



Monday Hikes 2nd Quarter, 2024

All hikes meet at 9:30 am, are 5 miles or less in length, offer a relaxed pace and are done by noon, mostly. No dogs please. Children and grandchildren, guests, visitors, and non-members are very welcome.

Apr 1: Trout Lake to Manor House & Figure 8 Trail: Meet at Trout Lake parking lot (1st exit left off Parkway just south of Cone Manor going to Rt. 221 and then take an immediate right, nearly a U turn, onto Shull's Mill Rd going under parkway), and an immediate angling right onto single lane paved access to parking around the lake.

Apr 8: The Maze and Apple Barn at Cone Manor. Meet at Bass Lake lower parking area, off Rt. 221 just south of Blowing Rock.

Apr 15: Mountain-to-Sea Trail: Meet at the Raven Rock Overlook, hiking south toward Thunder Hill and return. BRP MP 289.5.

Apr 22: Flat Top Observation Tower + Cone Memorial. Meet in front of the Carriage House by Cone Manor, BRP MP 294.1.

Apr 29: Tanawha Trail to Holloway Mountain Road, and on to an older community cemetery. Meet at boat ramp parking at Price Lake, BRP MP 297.

May 6: Trout Lake to Rich Mountain. Meet in parking area of Trout Lake off Shull's Mill Road near BRP Milepost 294.6.

May 13: Price Lake plus. Meet at Boat ramp parking area, BRP MP 297. Since this is a short hike, be prepared to hike over to and up a bit of the Tanawha Trail.

May 20: Green Knob Trail: This is a short trail with a bit of a climb. Meet at Sims Pond Overlook, BRP MP 295.9.

May 27: Bass Lake to Cone Manor Loop. Meet at Bass Lake lower parking area off 221 just south of Blowing Rock.

June 3: Old John's River Road to Boone Fork and the new MST bridge. Meet at Price Picnic area. BRP MP296.4.

June 10: Bass Lake to Apple Barn & return via old trail. Meet at Bass Lake lower parking area off 221 just south of Blowing Rock.

June 17: Carriage Barn to Blowing Rock Stables. Meet at Cone Manor House in front of the Carriage Barn BRP Milepost 294.1.

June 24: Old John's River Road to Price Lake, and perhaps a visit to King's marker. Meet at Sim's Pond Overlook, BRP MP 295.9.

Wednesday Hikes 2nd Quarter, 2024

April

3 - 421 to Wildcat Road/Great Wildflower Hike

421 to Wildcat Road which is about 6+ miles. Folks can turn back for a shorter hike anytime they would like. Bring lunch for resting stop at Wildcat Road. While I am all for people being vaccinated for COVID, RSV, and the flu, I realize that some of our members may not be eligible for RSV. Since we are all outside and I am super vaccinated, we should all be fine. I guess my exception is if we are driving together. Text Judy Eichmiller @ 630 240 2644 or Email at Jeichmiller@gmail.com. No phone calls or voicemails, please.

10 - **Flannery Fork Rd. to Flat Top Fire Tower:** Approximately 6.8 miles up and back, rated moderate, on Cone Manor carriage trails with approximately 650 ft. elevation gain. Bring water and a snack. No dogs. Email or text Cyndi for time and directions. plantseeds3@gmail.com 941-720-1299

17 - **Laurel Fork Falls**, 5 miles, easy, moderate. Beautiful trail and falls. No dogs. Covid precautions. Hike leader carol Ann Mitchell camitchell21@gmail.com, 423-772-4280, 423-957-1207 texting iffy.

24 - **Upper Creek Falls.** Take left 1 m passed table rk/ hawks b turnoff sign. Start at bottom of falls. Hike to top. Bout 2m loop
Meet at LLH 10:00AM. No dogs Bob Heinrich, phone 8287339174
Cell 8597798986

May

1 - **Wed. May 1, 2024: Shortoff Mountain:** About 5 mi strenuous round trip on a "back door route" to what the author of "100 Classic Hikes of North Carolina" says may be the best view in the state. Mostly uphill from Wolf Pit Road going & downhill returning, passing by open views of Lake James, Linville Gorge and through one old growth wooded area spared from fires. Sunscreen, hat, water, and snack/lunch needed. Total elevation gain of 1321 ft. No dogs. Dave's Covid-19 rules if carpooling. Call or email hike leader Juin Adams 828-295-9607 or juinadams@yahoo.com

8 - AT — Carvers Gap to Grassy Ridge (Pizza Hike)

36.106329,-82.110229 ([map](#)) **Description**

Out and back hike, approx. 5 miles - 3 hours, rated moderate to strenuous. Spectacular 360 deg. views along part of the AT that crosses the Balds. Trail is rocky in parts with steep slopes in each direction, reaching 6,000+ ft. elevations. Bring sticks, lots of fluids, sunscreen, and a hat (no shade). Call / text / email for correct time and carpool locations. 305-905-7000 / mjlobban@bellsouth.net. Optional PIZZA lunch at Smoky Mountain Bakery on the way home.

15 - **Laurel Fork Falls:** This hike is in the Pond Mountain Wilderness and Cherokee National Forest, and will begin from the trailhead parking area on US 321/TN 67 in Hampton, TN. We will follow the Hampton BlueLine Trail to its intersection with the Appalachian Trail, then south on the AT, up the high-water route, and down to the falls for a lunch stop. We will then make our way back to the trailhead along the low water route. Total

distance approximately 5 mi. Rated moderate. Bring a lunch. Poles recommended. No dogs. Contact Sheryl McNair (sammcnair@yahoo.com, 443-306-9933)

22 - **AT around Watauga Lake to visitor center.** 8 miles. No dogs. Covid precautions. Hike leader carol Ann Mitchell camitchell21@gmail.com, 423-772-4280, 423-957-1207 texting iffy.

29 - **Crab Orchard Falls & Hermitages:** Meet at waterfalls parking behind Holy Cross Episcopal Church at 122 Skiles Way, Banner Elk, near Valle Crucis. Moderate, but somewhat steep, 5-mile hike includes heading up the logging road to the Hermitages, along a ridge then back down to the beautiful falls.

Sheryl Yatsko, leader, text or call 908-797-4016 or email samdee57@gmail.com.

June

5 - **Riverbend Trail, Wagoner Access of the New River State Park,** Ashe County easy to moderate 9 mile in and out woods trail leading us through a towering pine forest planted by hand in perfect rows, giving a humbling cathedral effect, continuing along the New River where primitive camping is available. Depending on the hiker's curiosity, we may visit an old homestead and barns and where the family crossed the New River to civilization.

No dogs. Contact Hike Leader Allmuth Curly Perzel 336-982-8591 or text 207-210-4997.

12 - **Lost Cove Creek:** 7 miles, 5 hours. This is a loop trail starting with a moderate climb to the top of the ridge then a steep descent down to Hunt Fish Falls and a large swimming hole where we will have lunch. The return has several climbs and follows several tributaries of Lost Creek where there are falls, cascades and swimming holes. 6-8 water crossings. This beautiful hike is a favorite as it affords the most variety. Meet at the Beacon Heights parking lot on the Blue Ridge Parkway. Leader Wes McNair, wesmcnair@charter.net.

19 - **Laurel Fork Falls** easy moderate 5 miles. beautiful trail and falls, spring flowers. No dogs. Covid precautions. Hike leader carol Ann Mitchell camitchell21@gmail.com, 423-772-4280, 423-957-1207 texting iffy.

26 - **AT: Roaring Creek across Humps to 19E** – Approx. 9+ miles one-way, moderate to strenuous. There are steep climbs with magnificent vistas and descents with very rocky conditions at the end--hard on the knees, poles helpful, as well as knee strapping. Bring sticks, a hat (no trees) water and lunch. No Dogs. Contact hike leader Juin Adams at juinadams@yahoo.com or call 828-295-9607 (no texts) for car spotting, carpooling, and time.

Friday Hikes 2nd Quarter, 2024

Unless otherwise posted, weekly on Friday, meet at Clawson-Burnley Park, (opposite the Armory) on Hunting Hills Lane by the Boone Greenway to join Dave on these relaxed Greenway walks.

Saturday Hikes 2nd Quarter, 2024

April

- 6 **Boone Fork Trail:** Meet at Price Park parking area. The trail loop contains rivers, rapids, waterfalls, meadows, water crossings (easy-difficult, depending on water levels), and rhododendron tunnels. Moderately strenuous, 5 mi., 997 ft. elev. Gain. Hiking sticks strongly recommended for water crossings. No dogs. Call hike leader Bob Heath at 828-773-0471.
- 13 AT **around Watauga Lake to visitor center,** 8 miles, easy, moderate. Lonely spring growth starting. No dogs. Covid precautions. Hike leader Carol Ann Mitchell camitchell21@gmail.com, 423-772-4280, 423-957-1207 texting iffy.
- 20 Hunt **Fish Falls:** Down and back; steep switchbacks. Approximately 2 mi.; 470' elevation gain; rated moderate. No dogs. Call hike leader Bob Heinrich at 828-733-9174, cell 859-779-8986.
- 27 Tanawha **Trail: Holloway Mtn. Rd. to Boone Fork Parking and Return:** Round trip from Holloway Mtn. Rd. to Boone Fork Loop and back. 7.4 mi., 4 hrs. Rated moderate. 1,121 elevation gain/loss. Mostly wooded with some pastureland and 2 water crossings. Optional shorter hike, turn around at Cold Prong - 4 miles total. Call / text / email: Mike Lobban - 305-905-7000 / mjlobban@bellsouth.net. Bring snacks / lunch to eat below the Boone Folk bridge. No dogs.

May

- 4 **MTS Trail: Brinegar Cabin/Doughton Park to Bluff Mountain Overlook Trl.:** We will spot cars at Bluff Mountain and at the restaurant halfway through. Those who want to skip Alligator Outback and Bluff Mtn. overlook may do so. This is an all-day hike so if you have late p.m. plans, can only hike part of it. 7+ miles through forest, pasture, meadows with awesome 360 mountain range views in most parts. Masks required for carpooling. COVID, RSV, and Flu vaccines recommended. Bring snacks, lunch, and fluid/electrolytes and hiking poles. No dogs. TEXT hike leader Judy Eichmiller at 630-240 2644 or email at Jeichmiller@gmail.com. No phone calls or voicemail messages please.
- 11 Harper **Creek Falls:** Hike down to Mortimer to go out and back to Harper's Creek Falls, approximately 3 mi. down and back; 472' elevation gain, rated moderately strenuous. No dogs. Call hike leader Bob Heinrich at 828-733-9174, cell 859-779-8986.
- 18 China **Creek:** Moderate to strenuous. Significant elevation change - probably 1,800 feet, about 4-5 miles one way. Includes water crossings and rock scrambling. Spot cars at Sandy Flat off 221 and then proceed down the Globe Road where we will start our hike up the trail back to the cars. No dogs. Call hike leader Wes McNair at 443-949-2818.
- 25 AT **to Jones Falls,** approximately 4 1/2+ miles, easy, moderate. spring flowers abundant then. Falls beautiful. No dogs. Covid precautions. Hike leader Carol Ann Mitchell camitchell21@gmail.com, 423-772-4280, 423-957-1207 texting iffy.

June

- 1 Cold **Prong to Storyteller Rock:** This hike will follow the Tanawha Trail from Cold Prong Pond parking area (299 BRP) to the Nuwati Trail and Storyteller Rock. 7 mi. round trip; steady uphill with 1,489' elevation gain. Rated moderate. No dogs. Call hike leader Sheryl McNair at 443-949-2818.

8 Quarterly Meeting Hosts: Cyndi Hall

- 15 Elk **Shoals (New River State Park)**, Ashe County. This is an easy paced hike along the New River (flat) with more effort hiking the trails in the woods. Approximately 5-mile hike on new and indistinct trails where hiking sticks are a must. No dogs. Contact hike leader Allmuth Curly Perzel by phone 336-982-8591.
22. **Mt. Mitchell to Cattail Peak:** The hike will start at the summit of Mt. Mitchell (6684 feet), continue to Mt. Craig (6648 feet), Big Tom (6581 feet), Balsam Cone (6566 feet) and Cattail Peak (6584 feet) and return. There are magnificent mountains with spectacular views. Rated moderate to strenuous. The most strenuous part being the climb back up to Mt. Tom upon the return. 6 miles + Must be an experienced hiker. Masks required for carpooling. COVID, RSV, and Flu vaccines recommended. Bring snacks, lunch, and fluid/electrolytes and hiking poles. No dogs. Co-lead by Juin Adams and Judy Eichmiller. TEXT Judy Eichmiller at 630-240 2644 or email at Jeichmiller@gmail.com. No phone calls or voicemail messages please.
- 29 Hughes **Gap to Overlook:** 4.5+ miles, easy, moderate, beautiful part of AT trail. No dogs. Covid precautions. Hike leader Carol Ann Mitchell camitchell21@gmail.com, 423-772-4280, 423-957-1207 texting iffy.