

OLD TIMERS HIKING CLUB SCHEDULE

Apr – May - Jun 2024

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

33 Years of Hiking and Counting

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

Sun, Mar 31: Easter	
Mon, Apr 1	Devil's Fork Gap to Rocky Fork State Park (7 miles, moderate): After pre-positioning cars at Rocky Fork State Park, we will start the hike at Devil's Fork Gap. We will hike on the AT past Flint Mountain Shelter to Flint Mountain Gap. We will then turn off the AT and hike down thru 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 Krogers at 8:00 am. Hike Leader: Dave Polon, DPolon123@yahoo.com.
Wed, Apr 3	Old Settlers Trail to Campsite #33 and return in the Great Smoky Mountains National Park (13.2 miles, strenuous): This beautiful trail is in the Greenbrier section of the GSMNP. It is rated strenuous due to the mileage. Since it is an in/out hike, you can turn around and shorten the hike anytime you wish. Lots of traces of 19th and early 20th century mountain community life along the way, walking in the heart of the Greenbrier community, also known as Partontown (Dolly)! A few creek crossings will be made. We will finally reach and turn around at campsite #33 one of the prettiest campsites in the park. The drive distance is about 82 miles and takes about 1 hour 45 minutes to get there. Form up and leave Krogers at 7:00 am. Meet hike leader at Ingles in Jonesborough at 7:30 am. Hike leader: Joy Cook, 423-913-2220.
Mon, Apr 8	Laurel Run Park (7 miles, moderate): 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 Krogers at 8:00 am. Hike Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.
Wed, Apr 10	Polecat Hollow to Murray Branch Picnic Park (6.4 miles, easy to moderate): This is a level and mostly downhill shuttle hike starting on a forest service road in Polecat Hollow in Madison County, NC. We will hike to the Jack Branch Trail (299) to the Murray Branch Picnic Park. Form up and leave Krogers at 8:00 am. There will be a second stop at Ingels in Jonesborough. Be ready to depart Ingels at 8:20 am. Hike Leader: Rich Ritter, 765-414-4253.
Mon, Apr 15:	Roaring Creek Trailhead to Hump Mountain (8-9 miles, moderate to strenuous): We will carpool to the trailhead (not much parking so carpooling a real issue) and then hike up the forest service road to site of the old Overmountain Shelter. Then on to Yellow Mountain Gap and the AT. A short, but demanding climb up the ridge to the shoulder of Yellow Mtn. and then up to Little Hump. For those wanting something shorter, this is a great place to turn around. After a short stop to admire the views atop Little Hump we move down

	<p>to Bradley Gap and then begin the grinding climb to the summit of Hump Mtn. (5,587 elevation). On a clear day the views from the summit are spectacular and if we get lucky, there may be wildflowers along the way. I cannot emphasize enough that this is overall a tough hike both going and coming back so make a wise decision on how far you want to venture. Because of the distance to be traveled, we will form up and leave Krogers at 7:00 am. We'll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 7:20 am, depart when the group from the church arrives. Hike leader: Pat Kenney, 276-791-8063, patkenney28@hotmail.com.</p>
Wed, Apr 17	<p>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 Krogers at 7:30 am. Plenty of parking at the trailhead. Hike Leader: Lisa Millburn, 435-840-2685, lisa_millburn@hotmail.com.</p>
Thu, Apr 18	<p>OTHC Spring Potluck Dinner: This year's dinner will be held in the ETSU Conference Room, Model Mill, 500 W Walnut St, Johnson City, TN. Details will be provided in e-mails and in the weekly newsletter. Leader: Rich Ritter, 765-414-4253.</p>
Mon, Apr 22 Earth Day	<p>Shook Branch to Watauga Dam and return (5.4 miles, moderate): This beautiful hike on the AT changes nicely with the seasons. We will stop for lunch/snacks at the dam. Form up and leave Krogers 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 Krogers arrives. Hike Co-leaders: Marilyn Kimball and Jeannie Snyder, 423 502-6918, jm.snyder@me.com.</p>
Wed, Apr 24	<p>Pinnacle Nature Preserve in Russell County, VA (6 miles, easy/moderate): From the trailhead, we will cross over a swinging bridge and hike on a closed 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 Krogers at 9:00 am. Call the leader if you can bring the group to a meeting spot in Lebanon, VA. Hike Leader: Marcia Pruner, 276-614-5504.</p>
Mon, Apr 29	<p>Hughes Gap to Toll House Gap and return (8.8 miles, strenuous): We will hike north on the AT from Hughes Gap. In April and early May, 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 Krogers 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 Krogers arrives. Hike Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.</p>

Wed, May 1	<p>Mount Mitchell State Park (5+ miles, moderate/strenuous): After parking in the park's bottom parking lot, we will hike the Old Mitchell Trail and the Nature Trail to the summit of Mount Mitchell, the highest point east of the Mississippi. Since this is just off the Blue Ridge Parkway, we will have great views and, hopefully, some wonderful Fall colors. The hike is about 5 miles up/down, but it's a workout! It's a moderate to strenuous climb, fairly steep in places, and with some technical areas with lots of rocks. If you want additional mileage, several of us plan on hiking the Deep Gap Trail (aka Black Mountain Crest Trail) in/out to Mt Craig, adding 2+ more strenuous miles. Mt Craig is the second-highest peak east of the Mississippi, only 37 feet lower than Mitchell. Mount Mitchell State Park is about a 2-hour drive from Johnson City. Form up and leave Krogers at 7:00 am. We'll make a second stop at the Pinnacle Tower Trailhead at 7:15 am where the hike leader will be with the signup sheet. Leader: Lisa Millburn, 435-840-2685, lisa_millburn@hotmail.com.</p>
Mon, May 6	<p>Straight Branch to Damascus (5.6 miles, moderate): This AT hike follows Feathercamp Ridge opposite the VA Creeper trail and high above US Hwy 58. It includes a 0.4 mile stretch of the VA Creeper Trail where the two trails overlap leading into Damascus. The AT then goes through the center of town to Town Park and the Red Caboose where we will have left cars. Lunch in Damascus is an option. Depart Krogers at 8:00 am. We'll make a second stop at the I-81, Exit 14 Park & Ride. Hike Leader: Teresa Pickett, 423-552-4126, Teresapickett@yahoo.com.</p>
Wed, May 8	<p>Two hikes to choose from! 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 (TBD) if you are doing his/her hike. For both hikes, form up and leave Krogers at 8:00 am.</p> <p>Spivey Gap to High Rocks to Whistling Gap and on (6 miles moderate): 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 Krogers at 8:00 am. Hike Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.</p> <p>Spivey Gap to High Rocks to Whistling Gap to Bald Mountain Shelter and back (11.4 miles, strenuous): 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 Krogers 8:00 am. Hike Leader: TBD.</p>
Sun, May 12: Mother's Day	
Mon, May 13	<p>White Rock area to Panther Lick (5 miles, moderate): This shuttle hike is in the Clinch Mountain Wildlife Management Area (WMA) in the Laurel Bed Lake area. We have not been here before; it will be a similar travel distance as The Channels. Expect some vistas and an incredible show of wildflowers including acres of Fringed Phacelia and the rare Blue-Eyed Mary. Wild Hyacinth also</p>

	grows in this area; we might see one. This is a 5-mile one way hike with some altitude changes; we will need extra vehicles for the trail terminus. Form up and leave Krogers at 8:00 am. Meet the hike leader at the I-81, Exit 14, Park & Ride at about 8:45 am. Hike Leader: Marcia Pruner 276-614-5504.
Wed, May 15	Rock Creek Recreation Area to Dick Creek Falls and back (6.4 miles, moderate): Starting in Rock Creek Recreation Area near Erwin, we will hike 3.2 miles on various trails and logging roads to see 3 beautiful 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 Krogers at 8:00 am. Hike Co-leaders: Debbie Louden, 919-539-6037, dlouden00@gmail.com and Jolene Yetter, 423-388-5131, aquasizer@aol.com.
	Fri, May 17 to Sun, May 19: Trail Days in Damascus, VA
	Sun, May 19: <i>Grandma Gatewood Takes a Walk at the Barter Theater</i>
Mon, May 20	Summer Work Day: 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 weekly newsletter as we get closer to the event. Leader: Rich Ritter, 765-414-4253.
	Wed, May 22 to Fri, May 24: Cumberland Falls Moonbow Trip
Wed, May 22	Indian Grave Gap to Beauty Spot and back (5 miles, moderate) or beyond and back (8 miles, strenuous): This hike on the AT to a popular Bald is usually covered with flowers in the late Spring and very early Summer. Because of elevation gains, we have seen Mountain Laurel, Catawba Rhododendron, and Rosebay Rhododendron, plus a Flame Azalea or two all on the same hike. There are often Dwarf Iris, Fringed Polygala, and lingering Trillium, as well as many other beauties. Form up and leave Krogers at 8:00 am. Hike Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.
Mon, May 27 Memorial Day	Pinnacle Tower Trail – Memorial Day Hike (9.8 miles, moderate): 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. Hike Leader: TBD.
Wed, May 29	McQueens Gap to Backbone Rock (8.6 miles, moderate): We will drop a car at the Backbone Rock parking area and proceed to McQueens Gap to start our hike. This hike on the AT starts high on the ridge of Holston Mountain and involves little climbing. 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 Krogers 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 Krogers arrives. Leader: Jeff "Haitian" Marek, 423-276-9160, jcmareksr@gmail.com.
Mon, Jun 3	Hawks Bill and The Chimneys (5+ miles, moderate): Our first stop will be the always popular Hawks Bill. After a short but steep climb we will find ourselves

	<p>on top of the world looking down into the spectacular Linville Gorge. On a clear day, we will be able to see our favorite Roan Highlands in the distance. A slow and bumpy ride will take us eventually to the Table Rock parking area where we will hike South to the Chimneys. Some really special views along this trail. When we return, those who want to climb Table Rock may add this to their day's agenda. We will carpool accordingly. Because of the distance to be traveled, we will form up and leave Krogers at 7:00 am. We'll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 7:20 am, depart when the group from Krogers arrives. Hike leader: Pat Kenney, 276-791-8063, patkenney28@hotmail.com.</p>
Wed, Jun 5	<p>Grayson Highlands State Park (6-7 miles, moderate): There is a \$7 entry fee per car. We will hike 3 trails. We will park at the Massey Gap parking lot for the first two hikes. First, we will hike the Rhododendron Trail to see the ponies followed by the Cabin Creek Trail for views of some waterfalls. Afterwards, we will drive to the visitor center and hike the Twin Pinnacle Trail for some beautiful overlooks. This is a beautiful place to picnic, put your feet in the water, sit at the Pinnacle, and shop and tour the visitor center. It's hard to rush this one. Plan your carpools accordingly. This is a 2-hour drive from Krogers. Form up and leave Krogers at 7:15 am. Meet the leader at I-81 Exit 14 Park & Ride in Abingdon at about 8:00 am. Hike Leader: Maureen McCarty, 423-612-2730.</p>
Mon, Jun 10	<p>Iron Mtn. Gap to Greasy Creek Gap (8.2 miles, moderate to strenuous): Steady climb out of Iron Mtn. Gap for a mile and then down to the Apple Orchard. Another steady climb along several switchbacks until two grinding climbs to the Pillar. For those wanting a shorter hike (4.8 miles) the Pillar is the turnaround point. For the remainder of the group. we will descend and climb over at least three ridges before descending to Greasy Creek Gap. That will be our lunch spot and then we'll return to the trailhead. Form up and leave Krogers 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: Pat Kenney, 276-791-8063, patkenney28@hotmail.com.</p>
Wed, Jun 12	<p>Open Date/TBD: We will keep this date open to shift hikes around or to re-schedule a postponed hike. If neither occurs, a hike will be provided ahead of time.</p>
Sun, Jun 16: Father's Day	
Mon, Jun 17	<p>Beartree Lake Loop (8.2 miles moderate): Last summer we hiked on the Iron Mtn Trail (IMT) from Skulls Gap to Shaw Gap. Today we will hike Shaw Gap on the IMT to FS90. We will start at Beartree Lake, east of Damascus, going uphill on the Beartree Gap Trail 2.6 miles to Shaw Gap. We'll then hike west on the IMT and return for 3.2 miles; then we will return 1.6 miles down on the Beartree Gap Trail and take Yancy Trail down .3 miles to the lake, walking .5 miles around the lake to return to the vehicles. Form up and depart Krogers at 8:00 am. Meet the hike leader at I-81 Exit 14 Park & Ride in Abingdon at about 8:45 am. Hike leader: Marcia Pruner, 276-614-5504.</p>
Wed, Jun 19 Juneteenth (Federal Holiday)	<p>19E to Buck Mountain Baptist Church and back (6.6 miles, moderate to strenuous): We'll take the AT from 19E and climb steadily up the summit of Buck Mountain. At the summit we'll have great views of Hump Mtn. and the</p>

	Roan Highlands. We'll pass the Issacs Cemetery on our way down to Buck Mtn. Rd. and a lunch stop at the church. We'll retrace our steps back to Buck Mtn. and then down and back to the trailhead. Form up and leave Krogers 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 Krogers arrives. Hike leader: Pat Kenney, 276-791-8063, patkenney28@hotmail.com.
	June 20: Summer Solstice/Summer Begins
	June 21: Unofficial Hike Naked Day (not encouraged for club members)
	Sat, June 22 to Sun, June 23: Roan Mountain Rhododendron Festival
Mon, Jun 24	Tanyard Gap to Spring Mountain Shelter and back (10.2 miles, strenuous): We'll leave Tanyard Gap and hike north on the AT to the shelter, where we will have lunch before hiking back. For those that want a shorter, moderate hike, you can turn around at any point. Afterwards, you are welcome to join the others for lunch in Hot Springs. Form up and leave Krogers at 8:00 am. We'll make a second stop at Ingels in Jonesborough. Be ready to depart Ingels at 8:20 am. Hike Leader: Jeff "Haitian" Marek, 423-276-9160, jcmareksr@gmail.com.
Wed, Jun 26	Open Date/TBD: We will keep this date open to shift hikes around or to re-schedule a postponed hike. If neither occurs, a hike will be provided ahead of time.
Mon, Jul 1	Chestoa to Temple Hill Gap and back (8 miles, moderate): This 8-mile in/out 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 Krogers 8:00 am. Hike Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.
Wed, Jul 3	Profile Trail to Calloway Peak on Grandfather Mountain and back (8.1 miles, strenuous) or Profile View and back (4+ miles, moderate): 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 Krogers 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 Krogers arrives. Leader: Dave Polon, DPolon123@yahoo.com.

Upcoming Special Events/Overnight Trips

Sun, May 19, 3:00 pm	Grandma Gatewood Takes a Walk at the Barter Theater, Abingdon, VA. POC: Marcia Pruner.
Wed, May 22 – Fri, May 2024	Cumberland Falls, KY: 3 days, 2 nights adventure to see the “moonbow.” This fairly rare phenomenon requires a number of weather and astronomical conditions to align perfectly. When those conditions are just right, you will see a white moonbow arcing across the night sky. Cumberland Falls is one of only two places in the U.S. where you can see a moonbow. POC: Lisa Millburn.
Fall 2024 (Dates: TBD)	Mammoth Cave Trip: 3 days, 2 nights adventure to visit Mammoth Cave National Park, KY. Optional visit to the National Corvette Museum in Bowling Green, KY. POC: Ruthie Edwards.
Spring 2025 (Dates: TBD)	Virginia’s Triple Crown: (Postponed from Spring 2024 due to closure of McAfee Knob Trailhead): 3 days, 2 nights adventure to visit Virginia’s Triple Crown (Dragon’s Tooth, McAfee Knob, Tinker Cliffs). We’ll do 3 hikes in 3 days. POC: Dave Polon.

Come join us! On most hikes, we leave Krogers, 112 Sunset Drive, Johnson City, TN (near the Flying Pig BBQ) 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, Food City in Weber City, VA or the Park & Ride, Exit 14 on I-81, VA. Those that drive to these second stops will be **ready to depart at the time on the hike description and leave as soon as those from Krogers 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!!!

When leaving the trailheads, please ensure all cars that are leaving start, especially in the winter. No one wants to be left behind with a dead battery and no cell service.

Everyone is welcome, member or not. Everyone will treat each other with the dignity and respect that every person deserves. Any personal conduct adverse to the best interests of the Old Timers Hiking Club and its members will result in suspension and or dismissal from the club and all its activities.

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/Activities Director/Webmaster: Dave Polon, 423-302-8368; DPolon123@yahoo.com

Trail Work Coordinator: Rich Ritter, 765-414-4253

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