

OLD TIMERS HIKING CLUB SCHEDULE

Jul – Aug - Sep 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

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 at 8:00 am. Hike Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.
Wed, Jul 3	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, richieritch1.0@gmail.com.
	July 4: Independence Day
Mon, Jul 8	Rock Creek Falls (5 miles, moderate): We begin this hike in the Rock Creek Falls Recreation Area. The day entry fee is \$2 per vehicle, or \$1, with a National Parks Senior Pass. The hike is about 5 miles, moderate. The beautiful trail runs along Rock Creek, which is itself showy, and this time of the year, there may be some wildflowers. There will be about 4 creek crossings each direction, so be prepared. Arrival at the falls makes it well worth the trip! Form up and leave Krogers at 8:00 a.m. Hike Leader: Jeannine Edwards, 901-351-1779; jeannine21@bellsouth.net.
Wed, Jul 10	Profile Trail to Calloway Peak on Grandfather Mountain and back (8.1 miles, strenuous) or to the 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 steeper 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.
Mon, Jul 15	Shook Branch across Pond Mountain to Laurel Branch Trailhead (7 miles, moderate to strenuous) We will leave a shuttle car at Laurel Branch Trailhead,

	<p>then go to Shook Branch to begin. From Shook Branch, we will follow the AT up and across Pond Mountain, descending to the Hampton Blueline Trail. This we will follow back to Hwy 321 to shuttle drivers back to Shook Branch. The high elevation pond of Pond Mountain is a rare phenomenon in mature topography and often dries up. See if you can find it. Form up and leave Krogers at 8:00 a.m. We'll make a second stop at Food City in Elizabethton, where we will figure car pools and shuttle cars. Be ready to depart Food City at 8:20 am. Hike Leader: Jeannine Edwards; 901-351-1779; jeannine21@bellsouth.net</p>
Wed, Jul 17	<p>Hughes Gap to Greasy Creek Hostel (6.0 miles moderate): After pre-positioning cars at the Greasy Creek Friendly hostel, we'll drive to Hughes Gap to start the hike. We'll hike south on the AT past Little Rock Knob and Clyde Smith Shelter to Greasy Creek Gap. We'll then hike down a dirt road to the hostel to pick up our cars to drive back to Hughes Gap. Form up and leave Krogers at 8:00 am. Meet the hike leader at the Pinnacle Tower Trailhead at 8:15 am where the sign-in sheet will be. We'll also determine the shuttle vehicles/riders at the Pinnacle before heading to the hostel. Hike Leader: Teresa Pickett, 423-552-4126, teresapickett@yahoo.com.</p>
Mon, Jul 22	<p>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 have lunch in nearby Hot Springs, NC. Form up and leave Krogers at 8:00 am. Hike Leader: Tim Richardson, 423-747-6352, trich317@gmail.com.</p>
Wed, Jul 24	<p>Chestoa to Curly Maple Gap Shelter and back (8 miles, moderate): An 8-mile in/out moderate hike on the AT from the Nolichucky River at Chestoa to the shelter and back. In the summer, the trees should cool the trail, as does the creek that often runs alongside the trail. Also, there is an occasional view of the Nolichucky River. Form up and leave Krogers at 8:00 am. Hike Leader: Jeannine Edwards, 901-351-1779; jeannine21@bellsouth.net.</p>
Mon, Jul 29	<p>Open Date/TBD: We will keep this date open to shift hikes around, re-schedule a postponed hike, or schedule a second workday. If none of these occur, a hike will be provided ahead of time.</p>
Wed, Jul 31	<p>Devils Fork Gap to Big Butt Mountain and back (14.6 miles, strenuous): This in/out hike on the AT takes us past Flint Gap and the Shelton Gravesite to Big Butt Mountain. Those wishing for a shorter hike can turn around at the Flint Mountain Shelter (5.0 miles in/out) or at Flint Gap (6.4 miles in/out) or at the Shelton Gravesite (11.0 miles in/out). Form up and leave Krogers at 7:00 am. We'll make a second stop at 7:15 am at the Pinnacle Tower Trailhead where the hike leader will be with the sign-in sheet. Hike Leader: Teresa Pickett, 423-552-4126, teresapickett@yahoo.com.</p>
Mon, Aug 5	<p>Higgins Creek to Birchfield Camp Lake in Rocky Fork State Park (10 miles roundtrip, strenuous): There are 14 creek crossings total, 7 up and 7 back. Form up and leave Krogers at 8:00 am. Hike Leader: Andrew Smith, 423-431-8940, SMITHAD@mail.etsu.edu.</p>
Wed, Aug 7	<p>Sams Gap to Big Bald and return (13.0 miles, strenuous): Come join the hike leader on his annual stroll to Big Bald. From the trailhead at Sams Gap on the</p>

	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 Krogers at 8:00 am. Hike Leader: Dave Polon, DPolon123@yahoo.com.
	Meet the Mountains Festival: Aug 9-10
Mon, Aug 12	Dickey Gap to VA 670 (6.2 miles, moderate): This is a shuttle hike. After dropping off vehicles at VA 670, we will start the hike at Dickey Gap heading northbound on the AT. After hiking 4.1 miles, we'll have lunch at Trimpi Shelter. Afterwards, we'll continue north on the AT, crossing Slabtown Rd. We'll eventually cross the bridge over the South Fork of the Holston River to our cars on VA 670. We will then drive back to Dickey Gap. Driving time from Johnson City is about 2 hours. Form up and leave Krogers at 7:00 am. Meet the hike leader at the I-81 Exit #14 Park & Ride about 7:40 am. Please note earlier start time. Leader: Teresa Pickett, 423-552-4126, teresapickett@yahoo.com.
Wed, Aug 14	Watauga/Wilbur Dam Road to Vandeventer Shelter and back (9.4 miles, strenuous): A 9.4 mile strenuous in/out hike on the AT from Wilbur Dam Road to the shelter and return. This trail follows the spine of Iron Mountain and parallels Watauga Lake for much of the way, At the shelter are some excellent views of the lake. Form up and leave Krogers at 8:00 a.m. We'll make a second stop at Food City in Elizabethton. Be ready to depart Food City at 8:20 am, depart after the group from Krogers arrives. Hike Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.
Mon, Aug 19	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 0.3 miles to the lake, walking 0.5 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 8:40 am. Hike leader: Marcia Pruner, 276-614-5504.
Wed, Aug 21	Grayson Highlands/Mt Rogers, VA: Massie Gap to Rhododendron Gap and return (5.5 miles moderate to strenuous) or Massie Gap to Thomas Knob Shelter and return (7.5 miles, moderate to strenuous): We will begin this hike at Massie Gap and hike 0.5 miles to the AT. We will then follow the AT to the Wilburn Ridge Trail which is a difficult 1-mile 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 total miles can have lunch, then return on the AT. Those doing the longer hike will continue to Thomas Knob Shelter for lunch and return for 7.5 miles via the AT going thru the tunnel known as "Fatman Squeeze" for more Rockin' fun. Expect wild ponies, much stony tread & steps, and phenomenal views. Park entry is \$7 per car. If it is rainy, expect

	date change. Expect 2- hour drive. Form up and leave Krogers at 8:00 am. Meet the hike leader at I-81, Exit 14, Park & Ride in Abingdon at 8:40 am to form car pools and reduce entry fees. Hike Leader: Marcia Pruner, 276-614-5504.
Mon, Aug 26	Blue Ridge Parkway to Calloway Peak on Grandfather Mountain and return (8.4 miles, strenuous): In July, we hiked the Profile Trail from Banner Elk to Calloway Peak. This time, we'll start on the Blue Ridge Parkway and hike up to Calloway Peak, 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. Halfway back, we'll take a different route down the mountain with some excellent overlooks. Form up and leave Krogers 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 Krogers arrives. Hike Leader: Dave Polon, DPolon123@yahoo.com.
Wed, Aug 28	Clinch Mountain Loop (8 miles, moderate): A loop in Russell County, Va. starting at Hidden Valley Lake dam. We will climb 0.5 mile to the Brumley Trail, taking it 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). After lunch, we will continue to Low Gap and hike a short section of road around the back side of the lake returning to the dam. Those preferring a 6-mile hike can leave vehicles at Low Gap on the way in and car pool to the dam. Form up and leave Krogers at 8:00 am. Meet again at the I-81, Exit 14, Park & Ride in Abingdon at 8:40 am. From there, we'll travel Rt #19 to Hidden Valley Rd. The hike leader will join you here and take you to the dam. Directions to the trailhead can be provided ahead of time. Hike Co-Leaders: Debra Gauthier, 702-810-6317 and Marcia Pruner, 276-614-5504.
Mon, Sep 2 Labor Day	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. Trailhead is located on I-26, Exit 32. Meet the leader at the trailhead to sign in and start hiking at 8:00 am. Hike Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net
Wed, Sep 4	Sams Gap to Hogback Ridge Shelter to Rice Gap (8 miles, moderate): This in/out hike follows the AT along the Tennessee/North Carolina border. We will hike to the summit at High Rock (4460'), then on about half a mile to the blue blaze trail to the shelter for those who want a little reprieve. Those who want a shorter hike (4.6 miles) can return by their same path from this point. Those wanting a longer hike will continue to Rice Gap before returning for a hike of about 8 miles. Form up and depart Krogers at 8:00 am. Hike Leader: Jeannine Edwards, 901-351-1779, jeannine21@bellsouth.net.
Sunday, Sep 8: Grandparents Day	

Mon, Sep 9	<p>Horse Creek Recreational Area: Pete’s Falls (5 miles, moderate): An in and out hike to Pete Falls in the Horse Creek Recreation Area Approximately 5 miles. There are a significant number of creek crossings each way so therefore the short hiking distance. One crossing can be 18” deep, up to Haitién’s truck’s running boards. Most can be crossed rock hopping. Bring spare water shoes and a small towel. Most of the way on the trail it is wide so there will be plenty of room for conversation but no hike leader complaints are allowed and the trail may be shared by a few off-road vehicles. Haitién’s truck has crunched through most of this hike before. This is definitely a summer time hike. It is actually better after a rain. This is not a hike for those that are afraid of getting their feet wet. Form up and leave Krogers at 8:00 am. Hike Leader: Jeff “Haitién” Marek, 423- 276- 9160, jcmareksr@gmail.com.</p>
Wed, Sep 11 Patriot Day	<p>Fox Creek AT Trailhead to Cherry Tree Shelter and back (8.6 miles moderate): Let’s go exploring! From the Fox Creek Trailhead in VA, we’ll hike north on the AT 2.3 miles until we reach the Iron Mountain Trail, which used to be the AT before the 300-mile relocation in 1952. From there, we’ll head west on the IMT another 2 miles to the Cherry Tree Shelter. The shelter was constructed right around the time that the AT moved away from its original route along Iron Mountain to the present route that passes through the Grayson Highlands. After lunch at the shelter, we’ll head back. The hike may be shortened by a mile or two if the hike leader can find the short cut, but there’s no guarantees. Form up and leave Krogers at 8:00 am. Meet the hike leader at I-81, Exit 14, Park & Ride in Abingdon at 8:40 am. From Krogers, the trailhead is about 90 min drive. Hike Leader: Dave Polon, DPolon123@yahoo.com.</p>
Mon, Sep 16	<p>OTHC Picnic: I am holding this date, along with Sep 11 and Sep 18 for the OTHC Annual Picnic. Date, Time and Place: TBD</p>
Wed, Sep 18	<p>Open Date: We will keep this date open to shift hikes around, re-schedule a postponed hike or schedule the picnic. If none of these occur, then a hike will be provided ahead of time.</p>
	<p style="text-align: center;">Sat, Sep 21: NASCAR Night Race at Bristol Motor Speedway. Expect road closures and very heavy traffic around BMS this weekend, especially Saturday afternoon/evening.</p>
	<p style="text-align: center;">Sun, Sep 22: Autumn Begins</p>
Mon, Sep 23	<p>Buck Mountain Rd to Jones Falls and back (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 2 to 3 miles to Splash Dam Falls. 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: Tim Richardson, 423-747-6352, trich317@gmail.com.</p>
Wed, Sep 25	<p>Chimney Rock State Park (5 miles, moderate to strenuous): A visit to Chimney Rock at Chimney Rock State Park is more than just a walk in the woods or an awe-inspiring view. It’s an unforgettable experience with one of the area’s truly great natural wonders. We’ll visit Chimney Rock State Park near Blowing Rock, NC and hike about 5 miles of trails. We will climb Chimney Rock and other nice overlooks as well as the waterfall. There are over 700 steps to climb, so it may be strenuous for some of you. Admission: is \$17.00 per</p>

	person. Hike Leader: Lisa Millburn, 435-840-2685, lisa_millburn@hotmail.com.
Mon, Sep 30	Garenflo Gap to Hot Springs, NC (7 miles, moderate): This is an easy to moderate hike; mostly a downhill slope and about 7 miles long. We will park in Hot Springs and shuttle hikers on the 7 mile twisty road to Garenflo Gap. For those interested in trivia, we will hike through Taylor Hollow Gap and up Lamb Knob, then by Canebrake and the Deer Park Mountain Shelter. Afterwards, lunch in Hot Springs is optional. Form up and leave Krogers at 7:30 am and proceed directly to Hot Springs, NC. Hike Leader: Haitién (Jeff Marek), 423-276- 9160, jcmareksr@gmail.com.
Wed, Oct 2	Looking Glass Rock (6.5 miles, moderate): The Looking Glass Rock Trail near Brevard, NC climbs about 1,700 ft. in just over three miles. The trail starts off following a stream with some small cascades along the way, before beginning a series of switchbacks up the mountain. Sections of the trail take you through tunnels of rhododendron and mountain laurel. After about two miles, the trail reaches a flat rock area, which is used as a helicopter pad by the local rescue squad for injured rock climbers. A spur trail heads off to the left past the helipad, which leads to some nice views from Lower Looking Glass Cliffs. The Trail continues past the summit and after a short distance you will arrive at Upper Looking Glass Cliffs, where you will be treated to some spectacular views. Drive time is approximately 2 hours each way. Form up and leave Krogers at 7:30 am. Hike Leader: Andrew Smith, 423-431-8940, SMITHAD@mail.etsu.edu.

Upcoming Special Events/Overnight Trips

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>