

# TRAILMARKER

The Piedmont Hiking and Outing Club Newsletter

Since 1982

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*Scott Ridge to Doughton Park*

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.

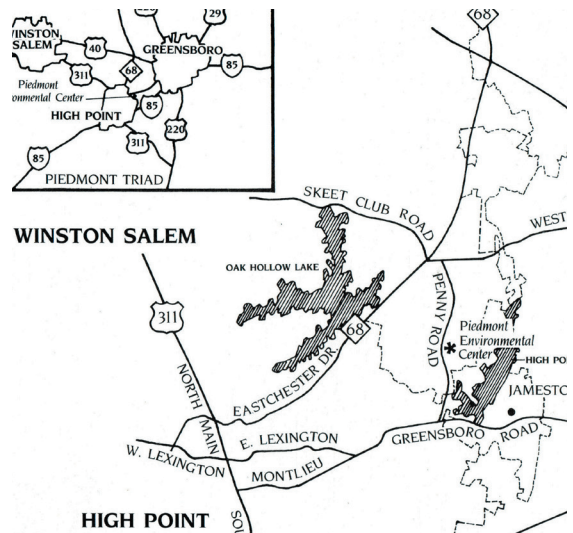
**R20-R30** Hikes in the low end of this range will be too hard and overly stressful for many new members. Plan on an all-day trip, with at least 4 hours of continuous hiking in rugged and steep terrain. At a minimum, be sure to pack two quarts of water, lunch, a snack, and rain gear.

**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 Friendly Shopping Center

The Wednesday night Walkers will meet every Wednesday evening at the Friendly Shopping 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.



**Wednesday night walkers meet at the Friendly Shopping 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. For January and February substitute volunteer leaders may be utilized.**

**January 1, 2013                      New Year's Day Hike  
Tuesday                              and New Member Orientation  
   Hanging Rock State Park**

The New Year's Day Hike and the New Member Orientation Hike will begin at the Visitors Center in Hanging Rock State Park. We will hike to the top of Hanging Rock for one of the best views in the park and return descending on Wolf Rock Trail and Magnolia Springs Trail. The hike will be approximately six miles with two jumping off points for those who wish to shorten the distance. Meet in the Visitors Center Parking Lot at 11:00. (6 miles, +600, R-16)

Afterward, the club is invited to an open house celebration from 2:00-8:00 hosted by Ben Harris at his home in Rural Hall. Warm food, good company, sodas and tea will be provided but please bring your own adult beverage.

**Wed, Jan. 2                      Wednesday Night Walk and  
Dinner                              See page 4 for details.**

**January 5                              Rock Castle Gorge  
Saturday                              Stuart, VA**

This trail in the Blue Ridge Highlands is similar to those in Doughton Park. It is a club favorite. Starting at the old 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 and then cross over and follow Rock Castle Creek back to our cars. Please email me for meeting time and place. [R-40, 9 miles].

**January 6                              Uwharrie Trail &  
Sunday                              Dutchman's Creek Trail  
   Uwharrie National Forest**

This 10.2 mile loop hike begins at the Yates Place trailhead. Carpools will be arranged from Greensboro (Four Seasons Town Center) and Winston-Salem. We'll meet at Yates Place USFS parking area west of Troy at 10am. There are a couple steep spots and a few minor creek crossings but this hike is suitable for all hikers. We'll be about 5 hours on the trail including a lunch break. (10.2 miles, R-21)

**Wed, Jan. 9  
Dinner**

**Wednesday Night Walk and  
See page 4 for details.**

**January 12  
Saturday**

**Boone Fork Trail  
Julian Price Park**

**January 12**

**Bluff Ridge/  
Cedar Ridge Trails  
Doughton Park**

**Saturday**

Although the Bluff Ridge primitive trail is steep, it can be hiked safely even with snow or ice on the ground. The meadows on Bluff Mountain trail are especially beautiful when covered with snow. The patches of white pines and the rhododendrons on that trail and along the upper section of Cedar Ridge also have special beauty in the winter. Despite the shortness of the days in January, this hike can easily be completed during daylight following a manageable morning start; and participants can return to the Triad for supper at a normal time. If interested in this outing, contact David, preferably before Friday prior to the hike. Bring water and lunch, and have layered clothing, including a waterproof jacket or parka. (13 miles, 3200 feet, R45)

Last year we got rained out and the year before we got snowed out but I will try again! The trails in Price Park are wonderful to explore in winter. Be prepared for snow and cold - dress in layers. If we cannot do the Boone Fork Trail we can hike around the lake and try the Green Knob Trail. Snacks and water along the trail and an early dinner in Blowing Rock. Call or email for time to meet at Shoney's (GSO) or Jonestown Rd (W-S). This is a moderate hike of 5-7 miles R10 - R28 depending on trails selected.

**January 13  
Sunday**

**Piedmont Trail  
Watershed Walk**

Lets meet at the wildlife center in Bur-Mil at 10:00 am. We'll do an out and back walk utilizing a short distance on the greenway to connect to the trail. Please let me know if you 'll be joining me. (6.5 miles, R7)



**January 19  
Saturday**

**Mt. Rogers**

house afterwards, but that is to be determined. Call Ben for meeting place and time. 7 miles, R 32 (for the scramble.)

Here's your chance to summit the highest peaks in VA and NC in successive weekends; in January! From the north side, we'll head up the Mt Rogers Trail and intersect with the AT Northbound. From the AT, the summit of Mt. Rogers is a 1/2 mile side-trail. We'll have lunch at the Thomas Knob Shelter and enjoy the views. At Rhododendron Gap, we'll head down the Pine Gap Trail to the Cliffside & Lewis Fork Trail. From there we'll take the Mt Rogers connector back to the Mt Rogers Trail and the cars. Be prepared for deep snow, high winds, and cold weather. Email or call for meeting time and place.

[11.8 miles, +/- 2700 feet, R-50+]

**January 19                      Hanging Rock State Park  
Saturday**

Seven Miles at Hanging Rock. Starting at Torrey's Den and up towards Moore's Wall. After a mile and a half we go off trail to scramble up the spine of Moore's Wall. Expect to climb up big rocks and fight briars. Close to the top we rejoin the trail to the fire tower and start back down towards the visitor center. Here the fun continues, as we will go off trail once again down the side of the mountain to the base of Moore's Wall. After another mile and a half or so we leave the climbers trail and back down to the Tory's Den parking lot. Kahtoolas are recommended. Maybe soup or something at my

**January 20  
Sunday**

**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. From Battleground Ave or Lawn-dale, 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 fifteen minutes drive time from Battleground.

No need to call. [8 mi, R-8]

**Wed, Jan. 23  
Dinner**

**Wednesday Night Walk and  
See page 4 for details.**

**January 24**  
**Thursday- 7:00 pm**  
**200 South Elm St, Suite 103**  
**Greensboro, NC**

**OPA Restaurant**  
**Dinner outing**

Come join me for a fun night at this great little Greek restaurant located in the heart of Greensboro. Thursday's are 1/2 price bottle of wines, which is always a good deal. This should be a great night for conversation, since the Greek band doesn't play until Friday. They have many delicious entrees, that can be checked out at [www.opafun.com](http://www.opafun.com). Please RSVP by Tuesday, the 22nd to reserve your spot.

**January 26**  
**Saturday**

**Mt. Mitchell**

Join me and other intrepid club members for the 7th annual Mt. Mitchell winter hike. This is a difficult hike and dangerous for the unprepared; metal-tipped hiking poles and slip-on foot traction (crampons or YakTrax) are required – NO EXCEPTIONS. You will be hiking on ice during this adventure. Please call or email for meeting time and place; we will get an early start to get off the mountain in the light. This hike is weather dependent and an alternate hike will be done if necessary.  
[13 miles, +/- 4000 feet, R-60+]

**January 26th**  
**Saturday**

**Raven Rock State Park**  
**Lillington, NC**

This is a good time of the year to head south to Raven Rock State Park. We will hike nine miles of easy to moderate trails that have great views of the Cape Fear River. There is a picnic area near the parking lot where we will stop for lunch mid-day and replenish our water so you won't need to carry much with you on the trail. Meet at Shoney's in Greensboro ready to leave at 8:00 AM.

**January 27th**

**Piedmont Environmental Center Trails**  
**Sunday** **High Point**

Meet at the Environmental Center on Penny Road in High point at 1:30. We will hike 2 1/2 miles in the South Preserve. We will continue to the North Preserve for those that would like to add another 5 miles.

**Wed, Jan. 30**  
**Dinner**

**Wednesday Night Walk and**  
**See page 4 for details.**

**February 2  
Saturday**

**Umstead Circular  
Umstead State Park**

Hike the trails in this scenic state park near Raleigh. . This hike will be on trails and carriage roads. We will do a 9 mile loop before lunch and then have an option to do another 5 mile loop after lunch. We will share the trail with joggers. While there is minimal elevation gain, the pace and distance will allow for a good workout. Please contact me for meeting details. [9-14 mi, R10-15]

**February 2**

**Rock Castle Gorge  
Near Stuart VA.**

Ready for a cold weather hike? Join me on one of my favorite loops. We'll start from CC camp road and climb the mountain to the Blue Ridge Parkway, we'll keep climbing through several meadows that skirt the parkway, expect to pass among grazing cows, then lunch at the shelter with the most scenic views around. Expect steep terrain, snow, ice and wind so be prepared for a beautiful but rugged hike. Please let me know if you are coming. (11 miles, 2800 ft + or - R39)

**February 2-3, 2013  
Saturday & Sunday**

**Linville Gorge Wilderness**

**Backpacking Trip**

Linville Gorge in the winter is a incomparable combination of endless views, and steep cliffs wrapped around the mighty Linville Rive Backpacking for any amount of time in the Gorge is extremely strenuous especially in the winter months of the year. The planned route will start us off at Babel Tower trail head off of Kistler Memorial Highway. From there we will begin our rim to rim adventure to Table Rock were we will camp. The following day will be a strenuous hike back into the Gorge and back out at the Pinch-In trail head. We will shuttle a car to this trail head upon arrival on Saturday. Profound backpacking skills are a must for this hike, along with cold weather gear, and endurance. Email for any questions and further details if you would like to join. [13-14 miles, +/- 5000, R40+]

**February 3  
Sunday**

**Uwharrie Trail  
Uwharrie National Forest**

This 7.3 mile shuttle hike begins at the Tower Road trailhead and ends at the King Mountain Road trail head. Carpools will be arranged from Greensboro (Four Seasons Town Center) and Winston-Salem. We'll meet at the King Mountain Road trailhead by 10am, then shuttle everyone to Tower Road trailhead. The Uwharrie Trail is generally rolling hill terrain with some small stream crossings. This hike is suitable for all hikers. We'll be about 3 1/2 hours on the trail including a lunch break. About half this route is new trail just recently acquired by The Land Trust for Central North Carolina. If more trail is developed between this writing and the hike, I may alter the route to include newly opened trail. So please contact me ahead of time for any changes (7.3 miles, R-18)



**Wed, Feb. 6  
Dinner**

**Wednesday Night Walk and  
See page 4 for details.**

**February 10  
Sunday**

**Lake Brandt  
Greensboro Watershed Trails**

**February 8**

**Vietnamese Restaurant  
PHO HIEN Vuong**

Let's have some delicious Vietnamese food for a change. Pho Hieng Vuong, 4109 Spring Garden Street, is high on flavor and maybe not quite so high on atmosphere. It is a favorite haunt of several Club members, quiet and casual - with scrumptious food. We'll meet at 7 p.m. The restaurant does not take reservations, but they will do a call ahead. Please let me know by Thursday evening if you are planning to come. Thanks

Join us for an 8 mile hike on the Nat Greene Trail and Palmetto Trail. These are pretty trails with views of Lake Brandt. We will meet at the Lake Brant Marina - Nat Greene watershed trailhead (on the left as you enter the marina parking lot) at 1:00 pm. [8 miles, R12] Bring water and snack. Call or E-Mail us if you have questions.

**Feb 10 – Feb 12  
Sunday – Tuesday**

**Ski Trip  
Snowshoe, WV**

**February 9**

**The Corridor Trail  
Yadkin River/Pilot Mountain**

**Saturday**

The Corridor Trail/Yadkin River/Pilot Mountain: We will drop cars at the Yadkin River Park and return to the Parking Lot off of Pinnacle Hotel Rd. The Corridor Trail begins at this lot and is 7 miles one way thru rolling terrain. The trail goes from the parking lot on Surry Line Road to the Yadkin River State Park. We will then hike to the Yadkin River and then return to the lot. (~10.5 miles R25).

Join us for our 6th annual ski trip to Snowshoe, WV whether you are a beginner or expert. Snowshoe is the largest resort with the best snow within a reasonable driving distance. Our 4.5 hour trip starts on Sunday to avoid the weekend crowds and enjoy lower rates. Currently, Snowshoe's package for this trip is \$207 for 2 days lodging, breakfast and lift tickets (per person – double occupancy). Should better rates be offered later, we can take advantage of them; conversely, the price could escalate should the available packages be filled. It is good to make early reservations. Call or email me for more details.

**February 11**  
**Monthly Meeting**  
**Monday**

**PEC**  
**High Point, NC**

Our February meeting will be held at the Piedmont Environmental Center on Penny Road in Jamestown. Meet for refreshments and fellowship at 7:00pm with the business portion of the meeting beginning at 7:30. Mickey Walker will give a presentation of a Yosemite trip that club members made in September. Two members were successful in completing the infamous Half Dome hike. There should be photos of that as well.

**Wed, Feb. 13**      **Wednesday Night Walk and Dinner**  
**See page 4 for details.**

**February 16**      **Chestnut Knob/ High Shoals**  
**Saturday**      **South Mountains State Park**  
**540-0949**

Today we will hike the trails in South Mountains State Park to see Chestnut Knob Overlook and an 80 foot Waterfall! The hike will be of moderate pace so all members can enjoy the outing. Bring lunch, water, warm layered clothing, and rain gear. Call or e-mail me for meeting times and places. (9 miles, +1600, R2

**February 16**      **Saturday**  
**Breakfast and Owl's Roost/Palmetto**

Here is an opportunity to have a pleasant collegial breakfast, walk about 8 miles, and be home early in the afternoon for any other plans. Meet at 8:00 a.m. at New York Deli and Pastry, 3724-C Battleground Ave. (same shopping center with Big Lots, Wendy's, and an ABC store) for a tasty omelet, tasty pancakes, or other breakfast of choice. After that (about 9:00), we will drive the approximate 2 miles to the Wildlife Center at BurMil Park, and walk the scenic 8-mile loop of Owl's Roost (club favorite), Palmetto, and Nat Greene trails back to the Wildlife Center. Walk your own pace. We should be finished around 1:00 p.m. R-12.

**February 17**      **Pilot Mountain Loop**  
**Sunday**      **Pilot Mountain State Park**

Nine Miles at Pilot Mountain... We will start at the Ranger Station at the entrance and follow the Grassy Ridge Trail to Pinnacle Hotel Road. Here we pick up Mountain Trail, which leads us the base of the Mountain to Ledge Spring Trail. This hike is not for beginners. From Ledge Springs we will continue on to the Jomeokee Trail around the knob. As an alternative I will offer at least two scrambling alternatives depending on the wishes of the group. That means off trail! We finish the hike, after a brief stop at the stop of the mountain, down the Grindstone Trail, back to the Ranger Station where we started. Depending on a lot of things I may offer chili or stew afterwards at my house. Please call Ben for meeting place and time. [Approx 9 miles, R-25]

**Wed, Feb. 20      Wednesday Night Walk and Dinner**  
**See page 4 for details.**

**February 23      Saturday**  
**Twin Pinnacles and Wilson Creek**  
**Grayson Highlands State Park**

From Massie Gap, the group will make the short ascent to Big Pinnacle and Little Pinnacle for morning views to the north, west, and south from those overlooks of more than 5000 feet. A long, gentle descent will lead to the picturesque lunch spot next to Wilson Creek. The return to Massie Gap will be mainly on the Appalachian Trail and will provide opportunities to see wild ponies of the park. A favorite supper stop following hikes at Grayson Highlands is Mis Arados in Sparta. Bring water and lunch, and have layered clothing, including a waterproof jacket or parka. If interested in this outing, contact David, preferably by noon on Friday prior to the hike. (9 miles, 2100 feet, R30)

**February 23      Indian Creek Trail**  
**Saturday      Hanging Rock State Park**

Beginning at the Dan River trailhead, we will walk alongside beautiful Indian Creek with a few easy stream crossings. If the streams are unusually swollen, bring your poles if you use them to help with crossing. The trail carries us through mature rhododendron groves and both Window and Hidden Falls. We will take time to explore them. We will continue on to the end of

the trail near the visitor’s center where we will have our lunches before beginning our return. This is a moderate hike, good for intermediate or seasoned veterans, and will be enjoyed at a leisurely pace as I am not a fast hiker and I like to enjoy the journey. Please email me if you are coming:      Meet at 9am in the parking area by the river at the end of Flinchum Rd. 7.6 miles; +/- 1000 feet; R18

**Townsend Lake      February 24, 2013**  
**Sunday, 1:30 pm**

Let’s take the pretty walk that Mike Bianco has made a staple for the club: the Lake Townsend Trail from South Shore Road. The trail follows the contour of Lake Townsend, most often in deep woods. Wildlife sightings are common. The trail is a total of eight miles, mostly level with a few easy rolls. 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. R9

**Wed, Feb. 27      Wednesday Night Walk and Dinner**  
**See page 4 for details.**