

OLD TIMERS HIKING CLUB SCHEDULE

Jul – Aug – Sep 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

<p>Mon, Jul 4 Independence Day (Federal Holiday)</p>	<p>Steele Creek Park (6.5 or 7.2 miles, moderate): As our Independence Day celebrations continue, let's get out, stretch our legs and walk off those burgers, hotdogs and brats. Let's have some fun and wear some red white and blue! I'll offer two hikes, one 6.5 miles and one a little longer and harder at 7.0 miles. Last year, I challenged you with a hike into the dreaded Slagle Hollow. This year, I will be a little nicer and lead you into Trinkle Hollow. We'll all start together at the Rooster Front Parking area and hike the flat and easy Lakeside Trail until we reach the Fox Ridge Trail. After a short, but very steep climb (about 100 yards), the trail continues to climb at a moderate level until we reach the top. We'll then take the East Ridge Trail into and out of Trinkle Hollow. We'll take the newly re-built Rock Cut Trail and Quarry Cave Trail back to the lake. At this point, some of you may wish to hike the flat and easy Lakeside Trail 2 miles back to Rooster Front for a total hike of 6.5 miles. The rest of you can follow me to the Nature Center, then on the moderate Lake Ridge Trail to Rooster Front for a total hike of 7.2 miles.</p> <p>Meet the hike leader at Rooster Front Parking area at 8:30 am. Take 11-E (Volunteer Parkway) out of Johnson City towards Bristol. Pass Bristol Motor Speedway. Drive more 3.4 miles, take a left onto Vance drive. (Look for the Brown sign in the median strip that says "Bark Park, Charlie Robinette Park, Rooster Front at Steele Creek Park." The turn is just before Sam Snead Tire Service.) Follow Vance drive about 0.5 mile. The road turns to the right. The parking areas are on the left and right, park in either one. Meet the hike leader in the left parking lot, restrooms are available in the right parking lot. Hike Leader: Dave Polon, 423-302-8368; DPolon123@yahoo.com</p>
<p>Wed, Jul 6</p>	<p>Chestoa to Temple Hill Gap and return (8.0 miles, moderate to strenuous): This hike is 8.4 miles on the AT, in-out, moderate to strenuous. There are some steep climbs, but the views of the Nolichucky River and the mountains are breathtaking, and the trail is beautifully maintained. You can return at any point, but be sure to hike far enough to see some of the views. Depending on the season, wildflowers abound. Form up and leave the church at 8:00 am. Hike Leader: Jeannine Edwards, jeannine21@bellsouth.net, 901-351-1779.</p>
<p>Mon, Jul 11</p>	<p>Damascus to Backbone Rock (7+ mile hike, moderate): This will be a shuttle hike. We will drop a shuttle car at Backbone Rock and then proceed to Damascus to begin the hike at the Town Park. Hikers will proceed southbound on the AT, crossing the Virginia-Tennessee border and then on to the Backbone Rock Trail where we will hike the final 2.3 miles down to Backbone Rock. Shuttle drivers will</p>

	<p>retrieve the cars and return for the pickup. For those who want a shorter hike, they may turnaround at the VA-TN border and return to the park for a 6-mile effort. NOTE early starting time. 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: Pat Kenney, (276) 791-8063 or patkenney28@hotmail.com.</p>
Wed, Jul 13	<p>Grayson Highlands/Mt Rogers, VA: Massie Gap to Rhododendron Gap to Thomas Knob Shelter and return (5.5 or 7.5 miles, moderate): Begin this hike at Massie Gap hiking 0.5 miles to the AT then following it to the Wilburn Ridge Trail. Hike this difficult 1 mile trail of fun boulder scrambling reaching 5,400 ft elevation (bring jackets?) and stunning views. For an easier route, you can stay on the AT and watch the others bouldering, meeting us at the far end of the Wilburn Ridge Trail. Then we rejoin the AT to reach Rhododendron Gap. Those hiking 5.5 miles can have lunch, then return on the AT. The rest will continue to Thomas Knob Shelter for lunch and return for 7.5 miles. Return to the cars via the AT going thru the tunnel known as "Fatman Squeeze" for more Rockin' fun. Expect wild ponies, much stony tread & steps, and good views. Park entry is \$10/car. (Possibly leave cars at Elk Garden and carpool to reduce entry fees.) If it is rainy, expect date change. Expect 2-hour drive. Form up and leave the church at 8:00 am. Meet the hike leader at Exit #14 Park & Ride on I-81. Hike Leader: Marcia Pruner, 276-614-5504.</p>
Mon, Jul 18	<p>Iron Mountain Gap to Cherry Gap Shelter and return (6.2 miles, moderate): We will take the AT beginning at Iron Mountain Gap, walk to Cherry Gap Shelter, and return, for a 6.2-mile hike. This section has some good views of the surrounding mountains and occasional wildflowers. Form up and leave the church at 8:00 am. Hike Leader: Jeannine Edwards, jeannine21@bellsouth.net, 901-351-1779.</p>
Wed, Jul 20	<p>Sams Gap to Devil Fork Gap (8.7 miles, moderate): This is a one-way hike on the AT from Sams Gap to Devil Fork Gap. We will drop car or two at Devil Fork Gap and shuttle the drivers back to Sam's Gap. Form up and leave the church at 8:00 am. Hike Leader: Wayne Jones cell-737-4852.</p>
Mon, Jul 25	<p>Rocky Fork State Park (7 miles, moderate): We'll hike the Flint Creek Trail to the Appalachian Trail at Flint Gap. Return via the Blockstand Creek Trail, climbing to views along Snake Den Ridge, and descend to Flint Creek by the Blockstand Access Trail. Along the way, we'll stop by the Flint Creek Battle Site. John Beaudet has done a large amount of research into this battle and will tell us what really happened back in January 1789. Form up and leave the church at 7:30 am. Hike Leader: Bob Fuller, refuller99@hotmail.com, 423 773 3051.</p>
Wed, Jul 27	<p>Buck Mountain Rd to Jones Falls (4.4 miles, moderate): This will be a 4.4-mile in/out hike on the AT to beautiful Jones Falls. If there is interest, it can be extended another two to three miles to Splash Dam Falls. Form up and leave the church at 8 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. Hike leader: Caro Dellenbaugh, 207-504-0440, cdellenbaugh@gmail.com</p>
Mon, Aug 1	<p>Meadow Creek Mountain Tower Loop (7 miles, moderate, with one little strenuous climb): We'll hike from Houston Valley Campground to the Meadow Creek Observation Tower. Afterwards, we'll take a forest road for a mile or so to the trail that we take us back to the trailhead. Form up and leave the church at 7:40</p>

	am. Meet the hike leader at Ingles in Jonesborough at 8 am. Hike Leader: Joy Cook, 423-913-2220.
Wed, Aug 3	Clinch Mountain Loop (7.5 miles moderate): A moderate 7.5-mile loop on Clinch Mt in Russell County, Va. starting at Hidden Valley Lake. Crossing the dam, we hike 2 miles behind the lake on an old road, then walk the gravel road up to Low Gap to catch the Brumley Trail. This will take us to a fantastic lunch spot on an outcropping of rocks overlooking VA, KY, and Bays Mountain, and maybe Eric and Judy's farm (visibility allowing.) Those preferring a shorter hike can return to the cars from here. The rest will continue across the Clinch and hike back to the cars, finishing the loop. Form up and leave the church at 8:00 am. Meet the hike leader at Hidden Valley Lake Dam. If you are willing to lead the group to the trailhead, contact the leader. Directions to the trailhead will be provided ahead of time. Hike Leader: Marcia Pruner, 276-614-5504.
Mon, Aug 8	Rock Creek Falls (5.0 miles, moderate): An in/out, 5-mile moderate hike with the 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!) Form up and leave the church at 8:00 am. Hike Leader: Jeannine Edwards, jeannine21@bellsouth.net, 901-351-1779.
Wed, Aug 10	Sams Gap to Big Bald and return (13.0 miles, strenuous): Come join the hike leader on his annual birthday stroll to Big Bald. From the trailhead at Sams Gap on the NC/TN border, the AT gradually ascends through maple and oak forest for 6.5 miles to the expansive summit of Big Bald with its 360-degree views. After lunch, we will return for 13.0 total miles. For those that want a shorter hike, you can hike from Sams Gap to Street Gap and return (4.6-mile moderate hike), or a little further if you want. Form up and leave the church at 8:00 am. Hike Leader: Dave Polon, 423-302-8368, DPolon123@yahoo.com
Mon, Aug 15	Roan Mountain Hackline Trail (7 miles, moderate to strenuous): The trailhead of this hike is on Highway 143 heading to Carver's Gap. We will hike the Hackline Trail about 3 to 3.5 miles (one way) on an old wagon road going to Carver's Gap before returning. John Beaudet will be our guest hike leader and will be providing some history along the way. Form up and leave the church at 8 am. Meet the POC at Food City in Elizabethton. Be ready to depart Food City at 8:20 am, depart when the group from the church arrives. POC: Dave Polon, 423-302-8368, DPolon123@yahoo.com
Wed, Aug 17	Sand Cave and White Rocks Overlook (8.6 miles, moderate to strenuous): 8.6 miles of a loop considered moderate to strenuous due to the switchback climb of 2,000 ft. The trail starts at Civic Park in Ewing, VA, crosses into Cumberland Gap National Historic Park, and features a waterfall, a large cave with incredible sand, and unusual sandstone rock overlooks. Afterwards, we will hike to and visit White Rocks Overlook if skies permit this wonderful view. The climb to the overlook is technical but short. Drive time is about 90 minutes so we will form up and leave the church at 7:30 am. Plenty of parking at the trail head park. Leader: Lisa Millburn, lisa_millburn@hotmail.com; 435-840-2685.
Mon, Aug 22	Laurel River Trail to the French Broad River and back (7 miles, easy to moderate): A 7-mile in/out hike on the Laurel River trail to the French Broad River.

	Afterwards, some of you may want to meet and have lunch in nearby Hot Springs, NC. Form up and leave the church at 8:00 am. Hike Leader: Wayne Jones, 737-4852
Wed, Aug 24	Blue Ridge Parkway to Calloway Peak on Grandfather Mountain and return (8.0 miles, strenuous): Last year, we hiked the Profile Trail from Banner Elk to Calloway Peak. This year, we'll start on the Blue Ridge Parkway and hike up, climbing 2,000 feet over 3.5 miles. Along the way, I will take the group off-trail to see the remains of a fatal 1978 plane crash. The Cessna 187Q slammed into the side of the mountain, killing the lone pilot. Most of the plane is still there. After returning to the trail, the hike gets very technical. We will climb several wooden ladders, one of which is 15 feet tall, and use hand cables to reach Calloway Peak, the highest point on Grandfather Mountain. We will continue a little more (with more ladders/cables) to the Watauga View which will be our lunch spot before returning. Form up and leave the church at 7:30 am; meet the hike leader at Food City in Elizabethton. Be ready to depart Food City at 7:50 am, depart when the group from the church arrives. Leader: Dave Polon, 423-302-8368, DPolon123@yahoo.com
Mon, Aug 29	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, Aug 31	Walnut Mountain Rd. to Hardcore Cascades (10.0 miles, moderate): A beautiful section of the AT that follows portions of the Upper Laurel Fork. For those who want a shorter outing, there is a turnaround at USFS 293 which provides a 6+ mile hike. NOTE early starting time: Because of summer temperatures and distance to be traveled we will leave the church at 7:15 a.m. and make a stop at Food City in Elizabethton at 7:35. Because of limited parking at Walnut Mountain Rd., there will be an emphasis on carpooling. Please do not go to the trailhead on your own, that will force vehicles to have to park some distance from the starting point. Hike leader: Pat Kenney, (276) 791-8063 or patkenney28@hotmail.com.
Mon, Sep 5 Labor Day (Federal Holiday)	Pinnacle Tower Trail (9.8 miles moderate): 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. Form up and leave the church at 8:00 am, or sign in at the trailhead about 8:20. Hike Leader: Jeannine Edwards, jeannine21@bellsouth.net, 901-351-1779.
Wed, Sep 7	Special Event: Guy Maulden will lead us on a wildflower hike on Roan Mountain. More details of this event will be provided ahead of time.
Sep 9 - Sep 11	For Your Awareness: The Fall Naturalists' Rally sponsored by The Friends of Roan Mountain, Sep 9 through Sep 11, 2022
Mon, Sep 12	Special Event: Bays Mountain Barge Ride and Legacy Trail Hike (5 to 6 miles, moderate): We start the day with a 9:00 am barge ride (free) around the reservoir arranged by Bob Fuller. (Bays Mountain Park does not permit dogs or other pets on the barge ride.) Afterwards, we'll head back to the nature center parking lot to freshen up and gather together our hiking gear. Dave and Lana will then lead the group on the brand-new Legacy Trail with a lunch stop at the Fire Tower. Afterwards, we'll head back to the parking lot to finish the hike. 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 leaders 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. Boat Ride Leader: Bob Fuller, 423-773-3051; refuller99@hotmail.com. Hike Co-Leaders: Dave Polon, 423-302-8368; DPolon123@yahoo.com and Lana Scott, 423-929-9094 or 423-741-7058.
Wed, Sep 14	Grayson Highlands Loop on the AT and Pine Mountain Trail (12.0 miles, strenuous or 6.2 miles, moderate): From Massie Gap in Grayson Highlands State Park, we hike the spur trail to the AT and head north. We'll hike through Little Wilson Creek valley and have our first break at Wise Shelter. For those that want the shorter 6.2-mile hike, you will turn around here. The rest of us will continue on to grass-covered Stone Mountain offering wonderful vistas. After passing the "The Scales", an old corral, we continue to Pine Mountain, where we will have our second break. From here, we take the Pine Mountain Trail to Rhododendron Gap, where we reconnect with the AT, but south of where we started the loop. We head north on the AT, crossing Wilburn Ridge with its amazing vistas. After passing through the "Fatman Squeeze," we come back to the spur trail where we started. We take the spur trail back down to our vehicles. Park entry is \$10/car. (Possibly leave cars at Elk Garden and carpool to reduce entry fees.) Expect 2-hour drive. Form up and leave the church at 7:00 am. Meet the hike leader at Exit #14 Park & Ride on I-81 at 7:45 am. Hike Leader: Dave Polon, 423-302-8368; DPolon123@yahoo.com
Sep 15 -Sep 18	For Your Awareness: NASCAR Weekend at Bristol Motor Speedway, Sep 15 to 18. Expect traffic around the speedway and surrounding roads. The big event is Saturday evening, so expect heavy traffic and road closures Saturday mid-morning to midnight. Unless you are going to the race, stay away.
Mon, Sep 19	Buffalo Mountain Loop Trail Plus (6 to 7 miles, moderate): We will start at the upper parking and hike the Loop Trail. On the way, we will take a side trip to Huckleberry Knob, visit the Cascades, trek to TipTop, rest on White Rocks, and return via the creek, to upper parking. 6-7 miles. Though we sometimes forget because it is right here in Johnson City, Buffalo Mountain has great trails, wonderful views, lush wildflowers in the spring and early summer, and spectacular leaves in autumn. Form up and leave the church at 8:00 am. Hike Leader: Jeannine Edwards, jeannine21@bellsouth.net; 901-351-1779.
Wed, Sep 21	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.
Mon Sep 26	Settler's Museum, VA to Glade Mountain and return (6.6 miles, moderate): We start our hike at the Settler's Museum and hike the AT south, passing Chatfield Memorial Shelter to Glade Mountain where we'll have expansive views to the west, down the Great Valley and across to Walker Mountain. After returning to the trailhead, you can visit the Settlers Museum, a 67-acre open air museum, where you'll learn the story of settlers to this area over one hundred years ago. Stop by the visitor's center and the restored 19th-century living history farm and tour the 1894 one-room schoolhouse. Form up and leave the church at 8:00 am. Meet the hike leader at Exit #14 Park & Ride on I-81 at 8:45 am. The trailhead is 3 miles off Exit 54 on I-81. Expect 1 hr, 20 min drive from church. Hike Leader: Dave Polon, 423-302-8368; DPolon123@yahoo.com

Wed, Sep 28	Old Timers Hiking Club Annual Picnic: Come celebrate the 31th Anniversary of the Old Timers Hiking Club with a pot-luck picnic at Doe River Gorge. We will also hike 5 miles in the gorge. More details of this event will be provided ahead of time.
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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