

## OLD TIMERS HIKING CLUB SCHEDULE

Apr – May – Jun 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, Apr 4	<b>Iron Mountain Gap to Greasy Creek Gap and return (8.2 miles, moderate):</b> Moderate hike, with some steep climbs. Those wishing for a shorter hike can hike to the Rock Pillar and back making it a 4.8-mile hike. Form up and leave the church at 8:00 am. Hike Leader: Lana Scott 423-929-9094 or 423-741-7058.
Wed, Apr 6	<b>TN 91/Cross Mtn Trailhead to Iron Mountain Shelter and return (9.2 miles, moderate):</b> A moderate hike in-out on the AT from Cross Mountain to Iron Mountain shelter. Those wishing for a shorter hike can hike to the Grindstaff monument and back for a 6.6-mile hike. Form up and depart the church at 8:00 am. Meet the hike leader at the Food City in Elizabethton. Be ready to depart Food City at 8:20 am, depart when the group from the church arrives. Hike Leader: Caro Dellenbaugh, 207-504-0440, cdellenbaugh@gmail.com
Mon, Apr 11	<b>Pinnacle Nature Preserve in Russell County, VA (6 miles, easy/moderate):</b> From the trailhead, we will cross over a swinging bridge and hike on a road along Big Cedar Creek passing a sizeable waterfall as it flows to the Clinch River. Hike the Big Cedar Cr, Copper Ridge, Grapevine, and Pinnacle View Trails. This area has rare mussels located in the stream which is also stocked with trout. We will climb to a view of the actual Pinnacle Rock. Expect fields of Larkspur and a plethora of other spring flowers. Form up and leave the church at 8:00 am. Call the leader if you can bring the group to a meeting spot in Lebanon, VA. Hike Leader: Marcia Pruner 276-614-5504.
Wed, Apr 13	<b>Laurel Run Park (7 miles, moderate):</b> This in/out hike is known for its abundance of Spring flowers. Located on the Holston River past Church Hill TN, the park originated as a backdrop for the movie <i>The River</i> . If the season cooperates, we should find trillium, larkspur, wild geranium, and a host of other beauties, coupled with a waterfall or two. Form up and leave the church at 8:00 am. Hike Leader: Jeannine Edwards, 901-351-1779; email jeannine21@bellsouth.net
Sun, Apr 17 Easter Sunday	<b>Easter Sunday</b> <b>Also, NASCAR Night Dirt Race at Bristol Motor Speedway. Expect heavy traffic around the speedway and surrounding highways 1:00 pm - 11:59 pm.</b>
Mon, Apr 18	<b>Panther Creek State Park near Morristown, TN (6.5 miles, moderate):</b> We'll park our cars in the Spoons Recreation Area and start the hike via a horse connector trail to Hunt Knob Trail. We'll follow the perimeter of Cherokee Lake before ascending to Hunt Knob Ridge. We'll then intersect the Ridge Crest Trail to the Smallman Area with an overlook and history of Panther Creek. Picking up the Point Lookout Trail, we'll hike to the highest elevation in the park. We'll then hike the Ore Mine Trail named for manganese mining operations in the early 1800's. Our

	hike concludes with a short, easy loop meandering around the Seven Sink Holes Trail. Form up and leave the church at 8:00 am. Driving time is 1 hr, 15 min (74 miles). Hike Leader: Ruthie Edwards, 423-741-7149.
Wed, Apr 20	<b>19-E to Jones Falls and return (11.0 miles, strenuous):</b> We'll hike on the AT north from 19-E to Jones Falls and return. For those that want a shorter hike, you can turn around at the Buck Mountain Baptist Church for a 6.6-mile moderate hike. Due to limited parking at the trailhead, please carpool as much as possible. Form up and leave the church at 8:00 am; we'll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 8:20 am, depart when the group from the church arrives. Hike Leader: Bob Fuller, 423-773-3051, refuller99@hotmail.com
Thu, Apr 21	<b>Special Event: Old Timers Hiking Club Spring Banquet.</b> Details are still being worked out this time.
Mon, Apr 25	<b>Lone Oak Trail to Tip Top and return (4 miles, moderate):</b> This is a 4 mile in/out hike on the Lone Oak Trail (located on Dry Creek Rd) to Tip Top on Buffalo Mountain. This is mostly moderate but steep as we approach Tip Top. Beautiful views. Since there is very limited parking, we will need to carpool. Form up and leave the church at 8:00 am. Hike Leader: Lana Scott, 423-929-9094 or 423-741-7058.
Wed, Apr 27	<b>Hughes Gap to Toll House Gap and back (8.8 miles, strenuous):</b> We hike north on the AT from Hughes Gap. In April, this should be a beautiful wildflower hike. There is a nice overlook on Beartown Mountain at 2.5 miles. At 3.0 miles we reach Ash Gap, which can be a nice turnaround point for those wishing a shorter 6.0-mile hike. After a climb of just over 2200 ft, we reach Toll House Gap and the picnic area and restrooms, which will be our lunch stop and turn around point. 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 8:20 am, depart when the group from the church arrives. Leader: Caro Dellenbaugh, cdellenbaugh@gmail.com Cell: 207-504-0440.
Mon, May 2	<b>Tanawha Trail on the Blue Ridge Parkway (5.7 miles, moderate):</b> After pre-positioning the vehicles between the two parking lots, we begin this hike at the Beacon Heights Parking Area (Milepost 305.5) on the Blue Ridge Parkway. First, we hike a short 0.6-mile in/out on the Beacon Heights Trail to two overlooks on Beacon Heights. Afterwards, we start our hike north on the Tanawha Trail. After 1.5-miles, we reach the (now-closed) Linn Cove Viaduct Visitor Center where we will regroup. We then hike under the parkway viaduct, and eventually climb to the exceptional views from the lofty, jagged crags at Rough Ridge and the Rough Ridge Boardwalk. We continue hiking down to the Raven Rocks Overlook Parking Area (Milepost 302.7). Driving distance/time one-way is about 50 miles/1:15 hrs. Form up and leave the church at 8 am. Meet the hike leader at the Food City in Elizabethton. Be ready to depart Food City at 8:20 am, depart when the group from the church arrives. Hike Leader: Dave Polon, 423-302-8368, DPolon123@yahoo.com.
Wed, May 4	<b>Chestoa to Curly Maple Gap Shelter and return (8 miles, moderate):</b> An in/out hike on the AT from the Nolichucky River to the shelter and back. In spring this has a wealth of wildflowers, and a lush creek runs alongside much of the trail. Form up and leave church 8:00 am. Hike Leader: Jeannine Edwards: 901-351-1779; jeannine21@bellsouth.net.

Mon, May 9	<b>Bad Branch State Nature Preserve, Eolia, KY (6 miles, moderate):</b> This in/out hike takes us to the High Rock with a nice view. And, hopefully, lots of Pink Lady Slippers. We will take a side trail to a nice waterfall. Driving time is 2 hours. Form up and leave the church at 8 am. Meet the leader at Weber City Food City at 8:30 am. Hike Leader: Bill Strang, 423-534-1462; strangwn@yahoo.com.
Wed, May 11	<b>Bays Mountain Park Loop (6.7 miles, moderate):</b> Lady Slipper Hike! After leaving the Bays Mountain Nature Center, we'll hike various trails heading towards the southwestern part of the park where I found an abundance of Lady Slipper wild orchids. We'll also pass some abandoned structures and barns. Finally, we'll hike along the lake, before finishing up back at the dam and Nature Center. About 6.7 total miles. There are lots of trails for those that want additional mileage. There is a \$5 entry fee per vehicle; with a valid military ID, you are allowed free entry. Form up and leave the church at 8:00 am and meet the leader in the Bays Mountain parking lot near the Nature Center at 8:40 am where the sign-in sheet will be. The gate at Bays Mountain does not open until 8:30 am, so if you get there early, you may have to wait. Leader: Dave Polon, 423-302-8368; DPolon123@yahoo.com
Fri, May 13 to Sun, May 15	<b>Appalachian Trail Days Festival, Damascus, VA</b>
Mon, May 16	<b>Hungry Mother State Park in Marion VA (7.9 miles, moderate):</b> We begin our hike on the Lake Trail, closely following the edge of Hungry Mother Lake to the Ridge Trail, a short connector to Molly's Knob Trail. From here, the trail becomes steeper and narrower with switchbacks. We'll hike to Molly Knob, the highest point in the park with a 180-degree view of the countryside. (Elevation gain is 1,058 feet). We'll continue on the Molly's Knob and CCC Trails, where thickets of rhododendrons line the way. Reemerging with the Lake Trail Loop, we'll cross the dam and continue on a level lakeside cool down back to our starting point. Form up and leave the church at 8:00 am. Contact the hike leader for additional meeting places. Directions: I-81 north to Marion VA Exit 45, then VA 16 north. 1 hr, 20 min (84 miles) drive time. The park has a \$7 entrance fee. Hike Leader: Ruthie Edwards, 423-741-7149.
Wed, May 18	<p><b>Two hikes to choose from!</b> Pick one or the other. The two groups will all start together at Spivey Gap. We'll hike on the AT to High Rocks and down to Whistling Gap where the groups will split up. Be sure to sign-up with Jeannine if you are doing her hike or with (TBD) if you are doing this hike. For both hikes, form up and leave the church at 8:00 am.</p> <p><b>Spivey Gap to High Rocks to Whistling Gap and on (6 miles, moderate):</b> A moderate hike with some steep climbs. We will hike to Whistling Gap, where we pick up a forest road to the main road. This time of the year, the forest is filled with wildflowers, including jack-in-the-pulpit, trillium, wood betony, and many others. Hike Leader: Jeannine Edwards; home 423-202-7207, cell 901-351-1779, jeannine21@bellsouth.net</p> <p><b>Spivey Gap to High Rocks to Whistling Gap to Bald Mountain Shelter and back (11.4 miles, strenuous):</b> An in/out hike south on the AT from Spivey Gap to High Rocks to Whistling Gap. At this point, we will break off from Jeannine's</p>

	group and continue south on the AT south to Bald Mountain Shelter before returning. Hike Leader: TBD.
Mon, May 23	<b>Greenbelt, Kingsport, TN (2 miles, easy):</b> This will be the shortest hike of the year with the most senior leader, Bob Miller at 103 years old. We will start at the boat-launch parking lot on Netherland Inn Rd and hike to the current end of the Greenbelt and back for a total distance of about 2 miles. Very easy. Water and rain gear would be advisable but no lunch. Hike will be over well before noon. Form up and leave the church at 8:00 am. Meet me at the starting point at about 8:45. Hike Leader: Bob Miller, 423-245-1465, robertwmiller1918@gmail.com
Wed, May 25	<b>Indian Grave Gap to Beauty Spot and Beyond (8.0 miles, moderate):</b> 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. Along the way, is an abundance of wildflowers, varieties dependent on the season. 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. Form up and leave the church at 8:00 am. Hike Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net
Mon, May 30 Federal Holiday: Memorial Day	<b>Pinnacle Tower Trail – Memorial Day Hike (9.8 miles, moderate):</b> A good way to keep your hiking boots dusty and still be ready for your Memorial Day observations. 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 trailhead (I-26, Exit 32) at 8:20 am. Leader: TBD.
Wed, Jun 1	<b>Summer work day on the OTHC section of the AT:</b> Our work will focus on mowing, clearing the trail of debris, and removing blow downs. More details will be provided by e-mail and in the “Announcements” as we get closer to the event.
Mon, Jun 6	<b>Laurel Fork Falls and Coon Den Falls from Dennis Cove (6.0 miles, moderate):</b> After pre-positioning the cars between the two trailheads (1-mile apart), we’ll start at Dennis Cove trailhead. We’ll hike north on the AT to Laurel Falls and Potato Top. After returning to Dennis Cove, we’ll continue south on the AT to the Coon Den Falls Trail. We’ll hike to Coon Den Falls, then down to the new campground trailhead where we will shuttle the group back to Dennis Cove. Form up and leave the church at 8:00 am; we’ll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 8:20 am, depart when the group from the church arrives. Hike Leader: Bob Fuller, 423-773-3051, refuller99@hotmail.com
Wed, Jun 8	<b>Spivey Gap to Honey Rocks and back (8.0 miles, moderate):</b> We will follow the AT from Spivey Gap for 1+ miles, then move onto a series of old forest roads and trails. We’ll cross Flat Top Mountain and on to Honey Rock and its spectacular view of the Nolichucky River below. Form up and leave the church at 8 am. Hike Leader: Pat Kenney, (276) 791-8063 or patkenney28@hotmail.com.
Mon, Jun 13	<b>Carvers Gap to Grassy Ridge (6.2 miles moderate):</b> This hike, north on the AT, is adorned with beautiful Rhododendrons and Flame Azaleas, and the views of the surrounding mountains are spectacular. We hike across Round Bald, Jane Bald, and up to Grassy Ridge. We will then hike out to some rocks for lunch and our turn-around point. We will leave a little earlier due to possible large crowds at Carvers

	Gap. Form up and leave the church at 7:30 am; we'll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 7:50 am, depart when the group from the church arrives. Leader: TBD.
Wed, Jun 15	<b>Carvers Gap to Roan High Bluff (8 miles moderate):</b> This time, from Carvers Gap, we hike south on the AT. At Toll House Gap, we will veer off the AT and hike the Cloudland Trail. Should be some good views from Sunset Rock and at Roan High Bluff. We can stop by the Rhododendrons Gardens on the way back to see the beautiful rhododendrons. We will leave a little earlier due to possible large crowds at Carvers Gap. Form up and leave the church at 7:30 am; we'll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 7:50 am, depart when the group from the church arrives. Hike leader: TBD.
Sat, Jun 18 to Sun, Jun 19	<b>75th Rhododendron Festival at Roan Mountain</b>
Mon, Jun 20	<b>Boone Fork Trail (5.2 miles, moderate to strenuous):</b> This loop, just off the Blue Ridge Parkway, is along clear streams, large rock out-crops, meadows, and shaded rhododendron-filled woods. The first mile is easy, hiking through the campground before we face numerous stream crossings with some rock hopping. Some areas will be slow-going, including climbing up/over rocks and wooden stairs, and climbing down a 6-foot ladder. Some of you may find these obstacles a bit strenuous. Between miles 3 and 4, we will be stopping a few times to enjoy the waterfalls. At mile 3.5, we'll take a short spur trail (0.1 mile) and hiked down to Hebron Falls. Afterwards, we'll return to the loop and continue the hike. Expect about 4 hours to hike the 5-mile loop. It is not a race, we will be taking our time, hiking together, to enjoy the beautiful scenery. If the streams are flowing hard, your boots may get wet. I recommend you bring dry boots/shoes/socks to change into after the hike. Form up and leave the church at 8 am. Meet the hike leader at the Food City in Elizabethton. Be ready to depart Food City at 8:20 am, depart when the group from the church arrives. Driving time: 1 hr, 25 min (60 miles). Hike Leader: Dave Polon, 423-302-8368, DPolon123@yahoo.com.
	<b>Summer Solstice/First Day of Summer</b>
Wed, Jun 22	<b>Bear Tree Lake Loop (7.3 miles, moderate):</b> Loop (lollipop) hike on FS #90 near Bear Tree Lake/Rt #58 past Damascus. We'll start on Bushwhacker Trail taking it to the Iron Mountain Trail, then Rush and Sawmill Trails, returning to Bushwhacker for a downhill to the cars. Parking for 9-10 vehicles. An in/out can shorten this hike. Form up and leave the church at 8:00 am. Proceed to the Damascus caboose to meet the hike leader at 9:00 am. Hike Leader: Marcia Pruner 276-614-5504.
Mon Jun 27	<b>Brumley Trail Key Swap across Clinch Mountain (11 mile, strenuous):</b> This hike is between the Hidden Valley Lake and Hayters Gap, VA trailheads. Most of the climbs are not steep as we follow the ridgetop. Those looking for a shorter hike can walk with the groups to the Channels for about a 6.5-mile walk leaving from Hayters Gap OR can do an in/out from Hidden Valley Lake. (The Channels are made up of a sandstone rock which is around 400-million years old. This sandstone is a common caprock of the mountain ridges in the area. Geologists believe that sometime during the last Ice Age cycles of permafrost and ice-wedging caused the sandstone cap to fracture and split...leaving us with the mountaintop slot canyons.) Form up and leave the church at 8:00 & meet the hike leader at the Park/Ride south

	of I-81 @ Abingdon Exit #14 where we will divide into 2 groups and trade cars. Hike leaders: Bill Strang 423-534-1462 & Marcia Pruner 276-614-5504.
Wed, Jun 29	<b>Hike TBD:</b> We'll keep this date open to shift hikes around the peak bloom time for Rhododendrons/Flame Azaleas or to re-schedule rained-out hikes. Either way, we will be hiking somewhere.

**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 8:20 am 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, 508-577-7779

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

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