

# TRAILMARKER

The Piedmont Hiking and Outing Club Newsletter

Since 1982

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Volume 31 Number 2



*Another perfect day on the trail,  
New Years hike at Hanging Rock*

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.

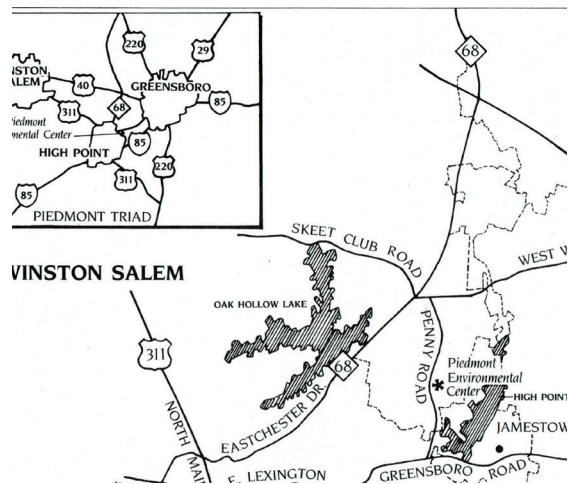
**R30-R40** These are strenuous hikes. They will usually be 10+ miles, with climbs of 2000+ feet. They're appropriate only for those who have done a number of lower rated hikes.

**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 have rotating leaders. The leaders are Carol Hamley, John Hanson, Lana Gainey and Krista Mabe. 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.

### Piedmont Environmental Center Map



**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.**

**Saturday, March 2**

**Stone Mountain  
State Park, NC**

**8 miles, 1,700 feet change in elevation [R-25]**

This hike has gotten good reviews from those who enjoy seeing Stone Mountain Park from many angles while participating in a moderate hike. We will begin from the upper parking lot and walk the outer loop trail directly to the top of Stone Mountain. This route to the top is easy and provides good views of the eastern side of the park. From there we descend Stone Mountain, and pick up Wolfe Rock Trail to Wolfe and Cedar Rocks. Wolfe Rock looks west to Doughton Park. Cedar Rock looks straight into the face of Stone Mountain, and often affords a view of climbers ascending the sheer face of the Mountain. After lunch we will drop down to the Loop Trail again, perhaps visit the Lower Falls, definitely view Stone Mountain Falls, and climb the stairs along the side of the falls to finish the hike. Please email or call if you plan to join us.

**Saturday, March 2  
McAfee Knob & Tinkers Cliff  
Near Roanoke, VA**

**13 miles, 3600 feet [R45]**

Today we will visit the beautiful Catawba /Roanoke Valleys. We will climb up the steep and strenuous trail to the top of Tinker Mountain. The views are not to be missed. We will proceed along the ridge line to start another climb up to the top of McAfee Knob... another gorgeous view. Then we will all end the day with our favorite part.....DINNER! Please bring PLENTY OF WATER!!! Call/Email Jill for meeting time and place.

**Sunday, March 3**

**New Member Orientation, Meeting and Hike  
Lake Higgins Watershed Trail Greensboro**

**8 miles [R-9]**

Lets meet at 1:00 pm at the Lake Higgins Wild Life Room next to the Marina office for a new member orientation meeting followed by an out and back total of 8 easy miles on the Bald Eagle trail, which is often referred to as the Lake Higgins trail. Directions to the Lake Higgins Wild Life Room: Proceed North on 220 (aka Battleground Ave), past the turnoff at Owls Roost to Bur Mil Park, past the spillway at the bottom of the hill, and then left onto Hamburg Mill Road. Once at the Marina Gate at the top of Hamburg Mill Road, turn left thru the gate into the Marina and park at the bottom of the drive by the water, in front of the Marina office.

If you wish to attend the orientation meeting, meet us at 1:00 pm. If you wish to skip the orientation meeting and only do the hike, meet us at the same place at 2:00 pm.

**Sunday, March 3**                      **Fall Mountain at  
Morrow Mountain State Park, NC**

**7 miles [R-16]**

Beginning at the Morrow Mountain boat ramp, we'll follow the lake shore on Fall Mountain Trail to an interesting view of the dam and lake. Utilizing this trail and others we'll hike a loop of about 7 miles with only moderate climbs. This outing is suitable for all hikers. Moderate pace with frequent stops.

Contact Jim for all details and meeting times and places.

**Thursday, March 7**                      **Taste of Thai 1500  
Mill Street, Greensboro**

This restaurant repeatedly gets good reviews and it has been a while since we have visited there. Please join me for some great Thai food at this little gem, tucked away off Westover Terrace in Greensboro. There is plenty to choose from, so you won't be disappointed.

Giving me a day's notice would be helpful, so get your RSVP's in by Wed the 6th so I can give them a head's up.

**Saturday, March 9**                      **Appalachian Trail  
at Roan Highlands  
NC/TN Border**

**Uphill: 14 miles, 5300 feet [R-70]  
Downhill: 14 miles, 2600 feet [R-43]**

This two-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, climbing 5300 vertical feet. Another group will begin at Carvers Gap

and cover the same 14 miles while climbing 2600 vertical feet even though their end point will be at a much lower elevation than their start. Views from the "balds" of the Roan highlands can be magnificent. Bring water, lunch, and rain gear. Wear layered clothing suitable for cold temperatures, and bring traction devices for possible ice or frozen snow on the trail. Steel-tipped hiking poles might also be useful.

Please email or call David for meeting time and place, preferably prior to Friday before the hike.

**Saturday, March 9**                      **South Mountain State Park  
Morganton, NC vicinity**

**12 miles, 2600 feet [R-38]**

This scenic hike will cover Chestnut Knob Overlook, various trails including the Shiny Trail and a beautiful waterfall. Expect some stiff elevation climbs and a good workout. Dinner afterwards at Yianni's in Morganton for those who are interested. Contact Russ for details and meeting times and places.

**Sunday, March 10**                      **Dan River Paddle  
Moratock Park to Hemlock Golf Course**

This 9 mile trip is a Class I paddle that features a very pretty section of Stokes County. After passing Snow Creek, there are several Class I rapids that are fun. This section is where the Great Wagon Road crosses the Dan. There is a 160 ft bluff cliff Mt Horrible that we'll see. There are some caves that are supposed to have been used by Confederate deserters that will be passed. Bring a canoe or kayak, paddle, life jacket, food and water. Dress in polypro, nylon and a wind jacket or suitable river gear, not cotton.

Meet at 10:30 am, in Danbury at the Moratock Park. From Highway 89/8 in Danbury, turn across the Dan and turn left into a parking lot.

**Sunday, March 10**                      **Lake Townsend Trail**  
**Greensboro Watershed Trail**

**Saturday, March 16**                      **Kayak Breakfast**  
**Belews Lake 7:30 am – 12:30 pm**

**8 miles [R-8]**  
**Don't forget to set your clock forward one hour**

Let's meet at 1:30 PM for an easy, scenic hike along the wooded Southern edge of Lake Townsend. 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 fifteen minutes drive time. No need to call, unless you have questions.

**Monday, March 11**                      **PEC**  
**Monthly Meeting**  
**High Point, NC**

Please join us for our March meeting at the Piedmont Environmental Center on Penny Road in Jamestown. Meet for pizza and soft drinks at 7:00pm, The meeting will start at 7:30pm. John Furnas will give a presentation on Winter Backpacking In the Grand Canyon.

Come join us at Belews Lake, where the water is much warmer than ambient temperatures, perfect for the kayaker. Participants will paddle 1/2 mile to a hot shoreline breakfast. Wildlife includes birds, deer, beaver and other animals often observed as we paddle to a great outdoor breakfast.... In conjunction with the PEC, the price of \$50.00 is a guided paddle trip and wonderful hot breakfast in the early morning. Equipment will be provided and all necessary paddling instructions, if needed. You can, of course use you own kayak, but price still remains the same. You will love it!!!! Come join me, in a fun, hot breakfast kayaking experience..... Please contact me, to reserve your spot. A limit of 12 is required. Deadline is March 4th.

**Saturday, March 16**                      **Greensboro**  
**Guilford Courthouse NMP**

**4 miles [R-4]**

This is an historical lecture and hike that reviews the events of March 15, 1781 when General Nathanael Greene's revolutionary army was defeated by Lord Charles Cornwallis's British troops. This battle led directly to the surrender of Cornwallis at Yorktown, Virginia on October 19, just seven months later. We will view a film, a map lecture, the exhibits in the museum, and hike the military park to see the actual location of the events. This is an easy four mile hike. The start time will be adjusted to finish in time to see the special reenactments offered. Meet at the Guilford Courthouse National Military Park headquarters building (not to be confused with the Tannenbaum Village) on Spring Garden road at the corner of Old Battleground Road. Watch PHOC broadcast emails for the start time. You can also call or email Jerry for the start time.

**Saturday, March 16**      **Caudill Cabin Trail at  
Doughton National Park, NC**

**9.6 miles [R-33]**

This is an excellent medium-difficulty hike for newer members and also a favorite of veterans. Also, March is the perfect time to do it since hikers can appreciate the steepness and variety of the surrounding terrain because the leaves are not yet on the trees and the chiggers and critters are not active. This is an up-and-back hike, crossing streams 16 times each way; some (not me) use poles for this reason. Only 85 miles to the trailhead from Shoney's. Post-hike dining in Elkin is possible. We will meet at GSO Shoney's at 8:00 a.m., W-S McDonald's at 8:30. Please contact me if you plan to participate or if you have questions.

**Saturday, March 16**      **Shortoff Mountain  
Rim of Linville Gorge**

**11 miles, 2500 feet [R-36]**

The out-and-back route of this hike begins at NC 126 west of Morganton, ascends Shortoff Mountain via the Mountains-to-Sea Trail, and includes other stops on the rim of the southern end of Linville Gorge. On clear days, views down to Lake James are magnificent, and the vista of Mount Mitchell and the other peaks of the Black Mountains to the west is perhaps the best from any hiking route used by the club. This outing is an excellent one for viewing Linville Gorge from south to north without braving the steep, rugged trails into that hiking wonderland. Bring water and lunch and wear layered clothing. If interested in this hike, contact David, preferably by noon on Friday before the outing.

**Sunday, March 17**

**Pilot Mountain  
State Park, NC**

**8.5 miles [R-25]**

We will start at the Ranger station and follow Grassy Ridge Trail to Pinnacle Hotel Road. It continues on the Mountain Trail, Ledge Spring Trail, and circles the knob on the Jomeokee Trail. After a snack at the southern overlook at the top parking lot we will start down the mountain on the Grindstone Trail. This is a moderate challenge for Sunday hikers, but it is NOT FOR BEGINNERS. Please call for time and location.

**Tuesday, March 19**      **Meet at 6:30 pm  
Kiosco – Mexican Restaurant**

**3011 Spring Garden Street  
Greensboro 27403**

Please join John and Bonnie at Kiosco, a Mexican restaurant located at 3011 Spring Garden Street, for a memorable meal, fine fellowship and a reasonable ticket. Kiosco combines what we think is the best Mexican food in Greensboro, with a festive spirit and excellent beverages. Please email or call if you plan to join us.

**Saturday, March 23**      **Doughton Park Loop  
Doughton National Park**

**16.5 miles, 3500 feet [R52]**

Please join us in hiking the beautiful Doughton Park Loop in early Spring. We will hike up Flat Rock Ridge, across Bluff Mountain and down Cedar Ridge. Traction devices and hiking poles are advisable as we may be hiking on ice in some places. Bring water and lunch and wear layered clothing suitable for cold weather including a water-proof jacket or parka. Please call or email Jean for meeting times and places.

**Saturday, March 23**                      **MST Trail**  
**Blue Ridge Parkway near Deep Gap, NC**

**9-10 miles, 2000 feet [R-30]**

Join me for a hike on the MST along the Parkway near Deep Gap at the US 421 intersection. This is an out and back hike through deep woods. Near the end of the hike we'll visit Cascade Falls. Bring water and lunch. Since this is a winter hike, conditions will dictate necessary clothing. This is a very accessible portion of the MST just 1.5 hours from Greensboro.

Please email or call for meeting time and place.

**Sunday, March 24**                      **Salem Lake Trail**  
**Winston-Salem**

**7 miles [R-8]**

For this seven-mile walk at picturesque Salem Lake, we'll meet at 2:00 p.m. in the parking lot to the right just before the fenced entrance to the marina area at the lake. MapQuest directions to the lake are available using "Salem Lake Dam, Winston-Salem, NC." The turn from Reynolds Park Road is to the north on Salem Lake Road at a green sign for Salem Lake. Bring water and a snack.

Contact David if additional information is needed.

**Saturday, March 30**  
**Dragon's Tooth – Roanoke, VA**

**11 miles, +2900 feet [R-40]**

Let's return to the scene of the crime. Ken Yates is offering a reward for anyone spotting and capturing the bee that hospitalized him the last time I led this hike. We'll start in the parking lot off of 311, follow the AT to Dragon's Tooth for some great views, and then back down to the 2nd parking area. Those interested will stop for dinner at the nearby Mexican restaurant on the outskirts of Roanoke. This is a shuttle hike.

Please call or email for meeting times and places.

**Saturday, March 30**                      **Virginia Creeper and AT**  
**Taylors Valley, VA**

**10.5 miles/1500 feet [R-26]**

This is one of my favorite hikes as it combines gentle walking on the Virginia Creeper trail along a beautiful babbling stream and hiking up and down in the deep woods, with some open vistas, on the Appalachian Trail. This is a relatively moderate hike and suitable for anybody with some experience walking in the mountains. We will start from Creek Junction, off Rte 58, walk on the Creeper for about a mile, pick up the AT, which we will follow for about 6 miles, and get back on the Creeper at Taylors Valley, where we may let ourselves be tempted to stop for a snack at the Creeper Trail Café. We will complete the loop on the Creeper (about 3 miles). The plan is to stop at an eatery on the way back (Sparta is a good spot).

Please email or call for meeting times and places, or if you have questions.

**Sunday, March 31**  
**Owls Roost Watershed Trail**

**Bur-Mil Park**  
**Greensboro**

**5 miles [R7]**

Let's meet at 1:30 at the Wildlife Center in Bur Mil Park and hike the Owls Roost watershed trail to the Greenway, then back again on the Greenway. Proceed North on 220, past Horse Pen Creek 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 drive way at the bottom of the hill.

No need to call. Email if you have questions.

**Saturday, April 6**      **Flat Rock and Grassy Gap**  
**trails at Doughton National Park, NC**

**13 miles with +/- 2300 feet [R-36]**

Doughton Park is one of those places that can be savored in all seasons of the year and especially during the approach of spring when the park is resplendent with the fresh green foliage of rhododendrons and mountain laurels straining to explode toward full bloom. So let's once again explore this little gem of a park and tackle a few of those streams. As they may be swollen with melting snow or early spring rains, hiking poles may be in order. We will hike up the Flat Rock Trail and down Grassy Gap (otherwise known as the Horse Trail). On the way back, we will have a choice of several eateries in Elkin.

Please email or call for meeting times and places.

**Saturday, April 6**

**Profile to Swinging**  
**Bridge and back**  
**Grandfather Mountain, NC**

**10 miles [R-50]**

Let's drive out to Grandfather Mountain and hike up the Profile Trail, make our way up and down over the rocks and ladders, thru the chute to the Swinging Bridge, and then back again. We will stop for a snack on MacRae Peak on our way to the Swinging Bridge, where we will have lunch, and then take in the view from Calloway Peak during the return before heading back down Profile. This is a demanding hike and is for even tempered, fit, seasoned hikers only. There will be a breakfast stop and dinner afterwards at locations to be determined.

Please email or call for meeting times and places.

**Sunday, April 7**

**Lake Townsend**  
**Watershed Trail, Greensboro**

**8 miles, rolling knolls [R-9]**

These are among the deepest woods in Greensboro, with the trail winding mainly along Lake Townsend. With any luck it will be a beautiful spring day, with new life surrounding us. We'll meet at the trail head. 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 from Battleground. Meet at 1:30 pm at the trailhead. No need to call unless you have questions.



**Saturday, April 13**  
**Woolwine, VA**

**Rock Castle Gorge,**

ia. This will be an out and back ride approx 4 hours or so. Depending on your speed you could cover as much as 25 to 30 miles, or turn around whenever you want no pressure. Bring water and a lunch; weather conditions will dictate appropriate dress. Please email or call for meeting time and place.

**11 miles, 2700 feet [R-38]**

Join me in the Blue Ridge Highlands hiking the Rock Castle Gorge Loop. We will start out at the CCC Camp off Route 8. We will ascend the strenuous climb up onto the grassy highlands of the Blue Ridge Parkway. We will have lunch at the old AT shelter before descending into the Gorge. There we will pass through a boulder field. We will then pass over and follow Rock Castle Creek to our cars. After the hike, hikers are invited to my home in Ridgeway, a., for hotdogs and hamburgers on the grill. Please email or call for meeting times and places, and to let me know if you intend to come for dinner.

**Saturday, April 13**

**Pilot Mountain  
 State Park, NC**

**Sunday, April 14**

**Pre-Spring Fling  
 Hike Bur Mil Park**

**Owls Roost Watershed Trail**

**5 miles [R-7]**

Let's meet at 12:00 PM at the Wildlife Center in Bur Mil Park and hike the Owls Roost watershed trail and then back to the Wildlife Center on the Greenway. 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 unless you have questions.

**8.5 miles [R-26]**

Today we will hike the Grindstone, Ledge Spring, and Jomeokee Trails in Pilot Mountain State Park. This should give us a good idea of how the forest fire affected the parks ecosystem and the much anticipated spring bloom. We should also get to see quite a few rock climbers practicing their skills on Ledge Spring Trail. Meet in the Rangers Station Parking Lot at 10:00. Bring rain gear, lunch, and plenty of water. No need to call unless you have questions.

**Saturday, April 13**

**New River State Park  
 Virginia - Near the Shot Tower at I-77**

**Sunday, April 14**

**Spring Fling Bur-Mil Park  
 Shelter #2, 2:00 PM**

Join us at 2 pm for our annual celebration of spring with a good ole American Cook Out! Bring your favorite side dish, appetizer or dessert to share. Bring a serving utensil for your dish. The club will provide hot dogs, hamburgers, plates, cups, silverware, tea and soda. Bur-Mil Park regulations allow beer and wine in all shelters, but no glass containers are allowed so attendees who want to bring their own adult beverages should bear this in mind. Feel free to bring your camp chair. Enjoy fishing, hiking, Bocce Ball, biking, volleyball or visiting with friends. Festivities and meal begin at 2:00 pm at Bur-Mil Park off of Owl's Roost Road in Greensboro. Meet at shelter #2 on the left just past the swimming pool. Please RSVP via email so we know how many burgers and hot dogs to provide.

**25-30 miles**

Join me for a nearly flat bike ride on the old cinder rail path that is now New River State Park in Virgin-

**Saturday, April 20**                      **Indian Creek Trail**  
**Hanging Rock State Park, NC**

**8 miles, 1000 feet [R-18]**

Let's hike the beautiful Indian Creek trail at Hanging Rock State Park in Danbury, N.C. This hike will include several creek crossings, so proper waterproof boots are recommended. We will begin this hike at the Dan River access and proceed to the Lower Cascade falls near the visitor parking and picnic area where we will have lunch, then proceed back to our original destination. This is a moderate and fun hike, suitable for all physically active folks. Afterwards, if one wishes, let's have a family style dinner at Hillbilly Hideaway on the way back.

We will meet at Shoneys at 12.00 noon or you may meet us at 1:00 pm at the trail head located at the end of Flinchum Rd. Email or call if you have any questions or concerns.

**Saturday, April 20**                      **Heartbreak Ridge to**  
**Pinnacle – Old Fort, NC**

**14 miles, +/-4000 feet [R-54]**

This hike starts near Old Fort, parallels a creek for a warm up stretch, and then starts climbing up Heartbreak Ridge. The climb is not steep but it is unrelenting. To compensate, there are lots of good views to be had along the way. It then goes up steeply for a relatively short distance to the top of Blue Ridge Pinnacle, with 360 degree views of Mt. Mitchell, Graybeard, Table Rock, etc... After lunch on Pinnacle, we'll head back down. Those interested will stop at Yianni's for dinner on the way back. Call or email for meeting times and places.

**Sunday, April 21**                      **Dan River Kayak/Canoe**  
**Danbury, NC**

Join us for our favorite section of the Dan that typically can only be paddled in the spring. We will

begin in the upper Dan where hwy 704 crosses near Francisco and take out at Hanging Rock river ramp – about 12.5 miles. This trip is good for beginners and above. Kayak rentals can be arranged on the river for about \$55. After the trip, you may wish to join us at Hillbilly Hideaway Restaurant near Walnut Cove where the all-you-can-eat-family style meal runs about \$16. We will leave Shoney's in Greensboro at 9:00 or you can meet us at the river. Call if you plan to participate and for rental information.

**Sunday, April 21**                      **Nat Greene Trail**  
**Watershed Trails, Greensboro**

**7 miles [R-9]**

Let's meet at the Lake Brandt Marina at 1:30 PM for a hike on the Nat Greene Trail. We will do an out and back walk from the Marina to Old Battleground Rd. and back. Call or e mail if there are questions.

**Wednesday-Saturday, April 24-27**  
**Spring Wildflower Pilgrimage – Gatlinburg, TN**

Join me for the 63rd annual Spring Wildflower Pilgrimage held in the Smoky Mountain National Park. Program fee is \$70 per person. There are over 150 hikes and outings to choose from, accommodating all levels of hiking ability. Details will be available on the Spring Wildflower Pilgrimage website in mid January. Contact me for more information.

**Saturday, April 27**                      **Road Bicycle Ride**  
**Henry County, VA**

**C/D Level Road Ride, 32 miles**

Join me in riding road bicycles over the back country roads of Henry County, Va. We will start at the Smith River Sports Complex just off the 220/58 by-pass east of Martinsville. We will head out in to the country east of Martinsville via Old Liberty

Drive. We will cross 58, then swing to the north of Martinsville by way of Stoney Mountain Rd, a short section of 57, and Dyers Store Rd. We will head back in to Martinsville on Barrows Mill Rd. We will take the asphalt Dick and Willie Bike Path to Brookdale. We will then ride through the Forest Park residential subdivision before returning to the Smith River Sports Complex on Rt. 650. This is a C / D level road bicycle ride. Road bicycles are recommended but a fit person can easily do this ride on a hybrid. You need to be able to maintain an average speed of 12 mph for 2 1/2 hours in a hilly environment to do this ride. This a no-drop ride. Please email me for meeting location and time.

**Saturday, April 27**                      **Appalachian Trail  
through Rhododendron Gap  
Grayson Highlands State Park, VA**

**13 miles, 1800 feet [R-35]**

April is a great time to take advantage of the impressive views within and from the premier highlands area of Virginia. The hike will begin at Massie Gap, follow the northbound Appalachian Trail beyond Scales to the Pine Mountain trail, and pass through Rhododendron Gap before again intersecting with the Appalachian Trail. Near that point, hikers will be able to choose between scrambling on the rocky Wilburn Ridge trail or skirting the ridge via the Appalachian Trail on the way back to Massie Gap. The favorite stop for supper following this hike is Mis Arados, an excellent family-owned Mexican restaurant in Sparta. Bring water, lunch, and rain gear.

Individuals interested in this outing should contact David, preferably by noon on Friday before the hike.

**Saturday, April 27**                      **Moore's Knob via  
Chestnut Oak and Cook's Wall**

**Hanging Rock State Park**

**8 miles, 2000 ft elevation gain [R-28]**

Join Cecilia for a moderate hike at Hanging Rock on what promises to be a beautiful spring day (a rainy one could be delightful too at this time of year). We will start at the Visitor Center, ascend to Wolf Rock via Chestnut Oak, continue on to Cook's Wall, retrace our steps via Magnolia Spring, and ascend to the top Moore's Knob (a perfect hiking spot for lunch) before returning to base. You can either meet at Shoney's in Greensboro at 8:30 am or at the park's Visitor Center at 9:30 am.

If you plan to join Cecilia for this hike, please let her know whether you will meet the group at Shoney's or at the park.

**Sunday, April 28**  
**Granite Formations and Waterfalls  
Stone Mountain State Park, NC**

**8 miles, 900 feet [R-17] – more moderate route**  
**9 miles, 1800 feet [R-27] – more difficult route**

Participants in this outing can select from two hike options. The outing will begin at the lower trail-head parking lot in the park. The group of hikers who prefer the more moderate option will follow the lower portion of the Stone Mountain Loop trail to Stone Mountain Falls. The second group will hike over the summit of Stone Mountain via the upper portion of that trail to meet the other hikers at Stone Mountain Falls. At that point, all participants will be in the same group for the remainder of the outing. The route back to the vehicles will include Lower Falls trail, Cedar Rock trail, and Wolf Rock trail. One of the stops will be at Cedar Rock, with a fine view of the southwest face of Stone Mountain. Bring water, lunch or snacks, and rain gear. Individuals interested in this outing should contact John or David, preferably by Friday evening before the hike.

The departure from Shoney's by Greensboro-area participants is likely to be at 12:30 p.m., but interested hikers should confirm that time with John or David.