

TRAILMARKER

The Piedmont Hiking and Outing Club Newsletter

Since 1982

July-August 2014

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Photo courtesy of Rick Morris

Haw River Paddle

April 20, 2014

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.

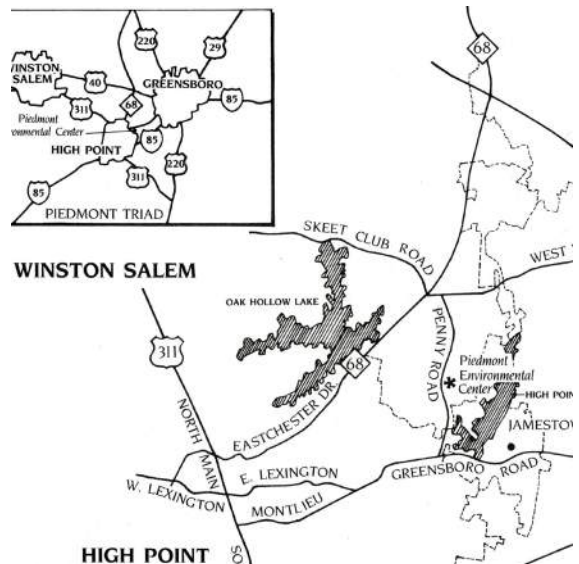
R40+ These hikes are usually 12 or more miles with 3000 feet or more of elevation gain. They're appropriate only for fit, experienced hikers. Check with hike leader about the trip if you are wanting to do this trip for the first time.



Outings Protocol

- Inform the outing leader you are going to attend. Arrive early for the outing.
- If you carpool, reimburse your driver for driving costs. A suggested amount is \$4.00 for each hour of driving.
- Always take snacks, lunch, water and rain gear.
- Bring extra clothes to change into after the outing.
- To keep vehicles clean and the air fresh, always carry something to hold muddy boots and sweaty clothes for the ride back from a hike.
- Your participation is at your own risk.

Piedmont Environmental Center Map



Outings

The Wednesday Night Walkers will meet every Wednesday evening in the parking lot beside Tex & Shirley's 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, Barbara Kennedy and Lana Gainey. The group will go to dinner after the walk. If bad weather cancels the walk, the group will still meet at 6:30 and go to dinner.

July 2 **Wednesday Walk and Dinner**

July 4 **Fireworks & Potluck Dinner**
Friday 6 - 10:30 PM **High Point**

Join me for the Annual Uncle Sam Jam at Oak Hollow Festival Park in High Point. Meet at my house which is right across the street from the park. Bring a dish to share, beverage and lawn chair. We will hang out and then walk across the street for fireworks and music. Please RSVP by July 1. Limit 35.

July 5 **McAfee Tinker Key Exchange**
Saturday **McAfee Knob and**

Join me in doing this strenuous 13 mile hike on the AT near Roanoke, Va. You will be rewarded with taking in the views at what is reputed to be the most photographed spot on the entire AT at McAfee Knob. The views from Tinker Cliffs, as well as from our lunch spot half way between Tinkers and McAfee are personal favorites. Email or phone me by noon on Friday prior to the hike and let me know your intentions to hike downhill from the 311 parking lot or uphill from the Andy Layne parking lot. Both are strenuous hikes and are for experienced Saturday hikers only. (From 311, 13 miles, 3000 feet elevation gain [R43]; From Andy Layne Trail, 13 miles, 3600 feet elevation gain [R49])

July 6 **Bald Eagle Trail**
Sunday at 1:30 **Lake Higgins**

Let's meet at 1:30 PM at the Lake Higgins watershed trailhead for an out and back total of 8 easy miles. Proceed north on 220 (aka Battleground Ave), past the turnoff at Owls Roost Road to Bur Mil Park, past the spillway at the bottom of the hill, and then left onto Hamburg Mill Road. Proceed past the Marina entrance gate at the top of the hill, and park in the gravel parking lot on the left just past the fence [R7].

July 9 **Wednesday Walk and Dinner**

**July 19
Saturday**

**Doughton Park Loop
Blue Ridge Parkway Trail**

Please join me in hiking the beautiful Doughton Park Loop trail. We will hike up Flat Rock Ridge, across Bluff Mountain, and have lunch at Wildcat overlook. From there, those that choose can complete the 2-mile Fodderstack out and back trail where views from different angles are great. Then we proceed alongside the parkway and down Cedar Ridge trail and back to the cars. This hike is for fit and experienced hikers only. Bring lunch, plenty of water and rain gear. The weather can be unpredictable. Please call or email David for meeting times and places — (excluding the Fodderstack portion, 16.5 miles, 3500 feet [R52]).

**July 20
Sunday**

**Tory's Den to
Hanging Rock Lake**

We will meet at the Mickey Rd. lot (off Moore's Springs Rd, west of the main park entrance) at 9:00 AM. After viewing the cave and waterfall, we'll hike the 4.5 miles to the bathhouse and picnic area for lunch and a quick swim (or not). Then it's back on the same trail to Mickey Rd. Note: swimming fee is \$5. Another option would be to hike to the lake with the group, then spend the afternoon on the beach and have someone ferry your car to the lake parking lot for you. (9 miles [R18])

July 23

Wednesday Walk and Dinner

**July 25-27
Friday-Sunday**

**Hot Springs River Run
Hot Springs, NC**

Hot Springs River Run! Get away from "it" all! Plan to spend the weekend in Hot Springs, NC. It used to be the best kept secret northwest of Asheville, but Hot Springs was voted #1 best small mountain town and it has been "discovered"! Butch and I will be leading the 13-mile paddle, on the French Broad River, Saturday, July 26th, with class I and II+ rapids. This paddle is NOT for beginners. Some experience is necessary. You will be responsible for your own lodging accommodations. There are a variety of cabins, B&B's, tent/RV camping, houses, etc. Lodging information can be found at the following websites: www.hotspingsnc.org and www.nhotsprings.com. Please let us know if you are interested or if you have any questions.

**July 26
Saturday**

**South Mountains
South Mountains State Park**

This scenic hike will include part of the Shiny Trail and a beautiful 80-foot waterfall. Expect some stiff elevation climbs. Dinner in Morganton for those who are interested. Please call or email by noon on Friday if you plan to join the hike. Please note: If there are enough hikers

and/or interest, I can vary the route to include 2 options: 8 miles, approx. 2200 feet elevation [R30]; or 12 miles, approx. 2600 feet elevation [R38].

July 27 **Pilot Mountain Loop**
Sunday **Pilot Mountain State Park**

We will meet at the ranger station just inside the entrance and hike Grassy Ridge, Mountain, Ledge Springs, Jomeokee, and Grindstone (about 8.5 miles and 2077 feet elevation gain [R29]).

July 30 **Wednesday Walk and Dinner**

August 2 **Gorges State Park**
Saturday, 8AM **Sapphire, NC**

The trail begins at the Gorges State Park parking area on Frozen Creek Road. It is a 16-mile loop consisting of Augur Hole trail, Foothills trail and Canebrake trail. Augur Hole and Canebrake are forest roads and Foothills varies in width. There are two water crossings, so you will need an extra pair of shoes you can get wet. When we get to the lake we may take a dip, time permitting. There are plenty of streams where you can refill your water bottle with your filtered water. About 90 percent of the trail is a walk with a few steep areas in the Foothills section. Brevard would be a good place to stay Friday night since we will start at 8 a.m. Saturday. There is about

1800 feet of elevation change and most of it is gradual. Contact me for more details (16 miles, 1800 feet elevation gain [R34]).

August 2 **Nat Greene/Palmetto trails**
Saturday **Lake Brandt**

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

August 3 **Billiards & Table Tennis**
Sunday, 2-5 pm **Ridgeway, VA**

Beat the heat by joining me for a fun Sunday afternoon of billiards and table tennis at my home in Ridgeway, Va. All skill levels are welcome. Games played will be determined by participants. If there is a mix of guys and gals, I am likely to break out my guitar before the afternoon is over. Please let me know your intentions to come by noon on Saturday prior to the event so I can provide the appropriate amount of refreshments. Ridgeway is 45 minutes from Greensboro and an hour from Winston.

what to wear on a hike, essential gear to buy or borrow, and (most importantly) what do you do if there isn't a bathroom on the trail? We will share tales of the trail and let you know about upcoming outings for members of all experience and fitness levels. A bonus — those attending the orientation will be first in line when the ice cream is served at 2:30!

August 10 **A&Y Bike Trail**
Sunday **Bur-Mil Park, Greensboro**

Meet me at noon at Bur-Mil Park shelter # 2 parking area, for a bicycle ride on the Atlantic & Yadkin Trail. We will ride from the park to the end of the trail, behind Target store, and return in time for the club's 2:30 pm Ice Cream Social (12-15 miles on paved trail).

August 13 **Wednesday Walk and Dinner**

August 16 **Roan Mountain**
Saturday **Tennessee**

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 15 miles to Carvers Gap climbing 5300 vertical feet. Another group will begin at Carvers Gap and cover the same 15 miles while climbing 2600 vertical feet even though their end point will be at a much lower elevation than

their start. The groups will meet up on the trail and exchange car keys, eliminating the need for a long shuttle. This hike is for fit and experienced hikers only. Bring water, lunch and rain gear. The weather can be unpredictable. Please email or call David for further details, meeting time and place, preferably prior to Friday before the hike (Uphill: 15 miles, 5300 feet [R-68] Downhill: 15 miles, 2600 feet [R-41]).

August 16 & 17 **Kayak the New River**
Saturday & Sunday **Blacksburg, VA**

Join us in our 2nd year of paddling the New River near Blacksburg, Va. It is said to be Virginia's most scenic section and after experiencing it last year, we all agreed. It is a beautiful river with low to moderate rapids and often surrounded by high cliffs. We will paddle different sections on Saturday and Sunday. Join us for the weekend or just one day. You can camp or utilize multiple lodging options. Most of us will stay at the McArthur Inn, a simple historic hotel in Narrows, VA. Not a trip appropriate for beginners but novice and above will enjoy the river. Rentals can be arranged locally. Contact me for complete details.

August 17 **Owls Roost Loop**
Sunday at 1:30 **Bur Mil Park**

Let's meet at 1:30 PM at the Wildlife Center in Bur Mil Park and hike the Owls Roost

watershed trail to the greenway, and back again using the fire lane trail or the new bike trail, that runs parallel to Owls Roost but higher up on the bluff, 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 just below the Wildlife Center. No need to call, but please do if you have questions (7 miles [R-9]).

August 18 **Power Walk**
Monday **Greensboro City Greenways**

We will walk 7 miles on the city greenway maintaining at least a 4 mph pace. Our objective is a good cardio workout. If you are working up to this pace, we will catch you on the way back since it will be an out and back. Please email or call for time and location.

August 20 **Wednesday Walk and Dinner**

August 22 **New River Bike Ride**
Friday **Galax, VA**

Today, we will complete a 31 mile round trip ride from the Cliffview trailhead in Galax to the small town of Fries, a former cotton mill company town developed by Colonel F. H. Fries. Our journey will take us across 12 railroad trestles. We begin at Cliffview where just to the west of the trail is Cliffside

Manor whose previous owner was T.L.Felts. Felts ran the Baldwin-Felts Detective Agency which supplied mine guards to the coal companies of central Appalachia during the violent labor struggles in the early 20th century. The story of these struggles is the basis for the John Sayles movie, Matewan. Continuing, we will pedal through the 193 foot Chestnut Creek Tunnel, the longest tunnel on the trail, and then across the river via the 1089 foot Fries Junction Trestle. We will then take the spur to the left and proceed along Chestnut Creek to the community of Fries. We will picnic along the river. There is a \$4 park fee. For details as to time and meeting place, contact me.

August 23 **Grayson Highlands**
Saturday **Virginia**

Very scenic circular hike from Massie Gap using the AT and various other trails. Fantastic views from Wilburn Ridge. Hopefully we will see some of the wild ponies who live in the park. Please contact me for meeting details. (12 miles, 2,000 feet elevation [R32]).

August 24 **Five Overlook Challenge**
Sunday **Hanging Rock State Park**

We will meet at the Visitor's Center and complete the "Five Overlooks Challenge," a 10-mile excursion across the park's highest peaks: Hanging Rock, Wolf Rock, House Rock, Cook's Wall, and Moore's Knob.

Any visitor who completes the challenge in a single day is eligible to purchase an embroidered patch – (about 10 miles, 2200 ft. elevation gain [R32])

August 27 Wednesday Walk and Dinner

**August 28 Pho Hien Vuong
Thursday 4109-A Spring Garden St**

Let's meet for dinner at 7 pm at the Vietnamese restaurant, Pho Hien Vuong on Spring Garden St. This is an informal, casual atmosphere restaurant with outstanding food. Please call or email me before Thursday so I can let them know how many will be attending.

**August 30 Caudill Cabin
Saturday Doughton Park**

August is an ideal time for making the 18 stream crossings up the cooling Basin Creek trail to historic Caudill Cabin at Doughton Park. Bring lunch, rain gear, and plenty of water (10 miles, 1600 feet of elevation gain [R26]).

**August 31 Lake Townsend Trail
Sun. at 1:30 Greensboro Watershed
 Trails**

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 from Battleground. No need to call (8 miles [R8]).

**Sept. 5 - 7 Paddle and Camping Trip
Friday-Sunday Upper James River
 Water Trail**

This weekend we will head to Buchanan, VA for a complete fun filled adventure offered to all club members. We will camp at Hopper Creek Group Campsite on Friday and Saturday night. The site will accommodate fifty campers and includes amenities of twelve picnic tables, a duel stand-up BBQ grill, over-sized fire ring, and a "five star" vault toilet.

Saturday morning, I will be leading a paddling trip on the Upper James River Water Trail from Horseshoe Bend to Arcadia. This trip is a fourteen and a half mile float. There are numerous class I and II rapids. The trip should be approximately 6.5 hours long. For club members who would like to attend but need to rent a vessel, you can contact Twin River Outfitters at 540-261-7334 to make arrangements. For club members who would like to attend but not paddle, the camping facility is a

short distance from Apple Orchard Falls, the Appalachian Trail, or other foot trails in the area. If you would like to attend the outing, please contact me.



Cedar Ridge Trail Hike to Brinegar Cabin at Doughton Park - Feb. 2014



Hikers headed Southbound on the AT at Roan Highlands.



Stone Mountain Hike - May 2014



A great Day at the Linville Gorge with Hike Leader Ben Harris.



Trying to figure out which way to go in the Linville Gorge.