

# HIKING SCHEDULE - JANUARY, FEBRUARY, MARCH 2012

Hikes are graded according to difficulty. Consult the hike leader for a more specific appraisal.

E = Easy hike, 2-5 miles. Expect good trails, often old roads.

EM = Easy to Moderate, 3-6 miles. Expect steeper trails and more hills.

M = Moderate, 5-8 miles. Trails may be difficult walking in places.

MS = Moderate to Strenuous. Expect longer hikes with more climbing, perhaps bushwacking.

S = Strenuous. Expect long hikes and hill climbing with large elevation gains, bushwacking.

HD = Hiking Distance DD = Driving Distance MRT = Miles Round Trip PCIAFD = Please Call In Advance For Directions

You may drive your own car if you wish. However, carpooling is suggested to save gasoline and because parking at trailheads is often limited. The hike leader is responsible for arranging transportation. The amount to help defray car expenses is noted on the schedule and should be given to your driver. If you are unable to contact the hike leader and the weather is suitable for hiking, it is suggested you go to the meeting place as planned.

## RESPONSIBILITY FOR SAFETY

There are certain risks, which are inherent in any hike or other club activity. Each NBATC member, guest, or non-member hiker agrees to accept personal responsibility for his or her safety and the safety of minors accompanying such person. The Club can not ensure the safety of any participant on hikes. In participating in Club hikes, each such person agrees to hold harmless and free of blame the hike leaders, and the NBATC, Inc., its officers and members, for any accident, injury, or illness which might be sustained from participating in hikes or other Club activities.

## From the Outing Committee

If you are planning to come on a hike, please call the hike leader at least the evening before the hike. It helps the hike leader to know in advance about how many people are coming and the hike leader will know to wait for you at the meeting point if you are a little bit late.

### January 2012

**Sun. January 1 Hike #5413 (EM)**

**Downtown Lynchburg Jaunt**

**1:30 PM @ 802 Court St. Lynchburg**

**Leader: T and Marjette Upshur, 434-610-8808**

**HD: 7 miles – call leaders for parking suggestions**

Have fun exploring Lynchburg. We'll find some interesting new perspectives on some of the historic areas and finish with a toast to the New Year on the back porch.

**Sat. January 7 Hike #5414 (M)**

**Blackwater Creek Hike**

**9:30 AM @ Ed Page Entrance**

**Leader: Ann Richards, 434-386-3441**

**HD: 7-8 miles - DD: Local**



We'll meet at the Ed Page Entrance (restroom facilities across from the Awareness Garden) and hike to the Waterstone Restaurant, have lunch and return. Anyone who does not want to do the return hike should make arrangements to drop a car at the restaurant and return to the trailhead to meet the group.

**Sun. January 8 Hike #5415 (S)**

**Bearwallow to Bobblets Gap Loop**

**8:00 AM @ Forest Square SC**

**Leader: Nancy Anthony, 434-283-5431**

**HD: 9 miles - DD: 65 MRT - expense: \$4**

We will hike up the Glenwood Horse Trail to Bobblets Gap and hike north on the A.T. to Bearwallow Gap. Depending on the weather and the interest of the group, we may do a steep but short downhill bushwhack to connect the Horse Trail and A.T. and avoid the run-around.

**Sat. January 14 Hike #5416 (S)**

**Punchbowl Crossing to Long Mtn. Wayside on the A.T.**

**8:00 AM @ Madison Heights Lowe's – form carpool, meet leader at Long Mountain Wayside**

**Leader: Bev Voigt, 434-946-7023**

**HD: 10 miles - DD: 90 MRT - expense: \$4**

This hike is the section of the A.T. south of U.S. 60. We'll start on the Blue Ridge Parkway at Punchbowl Crossing and hike over Rice

### January 2012 (Cont'd)

Mountain. From there, we head down to the Lynchburg Reservoir and hike around the reservoir before heading up Brown Mountain Creek to U.S. 60. Along the way, we'll cross the new Pedlar River and Brown Mt. Creek Bridges. Please call in advance since weather may affect Parkway access.

**Sun. January 15 Hike #5417 (S)**

**Gunter Ridge and Balcony Falls Trails Loop**

**8:30 AM @ Boonsboro SC**

**Leader: Adam Jewell, 434-841-2255**

**HD: 12 miles - DD: 80 MRT - expense: \$4**

This is a great hike with spectacular views along much of the route. We hike the Gunter Ridge and Balcony Falls Trails, as well as a short section of A.T.

**Sat. January 21 Hike #5418 (M)**

**Blue Ridge Rail Trail**

**9:00 AM @ Madison Heights Lowe's**

**Leader: Steve Tanner, 434-525-8105**

**HD: 2-9 miles - DD: 60 MRT - expense: \$3**

The Blue Ridge Rail Trail follows the route of the short line railroad that served the old chemical plant at Piney River. It is an easy, flat hike. Our goal will be to hike the full 4.5 miles in both directions (9 miles total), but we can shorten the hike if the group prefers, or even drop a car at Rose's Mill and let some hikers do an even shorter hike.

**Sun. January 22 Hike #5419 (MS)**

**Reed Creek, Camping Gap, and Terrapin**

**10:00 AM @ Boonsboro SC – form carpool, meet leader at his home in Sedalia**

**Leader: Max Guggenheimer, 434-299-5980**

**HD: 7 miles – DD: 40 MRT - expense: \$3**

We'll hike up Reed Creek to Camping Gap and then continue up to Terrapin Rocks. We'll return back along the same route to our starting point. Please call for directions!



# HIKING SCHEDULE - JANUARY, FEBRUARY, MARCH 2012

## January 2012 (Cont'd)

**Fri., Sat. & Sun. January 27 – 29 Outing #5420 (E/M/S)**  
**Introduction to XC Skiing and Snowshoeing**  
**Canaan Valley, WV**  
**Car Pool Friday Evening – Time TBD**  
**Leaders: John Phillips 434-941-6046/ Trudy Phillips 434-384-4870**  
**HD: variable – DD: 360 MRT - expense: share**

We will spend Saturday and Sunday mornings cross-country skiing or snowshoeing at the White Grass Ski Touring Center (rental skis and snowshoes are available). White Grass has a wide variety of trails from nearly flat, groomed beginners loops to untracked mountain glade slopes. Lodging will be at John & Trudy's vacation house in nearby Timberline in the Canaan Valley. Call leaders for much more information. White Grass web page: <http://www.whitegrass.com>

**Sun. January 29 Hike #5421**  
**Mystery Hike**  
**1:00 PM @ Boonsboro SC**

Have some free time on this winter weekend? If so, join other hikers at Boonsboro SC and decide on a hike. Have someone collect names and send them to NBATC, P.O. Box 3012, Lynchburg, VA. 24503.

## February 2012

**Sat. February 4 Hike #5422 (S)**  
**Terrapin Mountain Loop**  
**8:00 AM @ Boonsboro SC – form carpool, meet leader at trailhead**  
**Leader: Bev Henderson, 540-586-4560**  
**HD: 10 miles - DD: 40 MRT - expense: \$3**

This is a loop hike on trails and old woods roads around Terrapin Mountain. We will start at the trailhead just off Route 122 and climb to Camping Gap and then head down the other side along Reed Creek. After crossing Reed Creek, the hike follows an old road that contours around the base of the mountain back to the trailhead. Expect some steep sections on the first part of the hike. Please call in advance for directions to the trailhead.

**Sun. February 5 Hike #5423 (E)**  
**Percival's Island**  
**1:00 PM @ Percival's Island Parking Lot**  
**Leader: Shannon Brennan, 434-384-3332**  
**HD: 4 miles - DD: local**



Come join us for a nice winter afternoon hike on Percival's Island.

## February 2012 (Cont'd)

**Sat. February 11 Hike #5424 (M)**  
**Del Fosse Winery Hike**  
**9:00 AM @ Madison Heights Lowe's – form carpool, meet leader at winery**  
**Leader: Joe Bauman, 434-941-0514**  
**HD: 6 miles - DD: 60 MRT - expense: \$3**

Come enjoy a hike along a private trail on the beautiful grounds of the Del Fosse Winery in Nelson County.

**Sun. February 12 Hike #5425 (MS)**  
**Sheppe Pond & Bushwack**  
**10:00 AM @ Madison Heights Lowe's**  
**Leader: Mike Hayslett, 434-238-0223**  
**HD: 3-4 miles - DD: 50 MRT - expense: \$3**

Mike and his vernal pools research team will explore the area around Sheppe's Pond and go upslope in search of other wetlands. We'll have a picnic at the pond.

**Thursday, February 16**  
**NBATC Annual February Dinner Meeting**  
**6:00 PM @ Peakland United Methodist Church**  
**4434 Boonsboro Road**

This is the annual dinner meeting of the NBATC where we present our awards. This is a good opportunity to socialize with other club members and share your culinary skills. Everyone is asked to bring a dish. The program will be "Hiking in Ireland" presented by a group of our members.

**Sat. February 18 Hike #5426 (M)**  
**Falling Creek Park, Bedford County**  
**9:00 AM @ Waterlick Plaza – form carpool, meet leader at park entrance**  
**Leader: Coby Pieterman, 540-586-8464**  
**HD: 4-6 miles - DD: 40 MRT - expense: \$3**

Come along and enjoy this relatively new trail system in Bedford County.

**Sun. February 19 Hike #5427 (M)**  
**Apple Orchard Falls**  
**9:00 AM @ Forest Square SC – form carpool, meet leader at Peaks of Otter Visitor Center**  
**Leader: Eric Anderson, 540-721-1994**  
**HD: 4 miles - DD: 65 MRT - expense: \$4**

We'll start at the trailhead at the end of North Creek Road and hike up to the falls. The falls can be quite spectacular in winter when there is a significant ice buildup. Call ahead since weather may be a factor!

**Thursday Hikes** - For easy-to-moderate hikes leaving from Lynchburg, contact Douwina Osinga at 434-946-5629.

For easy-to-moderate hikes leaving from Bedford - contact Dot Craig at 540-586-0519 ([Dcspirit1@aol.com](mailto:Dcspirit1@aol.com)). For moderate-to-strenuous hikes, contact Bev Henderson at 540-586-4560 ([hendersons2@verizon.net](mailto:hendersons2@verizon.net)).

**Friday Hikes** - If Friday is a more convenient day to go hiking, call Dorothy Freerksen at 434-525-5436. Hike with the "Day Flowers."

# HIKING SCHEDULE - JANUARY, FEBRUARY, MARCH 2012

## February 2012 (Cont'd)

**Sat. February 25 Hike #5428 (EM)**  
**Holliday Lake State Park Loop**  
**9:00 AM @ Fairview Square SC**  
**Leader: Jim Cox, 434-845-0048**  
**HD: 6 miles - DD: 80 MRT - expense: \$4**

Come out and enjoy this fairly easy loop trail circling the lake through enjoyable rolling hills and scenery.

**Sun. February 26 Hike #5429 (M)**  
**Hunting Creek Trail to Thunder Ridge**  
**10:00 AM @ Boonsboro SC – form carpool, meet leader at intersection of VA-122 and Hunting Creek Road**  
**Leader: Max Guggenheimer, 434-299-5980**  
**HD: 6 miles – DD: 35 MRT - expense: \$3**

We'll hike up the Hunting Creek Trail past Hunting Creek Falls (perhaps iced-over in winter) to the A.T. and Thunder Ridge. We'll return back along the AT and Hunting Creek Trail to our starting point.

## March 2012

**Sat. March 3 Hike #5430 (M)**  
**Park to Park Hike**  
**8:00 AM @ Ardmore Drive Entrance of Peaks View Park**  
**Leader: Laurie Foot and Gary Nero, 434-384-0013, happifeet@msn.com**  
**HD: 4-8 miles - DD: Local**

Do you feel like doing a bit of exploring? Starting at Lynchburg's Peaks View Park, we will hike (mostly bushwhacking) to the new Lynchburg Ivy Creek Park. This is where NBATC members helped to build a trail around the lake last year. We'll also be able to see the ADA accessible trail and docks put in by the city and the old log cabin that will become the Nature Zone's home in the future. If some people are clamoring for more, we may also get a chance to hike a trail or two in the Bill Foot Recreation Area.

**Sun. March 4 Hike #5431**  
**Tour de POO Shorter Version (2 out of 3)**  
**9:30 AM @ Forest Square SC – form carpool and meet leader at Peaks of Otter Ranger Station**  
**Leader: T & Marjette Upshur, 434-610-8808**

Two out of three isn't bad! We'll climb Harkening Hill first and then Sharp Top. This is a shorter version of last year's Tour de POO (Peaks of Otter) that took its toll on several of us.

**Sat. March 10 Hike #5432 (E)**  
**Adopt-A-Highway**  
**9:00 AM @ Boonsboro SC**  
**Leader: Laura Jones, 434-821-4548**  
**HD: 3 miles - DD: 40 MRT - expense: \$3**

NBATC cleans up litter along a section of US 501 and VA 130 near the A.T. crossing at the Foot Bridge. Please come out and help keep our area free of litter and earn some maintenance hours too!

## March 2012 (Cont'd)

**Sun. March 11 Hike #5433 (MS)**  
**Pinnacle Ridge**  
**8:00 AM @ Madison Heights Lowe's**  
**Leader: Norman Sykora, 434-946-7084**  
**HD: 9 miles - DD: 75 MRT - expense: \$4**

We will hike up the Crabtree Falls Trail to Crabtree Meadows and then hike out the old woods road along Pinnacle Ridge. There are lots of great views along the way.

**Wednesday, March 14**  
**NBATC Pizza Social**  
**6:00 PM @ Rivermont Pizza**  
**(below Mangia, 2496 Rivermont Ave.)**

This is a great opportunity to socialize with your hiking buddies. Come eat some pizza while enjoying the good company of other Club members.

**Sat. March 17 Hike #5434 (S)**  
**Tar Jacket Ridge and Wolf Rocks on the A.T.**  
**8:00 AM @ Madison Heights Lowe's – form carpool, meet leader at Hog Camp Gap**  
**Leader: Bruce Summers, 434-922-7748**  
**HD: 10 miles - DD: 75 MRT - expense: \$4**

This hike will start at Hog Camp Gap. We'll hike north on the A.T. over Tar Jacket Ridge to Wolf Rocks for lunch and then hike back by the same route. Depending on the weather, this hike may be shortened to 5 miles (Hog Camp Gap to Salt Log Gap and return).

**Sun. March 18 Hike #5435 (M)**  
**Chessie Nature Trail**  
**10:00 AM @ Boonsboro SC**  
**Leader: Ken Morrison, 434-384-6971**  
**HD: 7 miles - DD: 100 MRT - expense: \$5**

The Chessie Nature Trail is an old railroad grade along the Maury River between Lexington and Buena Vista. This is a scenic, moderately easy 7-mile hike since it's a relatively flat walk along the river.

**Sat. March 24 Hike #5436 (M)**  
**Floyd Field to Thunder Ridge Overlook on the A.T.**  
**8:00 AM @ Forest Square – form carpool, meet leader at Floyd Field**  
**Leader: Paul Hardesty, 804-901-6244**  
**HD: 7 miles - DD: 70 MRT - expense: \$4**

This hike will start at Floyd Field on the Parkway. We'll hike past Cornelius Creek Shelter, climb over Apple Orchard Mountain, and end the hike at Thunder Ridge Overlook.



**Sun. March 25 Hike #5437 (MS)**  
**Blue Hole and Saddle Gap Trails Loop**  
**8:00 AM @ Boonsboro SC form carpool, meet leader at James River Foot Bridge**  
**Leader: Pat Egan, 540-997-1339, egans@firstva.com**  
**HD: 8miles - DD: 50 MRT - expense: \$3**

Hike up through the Hercules Quarry to the A.T. at Saltlog Gap with some great views along the way. After a short walk south on the A.T., we'll hike down the Saddle Gap Trail to the starting point.

**Sat. March 31 Hike #5438 (E)**  
**Claytor Nature Center**  
**9:00 AM @ Forest Square SC**  
**Leader: Bob Flint, 434-384-5251**  
**HD: 5 miles - DD: 30 MRT - expense: \$3**



Let's explore the wonderful new nature preserve owned by Lynchburg College, which is not generally open to the public. We'll hike the Bog Garden and Pine Forest Trails and decide about which other trails to hike within the 470 beautiful acres. Please call ahead, as a second hike leader may be required due to Nature Center Guidelines.

**Sun. April 1 Hike #5439 (S)**  
**Blackhorse Gap to Daleville on the A.T.**  
**8:00 AM @ Forest Square SC**  
**Leader: Adam Jewell, 434-841-2255**  
**HD: 12 miles - DD: 90 MRT - expense: \$5**

This hike will begin at Blackhorse Gap and cover part of the Roanoke Club's section of the A.T. We'll pass Wilson Creek, Curry Creek, Salt Pond Road, and Fulhardt Knob and end at Daleville. This hike may be a key exchange or the hike leader may arrange a shuttle if there are not enough people for a key exchange so please call in advance to let the leader know if you are coming!

### NBATC HIKE MEETING PLACES

- **Madison Heights Lowe's** - On US 29 in Madison Heights. Meet near the recycling collection bins on the library side of the parking lot.
- **Boonsboro Shopping Center** - On Boonsboro Road. Meet on the Starbucks side of the shopping center.
- **Fairview Square Shopping Center** - Off Campbell Avenue just before the US 460 exit (turn at Burger King).
- **Forest Square Shopping Center** - On Rt 221 in Forest. Meet near BB&T Bank.
- **Waterlick Plaza** - On Timberlake Road (Rt 460 Business). Meet near Wells Fargo Bank.

### Blue Ridge Parkway Closure Information

The Parkway, except for a few stretches, closes for snow and ice, and stays closed long after the snow has melted in town. Call the Blue Ridge Parkway road conditions telephone number to get daily road closures (828-298-0398). A reminder for those using the Blue Ridge Parkway from US 501 headed south toward Apple Orchard Mountain, the Blue Ridge Parkway has moved the gate that was at Petites Gap to just 2 miles south of US 501. So when the parkway is closed you cannot get to Petites Gap from US 501, and the gate north of the Peaks of Otter is now locked when the road over Apple Orchard Mountain is closed.

If you are reading this article it is probably too late; you are already infected. Trail fever (TF) is a chronic affliction that leads you to strange, wild places. Take the group that joined me for a hike this past weekend (Sunday, 27 Nov) up the Hunting Creek Trail, walking last summer's Konnarock Relo, then bushwacking out Camping Ridge: Ken Morrison, Nancy Anthony, T Upsher, Robert Owen, Randy and Betty Jo Marling, James and Eric Fraley.

At lunch we were technically LOST in the middle of a thick rhododendron grove somewhere on Thunder Ridge, sitting on top of and around a large boulder; however, everyone was seemingly HAPPY and munching away on apples and sandwiches and Cliff bars. A definite symptom of trail fever.

Other symptoms of trail fever: Do you study topo maps at home, tracing routes with your finger? Or worse, do you zoom in tight on Google Earth, attempting to see the trail you either recently hiked or hope to hike next time you get out? Do you already know what you are going to be doing next Wednesday, and the Wednesday after that, and . . . ? Yeah, maybe you have it bad!

So, what can you do? Well, first accept that you have a chronic condition that may go into remission but is never going away. Next, know you are not alone. This past weekend I had the group support of eight other TF victims. We finished our lunch, gathered around a topo map of the Snowden quad, shot a compass azimuth for Camping Gap, and starting whacking the bush again. We stayed in voice contact, crouching through the rhodo, even crawling at times, until someone shouted that they had found a trail, or at least something resembling a trail.

We regrouped, double checked the compass bearing and headed out Camping Ridge, happy to be walking erect again. The leaf-free late fall views were great. We could see the radar dome on Apple Orchard through the trees to the west; we had a nice view towards Sedalia to the South; we could see back down Hunting Creek towards Big Island to the north and east. Soon we were stumbling into Camping Gap, ready to make the road walk back to the trailhead.

On this final stretch of the hike, there was more feverish ranting: One time camped down around Mt. Rogers, Nancy heard coyotes singing down the trail late at night as she lay in her tent; Betty Jo and Randy were blasted by cold winds along the edge of the Grand Canyon on their rim-to-rim hike; James was going to upload our bushwack track from his GPS to a topo so we could see where we were "lost" at lunch. TF was flaring up all around.

Still, there is hope. Some of us would get back together next weekend so Ken could lead us on a hike in SML State Park. We may never get better, but we can always find others to help us endure the effects of TRAIL FEVER!



# Natural Bridge Appalachian Trail Club

## HIKING SPREE PROGRAM FOR 2012

Use this form to keep track of your hikes during this calendar year. You may want to put it in a sealable plastic bag and keep it in your hiking pack. This program, started in 1990, will remain in effect for as many years as there are interested hikers. This program is open to all NBATC club members and their families.

Each person who completes the first year of participation will receive a hiking stick with sling and the NBATC insignia (logo) and a separate shield or medallion indicating the year of participation. For each successive year, the hiker will receive an additional shield for the current year of participation. In addition, a hiker completing 20 hikes in one year will receive a brass nameplate for the hiking staff (one time only.)

To qualify for the annual award, the hiker must attend 10 of the regularly scheduled club hikes, as listed in the hiking schedule of *The Virginia Hiker*, during the calendar year. Each group maintenance hike also qualifies as one hike. Dinners or other social events do not qualify. The hiker is responsible for obtaining the signature of the trip leader on the form below to verify participation in the hike. For additional family members, please make copies of this form as required. NOTE: unless you're qualifying for a nametag, don't bother documenting more than 10 hikes. Do send in the form as soon as you have the required 10 or 20 hikes. You don't need to hold onto it all year; it is NOT the Club's method of documenting hikes, and is transcribed only into Hiking Spree records.

When finished, return this completed form to:

**Alex Newmark 416 Lake Vista Drive Forest, VA 24551 434-385-5616**

Awards will be made at the February dinner meeting. Please return the forms no later than January 5 of the following year. If you have any questions, or need more information, please call Alex.

**NAME OF HIKER:** \_\_\_\_\_

|  | HIKE NO. | DATE | HIKE DESCRIPTION | LEADER'S SIGNATURE |
|--|----------|------|------------------|--------------------|
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| 2  |          |      |                  |                    |
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| 9  |          |      |                  |                    |
| 10   |          |      |                  |                    |
| <i>USE LINES 11 THROUGH 20 ONLY IF QUALIFYING FOR A NAME TAG IN 2012</i> |          |      |                  |                    |
| 11   |          |      |                  |                    |
| 12   |          |      |                  |                    |
| 13   |          |      |                  |                    |
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*If you are receiving a year tag at the Awards Dinner, there will be an envelope with your name on it on one of the side tables. Please feel free to pick up your tag at any time during the evening. Those receiving name tags or sticks will be given them during the awards presentation.*