

HIKING SCHEDULE - July, August, September 2010

Hikes are graded according to difficulty. Consult the hike leader for 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 in order 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. If the leader does not come, the group should appoint a leader and either take the hike as scheduled or choose an alternate hike.

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 persons. 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 participation 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 by 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.

JULY 2010

Sat. July 3 Hike #5170

Mystery Hike

9:00 AM @ Boonsboro SC

Have some free time on this 4th of July 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

Sat. July 10 Canoe Outing #5171

Between the Dams Canoe Outing

8:30 AM @ Red and Dot's Store and River Ramp

Leader: Bob Gillette, 434-384-4591

Expense: \$4 per craft ramp fee

CANCELLED

Paddle between the Scotts Mill Dam and Reusens Dam and into history. This little-known stretch of the James River contains islands, abandoned historical treasures, and excellent birding. We will paddle up the river channels behind the islands and ultimately turn around after resting at the base of Reusens Dam. We will then drift lazily down river on the wider James. We will meet at the historic Red and Dot's country store and river ramp located on River Road on the Amherst side of the James River. Plan to spend several hours paddling. Life jackets are required. The water between the dams is like a lake, so novice and experienced paddlers are welcome. Don't have a canoe? Some available for borrowing and rentals can be provided by James River Float Company. Please call Bob Gillette by July 5 if you need a canoe, more information, and/or specific directions.

Sun. July 11 Hike #5172 (M)

Rice Mountain and the Pedlar Reservoir

1:30 PM @ Madison Heights Lowes

Leader: Steve Tanner, 434-525-8105

HD: 7 miles - DD: 90 MRT - expense: \$4

We will start this hike at the A.T. crossing of VA 607 near the Parkway and hike on the A.T. over the seven knobs of Rice Mountain. We will hike down the mountain and around the reservoir ending where the A.T. crosses FS 38.

(Cont'd next column)

JULY 2010 (cont'd)

Sat. July 17 Hike #5173 (EM)

Turks Cap Lilies Hike on the A.T.

10:00 AM @ Boonsboro SC

Leader: Glennys Sheppard, 434-384-7339

HD: 3 miles - DD: 50 MRT - expense: \$3

This hike will start at Thunder Ridge Overlook. We'll hike over Thunder Ridge and finish at Petites Gap. Come along and see all the Turks Cap Lilies and other summer wildflowers in bloom.

Sun. July 18 Hike #5174 (MS)

Salt Log Gap to Long Mountain Wayside on the A.T.

8:00 AM @ Madison Heights Lowes

Leader: Pat Egan, 540-997-1339, egans@firstva.com

HD: 8 miles - DD: 75 MRT - expense: \$4

This hike will start at Salt Log Gap. We will climb over Tar Jacket and then over Cold Mountain with great views from these open balds. The hike continues over Bald Knob and then down to US 60 at Long Mountain Wayside. Hikers will need to form your own carpool and meet the hike leader at Long Mountain Wayside. Please call in advance for directions!

Sat. July 24 Hike #5175 (S)

Tar Jacket Ridge and Wolf Rocks on the A.T.

8:00 AM @ Madison Heights Lowes

Leader: Bruce Summers, 434-922-7748

HD: 10 miles - DD: 75 MRT - expense: \$4

This hike will start at Hog Camp Gap and 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. Hikers will need to form your own carpool and meet the hike leader at Hog Camp Gap. PCIAFD!

Sun. July 25 Hike #5176 (S)

Little House and Big House Mountain

8:00 AM @ Madison Heights Lowes

Leader: TC Harvey, 434-352-8763

HD: 10 miles - DD: 100 MRT - expense: \$5

After a walk up to the gap, we'll tackle the more challenging Little House Mountain first, going out the ridge and down to Student Rock's great view. Arriving back at the gap, we'll head for the summit of Big House Mountain for another great view from Table Rock.

HIKING SCHEDULE - July, August, September 2010 *(cont'd)*

July 2010 *(cont'd)*

Sat. July 31 Hike #5177 (S)
Punchbowl Crossing to Long Mtn. Wayside on the A.T.
8:00 AM @ Madison Heights Lowes
Leader: Trudy Phillips, 434-384-4870
HD: 10 miles - DD: 90 MRT - expense: \$4

This hike is on the section of the A.T. south of US 60. We'll start at Punchbowl Crossing on the Parkway and hike over Rice Mountain and down to the Lynchburg Reservoir. After hiking around the reservoir, we'll hike up Brown Mountain Creek past the shelter to Long Mountain Wayside. Plan on swimming in Brown Mountain Creek on the way up to the Shelter.

August 2010

Sun. August 1 Hike #5178 (E)
Laurel Run Hike and Goshen Pass Swim
9:00 AM @ Madison Heights Lowes
Leader: T Upshur, 434-610-8808
HD: 3 miles - DD: 130 MRT - expense: share

This will be an easy walk up Laurel Run in the morning with lunch and swimming at Goshen Pass Wayside after the walk.

Sat. August 7 Hike #5179 (M)
White Rock Falls and Slacks Trails Loop Hike
9:00 AM @ Madison Heights Lowes
Leader: Laurie Foot and Gary Nero, 434-384-0013,
happifeet@msn.com
HD: 5 miles - DD: 100 MRT - expense: \$5

This hike will start and end at the Blue Ridge Parkway at the Slacks Overlook. We'll hike a loop using the White Rock Falls, White Rock Gap, and Slacks Trails. After the hike we'll plan to have a picnic lunch and swimming opportunity at Sherando Lake. If some don't want to stay for the picnic/swim, they can drive home separately. People should bring their own picnic lunch, swimsuits and towels, etc. A bathhouse and grills are available. The entry fee for picnicking and swimming at Sherando Lake is \$6 per vehicle for two people and \$8 per vehicle for three or more people.

Sun. August 8 Hike #5180 (EM)
Blackwater Creek
9:00 AM @ Percival Island Parking
Leader: Jason Hammer, 434-401-4204, and
Jordan Welborn, 336-262-6664
HD: 3-6 miles - DD: local

This hike on Blackwater Creek trails will go from the Percival's Island parking toward the Amherst end and back. The hike will be between 3 and 6 miles depending on the weather and the group.

Sat. August 14 Hike #5181 (M)
Summer Wildflower Hike on the A.T.
9:00 AM @ Boonsboro SC
Leader: Glennys Sheppard, 434-384-7339
HD: 3 miles - DD: 50 MRT - expense: \$3

This hike will start at Thunder Ridge Overlook. We'll hike over Thunder Ridge and finish at Petites Gap. Come along and see the summer wildflowers in bloom.

August 2010 *(cont'd)*

Sun. August 15 Hike #5182 (EM)
Harkening Hill
1:30 PM @ Forest Square SC
Leader: Larry Scott, 434-525-7126
HD: 4.1 miles - DD: 50 MRT - expense: \$3

This popular hike up the lowest of the Peaks of Otter has some nice views and there is a balanced rock to see. This loop hike goes across the third peak of the Peaks of Otter—Harkening Hill with a short hike from the top to Balance Rock. It is said that the hunters would hike up to the top to “harken” to the sound of their hunting dogs. The trail takes us past Johnson Farm, an early homestead protected by the Park Service. A side trip to the self-guided Elk Run trail allows the distance to add up to the total shown above. Both trails start behind the Peaks of Otter Visitor Center.

Sat. August 21 Hike #5183 (M)
Mt Pleasant and Henry Lanum Loop
9:00 AM @ Madison Heights Lowes
Leader: Norman Sykora, 434-946-7084
HD: 7 miles - DD: 65 MRT - expense: \$4

This circuit hike takes us to the top of Mount Pleasant for a great view from the rocks on top. The hike then continues over Mount Pompey and back to the trailhead.

Sun. August 22 Hike #5184 (M)
Blackhorse Gap to Bearwallow Gap on the A.T.
8:00 AM @ Forest Square SC
Leader: Pat Egan, 540-997-1339, egans@firstva.com
HD: 8 miles - DD: 80 MRT - expense: \$4

This hike is on the southernmost part of our section of the A.T. The trail parallels the Blue Ridge Parkway and has lovely views. Hikers will need to form your own carpool and meet the hike leader at Bearwallow Gap. Please call in advance for directions!

Sat. August 28 Hike #5185 (M)
Long Mountain Wayside to Pedlar River Bridge on the A.T.
9:00 AM @ Madison Heights Lowes
Leader: Jeanette McConville, 540-586-4868
HD: 7 miles - DD: 65 MRT - expense: \$4

This hike will start at Long Mountain Wayside on US 60. We will hike down from Route 60 and then along Brown Mountain Creek. The trail continues around the Lynchburg Reservoir and the hike will end at the suspension bridge across the Pedlar River.

Sun. August 29 Hike #5186 (M)
Cold Mountain/Old Hotel Trail Loop
8:00 AM @ Madison Heights Lowes
Leader: Jason Hammer, 434-401-4204
HD: 6 miles - DD: 65 MRT - expense: \$4

This hike is a great loop hike using the Old Hotel Trail and the A.T. from Hog Camp Gap to Cow Camp Gap. We'll hike the Old Hotel Trail and make our way back via the A.T. over Cold Mountain. On Cold Mountain there are great views from the open bald.

HIKING SCHEDULE - July, August, September 2010 (cont'd)

SEPTEMBER 2010

Sun. September 5 Hike #5187

Mystery Hike

1:00 PM @ Madison Heights Lowes

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

Sat. September 11 Hike #5188 (S)

Reeds Gap to the Tye River on the A.T.

9:00 AM @ Madison Heights Lowes

Leader: Steve Tanner, 434-525-8105

HD: 10 miles - DD: 85 MRT - expense: \$4

The hike will start at Reeds Gap and we will hike over Meadow and Bee Mountains and then up to the top of the Three Ridges, passing Hanging Rock overlook on the way. We will then descend the Three Ridges past Chimney Rocks and other lookouts ending at VA 56 after crossing the Tye River.

Sun. September 12 Hike #5189 (E)

Matts Creek

1:30 PM @ Boonsboro SC

Leader: Shannon Brennan, 434-384-3332

HD: 4 miles - DD: 45 MRT - expense: \$3

This hike will follow the A.T. across the James River Foot Bridge, along the River, and up Matts Creek to the Matts Creek Shelter and back.

Wednesday, September 15

NBATC Pizza Social

6:00 PM @ Original Italian Pizza

Madison Heights

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. September 18 Hike #5190 (M)

Thunder Hill Shelter to Petites Gap on the A.T.

9:00 AM @ Boonsboro SC

Leader: Glennys Sheppard, 434-384-7339

HD: 5 miles - DD: 50 MRT - expense: \$3

This hike will start on the Parkway near Thunder Hill Shelter. We'll hike over Thunder Ridge and finish at Petites Gap. Come along and see what early fall wildflowers we can find.

Sun. September 19 Hike #5191 (M)

Terrapin Mountain - Lower Trail

1:00 PM @ Boonsboro SC

Leader: Ken Morrison, 434-384-6971

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

This hike is on an old woods road that generally follows a contour line near the base of Terrapin Mountain. There are several nice views along the way. We'll turn around at Reed's Creek, a beautiful trout stream, and return to the trailhead by the same route.

SEPTEMBER 2010 (cont'd)

Sat. September 25 Hike #5192 (E)

Adopt-A-Highway

9:00 AM @ Boonsboro SC

Leader: James Thompson, 434-386-8261 and Darlene Fedele, 434-847-0908

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!

Sun. September 26 Hike #5193 (S)

Petites Gap to the James River Foot Bridge on the A.T.

8:00 AM @ Boonsboro SC

Leader: Mike McCormack, 434-384-1944

HD: 10 miles - DD: 50 MRT - expense: \$3

We'll start at Petites Gap and hike over Highcock Knob and then follow the A.T. down to the James River Foot Bridge. Hikers will need to form your own carpool and meet the hike leader at the James River Foot Bridge. PCIAFD!

Wednesday Work Hikes - We have work hikes almost every Wednesday. If you are interested in a work outing during the week, please contact Chuck Dideon in Moneta at 540-297-4848 (chasdidn@infionline.net) or Joe Chavez in Lynchburg at 434-384-2549 (pdjc@verizon.net).

Thursday Hikes - For easy-to-moderate hikes leaving from Lynchburg, contact Douwina Osinga 434-946-5629 (phone call preferred) or email jando22527@cs.com.

For easy-to-moderate hikes leaving from Bedford - contact Dot Craig 586-0519 or Dcspirit1@aol.com. For moderate-to-strenuous hikes, contact Bev Henderson 540-586-4560 or hendersons2@verizon.net.

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

Saturday Work Hikes - We have work hikes almost every Saturday, not just the ones listed in the schedule. Call Sam Ripley at 237-4015 for the meeting place.

The Truth About Ticks

Submitted by Laurie Foot



The Virginia Department of Health reports that there has been an upsurge in Lyme disease cases in our state. While several types of tick-borne disease (including Ehrlichiosis, Anaplasmosis, and Rocky Mountain spotted fever) are found here, **Lyme disease is the most common tick-borne infection reported in Virginia.** Most cases occur in June, July and August.

Common symptoms of Lyme disease include fever, headache, malaise, fatigue, "bull's-eye rash", myalgia and stiff neck.

Decrease your risk of acquiring Lyme disease by following precautions such as proper clothing when outdoors, use of repellants, and prompt removal of ticks. For more information, view a presentation titled "Lyme Disease Tracking and Prevention in Virginia: at www.vdh.virginia.gov/epidemiology/DEE/Vectorborne/HCPs.