

## OLD TIMERS HIKING CLUB SCHEDULE

Apr – May - Jun 2023

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

32 Years of Hiking and Counting

All distances on the Appalachian Trail are taken from the A.T. Guide, 2023 Edition

Mon, Apr 3	<p><b>Warriors Path Mountain Bike Trailhead (5.5 miles loop, easy to moderate):</b> Hike starts/ends at the bike trailhead on Freeman Road in Blountville. We will hike 3 trails for a total of 5.5 miles which will take 2.5 to 3 hours. For those who would like a longer hike, you can take another trail for an additional 2 miles. Form up and leave the church at 8:00 am. Meet the hike leaders at the trailhead at 8:40 am where the sign-in sheet will be. Hike leaders: Evelyn &amp; Tommy Hicks, 423-817-8968, evelyn.hicks08@gmail.com.</p>
<b>Tues, Apr 4 to Thu Apr 6</b>	<b>Overnight Trip: Fall Creek Falls State Park</b>
Wed, Apr 5	<p><b>Buffalo Mountain Loop Trail (6 to 7 miles, moderate):</b> We will start at the upper parking area and hike the Loop Trail. On the way, we will take a side trip to Huckleberry Knob, visit the Cascades, trek to Tip Top, rest on White Rocks, and return beside the creek to the upper parking lot. Though we sometimes forget because it is right here in Johnson City, Buffalo Mountain has great trails, wonderful views, and lush wildflowers in the spring and early summer. Form up and leave the church at 8:00 am. Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.</p>
<b>Sun, Apr 9 Easter</b>	<p><b>Easter Sunday.</b>  <b>NASCAR Dirt Night Race at Bristol Motor Speedway.</b>          (Expect extremely heavy traffic around BMS)</p>
Mon, Apr 10	<p><b>Laurel Run Park (about 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. Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.</p>
Wed, Apr 12	<p><b>John Rock Trail Loop (6 miles, moderate):</b> This loop, located near Brevard, NC, is suitable for all members of the club and is the perfect time for the wildflowers. It has beautiful views of Looking Glass Rock and Black Balsam Knob/Shining Rock range. 1,200 feet of climb. There is an option to visit Looking Glass Falls (roadside) and Moore Cove Falls (very easy 1.4-mile walk). Due to the driving distance, we will leave a little earlier. Form up and leave the church at 7:30 am. Leader: Bob Fuller, 423-773-3051, refuller99@hotmail.com.</p>
Mon, Apr 17	<p><b>Mendota Trail from Benhams, VA (5+ miles, easy):</b> When finished, this Rails-to-Trails project will run 12.5 miles from Bristol to Mendota. We'll start our hike at Benhams, VA, which is the trail's center point and the site of the former Benhams Depot. We will hike out and back in both directions, so the actual mileage is up to you. The hike will include The Cut and at least 2 of the trail's 17</p>

	<p>trestles. The trail is very flat with a surface like the VA Creeper Trail. Form up and leave the church at 8:00 am. Meet the leader at the Virginia Bristol Welcome Center on I-81 at 8:30 am where the signup sheet will be. The address for the trailhead is 7720 Rich Valley Rd, Bristol, VA. Leader: Rick Heppert, 423-292-6556, heppert@yahoo.com.</p>
Wed, Apr 19	<p><b>Roaring Creek Trailhead to Hump Mtn and back (9+ miles, strenuous):</b> Some say it is the crown jewel of the Roan Highlands. We will leave the trailhead and hike the forest service road for a quick stop at Overmountain Shelter. From there we head to Yellow Mountain Gap and join the AT. A short, but steep ascent gets us to the shoulder of Big Yellow Mountain and some ridge hiking out to Little Hump. For those with a short hike in mind, this will be an ideal spot for a turnaround. Those with adventure in their heart will proceed down the trail to Bradley Gap and begin the formidable climb up Hump Mtn. Seven false summits will test our will, but finally reaching the top, we will be rewarded with 360-degree views that are truly stunning. Form up and leave the church at 8 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. Leader: Pat Kenney, 276-791-8063, patkenney28@hotmail.com.</p>
Thu, Apr 20	<p><b>OTHC Spring Potluck Dinner:</b> Details will be provided in e-mails and in the weekly newsletter.</p>
Mon, Apr 24	<p><b>Two hikes to choose from!</b> Pick one or the other. The two groups will all start together at Hughes Gap. We will hike on the AT to Ash Gap where the groups will split up. Pat's group will return to Hughes Gap. Jeannine's group will go on to Toll House Gap before returning. Be sure to sign-up with Pat if you are doing his hike or with Jeannine if you are doing his hike. For both hikes, 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.</p> <p><b>Hughes Gap to Ash Gap and back (6.0 miles, strenuous):</b> A steady climb to an idyllic setting. Ash Gap can be enchanting in the spring with a bed of flowers covering the entire scene. If our timing is right, we might be greeted with a host of trilliums along the way. There is 1,300+ feet of elevation gain from the trailhead to Ash Gap with the most strenuous part near the summit of Beartown Mtn. Great views of Hump and Little Hump Mountains should inspire everyone to overcome that final push before descending to Ash Gap. Form up and leave the church at 8 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. Leader: Pat Kenney, 276-791-8063, patkenney28@hotmail.com.</p> <p><b>Hughes Gap to Toll House Gap and back (8.8 miles, strenuous):</b> We will hike north on the AT from Hughes Gap. In April, this should be a beautiful wildflower hike. At 3 miles, we reach Ash Gap, which can be a nice turnaround spot for those wishing a shorter hike (6 miles). After a climb of a little over 2200 ft, we reach Toll House Gap and its picnic area for lunch or snacks. This is our turn-around spot. Form up and leave the church at 8:00 am. We'll make a second</p>

	stop at Food City in Elizabethton. Be ready to depart Food City at 8:20 am, depart when the group from the church arrives. Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.
Wed, Apr 26	<b>Roan Mountain Wildflower Hike (2 to 4 miles, easy):</b> Our group's wildflower expert, Guy Mauldin, will provide a hike (with frequent stops) through different locations in the area of Roan Mountain. The purpose of this walk is to find and identify wildflowers. He will also share stories of the plant lore. Afterwards, you can hike on your own if you want additional mileage. Form up and leave the church at 8:00 am. We will 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. Leader: Guy Mauldin, 423-928-7957, guymauldin@gmail.com.
Mon, May 1	<b>Bays Mountain Park Loop (6.7 miles, moderate):</b> After leaving the Bays Mountain Nature Center, we will hike various trails heading towards the southwestern part of the park. We will pass some abandoned structures and barns. We may see some Lady Slippers wild orchids and other interesting wildflowers. Finally, we will hike along the lake, before finishing up back at the dam and Nature Center. 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.
Wed, May 3	<p><b>Two hikes to choose from!</b> Pick one or the other. The two groups will all start together at Spivey Gap. We will 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 Roy if you are doing his 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. Form up and leave the church parking lot 8:00 am. Leader: Jeannine Edwards, 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 the other group and continue south on the AT to Bald Mountain Shelter before returning. Form up and leave the church parking lot 8:00 am. Leader: Roy Siegel, 772-261-1229, roysiegel@comcast.net.</p>
Mon, May 8	<b>Hot Springs, NC to Deer Park Mountain Shelter and back (6.4 miles, moderate):</b> We'll leave Hot Springs south on the AT. As we enter the forest, we'll have a pretty good climb before leveling out until we arrive at the shelter. Form up and leave the church at 8:00 am. Meet hike leader at Ingles in

	<p>Jonesborough at 8:15 am where the sign-in sheet will be. Depart Ingles after the group from the church arrives. The drive from Ingles to Hot Springs is about 1 hr, 10 min (53 miles). Leader: Joy Cook, 423-913-2220, joyfulhikr@aol.com.</p>
Wed, May 10	<p><b>Oceola Island/South Holston Reservoir Area Trails (up to 10 miles, easy to moderate):</b> There is a total of 10 miles of trails that can be connected. You can hike as little as 1 to 2 miles or connect all the options. We'll start with the Osceola Island Loop, which is a 1.5 mile lightly trafficked loop trail that features a river. The South Holston Spillway Trail is 3.5 miles (total) on this out-and-back trail through the woods until we reach the clearing at lake level. We'll add more trails if the group wants. This is a great area to hike in Spring as the flowers and tree blossoms are amazing. Form up and leave the church at 8:00 am. Leader: Lisa Millburn, 435-840-2685, lisa_millburn@hotmail.com.</p>
Mon, May 15	<p><b>Rock Creek Park to Dick Creek Falls and back (6.4 miles, moderate):</b> Starting in Rock Creek Park National Recreation Area near Erwin, we will hike 3.2 miles on various trails and logging roads to see 3 waterfalls before returning. If we are lucky, we will see a 25-foot quadruple waterfall and a 60-foot free falling waterfall. I think these falls are some of the most picturesque in East TN. 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. Co-leaders: Debbie Loudon, 919-539-6037, dloudon00@gmail.com and Jolene Yetter, 423-388-5131, aquasizer@aol.com.</p>
Wed, May 17	<p><b>Porters Creek Trail in the Smokies (7.4 miles moderate):</b> Last July, the access road (Greenbrier Rd) to Porters Creek Trail was closed due to significant damage from rainfall and storms. Recently, the GSMNP announced that the Greenbrier Rd construction would be completed in March 2023, reopening the Porters Creek Trail and making the hike leader very happy. This trail is a special wildflower walk along with a beautiful waterfall, Fern Branch Falls. We are also considering a backpacking overnight at the trail's end (Campsite 31). This will be decided closer to the date of the hike. Drive is 82 miles, approximately 1 hour 45 minutes. Form up and leave the church at 7:15 am. Meet the hike leader at Ingles in Jonesborough at 7:30 am where the sign-up sheet will be. Leader: Joy Cook, 423-913-2220, joyfulhikr@aol.com.</p>
Mon, May 22	<p><b>Bays Mountain Moonshiner's Delight Trail (8.6 miles moderate):</b> Let's explore the park's newest trail, the Moonshiner's Delight Trail along with the Chestnut and Indian Pipes Trails. You will also have the opportunity to climb to the fire tower, then descend on the Fire Tower Trail. For those that want a shorter hike (about 6.6 miles), you can return earlier by the Fire Tower Trail. 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: Doreen Heppert, 423-292-6556, heppert@yahoo.com.</p>
Wed, May 24	<p><b>Two hikes to choose from!</b> Pick one or the other. The two groups will all start together at 19E. We will hike south on the AT to Doll Flats where the groups will split up. Be sure to sign-up with Jeannine if you are doing her hike or with</p>

	<p>Roy if you are doing his hike. For both hikes, form up and leave the church at 8:00 am. We will 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. <b>Please carpool as much as possible, as parking is very limited at the trailhead.</b></p> <p><b>19E to Doll Flats and back (6.6 miles, moderate):</b> From 19E, we will hike south on the AT to Doll Flats and return. If we are early enough in the season, there should be a number of wildflowers, including fringed phacelias. We will take a snack/lunch break at Doll Flats and explore the beautiful area, then return to our cars. Please carpool as much as possible, as parking is very limited at the trailhead. 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. Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.</p> <p><b>19E to Doll Flats to Hump Mountain and back (10.8 miles strenuous):</b> From 19E, we will hike south on the AT to Doll Flats. We will then break off from the other group and continue on the AT to the top of Hump Mountain before returning. Please carpool as much as possible, as parking is very limited at the trailhead. 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. Leader: Roy Siegel, 772-261-1229, roysiegel@comcast.net.</p>
<p>Mon, May 29 (Memorial Day)</p>	<p><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.</p>
<p>Wed, May 31</p>	<p><b>Summer Work Day:</b> Our work will focus on mowing, cleaning debris, clearing water bars and removing blow downs on our 4.4-mile section of the AT. More details will be provided by e-mail and in the “Announcements” as we get closer to the event.</p>
<p>Mon, Jun 5</p>	<p><b>Brumley Creek Trail (6 miles moderate):</b> We'll start the hike at Hidden Valley Dam, which is north Abingdon, VA. We will follow the bubbling stream on parts of an old railroad to a waterfall. Expect some ups &amp; downs, a bit of mud if there has been rain, and a few, short technical spots. Much of this trail has rhododendron tunnels. Form up and leave the church at 8:00 am. Meet the hike leader at the dam where the signup sheet will be. Please notify the hike leader if you can bring the group from the church to the dam. Leader: Marcia Pruner, 276-614-5504, pruner.mpruner@yahoo.com.</p>
<p>Wed, Jun 7</p>	<p><b>Beech Mountain Rd to Bear Tree Lake Access Trail (7 miles, moderate):</b> After prepositioning some cars, we will hike on the AT from Beech Mountain Rd to the Bear Tree Lake Access Trail. Afterwards, we will shuttle the drivers</p>

	back to retrieve their cars. Form up and leave the church at 8:00 am. Meet the hike leader at the Damascus Caboose at 9:00 am where the signup sheet will be. Please notify the hike leader if you can bring the group from the church to the caboose. Leader: Marcia Pruner, 276-614-5504, pruner.mpruner@yahoo.com.
Mon, Jun 12	<b>Carvers Gap to Grassy Ridge and back (6-7 miles, moderate):</b> This hike, north on the AT from Carvers Gap, 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 turnaround 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 14	<b>Carvers Gap to Roan High Bluff and back (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 from Roan High Bluff. We will 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.
<b>Sat, Jun 17 to Sun, Jun 18</b>	<b>76th Rhododendron Festival at Roan Mountain</b> (Expect extremely heavy traffic on/around Roan Mountain)
Mon, Jun 19	<b>Profile Trail to Calloway Peak on Grandfather Mountain and back (8.1 miles, strenuous) or Profile View and back (4+ miles, moderate):</b> From the Profile Trail parking area near Banner Elk, this trail crosses the Watauga River and travels under a hardwood canopy for much of its length. Beginning at the Foscoe View overlook (1.7 miles), the trail gets steeper. We reach the Profile View overlook at just over 2 miles. Grandfather's famed face-like outline is visible, a sinister-looking, jagged outcrop visible through the trees. This is a good turnaround point for those that want the shorter hike. The upper section is steep and rocky until we reach the Grandfather Trail at Calloway Gap. At this point, the forest makes the transition out of the hardwoods and into the Canadian fir zone. We then take the Grandfather Trail to Calloway Peak, the highest point on Grandfather Mountain. To get to the summit, the trail gets very technical as we must climb several short, wooden ladders. On our return, we will stop by Watauga View overlook for lunch. 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: Dave Polon, 423-302-8368, DPolon123@yahoo.com.
Wed, Jun 21 (Summer Solstice: First day of Summer)	<b>Beauty Spot to the Emerald Forest and back (6.4 miles moderate):</b> Most of us have been to Beauty Spot multiple times, but when was the last time you have been to the Emerald Forest? The Emerald Forest is one of those special places where a combination of elevation and location has left Unaka Mountain crowned with an evergreen woodland. Spruce trees have taken over, giving the Emerald

	Forest a fairyland forest feel. We will start at Beauty Spot with its 360-degree views. We will hike the AT north to the Emerald Forest where we will enjoy lunch before returning. For those who want more mileage, hike further north on the AT, perhaps all the way to Low Gap (2.2 miles one way). Form up and depart the church at 8 am. Leader: Lisa Millburn, 435-840-2685, <a href="mailto:lisa_millburn@hotmail.com">lisa_millburn@hotmail.com</a> .
Mon, Jun 26	<b>Walnut Mountain Road to Bitter End and back (6.4 miles, moderate):</b> This section of the AT, one of my favorites, has a great view of the Roan Highlands along with the Upper Laurel Fork greeting us along the trail. And the trail is a delight as it passes through many rhododendron groves. If there is interest, we can extend the hike on to Hardcore Cascades for those wanting some additional mileage (this would add four more miles to the hike making it 10+). Please let me know ahead of time if you want to hike to the Cascades so I can plan the carpooling. Form up and leave the church at 8 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. Leader: Pat Kenney, 276-791-8063, <a href="mailto:patkenney28@hotmail.com">patkenney28@hotmail.com</a> .
Wed, Jun 28	<b>Chestoa to Temple Hill Gap and back (8 miles, moderate):</b> This 8-mile moderate hike on the AT has some steep climbs. However, it has exquisite views of the Nolichucky River and the mountains. And in late spring and early summer, the mountain laurel and rosebay rhododendron are prolific. Form up and leave the church at 8:00 am. Leader: Jeannine Edwards, 901-351-1779, <a href="mailto:jeannine21@bellsouth.net">jeannine21@bellsouth.net</a> .
<b>Sat, Jul 1 to Tues, Jul 4</b>	<b>Independence Day 4-day weekend</b>

**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