



## Monday Hikes Q1-2026

***Note: All Monday 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 nonmembers are very welcome. Hike leaders are indicated by name.***

### JANUARY

Juin Jan 5: 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.

Dave Jan 12: The Maze and Apple Barn at Cone Manor. Meet at Bass Lake lower parking area, off Rt. 221 just south of Blowing Rock.

Dave Jan 19: Cone Manor House to Blowing Rock Stables. Meet at Carriage Barn next to Cone Manor House on BRP Milepost 294.1

Phil Jan 26: Trout Lake to Rich Mountain. Meet in parking area of Trout Lake off Shull's Mill Road near BRP Milepost 294.6. Take 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.

### FEBRUARY

Linda Feb 2: Bass Lake to Cone Manor Loop. Meet at Bass Lake lower parking area off 221 just south of Blowing Rock.

Dave Feb 9: Bass Lake to Apple Barn & return via old trail. Meet at Bass Lake lower parking area off 221 just south of Blowing Rock.

Dave Feb 16: 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.

Eva Feb 23: Green Knob Trail: This is a short trail with a bit of a climb. Meet at Sims Pond Overlook, BRP MP 295.9.

### MARCH

Dave Mar 2: Tanawha Trail to Holloway Mountain Road, and on to an older community cemetery. Meet at boat ramp parking at Price Lake, BRP MP 297.

Dave Mar 9: Boone Fork Trail to the new MST bridge and Old John's River Road. Meet at Price Picnic area. BRP MP296.4.

Linda Mar 16: Flat Top Observation Tower + Cone Memorial. Meet in front of the Carriage House by Cone Manor, BRP MP 294.1.

Mitch Mar 23: Mountain-to-Sea Trail: Meet at the Raven Rock Overlook, hiking south toward Thunder Hill and return. BRP MP 289.5.

Dave Mar 30: Old John's River Road to Price Lake, and perhaps a visit to King's marker. Meet at Price Picnic area. BRP MP296.4.

## Wednesday Hikes Q1 2026

### JANUARY

7 - **Linville Falls**. Normally one takes the entrance at MP 316.5 off the BRP onto Linville Falls Rd. Then drive 1.4mi to the parking area/Visitors Center. However it is likely the BRP access will still be closed to traffic. But there is a back entrance! Directions to the year round gravel parking lot: Take 221 south, going past Linville Land Harbor, past Three Mile Highway (Route 194), past Linville Falls Winery, crossing the BRP, and finally continuing to drive south on 221 for another 0.7 miles to turn left onto NC183. Drive 0.6 miles and bear right at the signs onto the Kistler Memorial Highway. Drive 0.1 miles to the gravel parking lot on the left. We will meet in this gravel parking lot instead of the Visitors Center which was badly damaged by Helene and remains closed. Moderate to strenuous hike to both the Plunge basin overlook and Plunge Basin lower area depending on conditions, and given time, also part of the Upper falls trails. Expect about a 3.0 hour hike. Snack at one of the overlooks. Hike leader: Eva Rand. Text: 301-758-4375 or email: [twowheels28@hotmail.com](mailto:twowheels28@hotmail.com) for start time and any special instructions such as ice cleats. Bring water, snack, poles and no dogs please,

14 - **Boone Fork Trail** (BFT) 5 miles, moderate, interesting terrain, pastures, Rhododendron tunnels, old forest, beautiful waterway. Covid precautions , no dogs. Carol Ann Mitchell 423-772-4280, 423 957-1207 or [camitchell21@gmail.com](mailto:camitchell21@gmail.com).

21 - **Rocky Knob Bike Park**: This 185-acre park consists of a series of switchbacks with trails rated easy to moderate. Even though it's a bike park, in the winter we will only see a couple bikes. The hike is about 5.5 miles with 873 elevation gain and views. Bring hiking poles, water, etc. Contact Sheryl Yatsko text or call 908-797-4016.

28 - **MST**: Hwy 421 south to Wildcat Road Trail will head up above the parkway, cross at Osborne overlook, then again before getting to Wildcat road. Out and back 6-7 miles. Moderate. Bring stick, water and lunch. No Dogs. Contact Juin Adams [juinadams@yahoo.com](mailto:juinadams@yahoo.com) or text/call 828-406-5738 for start time.

### FEBRUARY

4 - **Crab Orchard Falls**. 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 up the logging road to the Hermitages, back down via the Loop, and on to the beautiful falls. Contact Philip Kagan at 828-386'8205 phone/text or email [pskagan@gmail.com](mailto:pskagan@gmail.com)

11 - **Flannery Fork Rd. to Flat Top Observation Tower** . Approximately 6.8 miles up and back, rated moderate, on Cone Manor carriage trails with approximately 650 ft. elevation gain. Meet at Trout Lake Dam on Flannery Fork Rd. Bring lunch and a drink for a snack break at the top. No Dogs. Contact Juin Adams [juinadams@yahoo.com](mailto:juinadams@yahoo.com) or text/call 828-406-5738 for start time.

18 - **Hughes Gap to overlook**, 4.4 miles, moderate. Trail follows TN/NC stateliness, few switchbacks, mostly running along ridge lines. Magnificent views. Covid precautions, no dogs. Carol Ann Mitchell 423-772-4280, 423-957-1207, [camitchell21@gmail.com](mailto:camitchell21@gmail.com).

25 - **Carvers Gap to AT Stan Murray shelter** - Roan Mountain hike starting at Carvers gap to grassy bald then detouring on the AT to the Stan Murray shelter. Approximately 6.5 miles. Bring hiking poles, water, etc. Contact Sheryl Yatsko text or call 908-797-4016.

## MARCH

4 - **Cone Manor to Flat Top Tower** : 5.6 mile out and back on carriage trails. The hike is rated moderate, with approximately 600 ft. elevation gain. At the top, climb a 30' tower for panoramic views of the area. No Dogs. Hike Leader, Sherrey Murray, [smpa1958@gmail.com](mailto:smpa1958@gmail.com) or call/text 786-897-5140.

11 - **Carvers Gap to Grassy Ridge**, 6 miles, moderate, area parts strenuous, across Balds, 360 degree views. Covid precautions, no dogs. Carol Ann Mitchell 423-772-4280, 423-957-1207, [camitchell21@gmail.com](mailto:camitchell21@gmail.com).

18 - **Bynum Bluff** - A 2.3-mile out-and-back trail in the wilderness area of the Linville Gorge. Generally Considered a moderately challenging route with elevation gain of 682 ft. Follow the ridgeline which offers a mix of lush and rocky scenery. Contact Sheryl Yatsko text or call 908-797-4016 for time and carpooling.

25 - **MST, Shulls Mills Rd to Price Lake Loop and return**. Will lunch in picnic area on way back. No Dogs. 7+ miles, moderate climb back up to cars. No Dogs. Contact Juin Adams [juinadams@yahoo.com](mailto:juinadams@yahoo.com) or text/call 828-406-5738.

## Saturday Hikes 1st Quarter, 2025

### January

3 **AT around Watauga lake to dam**. Moderate, approx. 4-5 miles. Beautiful lake views in winter. Covid rules, no dogs. Carol Ann Mitchell hike leader 433-772-4380, 423-957-1207. Email [Camitchell21@gmail.com](mailto:Camitchell21@gmail.com).

10 **Linville Falls**: Linville Falls is situated in the Blue Ridge mountains of North Carolina and marks the beginning of Linville Gorge. We will be starting at the dirt parking lot off Hwy.183 due to the BRP entrance still closed due to Helene damage. Approx 2 mile hike with the same gorgeous views. If we are lucky, there is an eagles nest with a pair of eagles, so bring your binoculars. No dogs. Contact Sheryl Yatsko text or call 908-797-4016.

- 17 **Elk Knob**: 3.8 mi. roundtrip, with 900 ft. gain in elevation. Spectacular views at the summit. The trails are mostly moderate, but steady incline, steep in some places. 2 ½ - 3 hrs. Poles are helpful. Bring water and a snack. No dogs please. Contact hike leader Eva Rand for start time and any specific instructions: Text 301-758-4375 or email: [twowheels28@hotmail.com](mailto:twowheels28@hotmail.com)
- 24 **Storyteller Rock**: From Boone Fork Parking area on the BRP. The hike will follow the Nuwati Trail to Storyteller Rock. Easy/moderate hike, 3.5 mi., 540' elevation gain, about 3 hrs. Great view from the rock. No dogs. Contact hike leader, Bob Heath at 828-773-0471.
- 31 **Tanawha Trail: Boone Fork Parking Area (MP 299.9) to Price Lake**: One-way, mostly downhill, with 3 easy water crossings. This is a beautiful section of the Tanawha Trail with gentle slopes along wooded terrain, crossing several creeks and open pastures. Will stop at rocks above Holloway Rd. for mid-hike break. Meeting place and starting point will be determined by the weather. If parkway is closed we will do an alternate version. 6 miles. Rated easy/moderate. Bring water and lunch/snack. No Dogs. Contact Juin Adams [juinadams@yahoo.com](mailto:juinadams@yahoo.com) or text/call 828-406-5738.

## **February**

- 7 **Laurel Fork Falls Blue trail** 5 miles, moderate, varied terrain, beautiful falls. Covid rules, no dogs. Carol Ann Mitchell, hike leader: 433-772-4380, or 423-957-1207; or email [camitchell121@gmail.com](mailto:camitchell121@gmail.com).
- 14 **Catawba Falls** - Catawba Falls offers a beautiful loop trail that features a variety of terrains, including stairs, rolling hills, and boardwalk sections. Along the way, there are several overlooks and a stream crossing. About 3.75 miles and 860 ft elevation gain. No dogs. Contact Sheryl Yatsko text or call 908-797-4016 for time and carpooling.
- 21 **Tanawha Trail from Linn Cove to Beacon Heights and back**. 3.5 miles, 545' elevation gain, rated moderate. Meet at the Linn Cove Viaduct parking area. Hiking sticks recommended. No dogs. Contact hike leader Kathryn Yanachek at (252) 723-8758, or email [kyanacek@outlook.com](mailto:kyanacek@outlook.com).
- 28 **Pond Mountain (AT: Watagua Lake to Laurel Falls trailhead)** The trail goes about .3 mile up Shook Branch Rd and then into the woods. It is mostly a steady climb over Pond Mountain to Laurel Creek and out to the trailhead on Hwy. 321 near Hampton, TN. 6-7 miles, 1800 ft. elevation gain. 5-6 hours. Bring stick, water and lunch. Rated Moderate to hard. No Dogs. Contact Juin Adams [juinadams@yahoo.com](mailto:juinadams@yahoo.com) or text/call 828-406-5738 for meeting place, time and carpooling opportunities.

## **March**

- 7 **Hughes Gap to Little Rock Knob overlook**, 4.4 miles, moderate, very few switchbacks, follows ridges along TN/NC state line. Interesting terrain, fantastic views in winter. Covid rules, no dogs. Carol Ann Mitchell, hike leader: 433-772-4380, or 423-957-1207; or email [camitchell121@gmail.com](mailto:camitchell121@gmail.com).

- 14 **Quarterly Meeting** Hosts: Eva Rand and Roger Bodo
- 21 **Crab Orchard Falls and Hermitage**: Hike the trails behind the Valle Crucis Conference Center on Hwy. 194 between Valle Crucis and Banner Elk. Easy to moderate hike to beautiful waterfall on Crab Orchard Creek and then hike on up to ridge on old logging road. Rated moderate; even trail, but steep. approximately 5 mi. Bring stick, water and lunch. No Dogs. Contact Juin Adams [juinadams@yahoo.com](mailto:juinadams@yahoo.com) or text/call 828-406-5738 start time.
- 28 **Conley Cove**: The trail provides an excellent experience with beautiful views of the gorge and few people in sight. It's advisable to bring sun protection, plenty of water, and trekking poles for the climb back up. The gravel road leading to the trail can be challenging for lower vehicles. Trail is 3.5 miles with 1060 elevation gain. No dogs. Contact Sheryl Yatsko text or call 908-797-4016 for time and carpooling.