

# Hiking Schedule - January, February, March 2018

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 that are inherent in any hike or other club activity. These include, but are not limited to, weather conditions, trail conditions, ticks, wildlife, plant and insect allergens, etc. Each NBATC member, guest, or non-member agrees to accept responsibility for his or her own safety. Adults who are accompanied by minors agree to accept responsibility for those minors. Hike leaders are responsible for hike organization, reasonable instruction and guidance, and proper documentation. Hike participants are responsible for following this reasonable guidance and instruction. By signing this form, each hike participant is affirming that he/she has read and understands these responsibilities.

## From the Outing Planning Committee

If you are planning to go on a hike, please call the hike leader at least the evening before the hike. That's not only a courtesy to the hike leader, but also an aid to planning transportation to the trailhead. It's the winter quarter – it will be cold and crisp, and the air will be clear for good views. Wear layers, and take your hiking sticks and ice traction cleats

## January 2018

### Mon Jan 01 Hike #6017(EM)

Natural Bridge State Park (HD:2 / 7)

Leader: Becky Mahlborg, 816-261-6372

10:00 AM @ Boonsboro Shopping Center

(DD:72 MRT, carpool share \$4)

Celebrate the New Year with a NBATC hike at Natural Bridge State Park. We'll start on the iconic Cedar Creek Trail, an easy stroll under the bridge itself. Group members can then choose to hike Monacan Trail which loops off the main trail and/or Buck Hill Trail above the hotel. Bring Lunch to eat in the visitor's center or purchase food there. State park admission is waived on this day. Bring the whole family for a healthy adventure.

### Sat Jan 06 Hike #6018(S)

James River Face Wilderness Figure 8 Hike (HD:10)

Leader: Laura Neale, 540-261-1909

8:30 AM @ Boonsboro Shopping Center - Meet Hike Leader

9:15 at Petites Gap (DD:70 MRT, carpool share \$4)

Starting at Petites Gap, we will hike north on the A.T. and jump onto the Sulphur Spring Trail at 5 Points. We will stay on this lovely alternative trail until we hop back on the A.T. heading south. Just after Marble Spring we will turn onto the Old Sulphur Ridge Trail, then take FR 35 a short 1/2 mile and return to our vehicles.

### Sun Jan 07 Hike #6019(EM)

Blackwater Creek Hike (HD:3 / 6)

Leader: Jordan Welborn, 434-209-4935

1:30 PM @ Ed Page Entrance (Local)

We'll meet at the Ed Page Entrance and hike 3-6 miles depending on wishes of the group, either on the blacktop or on trails through the woods.



## January (Cont'd) 2018

### Sat Jan 13 Hike #6020(MS)

“Joint Club Hike” Cove Mountain Loop

Exploring the old A.T. (HD:8)

Leader: Jeff Monroe, 434-962-1808

8:30 AM @ Forest Square Shopping Center - Form carpool and meet leader at Cove Mt. trailhead at 9:30 AM

(DD:50 MRT, carpool share \$4)

This will be a joint hike with the Roanoke Appalachian Trail Club. The hike will explore the old A.T. which was moved to its present location in the 1970s. We will follow the old A.T. from Jennings Creek bridge, arriving at the present A.T. where it intersects with the Glenwood Horse Trail. Much of the old A.T. is no longer maintained, plus we will bushwhack at least 1/2 mile. The rest of the hike will climb Cove Mountain on the A.T. before returning to our vehicles on Little Cove Mountain Trail. Leader's email: monroejeff@gmail.com

### Sun Jan 14 Hike #6021(M)

Slower Pace Hike: Henry Lanum Memorial Trail (HD:6)

Leader: Norman Sykora, 434-946-7084;

Jinx Sykora, 434-946-7084

9:00 AM @ Madison Heights Lowes

(DD:70 MRT, carpool share \$4)

This Mount Pleasant/Pompey Trail was renamed in honor of Henry Lanum, a NBATC past member who spent many hours maintaining the trail. It has a great view from the rock formations on top, including Cole Mountain in the distance.

### Sat Jan 20 Hike #6022(M)

Lower Terrapin Mountain (HD:7)

Leader: Marilyn Hartman, 434-384-7075

9:00 AM @ Boonsboro Shopping Center

(DD:40 MRT, carpool share \$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 by the same route.

# Hiking Schedule - January, February, March 2018

## January (Cont'd) 2018

**Sun Jan 21 Hike #6023(EM)**  
**Peaks View Park Trails (HD:3 / 5)**  
**Leaders: Bob Flint and Polly Flint, 434-841-7633**  
**1:30 PM @ Peaks View Park, Ardmore Drive (Local)**

NBATC invites members and non-members to come and hike some of the trails in the Bill Foot Recreation Area. We will meet in the Ardmore Drive parking area. Hikers can opt out at the 3 or 5 mile point, perhaps with just a little help to get back to the main paved trail. Minors must be accompanied by a parent, legal guardian, or responsible adult. Dogs must be kept on leash at all times and owners must be prepared to clean up after their pets. Please contact the hike leader to sign up for the hike.

**Sat Jan 27 Hike #6024(S)**  
**Blue Suck Falls Loop (HD:10)**  
**Leader: David Agnor, 614-323-5310**  
**8:00 AM @ Boonsboro Shopping Center - Carpool from Boonsboro to Lexington; meet leader; drive to Douthat State Park (DD:150 MRT, carpool share \$5)**

This loop hike is on well-maintained trails and includes a 2200-foot elevation gain; many mountain overlooks; views of the lake and falls; even an old log cabin. Note: the entry fee for Douthat State Park is \$5 per car. Boonsboro carpool will meet hike leader at the Lexington Tractor Supply parking lot (800 N. Lee Hwy.) Directions: from Rt 60 go north on Rt. 11 Bypass: look for Tractor Supply on top of hill after crossing the Maury River) Special Note to hikers from the Lexington & Rockbridge County area: Contact the hike leader.

**Sun Jan 28 Hike #6025(E)**  
**Lynchburg's Historic Districts (HD:3 / 4)**  
**Leader: Becky Mahlburg, 816-261-6372**  
**1:00 PM Contact hike leader - Lynchburg Visitor Center 216 12th Street, Lynchburg (Local)**

Take a walking tour of several of Lynchburg's historic districts, including Diamond Hill, Federal Hill, Garland Hill and Fifth Street. Learn about the architecture and history of the area. We will be on city streets, but remember that Lynchburg is called The Hill City! After the tour, we'll stop by Fifth and Federal Restaurant to warm up and eat.



Yellow Patch Mushroom

Photo by Ken Hawkins

## February 2018

**Sat Feb 03 Hike #6026(M)**  
**Candler Mountain Trails (HD:6)**  
**Leader: Lee Spradlin, 434-221-9517**  
**9:00 AM Contact hike leader - Snowflex Parking Lot, 4000 Candler Mountain Road (Local)**

We will begin to explore the extensive trail system on Candler's Mountain in Lynchburg, privately owned by Liberty University but open to the public for hiking and mountain biking. Experience wilderness in winter without driving to the mountains! We will combine various trails to make an approximately 6 mile loop. Meet the leader at the kiosk on the far right side of the Snowflex parking lot, 4000 Candler's Mountain Road. Look for the graveled portion of the lot.

**Sun Feb 04 Hike #6027(E)**  
**Claytor Nature Center Trails (HD:4)**  
**Leaders: Bob Flint and Polly Flint, 434-841-7633**  
**1:30 PM @ Forest Square Shopping Center - or 2:00 PM at entrance at 1844 Woods Road (DD:30 MRT, carpool share \$3)**

We'll hike several of the short trails in this wonderful 470-acre preserve. We'll do several short loops with breaks in between. Please Note: No Dogs Allowed on this Hike.

**Sat Feb 10 Hike #6028(MS)**  
**Petites Gap to Thunder Ridge Overlook (HD:8)**  
**Leader: T. Upshur, 434-610-8808**  
**9:00 AM @ Boonsboro Shopping Center (DD:50 MRT, carpool share \$3)**

This down then up hike includes 3 miles on the Glenwood Horse Trail; connecting with FR 45 for about 2 miles, then a nice hike up Hunting Creek as we climb to our finish at Thunder Ridge. The hike will include a short drive around.

**Sun Feb 11 Hike #6029(EM)**  
**Slower Pace Hike: Rocky Row Run and Sheppe Pond (HD:5)**  
**Leader: Angelo Mercado, 434-941-9843**  
**8:30 AM @ Boonsboro Shopping Center - 9:00 AM at Foot Bridge (DD:40 MRT, carpool share \$3)**

We will follow the A.T. from the Foot Bridge and Rocky Row Run to Johns Hollow Shelter. Our hike will parallel a lovely, swift creek with multiple cascades. Upon reaching the shelter, we will take a short break to snack. On the return, we will follow the blue blazed trail circling Sheppe Pond. We will be crossing two small streams and could encounter some muddy areas on the blue blazed section of the trail.

## Hiking Schedule - January, February, March 2018

### February 2018 (Cont'd)

**Sat Feb 17 Hike #6030(MS)**  
**Thunder Ridge Overlook to Floyd Field on the A.T. (HD:7)**  
**Leaders: Laurel Foot and Gary Nero, 434-384-0013**  
**8:00 AM @ Boonsboro Shopping Center**  
**(DD:60 MRT, carpool share \$4)**

The hike will begin at Thunder Ridge Overlook, climb to the top of Apple Orchard Mountain (4225'), and descend to Sunset Field. From there, we will have a couple of ups and downs before finishing at Cornelius Creek/Floyd Field. We should have great winter views from Thunder Ridge, Apple Orchard Mountain, and Sunset Field. It's our Valentine's Day hike, so there will be chocolate to share with our hikers.

**Sun Feb 18 Hike #6031(MS)**  
**Hercules Mine, Slaty Gap, A.T., Saddle Gap Loop (HD:8)**  
**Leader: Mike McCormack, 434-384-1944**  
**8:00 AM @ Boonsboro Shopping Center - form carpool, meet leader at junction of Route 130 and Hercules Road**  
**(DD:50 MRT, carpool share \$3)**

We'll hike through the old Hercules Mine to Slaty Gap and then take the Slaty Gap Trail up to Saltlog Gap. From there we'll take the A.T. to Saddle Gap. We'll take the Saddle Gap trail back to the starting point.

**Sat Feb 24 Hike #6032(M)**  
**Piney Ridge Trail (HD:7)**  
**Leader: Coby Pieterman, 540-586-8464**  
**8:30 AM @ Boonsboro Shopping Center - Form carpool and meet leader at James River Visitor Center: 9 AM**  
**(DD:35 MRT, carpool share \$3)**

This hike has a nice climb up the Piney Ridge Trail to 5-points (the junction with the A.T. and Sulphur Spring Trail.) Then it is downhill all the way back to the trailhead.

**Sun Feb 25 Hike #6033(MS)**  
**Sulphur Spring/Sulphur Ridge Loop (HD:8)**  
**Leader: Nancy Anthony, 434-283-5431**  
**8:00 AM @ Boonsboro Shopping Center**  
**(DD:70 MRT, carpool share \$4)**

Starting slightly below Petites Gap, we will hike down the Glenwood Horse Trail then cross the creek and Petites Gap Road to the lower Sulphur Spring Trail. After taking time to stop at Sulphur Spring to both see and take a sniff of this well-named spring, we will continue on the trail to 5 Points. We'll hike the A.T. south from 5 Points to the Sulphur Ridge Trail and on to our cars. There may be some bushwhacking to cross the creek. There will be a short road walk to reach the kiosk at the Sulphur Spring trailhead.

### March 2018

**Sat Mar 03 Hike #6034(S)**  
**Big House and Little House Mountains (HD:9)**  
**Leader: T. C. Harvey, 434-352-8763**  
**8:00 AM @ Boonsboro Shopping Center**  
**(DD:90 MRT, carpool share \$4)**

First, we walk up a 1 3/4 mile dirt road to the historic saddle between the two mountains. Then we will hike to the Big House Mt. summit, enjoying the view from Goat Point and climbing to Table Top Rock. After returning to the saddle, we will climb Little House Mt. to see one of the best open valley views in our area. Time permitting, we may even search for the elusive Student Rock. This is a strenuous hike which will include some steep and slippery trails, plus some scrambling.

**Sun Mar 04 Hike #6035(S)**  
**North Mountain Trail (HD:11)**  
**Leader: Trudy Phillips, trudyephillips@gmail.com;**  
**John Phillips, johnm.phillips1949@gmail.com**  
**8:00 AM @ Waterlick Plaza (DD:64 MRT, carpool share \$4)**

The North Mountain Trail was the route of the A.T. in the 1970s. We will start at the parking for the Andy Lane Trail (also former A.T.), ascend to the top of North Mountain from the Catawba Valley, and then follow the rolling ridge line to Route 311.

**Sat Mar 10 Hike #6036(M)**  
**Route 11 to Fullhardt Knob on the A.T. (HD:8)**  
**Leader: Laura Jones, 434-221-1797**  
**8:00 AM @ Waterlick Plaza (DD:120 MRT, carpool share \$5)**

This hike starts just north of Daleville at the trailhead on US 11. The hike takes us through some high farmlands and then up the forested slopes to Fullhardt Knob with great views of the valley along the way. We will enjoy lunch at the shelter before returning to the trailhead.

#### NBATC HIKE MEETING PLACES

- **Madison Heights Lowe's** - On US-29 in Madison Heights. Meet on the library side of the parking lot, in front of Goodwill, but nearest to the highway.
- **Boonsboro Shopping Center** - On Boonsboro Road. Meet on the Starbucks side of the shopping center.
- **Buena Vista Food Lion** - On US 60 west of downtown Buena Vista. Meet on the side of the parking lot adjacent to US 60.
- **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.



## March (Cont'd) 2018

### Sun Mar 11 Hike #6037(S)

Exploring Historic Brown Mountain (HD:6)

Leader: David Benavitch, 540-968-6226

8:00 AM @ Madison Heights Lowe's - form carpool and meet leader at Long Mountain Wayside at 9:00

(DD:60 MRT, carpool share \$4)

Explore the Brown Mountain area looking for 18th and 19th century farming practices and old home places. The hike will be strenuous - bushwhacking and steep terrain.

### Sat Mar 17 Hike #6038(MS)

Pot O' Gold Combo Hike at Fortune's Cove (HD:4 / 9)

Leader: Jessica Harber, 434-363-5067;

Herb Vreeland, 434-385-1826

8:30 AM @ Madison Heights Lowe's

(DD:60 MRT, carpool share \$3)

You may find leprechaun gold while hiking this Nature Conservancy loop trail. Jessica O'Harber will lead a wonderful four mile "easy/moderate" hike which includes seven ravines and H. Patty O'Veeland will lead a nine mile "strenuous" hike which will add five miles of steep inclines. We will enjoy snacks and dig for gold between hikes. Make sure you wear a bit of the green.

### Sun Mar 18 Hike #6040(M)

Otter Creek Trail (HD:7)

Leader: Mahendra Punatar, 434-221-0792

9:00 AM @ Boonsboro Shopping Center

(DD:40 MRT, carpool share \$3)

We'll hike the Otter Creek Trail from James River Visitor Center to the campground and back. It's a lovely hike along the creek. Bring hiking sticks and dry socks in case we encounter wet areas.



Photo taken of Finerty Pond by Ken Hawkins on his September A.T. section hike through Vermont & Massachusetts.

### Sat Mar 24 Hike #6041(E)

Adopt-A-Highway (HD:3)

Leader: Carol Caswell, 434-907-5629

9:00 AM @ Boonsboro Shopping Center

(DD:40 MRT, carpool share \$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 Mar 25 Hike #6042(E)

James River State Park (HD:3)

Leader: Nora Cox, 434-845-0048; Jim Cox, 434-845-0048

1:00 PM @ Madison Heights Lowe's

(DD:50 MRT, carpool share \$3)

We will take an ecological exploration of the James River State Park hiking trails. Come out to our local state park and enjoy a wonderful early spring hike.

### Sat Mar 31 Hike #6043(M)

Rocky Row Trail (out and back) (HD:6)

Leader: Carol Caswell, 434-907-5629

9:00 AM @ Boonsboro Shopping Center

(DD:40 MRT, carpool share \$3)

We will hike up the Rocky Row Trail from US-501 to its junction with the A.T. and then continue a little further to Fullers Rocks. We will take time for a snack and enjoy the great views which overlook the James River, Tobacco Row, and east toward Lynchburg. We'll return using the same trail to 501.

## Thank You!

Ellen Martin was rescued by Fincastle's Rescue Squad after a fall. To say "thank you," a couple of Happy Hikers (Christie Boone, Tee Godsey, Shannon Brennan and Coby Pieterman) made home baked goods and dropped them off. They were well received by the chief, who would share them with the team. We are happy to report that Ellen is making a slow but good recovery.

**Wednesday Work Hikes** - We have work hikes almost every Wednesday. If you are interested in a work outing during the week, please contact Eric Anderson in Moneta at 540-721-1994 (eric.anderson.sml@gmail.com) or Trudy Phillips in Lynchburg at 434-384-4870 (trudyephillips@gmail.com).

**Thursday Hikes** - For easy-to-moderate hikes, contact Dot Craig at 540-586-0519 (dcspirit1@aol.com). For moderate-to-strenuous hikes, contact Bev Henderson at 540-583-5289 (ranbhenderson114@gmail.com).

**Friday Hikes** - If Friday is a more convenient day to go hiking, call Mary Jane Davis at 434-841-7630, Herb Vreeland at 434-219-9849 or Laura Jones at 434-221-1797. Hike with the "Day Flowers."

**Saturday Work Hikes** - We have work hikes almost every Saturday. If you are interested, call Jason Hammer at 434-401-4204 for the meeting place.