

OLD TIMERS HIKING CLUB SCHEDULE

Jan – Feb - Mar 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, Jan 2	<p>Pinnacle Tower Trail (9.8 miles, moderate): Start off the new year the right way... with a hiking challenge 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. NOTE later start time: We'll meet at the trailhead at 9:00 am. (Directions: Leaving Johnson City, take I-26 to Exit 32. You will see the trailhead on your right). Leader: Dave Polon, DPolon123@yahoo.com, 423-302-8268</p>
Wed, Jan 4	<p>U.S. 321 to Laurel Fork Falls and back (5.0 miles, moderate): We will hike the blue blaze trail to the AT to these beautiful falls. Some easy spots, some strenuous ones, and a couple that are really tricky. On the way back, we can opt to return via the blue blaze high water trail that takes us by the Laurel Fork Shelter and possibly down to a lesser, but very beautiful, waterfall. 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, jeannine21@bellsouth.net, 901-351-1779</p>
Mon, Jan 9	<p>Sugar Hollow Park in Bristol, VA (6 to 7 miles, moderate): Hike about 6 to 7 miles in Sugar Hollow Park, near exit 7 on I-81 (across from the Target Shopping Center). Many trails wind around the park and provide many chances to shorten the hike if desired. Some of the trails include Rocky Top, White Top View, Deer Tail Chase, Fox Trot, Cave Loop, & Black Forest. We will also walk along the wetlands. NOTE later start time: Form up and leave the Church at 9:00 am. Meet the hike leader at the first parking lot on the right in the park. Leader: Marcia Pruner 276-614-5504, pruner.mpruner@yahoo.com</p>
Wed, Jan 11	<p>Carvers Gap to Roan High Bluff and back (7.5+ miles, moderate to strenuous, depending on snow conditions): A hearty band of souls did this hike last winter in some pretty deep snow, and we had a ball. Conditions can be pretty extreme atop Roan Mtn in the winter, so dress accordingly and be prepared mentally. Most of the hike is in the woods so that keeps the wind at bay much of the trek. A very mystical place under any conditions and always very exhilarating. We'll make a stop at Sunset Rock on the way to the bluff for additional views and pics. NOTE later start time: Form up and leave the church at 9 am. We'll make a second stop at the Food City in Elizabethton. Be ready to depart Food City at 9:20 am. Depart when the group from the church arrives. Leader: Pat Kenney, 276-791-8063, patkenney28@hotmail.com</p>

<p>Mon, Jan 16 (Federal Holiday)</p>	<p>Shook Branch to Watauga Dam and back (6.2 miles, moderate): Hike on the AT from Shook Branch to the dam and back. There are beautiful views of Watauga Lake. We'll have lunch at the dam before returning. NOTE later start time: Form up and leave the church at 9:00 am; Meet the hike leader at the Food City in Elizabethton. Be ready to depart Food City at 9:20 am, depart when the group from the church arrives. Leader: Sandie Burns, Phone: 423-217-3446, sandieburns24@aol.com</p>
<p>Wed, Jan 18</p>	<p>Indian Grave Gap to Beauty Spot (and maybe beyond) and back (4.5+ miles, moderate): In the winter, this site is often incredible, with rime ice and snow. We will hike north on the AT to Beauty Spot, a bald that on a clear day gives a near 360-degree view of the surrounding mountains, for about 4.5 miles round trip. Anyone wanting 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. This may require a later start time, so watch your email the night before. Leader: Jeannine Edwards, jeannine21@bellsouth.net, 901-351-177</p>
<p>Mon, Jan 23</p>	<p>Bear Tree Lake to Straight Branch (6.5 miles, moderate): Hike on the AT southbound from the Bear Tree Lake access trail to Straight Branch near Damascus. Before the hike, we'll leave a car at Straight Branch to shuttle the drivers back to the starting point. Form up and leave the church at 8:00 am. Meet the hike leader at the Damascus Caboose at 9:00 am. Leader: Marcia Pruner, 276-614-5504, pruner.mpruner@yahoo.com</p>
<p>Wed, Jan 25</p>	<p>Indian Grave Gap to Chestoa (8.2 miles, moderate): Shuttle hike on the AT, mostly downhill, from Indian Grave Gap to Chestoa. About halfway through the hike, we'll stop by Curly Maple Shelter for a break/lunch. NOTE later start time: Form up and leave the church at 9 am. We'll drop off cars at Chestoa, then drive to Indian Grave Gap to begin our hike. Leader: Lisa Millburn, 435-840-2685, lisa_millburn@hotmail.com</p>
<p>Mon, Jan 30</p>	<p>Jonesborough Visitor's Center to Persimmon Ridge and back (6 miles, easy/moderate): We'll hike 2 miles on paved trails (easy) from the Jonesborough Visitor's Center to the Persimmon Ridge Park. We'll enter the park and hike about 2 miles on the trails (moderate) before returning 2 miles (easy) to the Visitor's Center. You can enjoy breakfast at the Old Town Pancake house before the hike or stop for lunch after the hike in downtown Jonesborough. Meet the hike leader at the Jonesborough Visitor's Center parking lot at 8:30 am where the sign-in sheet will be. Leader: Teresa Pickett, 423-552-4126, teresapickett@yahoo.com</p>
<p>Wed, Feb 1</p>	<p>Tanyard Gap to Rich Mountain Tower and back (5 miles, moderate): Not a lot of miles for the distance we travel to get there, but if we catch a clear day, the views are spectacular on the tower and we're close to Hot Springs for those interested in lunch! Steady climb from Tanyard Gap up the mountain. A short side trail off the AT will take us up to the refurbished tower and our "wow" views. This will be a conditions related hike so if the forecast isn't for clear skies we'll postpone until we get the right weather window. Form your car pools based on who is planning to go to lunch in Hot Springs. Form up and leave the church at 8 am. Leader: Pat Kenney, (276) 791-8063 or patkenney28@hotmail.com</p>

Mon, Feb 6	Open Date/TBD: We'll keep this date open to shift hikes around or to re-schedule a rained-out hike.
Wed, Feb 8	<p style="text-align: center;">***SPECIAL EVENT***</p> <p>Doe River Gorge Hike (5 miles, easy) + Brunch in the Depot: An easy 5-mile hike in/out on the original Tweetsie railroad line. We will meet at Doe River Gorge Christian Camp in Hampton for our annual rock ice adventure to the first rail trestle and back. Plenty of parking for all. After the hike, we will meet for a pot-luck brunch with some refreshments. More details and the start time of this event will be announced beforehand. Leader: Tim Richardson 423-747-6352.</p>
Mon, Feb 13	<p>Slabtown Road to Mt Rogers National Recreation Area (NRA)</p> <p>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</p>
Wed, Feb 15	<p>Low Gap to McQueen's Knob and back (6.6 miles, moderate): From Low Gap we'll hike on the AT north to the Emergency Shelter near McQueen's Knob and return. NOTE later start time: Form up and leave the church at 9:00 am. Meet the hike leader at Food City in Elizabethton where the signup sheet will be. Be ready to depart Food City at 9:20 am. Depart when the group from the church arrives. Leader: David Polon, 423-302-8368, DPolon123@yahoo.com</p>
Mon, Feb 20 (Federal Holiday)	<p>Iron Mountain Gap to Cherry Gap Shelter and back (6.2 miles, moderate): We will take the AT beginning at Iron Mountain Gap and hike to Cherry Gap Shelter and return, for a 6.2-mile hike. This section has some good views of the surrounding mountains. In some years, we caught those views through some rather spectacular rime ice. Form up and depart the church at 8:00 am. Leader: Jeannine Edwards, jeannine21@bellsouth.net, 901-351-1779</p>
Wed, Feb 22	<p>Sandy Gap to Cross Mountain Rd (5 miles moderate): Hike on the Iron Mountain Trail near Shady Valley, TN. This will be a key swap depending on attendance. NOTE later start time: Form up and leave the church at 9:00 am. We'll make a second stop at the Food City in Elizabethton. Be ready to depart Food City at 9:20 am. Depart when the group from the church arrives. We'll meet the hike leader at the Cross Mountain Trailhead on the AT. Leader: Marcia Pruner, 276-614-5504, pruner.mpruner@yahoo.com</p>
Mon, Feb 27	<p>Hughes Gap to Clyde Smith Shelter and back (6.8 miles, moderate to strenuous): Another great winter hike, with awesome views from Little Rock Knob and the potential for rime. There's 900 feet of elevation gain from the gap to Little Rock Knob in the first 2-miles. Not too intense, just steady which should warm us up in a hurry. Form up and leave the church at 8:00 am. We'll make a second stop at the 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>

Wed, Mar 1	Open Date/TBD: We'll keep this date open to shift hikes around or to re-schedule a rained-out hike.
Mon, Mar 6	Devil's Fork Gap to Rocky Fork State Park (7 miles, moderate): After pre-positioning cars at Rocky Fork State Park, we'll start the hike at Devil's Fork Gap. We'll hike on the AT past Flint Mountain Shelter to Flint Mountain Gap. We'll then turn off the AT and hike down through Rocky Fork along the beautiful creek with its cascades and waterfalls. Once we reach the parking lot, the drivers will be shuttled back to their cars. Form up and leave the church at 8:00 am. Leader: Teresa Pickett 423-552-4126, teresapickett@yahoo.com
Wed, Mar 8	Rock Creek Park to Dick Creek Falls and back (6.5 miles, moderate): 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'll 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, dlouden00@gmail.com and Jolene Yetter, 423-388-5131, aquasizer@aol.com
Sun, Mar 12	Daylight Savings Time Starts. Move clocks forward 1-hour.
Mon, Mar 13	Low Gap to Double Springs Shelter and back (7.0 miles, moderate): We begin at the Low Gap trailhead on Hwy 421 and hike south on the AT to Double Springs Shelter and back. Form up and leave the church at 8:00. Meet the hike leader at Food City in Elizabethton where the sign-in sheet will be. Be ready to depart Food City at 8:20 am. Depart when the group from the church arrives. Leader: Lana Scott 423-741- 7058
Wed, Mar 15	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 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: Lisa Millburn, lisa_millburn@hotmail.com
Mon, Mar 20	First Day of Spring
Mon, Mar 20	Carver's Gap to Grassy Ridge and back (7 to 8 miles, moderate): Let's celebrate the first day of Spring. This in/out hike on the AT takes you over Round Bald, Jane Bald, then veering off the AT to summit of Grassy Ridge. Absolutely phenomenal views for most of the hike. Form up and leave the church at 8:00 am. Meet the hike leader at Food City in Elizabethton at 8:20 am where the signup sheet will be. 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, Mar 22	Chestoa to Temple Hill Gap and back (8.0 miles, moderate): This hike on the AT has some steep climbs. However, it has exquisite views of the Nolichucky River and the surrounding mountains that should be even more visible with the

	trees on vacation from their leaves. Also, the trail is impeccably maintained. Form up and depart the church at 8:00 am. Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net
Mon, Mar 27	Elk Garden to Buzzard Rock and back (6.6 miles, moderate): The AT on the way up White Top Mountain travels through diverse forests. When we break out of the woods at White Top Mtn. Road, the views are breathtaking. On a clear day, Buzzard Rock provides us endless views. Form up and leave the church at 8 am. We can make a stop (8:45) at the Park & Ride off Exit 14, I-81 in Abingdon for anyone so inclined, just let the leader know so he'll stop to pick you up. Leader: Pat Kenney, 276-791-8063) or patkenney28@hotmail.com
Wed, Mar 29	Open Date/TBD: We'll keep this date open to shift hikes around or to re-schedule a rained-out hike.
Mon, Apr 3	OTHC Workday on the AT (tentative): 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.

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