

Using the Schedule

Hikes in the schedule are graded according to difficulty using the table below. 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

Other standard acronym's used in the hike descriptions are:

HD	Hiking Distance
DD	Driving Distance
MRT	Miles Round Trip

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 the hike sign-up form, each hike participant is affirming that he/she has read and understands these responsibilities.

Before You Go

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 trail head. Hiking in each season can require very different types and amounts of equipment, but food, water, and layered clothing are a minimum. If you have any doubt contact the hike leader for more information.

NBATC Hike Meeting Places

Madison Height Lowe's – This is the River James Shopping Center on Business-29. Meet on the far left side of the parking lot, close to the access road.

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.

Other Hiking opportunities

Wednesday Work Hikes – We have work hikes almost every Wednesday. If you are interested in a trail work 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 and time.

Oct 2018

Sat Oct 06 Hike #6093(EM)

Social Hike: Percival's Island and Waterstone Pizza Option HD:6

Leader:Carol Caswell, 434-907-5629

9:00 AM @ Percival's Island Parking Lot (Local)

We'll walk on the blacktop to the Amherst side and back while taking-in the beautiful Fall views of the river. Waterstone Pizza Option: After our hike, you will have the option of taking time to socialize on the deck of Waterstone Pizza and enjoy the early October day. Please call the hike leader to let her know you will be joining her hike. Also, tell Carol if you are going to Waterstone Pizza after the hike so she can advise the restaurant.

Sun Oct 07 Hike #6094(S)

Adventure Hike: Whetstone Ridge Trail HD:12

Leader:John Vosburgh, 540-348-6380

8:00 AM @ Boonsboro Shopping Center - Meet hike leader about 9 AM Buena Vista Visitor's Center (595 E. 29th St) (DD:90 MRT, \$4)

The hike will begin at Milepost 29 on the Blue Ridge Parkway at Whetstone Ridge Visitor Center. The trail runs along the spine of the ridge for approximately 8 miles and offers great views, including Three Ridges, The Priest and Adams Peak. There are many short climbs and drops along the ridge. The last few miles descends 1250 feet before exiting on VA 603. There is a 35 minute shuttle from VA 603 to the Parkway. NOTE: B.V. Visitor's Center is on Rt. 60. Contact hike leader to join the hike and tell where you will meet the group.

Sat Oct 13 Hike #6095(MS)

Sprouts Run/Wilson Mountain Loop...Joint Club Hike: Charlottesville PATC HD:9

Leader:Jeff Monroe, 434-962-1808

9:00 AM @ Forest Square Shopping Center - Meet Leader at Trailhead: 2171 Solitude Road, Buchanan, VA (DD:90 MRT, \$4)

This loop hike in Jefferson National Forest south of Cave Mountain Lake involves multiple stream crossings through a very pretty valley and adds some great mountain and Fall seasonal views before looping back to the start. A hike description (with pictures) is online:

www.wanderingvirginia.com/2016/04/sprouts-runwilson-mountain-loop.html PLEASE EMAIL the Hike Leader: monroejeff@gmail.com to Join the hike and inform him where you will meet the group.

Sun Oct 14 Hike #6096(EM)

Claytor Nature Center Trails HD:4 / 6

Leader:Angelo Mercado, 434-941-9843

8:30 AM @ Forest Square Shopping Center - or 9 AM at the 1844 Woods Road entrance parking lot (DD:30 MRT, \$3)

We will explore the many nature trails in this wonderful 470-acre preserve now owned and run by the University of Lynchburg. Expect to see the woodlands in Fall colors, the Big Otter River, wetlands, grasslands, the 18th century farmhouse and gardens, unparalleled view of the Peaks of Otter and the "pass-thru and swing" poplars. After 4-miles, hikers can opt to shorten the hike with an easy return to the parking lot. Please call Angelo to let him know you are joining the hike and where you will meet the group.

Sat Oct 20 Hike #6097(S)

"Hiking Notes - a Flat and a Sharp" HD:8

Leaders:Laurel Foot, 434-384-0013; Gary Nero, 434-384-0013

8:00 AM @ Forest Square Shopping Center (DD:50 MRT, \$3)

We'll hike up and down Sharp Top Trail first and then hike the entire Flat Top Trail from north to south. It's peak foliage season and the view from both peaks should be spectacular. Contact hike leaders to join the hike and tell them where you will meet the group.

Sun Oct 21 Hike #6098(E)

James River State Park HD:3

Leader:Nora Cox, 434-845-0048

1:30 PM @ Madison Heights Lowes (DD:50 MRT, \$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 fall hike. Please call hike leader to reserve your place on the hike.

Sat Oct 27 Hike #6099(M)

**Mt. Pleasant and Henry Lanum Loop HD:6
Leader:Mike McCormack, 434-384-1944
8:30 AM @ Madison Heights Lowes - Meet
hike leader at the Rt. 60 Wayside about 9:20
AM (DD:70 MRT, \$4)**

This loop hike takes us up Mount Pleasant for a great view of Cold Mountain and many other mountains and valleys in the distance, from the two rock overlooks on top. The hike then continues over Mount Pompey and back to the trail head. The Henry Lanum Loop is named after a past NBATC club member and maintainer who worked many hours over the years on this and other sections of our club's trails. Please contact the hike leader to let him know you would like to join his hike and where you will meet the group.

Sun Oct 28 Hike #6100(S)

**Adventure Hike: Spy Rock Parking Lot –
North Fork Piney Loop HD:10
Leader:David Benavitch, 540-968-6226
8:00 AM @ Madison Heights Lowes - form
carpool, meet leader at Spy Rock Parking
Lot about 9 AM (DD:80 MRT, \$4)**

We'll hike up Spy Rock Road and take an old logging railroad grade south to the A.T. We will continue on the RR grade past A.T., visit the remains of a logging camp, and then intersect A.T. again at the North Fork of the Piney River. We will hike the A.T. back, passing Seeley-Woodworth Shelter, Porters Gap, Porters Field (with good views of Main Top and Spy Rock), and then back down Spy Rock Road. There is a little "semi bushwhacking." Contact hike leader to reserve your place on the hike and where you will meet the group.

Nov 2018

Sat Nov 03 Hike #6101(S)

**Petites Gap to the James River Foot Bridge
on the A.T. HD:10
Leader:Herb Vreeland, 434-385-1826
8:30 AM @ Boonsboro Shopping Center
(DD:50 MRT, \$3)**

Join us for this hike of beautiful views in the James River Face Wilderness on the last day of Daylight Savings Time. We'll start at Petites Gap, hike on the new trail relocation over Highcock Knob, then follow the A.T. while viewing the James River from various elevations as we hike to the longest footbridge on the A.T. This is an enjoyable but strenuous hike. Please call the hike leader to reserve your place on this "Wilderness Adventure" which will be limited to 10 hikers in the group.

Sun Nov 04 Hike #6102(M)

**Walnut Creek Park HD:6
Leader:Becky Mahlburg, 816-261-6372
9:00 AM @ Madison Heights Lowes - Meet
hike leader at Walnut Creek Park (4250
Walnut Creek Road, North Garden, VA)
(DD:114 MRT, \$5)**

We will take a drive north to Walnut Creek Park, southwest of Charlottesville. We will hike about 6 miles on trails of densely wooded hillsides surrounding a 25 acre lake on both sides of the dam. Mileage may be adjusted for individuals. After the hike, we plan to stop at Dr. Ho's Humble Pie in North Garden, for fabulous pizza! Contact Becky to let her know you are joining her hike and where you are meeting the group.

Sat Nov 10 Hike #6103(MS)

**Blue Hole and Saddle Gap Trails Loop HD:8
Leader:T. Upshur, 434-610-8808
9:00 AM @ Boonsboro Shopping Center
(DD:50 MRT, \$3)**

We'll hike along Hercules Road to the quarry, and then climb to the A.T. at Saltlog Gap. We'll hike a short section of the A.T. south to Saddle Gap and then downhill to our starting point. This hike offers many great views along the way. Please call the hike leader to sign up for the hike and to let him know where you will meet the group.

Sun Nov 11 Hike #6104(E)
Somewhere along the James River... HD:3
Leader:Nora Cox, 434-845-0048
11:00 AM @ Madison Heights Lowes (DD:50
MRT, \$3)

Join us on a birding and wildlife stroll on a state managed property along the James River. Not much mileage but lots to explore. Please call the hike leader to reserve your place on the hike.

Tue Nov 13 Hike #6105(VS)
Special Tuesday Edition...Xtreme Adventure
Hike: McAfee Knob and Tinker Cliffs HD:12
Leaders:David Agnor, 614-323-5310; Peggy
Agnor
7:30 AM @ Forest Square Shopping Center -
form carpool and meet leader at the Daleville
Kroger about 8:20 (DD:140 MRT, \$5)

Special Tuesday Edition Weekend Hike to avoid parking issues at the trailhead. We start at the US 311 A.T. crossing and hike past McAfee Knob and Tinker Cliffs to Scorched Earth Gap where we take the Andy Lane Trail down to Virginia 779. NOTE: a second carpool will form at the Lexington Food Lion at 7:30 AM and drive to the Daleville Kroger, arriving about 8:20. This is a run-around hike. Contact the hike leaders and let them know you want to join the hike and where you will meet the group.

Sat Nov 17 Hike #6106(M)
Falling Creek Park, Bedford County HD:6
Leader:Coby Pieterman, 540-586-8464
8:00 AM @ Forest Square Shopping Center -
form carpool, meet leader at park entrance
at 8:30 AM (DD:40 MRT, \$3)

Come along and enjoy this lovely park in Bedford County. This park has lots of trails, leading us alongside a pond, through woods and along a creek. Falling Creek Park...1257 County Farm Road, Bedford. Please contact the hike leader for directions; to let her know you are joining the hike; and where you will meet the group.

Sun Nov 18 Hike #6107(VS)
Xtreme Elevation & Descent...The Priest:
From Both Directions HD:10
Leader:John Vosburgh, 540-348-6380
8:00 AM @ Madison Heights Lowes - We will
meet the hike leader at the trailhead at 9:00
AM. (DD:80 MRT, \$4)

The hike will start at the Route 56 trailhead parking lot. We will hike to the top of The Priest and have lunch at the Priest Shelter before returning to the Route 56 trailhead. The overlook offers amazing views. This is a difficult hike which has a 3000 plus foot elevation rise and descent, with some rocky areas on the trail. Hikers from west of the Blue Ridge (Lexington & Rockbridge) arrange special carpool with hike leader. All Hikers: Contact hike leader to reserve your place on the hike and where you will meet the group.

Sun Nov 25 Hike #6108(EM)
Meet Up Hike: Peaks View Park Trails HD:3
/ 5
Leader:Larry Scott, 434-525-7126
1:30 PM @ Peaks View Park, Ardmore Drive
(Local)

NBATC invites members and non-members to meet up and hike some of the many trails in Peaks View Park. We'll meet in the Ardmore Drive parking area and collectively decide which trails to hike. Hikers can opt out at three miles or continue hiking. Minors must be accompanied by a parent, legal guardian, or other responsible adult. Dogs must be kept on leash and owners must come prepared to clean up after their pets. Please call the hike leader if you need information or want to join his hike to help work off Thanksgiving dinner.

Dec 2018

Sat Dec 01 Hike #6109(S)
Adventure Hike: Belfast Trail to Devils
Marbleyard to Petites Gap HD:10
Leader:Mike McCormack, 434-384-1944
8:30 AM @ Boonsboro Shopping Center -
Carpool will drive to meet leader about 9:15
AM at Petities Gap...BRP, MP 71 (DD:65
MRT, \$4)

We will start our hike on the Belfast Trail and hike to Devils Marbleyard. After taking some time to hop around on the Marbleyard, we will hike the Sulphur Springs Trail to our cars at Petities Gap. Please contact the hike leader to join the hike and let him know where you will meet the group, so he can plan for the run-around.

Sun Dec 02 Hike #6110(MS)

Carvin Cove to Balanced/Chimney Rocks on the A.T. HD:9

Leader:Angelo Mercado, 434-941-9843

8:00 AM @ Waterlick Plaza - Arrive at the Daleville Rt. 220 Park and Ride about 9 AM. (DD:90 MRT, \$4)

We'll start at US-220 in Daleville and climb on the A.T. to the ridgeline overlooking Daleville and the Carvin Cove Reservoir. We will enjoy Hay Rock, Balanced Rock and Chimney Rock overlooks as we hike further south on the A.T. We'll return by the same route after having a snack/lunch. The winter views from the ridges are outstanding and the massive rock formations are impressive. Please call Angelo to let him know you want to join his hike and where you will meet the group.

Sat Dec 08 Hike #6111(E)

Adopt-A-Highway HD:3

Leader:Larry Spangler, 540-460-6903

9:00 AM @ Boonsboro Shopping Center - Meet hike leader at pull-off near dam on US 501 / VA 130 about 9:30 AM (DD:40 MRT, \$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! Get on Santa's nice list! Please call the hike leader to join the group and let him know where you will meet the group.

Sun Dec 09 Hike #6112(MS)

Little and Big Rocky Row Trail HD:8

Leaders:Norman Sykora, 434-946-7084; Jinx Sykora, 434-946-7084

9:00 AM @ Boonsboro Shopping Center - form carpool and meet leaders at James River Foot Bridge parking lot at 9:30 (DD:40 MRT, \$3)

This hike will start at the southern trail head of the Rocky Row Trail on Rt. 501, continue north on the A.T. past Fuller's Rocks, Big Rocky Row, and then down to Hercules Rd. by way of the Saddle Gap Trail. The hike presents many views to both the east and the west. Please call the hike leaders to let them know you want to join the hike and where you will meet the group. Note: this hike includes a short run-around.

Sat Dec 15 Hike #6113(S)

Adventure Hike: Salt Log Gap, Seeley Woodworth, and Lovington Spring Loop HD:11

Leader:Laura Neale, 540-261-1909

8:00 AM @ Madison Heights Lowes - form carpool and meet leader at Long Mountain Wayside (DD:75 MRT, \$4)

We will hike on the A.T. from Salt Log Gap to Seeley-Woodworth Shelter and make a loop for part of the return route using the Lovington Spring Trail. Please call in advance if you need directions and to let the hike leader know you would like to join her hike.

Sun Dec 16 Hike #6114(E)

Meet Up Hike: Percival's Island HD:6

Leader:Jordan Welborn, 434-209-4935

1:30 PM @ Percival's Island Parking Lot (Local)

The Natural Bridge Appalachian Trail Club invites members and non-members to come out and hike some of the trails in the Blackwater Creek Trail System. We'll walk from the Percival's Island parking lot to the end of the trail on the Amherst side and back. It is all blacktop, level, with various views of the James River. If you don't want to walk the full 6 miles you can turn around at any time. All minors must be accompanied by a parent or legal guardian.

Sat Dec 22 Hike #6115(MS)

A.T. to Mau-Har Trail to Waterfall Grotto HD:7

Leader:Herb Vreeland, 434-385-1826

8:30 AM @ Madison Heights Lowes (DD:80 MRT, \$4)

This fun in-and-out hike, located just north of our club's A.T. maintenance area, is rated MS because of some steep trails and a significant elevation rise going up the mountain, before heading down to the waterfall. The trail is in good shape, but there are some rocky areas and some scrambling around the waterfall grotto. The hike is in a wilderness area, limiting it to ten hikers. Please call the hike leader to register for the hike and let him know where you will meet the group.

**Sun Dec 30 Hike #6116(MS)
2018 Final Hike...Glenwood/Sulphur
Spring/Sulphur Ridge Loop HD:8
Leader:Nancy Anthony, 434-283-5431
8:00 AM @ Boonsboro Shopping Center
(DD:70 MRT, \$4)**

Starting slightly below Petites Gap, we will hike down the Glenwood Horse Trail then cross the creek and walk up Petites Gap Road to the lower Sulphur Spring Trail trailhead kiosk. 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. Please call the hike leader to let her know you want to join her hike and where you will meet the group.

Natural Bridge Appalachian Trail Club
P.O. Box 3012
Lynchburg, VA 24503

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NBATC is a Class A member of the Appalachian Trail Conservancy, an affiliate of member of the American Hiking Society, and a maintainer of the A.T. from the Tye River to Black Horse Gap.

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