster: Dave Polon 423-302-8368; DPolon123@yahoo.com