

# TRAILMARKER

The Piedmont Hiking and Outing Club Newsletter

Since 1982

September October

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*Beating the Heat on a Yadkin Paddle*

Visit us on the Web <http://www.piedmonthikingandoutingclub.org>

## About our Hike Rating System

Our rating system provides a useful, general gauge of a hike's difficulty. It factors in distance and elevation gain and is intended to help you choose hikes that you will find most enjoyable.

**R0-R10** These are more walks than hikes. They're usually close to home, the trails are flat, and distances are generally short. An after-dinner walk around the block would be rated R1 or R2. Our Wednesday Night Walks are R5.

**R10-R20** Most of these hikes will be in the lower mountains and foothills. Distances will be about 5-8 miles, with vertical ranging from 500-1000 feet...not easy if you're new to hiking! Trails will be dirt and rock. As long as you're in moderately good shape, you should be able to enjoy the outing.

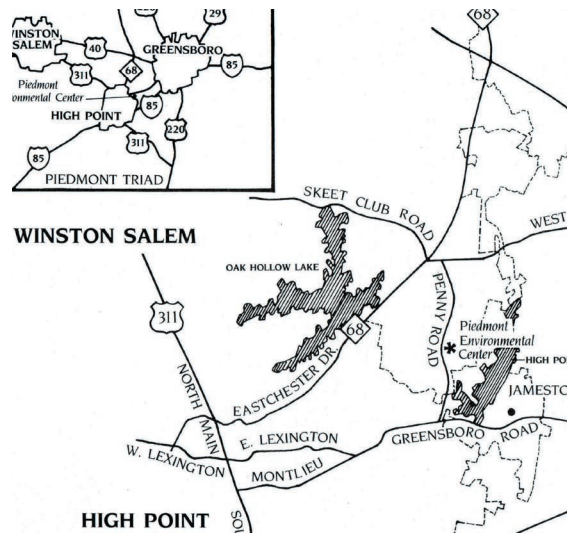
**R20-R30** Hikes in the low end of this range will be too hard and overly stressful for many new members. Plan on an all-day trip, with at least 4 hours of continuous hiking in rugged and steep terrain. At a minimum, be sure to pack two quarts of water, lunch, a snack, and rain gear.

**R30-R40** These are strenuous hikes. They will usually be 10+ miles, with climbs of 2000+ feet. They're appropriate only for those who have done a number of lower rated hikes.

**R40+** These hikes are usually 12 or more miles with 3000 feet or more of elevation gain. They're appropriate only for fit, experienced hikers. Check with hike leader about the trip if you are wanting to do this trip for the first time.

### Every Wednesday Night Walk and Dinner at the Piedmont Environmental Center.

The Wednesday night Walkers will meet every Wednesday evening at the Piedmont Environmental Center at 6:30 pm for a brisk walk before dinner. The group will go to dinner after the walk unless the walk is cancelled due to bad weather, in which case the group will not go to dinner.



**Sat, Sep, 1, 2012**

**Rock Castle Gorge  
Patrick, VA**

The apples should be ready for the picking! please bring lunch, rain gear and plenty water. ( 10.8 miles pretty strenuous hike, R34) Please call or email for meeting times.

**Sun, Sep 2, 2012**

**Foster Falls to Fries Junction Bike Ride**

This will be a two-option, out-and-back ride at Virginia's New River Trail State Park—one of the southeast's best rails-to-trails conversions. The relatively flat and car-traffic-free ride begins at Foster Falls, a village that dates from the mid-1800s. Our trip will take us through the 135-foot New River train tunnel and over the 670-foot Ivanhoe Trestle, which is a great place to stop for water and enjoy the panorama of the river valley. Shortly after passing two dams built in 1913 for the Appalachian Power Company, the riders doing the 32-mile option will arrive at their turnaround point and shady lunch spot where the Chestnut Creek spur of the trail from Galax meets the main trail from Fries. Outing participants for whom the longer route is more strenuous than desired can opt for the 22-mile ride, proceed at a slower pace, and eat lunch at a picnic area near Buck Dam. The long-ride group and the short-ride group should be back at the Foster Falls parking area at approximately the same time. There is a nominal parking fee at Foster Falls. The trail requires durable tires. Individuals interested in this bike ride should contact David, preferably prior to Friday before the outing. Bring water, lunch, and a wind jacket in case the day is chilly.

**Wed, Sep 5, 2012,  
Dinner 6:30 PM**

**WED Night Walk and**

The Wednesday night walkers will meet every Wednesday evening at the Piedmont Environmental Center at 6:30 for a brisk walk before dinner. The group will go to dinner after the walk unless the walk is cancelled due to bad weather, in which case the group will not go to dinner.

**Thursday, Sept. 6, 2012 PHOC Dinner and  
Roundtable Discussion**

**Shoney's Hwy 68**

**Meet for dinner, discussion, and good times. 6:30**

**Sat, Sep 8, 2012**

**Rocky Knob**

Let's visit Virginia today and hike the Rocky Knob and Black Ridge Trails. This hike parallels the Blue Ridge Parkway and there are great views of the surrounding mountains. The hiking pace will be geared to the hikers. Bring lunch and plenty of water. Please meet at Shoney's at I-40 and 68 in Greensboro at 8:00 or Hardees in Stuart, VA at 9:30. [R19 8 mile +1100 feet]

**Sun, Sep 9, 2012****Owls Roost Loop**

Lets meet at 1:30 PM at the Wildlife Center in Bur Mil Park and hike the Owls Roost watershed trail to the Greenway, and then back again, using the Fire Lane trail for part of the return trip. Proceed North on 220, past Horse Pen Creek Rd on the left, then right at the traffic light at Owls Roost, and then left into Bur Mil Park. Bear right at the club house, park in the circular driveway at the bottom of the hill. No need to call, but please do if you have questions. [7 mi, R-9].

**Mon. Sep 10, 2012****Monthly PHOC Meeting**

Our September meeting will be held at the Piedmont Environmental Center on Penny Road in Jamestown. Meet for refreshments and fellowship at 7:00 with the business portion of the meeting beginning at 7:30. Eric Weber will discuss and provide photos of a trip that several club members made to Shenandoah National Park in May. Join us for a return to programs of presentations on trips by club members.

**Sun. Sep 9, 2012****Dan River Paddle****Beginner Class I Rapids at most.**

Meet at the put in at Eden Wildlife Access 36.4752-79.7503 at 10am. This easy trip down the Dan will take approx. 4 hours, there is one fairly easy portage around the power plant, the put in and take out are easy as well. We will float by the historic Mebane Bridge with 3 magnificent arches and float through the ancient Indian Shoal Sluice. Pack a lunch, water, extra dry clothes in a dry bag, wear quick dry clothing, life jacket (worn at all times on the river), peapless whistle and white light. You will need to provide your own, borrowed, or rented kayak or canoe. If you need help transporting your boat, let me know ahead of time. Please RSVP via EMAIL by Sat. Sept. 8 if you plan to attend so I can plan the shuttle, there should be no shuttle fees as we will shuttle ourselves with our cars and/or my passenger van depending on response.

**Wed, Sep 12, 2012,****WED Night****Walk and Dinner 6:30 PM****Piedmont Environmental Center****Thursday Sept 13th  
7:00PM****Vietnamese Garden**

Please join me at 7:00 PM for some good food at Vietnamese Garden located at 2505 Battleground Ave in Greensboro. They offer an extensive menu with several favorites. The club has eaten there before and has really enjoyed it. Please RSVP by Tuesday, the 11th.

**Saturday**                      **New Member Orientation Hike**  
**September 15**                **Pilot Mountain State Park**

Prospective, recent or veteran members are invited to meet at 10:00 in the Parking lot high atop Pilot Mountain state Park. We will have a short presentation on hiking essentials and opportunity for questions to be answered about the club. Afterward, there will be a short hike on the Ledge Spring Trail, Jomeokee Trail, and the Sassafras Trail. The hike will be a moderate and leisurely pace and be approximately 3.5 miles long. Please wear appropriate clothing and hiking shoes, bring rain gear, plenty of water and a snack. Please e-mail me if you plan to attend.

**September 15**                      **Appalachian Trail at**  
**Saturday**                            **Roan Highlands**  
**North Carolina**  
**Tennessee Border**

This three-version hike will be on the popular section of the Appalachian Trail between Carvers Gap and US 19E. One group will start from US 19E and hike the 14 miles to Carvers Gap while doing 5300 vertical feet of ascending. Another group will begin at Carvers Gap and cover the same 14 miles while climbing 2600 vertical feet even though their endpoint will be at a much lower elevation than their start. The third group will accompany the downhill hikers across balds on that section of the Appalachian Trail but will return to the vehicles at Carvers Gap from a point determined by the out-and-back group. Views from the balds of the Roan highlands can be magnificent. Individuals interested in this hike should contact David, preferably prior to Friday before the outing. Bring water, lunch, and rain gear. Wear layered clothing in case of a chilly wind

on the high ridge. (Uphill: 14 miles, 5300 feet, R70; Downhill: 14 miles, 2600 feet, R 43; Out-and-Back: distance and elevation gain to be determined the group)

**Sat. Sep 22, 2012**    **Bucky Kanoy Memorial Hike**  
**Caudill Cabin at**  
**Doughton Park**

This hike is led in memory of our late friend and fellow hiker Bucky Kanoy, who had a particular fondness for it and its 23 stream crossings (all total). I guarantee a gently warm late summer day for toe-tipping in Basin Creek on the way up to the historical Caudill Cabin at Doughton Park. Although the creek is usually pretty low in the summer, bringing poles may not be a bad idea. And if the gods decide that rain is what we deserve, we'll graciously accept their decision and smile through it. This 9-mile hike is suitable for moderately experienced hikers. We will leave Shoney's at 8:00 am and pick up Winston Salem area hikers at the McDonald's off Jonestown Road at 8:30 am. Please email or call if you plan to join us.  
 [10 miles/1800 ft/R28]

**Monday, September 17**                      **Power Walk**

Let's get in a power walk! Our objective is a good cardiovascular workout. We will walk 7 miles on the city greenway maintaining at least a 4.5 mph pace. If you are working up to this pace, we will catch you on the way back since it is usually an out and back. Please email or call if you plan to attend for starting time and location. Hope to see you there!

**Wed, Sep 19, 2012**                      **WED Night**  
**Walk and Dinner 6:30 PM**  
**Piedmont Environmental Center**

**Sun. Sep 23, 2012**                      **Greenway Hike 2:00 PM**  
**Piedmont**  
**Environmental Center**

Let's meet at PEC and walk briskly to the Gibson Park Shelter and back. Approx. 7 miles. Then on to Feeney's for yogurt.

**Fri. Sep 21st - Sun. 23rd Kayak/Canoe/Camping**  
**New River Trail State, Park, VA**

**Sat. Sep 22, 2012**                      **Indian River Hike**  
**Hanging Rock State Park**

### **14 mile paddle**

Join Joel and Andy for the 6th fall camping/kayaking/biking on the New River Trail. We camp on Bakers Island, the loveliest group campsite around, in the Millrace Campground at Foster Falls, VA. It is located 93 miles from G'boro where I-77 crosses the New River. Join us for the weekend or just drive the 1.5 hours from Greensboro to kayak on Saturday or bike on Sunday. You can rent boats and bikes at the livery on site at Foster Falls. The river is appropriate for novice and up paddlers. Reservations are limited to 24 for the group site but additional camping space may be obtained if available. Contact Joel for more information and to hold a spot for you.

Hike the lovely Indian Creek Trail that winds along the creek from the Dan River to Window Falls and Hidden Falls. We will proceed to the Visitor Center for a break, then head back down the trail. We will hike at a leisurely to moderate pace. Bring water, snacks, rain gear, and hiking poles if you use them. There are a few easy stream crossings. Afterwards, those who wish may join us for family style dinner at Hillbilly Hideaway, which is on the way back. We will meet at Shoney's at 12:00, or you can join us at the trailhead, located at the end of Flinchum Rd. on the Dan River at 1:00. Please call to let me know you are joining us or if you have any questions. (Approximately 7.5 miles, +/-900 feet, R18)

**Sat. Sep 22, 2012**                      **Eno-River Western Trails**

**12 miles**                                      **1,000/ft gain/brisk pace**

**Wed, Sep 26, 2012,**                      **WED Night**  
**Walk and Dinner 6:30 PM**  
**Piedmont Environmental Center**

This will be a brisk paced hike covering the western section of the trails in Eno River State Park. In the morning we will hike 7 miles covering the northern section. After lunch we will hike 5 miles of the southern section including Cox Mountain. R22

**Sat. Sep 29, 2012**  
**Stuart, VA**

**Rock Castle Gorge**

This trail in the Blue Ridge Highlands is similar to those in Doughton Park. Starting at the CCC Camp off Route 8, it has a relatively strenuous ascent up onto the grassy highlands of the Blue Ridge Parkway, where we will have lunch at an old AT shelter. After lunch we will descend into the gorge where we will pass through a maze of large boulders embedded with the small castle-like rock crystals for which the gorge is named. Then we will cross over and follow Rock Castle Creek back to our cars. Please email me for meeting time and place. [R-40, 9 Miles].

**Sat, Sep 29, 2012**

**Boone Scout Trail**  
**Grandfather Mtn.**

Scout Trail to Calloway Peak and return via Craigway and Nuwati trail. Bring lunch, rain gear, plenty of water, sturdy boots for a rocky trail. Call for meeting info.

**Fri. Sep 28, 2012 - Sun - Sep 30**  
**Backpacking Trip**

**Mt. Mitchell**

This was a good trip 2 years ago, so I'm leading it again. We'll leave around noon on Friday and hike to Higgins Bald. Saturday we'll end up on Maple Camp Bald. Sunday is leisurely hike back to Black Mt Campground. Email for more details.

**Sun, Sep 30, 2012** **Laurel Bluff and Reedy Fork**  
**Lake Brandt Road**

Lets meet at 1:30 PM and hike the Laurel Bluff and Reedy Fork watershed trails. Proceed north on Lake Brandt Road, past the Marina on the left, cross over the bridge at the dam, and park in the gravel parking lot on the right. [7 mi, R-8].

**Wed, Oct 3, 2012**  
**Dinner 6:30 PM**

**WED Night Walk and**

**Piedmont Environmental Center**

The Wednesday night walkers will meet every Wednesday evening at the Piedmont Environmental Center at 6:30 for a brisk walk before dinner. The group will go to dinner after the walk unless the walk is cancelled due to bad weather, in which case the group will not go to dinner.

**Sat. Oct. 6, 2012**

**Profile to Swinging Bridge**  
**Grandfather Mtn.**

Join me on a fall day to Grandfather Mt. We will take the Profile Trail to the swing bridge and back. This hike includes hanging on to ladders, cables, boulder scrambling, THE chute, and a great time. We will visit one of my favorite places, MacRaes Peak for a snack or lunch. Dinner will be in Boone. Contact Debby for the scoop.

**Saturday, October 6      Peak of Stone Mountain  
Stone Mountain**

A wooded hike to the Lower Falls, leading to Stone Mountain Falls, up the stairs to the outer loop trail to the top of Stone Mountain, down the mountain and up to Wolf Rock, Cedar Rock, returning to the loop trail and home.  
It should be beautiful.

From Battleground Ave or Lawndale, proceed east on Pisgah Church, continue east on Lees Chapel, bear left at Brightwood School, turn left at the T at Rudd Station Road, cross over the RR tracks and keep straight on South Shore Road for about 1/3 of a mile. Park in the gravel parking lot on your left. Allow about twenty minutes drive time from Battleground. No need to call. [8 mi, R-8]

**Wed. Oct 10, 2012      WED Night Walk and  
Dinner 6:30 PM  
Piedmont Environmental Center**

**Sun. Oct. 7, 2012      Blue Ridge Parkway  
Tanawha Trail**

Let's hike the most scenic section of the Tanawha Trail today. We will hike out to Beacon Heights for views of Grandfather Mountain and the valley below. We will then hike to the Linn Cove Viaduct up through huge boulder fields to Rough Ridge. We will park shuttle cars at the Raven Rocks Overlook. Sections above and below the Linn Cove Viaduct are strenuous, but overall this is a moderate hike. Views at our lunch stop on Rough Ridge include unobstructed views into the Piedmont, Linn Cove Viaduct, Grandfather Mountain, Hawksbill and Table Mountain. Here's hoping for fall colors on the foliage. Bring rain gear, plenty of water, lunch and snacks, count on 5 hours on the trail. Email or call for meeting time and place.

**Sun. Oct. 7, 2012      Lake Townsend Trail  
Greensboro Watershed Trails**

Lets meet at 1:30 PM for an easy, scenic hike along the wooded southern edge of Lake Townsend.

**Sat. Oct. 13, 2012      Roan 6000  
Roan Mt, TN**

Roan 6000. Something different in the Roan Mts, let's actually hike on Roan Mt! This will be a single version hike starting in Carver's Gap and hiking over 4 6000'+ peaks - Roan High Knob, Cloud Mt, Roan High Bluff, and Grassy Ridge. email for more details

**Sat. Oct. 13, 2012      Peaks of Otter  
Blue Ridge Parkway Mp 86**

Hopefully we are early enough this year to avoid the surprise October blizzards of last yr. Peaks of Otter offers us 2 hikes :

Sharp Top- 3 mi round trip, steep with multiple stone steps leading to a 360' view of the Peaks area, the Piedmont to the east & Shenandoah Valley & Alleghanies to the west. A side trip to Buzzards Roost is well worth the short jaunt. Hiking time about 3 1/2 hrs. We'll hike through the campground for lunch before the hike to Flat Top . Elevation 4004' with many scattered outcrops & a changing



forest ecology. Elevation gain for each hike about 1600'. Flat Top is a 2-3 mi shuttle up the BRP. Hiker's choice: Sharp Top & Flat Top or Sharp Top & the Lodge or explore the grounds, hike around the lake. Dinner at the lodge. Email or call Patty if interested.

**Sun. Oct. 14, 2012          Philpott Lake Paddle  
Ryans Branch park  
GPS 36.8504142-80.10171**

Meet at Ryans Branch Park at 10am. There should not be a launch fee this time of year but bring a few dollars cash just in case. We will leisurely paddle to view the gorgeous Emerson Falls, and if time, we can paddle to view the "cliffs". This part of Philpott Lake is where it meets with the Smith River and is especially quiet and beautiful. Plan to paddle until around 2-3pm. Bring a lunch, water, extra dry clothes in a dry bag, quick dry layered clothing, life jacket (worn on the water at all times), pealless whistle, white light. You will need to provide your own, borrowed, or rented kayak or canoe. If you need help transporting your boat, let me know ahead of time. Please RSVP via EMAIL by Sat. Oct. 13.

**Sun, Oct. 14, 2012          Lake Shore Trails  
Piedmont Environmental Center**

**7.5 miles**

Join me at 9:30 AM in the PEC parking lot for a Sunday morning hike along the lake shore trails at the Piedmont Environmental Center (PEC) on Penny Road in High Point. We will hike 3 of my favorite trails: The Bill Faver Lakeshore Trail and Raccoon Trail, both in the South Preserve, and the Deep River Trail in the North Preserve. We will return via the Green-way. Doggies welcome.

**Monday, October 15**

**Power Walk**

Let's get in a power walk before it gets too dark! Our objective is a good cardiovascular workout. We will walk 7 miles on the city greenway maintaining at least a 4.5 mph pace. If you are working up to this pace, we will catch you on the way back since it is usually an out and back. Please email or call if you plan to attend for starting time and location. Hope to see you there!

**Wed, Oct 17, 2012  
Dinner 6:30 PM**

**WED Night Walk and**

**Piedmont Environmental Center**

**Thurs. Oct. 18, 2012**

**Four Winds Cafe  
5924 Liberty Rd. Climax, NC**

A club dinner at this excellent restaurant ten miles south of Greensboro is past due. Let's meet there at 7:00 p.m. This is half-price bottled wine night. The owner/chef was a corporate chef at Reynolds for years and does some very nice things. There is an excellent \$10/plate menu, plus other fine options. Directions: go south on U.S. 421 from Greensboro until you get to the stop light at the Forest Oaks turnoff. Turn left at that light, and go about 200 yards to the intersection/light on Liberty Road. Take a right at that light and go 3 miles south on Liberty Road; Four Winds is in a small white building on your right. Please notify Jon by October 16 if you plan to attend. Cheers!

**Sat. Oct. 20, 2012****Scott Ridge/Cedar Ridge  
Stone Mountain and  
Doughton Parks**

This hike will use the Mountains-to-Sea trail on the slopes of Green Mountain to connect beautiful trails at Stone Mountain and Doughton parks. The route up to the Blue Ridge Parkway will be through the backpack campsites at Stone Mountain park and along Scott Ridge, where fall colors on the surrounding trees are likely to be magnificent. The stop for lunch will be at the parkway's Devils Garden overlook, which will be one of several excellent viewing points for swatches of red, orange, and yellow on nearby ridges. From there, the route will be on the MST to Brinegar cabin at Doughton Park. The descent to Long Bottom Road will be via Cedar Ridge trail—another outstanding route for viewing fall colors up close. Drivers will participate in a shuttle between Stone Mountain and Doughton parks, but most of the cars will be awaiting the hikers at the Long Bottom Road parking area. Bring water, lunch, and rain gear. Contact David if interested in this hike, preferably before Friday prior to the outing. (14 miles, 3500 feet, R49)

**Sat. Oct. 20, 2012****Doughton Loop  
& Bluff Mountain  
Doughton Park**

**17 mi/3200'/R49**  
**7.5 mi/850'/R17**

Join Nicole and Jay for your choice of two hikes at Doughton. Hopefully the leaves will be spectacular. Nicole will lead her group up Cedar Ridge, across the top along Bluff Mountain, and back down Flat Rock. Jay's group will join in at Brinegar Cabin and the two groups will hike together along Bluff

Mountain and share a lunch spot. Nicole's hike is a loop while Jay's is a shuttle. Email Nicole or Jay for meeting place and time for their respective hikes.

**Sun. Oct. 21, 2012**  
**Trail****Piedmont Watershed  
Lake Brandt**

Lets meet at 1:30 PM and hike the Piedmont watershed trail out and back for a total of 6 easy miles. Proceed north on Lake Brandt Road past the Marina on the left, cross over the bridge at the dam, and park in the gravel parking lot on the left. [6 mi, R-7].

**Sunday, October 21st Pot Luck and Music Jam**

Our October meeting will be a return to Andy's and Joel's home for an evening of fellowship, good food, and music. Bring your favorite dish to share along with a serving utensil, adult beverage, and camp chair. We will gather at 5:00 pm for a potluck dinner outside, weather permitting, sitting around the campfire all while listening to music provided by talented club members. Club musicians bring your instrument and chair only; no dish needed as your music is your contribution. The club will provide bottled water, tea, soft drinks, and paper products. No need to RSVP.

**Wed. Oct 24, 2012**  
**Dinner 6:30 PM****WED Night Walk and  
Piedmont Environmental Center**

**Thursday, Oct 25, 2012**                      **Phoc Dinner and Roundtable Discussion Shoney's Hwy 68**

**Meet for dinner, discussion, and good times. 6:30**

**Sat. Oct. 27, 2012**                              **Greybeard Mt Montreat, NC**

**+/-2600 R36 9.8 miles**

Greybeard Mt is my new favorite hike. This look will take us across the Seven Sisters on our way to Greybeard and beautiful views of the NC Mts in the fall. Email for more information

**Sat. Oct. 27, 2012**                              **Primitive/Brinegar Doughton Park**

**R44**

This is a challenging and very pretty hike ... 1.6 miles creekside, 2.8 miles very tough uphill, 3.8 miles panoramic ridgeline, and 4.3 miles gentle downhill back to the cars. Meet at Greensboro Shoney's at 8:00, W-S McDonald's at 8:30.

**Sun. Oct. 28, 2012**                              **American Tobacco Trail Bicycling**                              **New Hill NC**

**27 miles**

The trail is now open for 13.5 miles from our starting point. Riders can ride this entire section, out and back (27 miles), in about 3 hours. Slower riders can ride a portion and turn around wherever you prefer. There are nice restrooms at the start point (milepost 0) and at another access point at milepost 5. No water is available though. The surface is partially paved, but mostly packed cinder. However, there is a section of packed gravel about milepost 11, which road bikes will find really annoying

and may have to turn back at that point. Comfort, hybrid, and mountain bikes will do fine. We'll meet at the trailhead at 10 a.m. and have a late lunch afterward at Carolina Brewery in Pittsboro if you'd like. Contact Jim if you are coming and interested in a possible carpool or caravan. Directions to the trailhead: From Pittsboro, Jordan Lake, and points west, go east on U.S. 64 to the N.C. 751 light. Turn right, or south, go two miles to the gravel drive on the left, shortly after the Beaver Creek Bridge. See the blue Wake County Parks sign.

**Wed, Oct 31, 2012,**                              **WED Night Walk and Dinner 6:30 PM**

**Piedmont Environmental Center**

**Advance Notice**  
**Friday, Nov 2, 2012**

**Sept- Oct Trailmarker NC Dance Festival**  
**Aycock Auditorium, UNC-G**

Join us for dinner and the 22nd year of the North Carolina Dance Festival featuring modern dance performances by professional North Carolina dance companies. As in the passed two years we'll meet on the steps of Aycock Auditorium and choose one of the many eateries right there on Tate Street for dinner and then enjoy the performance. Check out [www.ncdancefestival.org](http://www.ncdancefestival.org) for information about the festival and <http://www.youtube.com/watch?v=bLIOL5XVLps&feature=youtu.be>

Let me know by October 24th if you're coming so I can purchase the tickets in advance. There is a group rate for 10 or more. Meet for dinner at 6:15. Performance begins at 8:00.

\$18 adults  
\$14 seniors and students  
\$8 group