

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

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 Heights Lowe's - Lowe's parking lot at the River James Shopping Center on Business 29. Park in the line of parking spaces facing US 29, near the traffic signal entrance to Lowe's.

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.

Lynchburg Kohl's - Off Wards Road, just before the US 460. Park in front, far from the store.

Forest Square Shopping Center - On Rt 221 in Forest. Meet near the Kroger Gas Pumps.

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, contact Eric Anderson at 540-721-1994 (wed.crew@nbatc.org) or Trudy Phillips at 434-384-4870.

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.

Weekday Hikes - For recreational hikes during the week: *88Miler Companions* (A.T. Focus - Moderate), *Day Flowers* (Easy to M), *Happy Hikers* (Easy to M), *The O.T. Group* (Moderate - Thurs), *Trail Trekkers* (M to Strenuous - Fri), *Summit Seekers* (Strenuous). For details contact Herb Vreeland: herb.vreeland@gmail.com

Section Maintainers - If none of these suit, consider contacting one of the Section Maintainers (nbatc.org//maintenance.htm#SectionMaintainers) and offer to help.

Apr 2025

Sat Apr 05 Hike #6723(M)
Curry Gap to Black Horse Gap on the A.T.
HD:7

Leader:Shana Carter, 434-213-5755
8:00 AM @ Forest Square Shopping Center -
Meet hike leader and other hikers at the
Peaks VC about 8:30 AM. (DD:70 MRT, \$4)

After staging vehicles at Black Horse Gap, this hike will begin at Curry Gap on the BRP. This section of the A.T. crosses Curry Creek and Wilson Creek and passes by an unknown hiker memorial. We will have a snack/lunch at the Wilson Creek Shelter and then continue our hike as it parallels the Blue Ridge Parkway. There are many great views along this section of the A.T. Please call or text Shana to (1) join the hike and (2) let her know where you will meet the group.

Sun Apr 06 Hike #6724(S)
McAfee Knob (Catawba Greenway
Trailhead) HD:11
Leader:Wilma Vargas, 908-268-5036
7:30 AM @ Forest Square Shopping Center -
Meet others at the Bedford Food Lion at
7:50 and the Daleville Park/Ride at 8:30
(DD:150 MRT, \$5)

This iconic hike, on a section of the A.T. maintained by the Roanoke Club, has great views of the Catawba Valley from McAfee Knob. This NEW 10.5-mile hike starts at the Catawba Greenway Trailhead which connects to the A.T. and climbs to the famous McAfee Knob O/L. Be one of the first from our club to use this new connection trail. Please call Wilma to join her hike and let her know where you will meet the group.

Sat Apr 12 Hike #6725(MS)
Exploring Beyond Sheppe Pond HD:7
Leader:Eric Anderson, 540-721-1994
8:30 AM @ Boonsboro Shopping Center -
Meet hike leader and others at Foot Bridge
at 9:00, then carpool to Hercules Rd. (DD:40
MRT, \$3)

Our hike will start on Hercules Road. After hiking north on the A.T. to Johns Hollow Shelter, we'll take a blue blaze trail to Sheppe Pond. From there, we will use mountain bike trails to make a loop, including a very steep climb, to the top of Cedar Bridge Road and back to the pond. We will return to Hercules Road via the Sheppe Pond trail. Please call or email (eric.anderson.sml@gmail.com) Eric to reserve your place on his hike and to let him know where you will meet the group.

Sun Apr 13 Hike #6726(MS)
Sprouts Run/Wilson Mountain Loop Hike
HD:8
Leaders:Bret Boman, 434-841-0554; Lisa
Boman,
8:00 AM @ Forest Square Shopping Center -
Meet other hikers at the Peaks VC about
8:30, then carpool to trailhead (DD:80 MRT,
\$4)

This loop hike in the Jefferson National Forest involves multiple stream crossings through a very pretty valley and adds some great views as we climb Wilson Mountain, all before hiking down the mountain and back to the trailhead. Water shoes (boots) and hiking sticks are highly recommended if the stream is running high. Contact the hike leaders to join their hike and let them know where you will meet the group.

Sat Apr 19 Hike #6727(E)
Adopt-a-Highway HD:3
Leader:Angelo Mercado, 434-941-9843
8:30 AM @ Boonsboro Shopping Center -
Meet Angelo at 9 AM at the turn off
between the Rt. 501 bridge and Foot Bridge
(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! Please call the hike leader to (1) Join the Adopt-a-Highway team and (2) Let him know where you will meet the group.

Sun Apr 20 Hike #6728(S)
Goff Mt. Road Parking Area on the BRP
to the James River Foot Bridge HD:10
Leader:Mary Beth Nickolich, 252-514-3580
8:00 AM @ Boonsboro Shopping Center -
Meet hike leader at the Foot Bridge about
8:30, then carpool to parking area (DD:75
MRT, \$4)

This is a fun hike which utilizes several different trails to connect the Parkway to the James River Footbridge. After reaching 5-Points, we will take a slight detour to Rattlesnake Rocks before trending mostly downhill as we hike to the longest footbridge on the A.T. Call or text Mary Beth to join her hike and let her know where you will meet the group.

Sat Apr 26 Hike #6729(M)
Douthat State Park trails HD:4 / 6
Leader:Doris Moorman, 405-249-6045
9:30 AM @ Lexington Tractor Supply Co. -
Meet other hikers at church outside park at
10:10 (DD:132 MRT, \$5)

Hike leader Doris Moorman will take you on a slow/moderate-paced hike at beautiful Douthat State Park near Clifton Forge. If you have a state park pass, please bring it with you. We will hike several of the well-marked, well-maintained trails in the park and will eat lunch halfway through the hike. Please call or text Doris to join her hike and let her know where you will meet the group.

Sun Apr 27 Hike #6730(M)
Flat Top (from the Parkway trailhead) HD:6
Leader:Angelo Mercado, 434-941-9843
8:30 AM @ Forest Square Shopping Center -
Meet other hikers at the Peaks VC at 9:00
AM (DD:80 MRT, \$4)

We will climb Flat Top Mountain to its 4001' summit and take time to enjoy the views from rock outcroppings on both sides of the mountain. We will then retrace our steps back to the Parkway trailhead. This trail has many rock formations and changing forest ecology. PLUS, we will be taking our time to enjoy a variety of spring wildflowers along the trail. Please call or text Angelo to join his hike and let him know where you will meet the group.

May 2025

Sat May 03 Hike #6731(M)
(88 Miler) Sunset Field to Cornelius Creek
Shelter and return HD:7
Leader:Shana Carter, 434-213-5755
8:00 AM @ Forest Square Shopping Center -
Meet hike leader and others at Peaks VC
about 8:30, then carpool to Sunset Field
(DD:60 MRT, \$3)

We will hike south on the A.T. from Sunset Field until we reach the Cornelius Creek Shelter and then return. This is a beautiful hike with many rhododendron tunnels, moss covered boulder fields, springs and interesting trail features. On our way back to Sunset Field, we will enjoy a snack/lunch with a view at Black Rock Overlook. Please call or text Shana to reserve your place on her hike and let her know where you will meet the group.

Sun May 04 Hike #6732(MS)
Exploring Cove Mountain Area HD:10
Leader:Eric Anderson, 540-721-1994
8:30 AM @ Forest Square Shopping Center -
Meet hike leader and others at Peaks of
Otter VC about 9:00 (DD:70 MRT, \$3)

This hike will begin after carpooling to the Little Cove Mountain trailhead. We will first go up by the hidden waterfall and then use a mountain bike trail along Cove Creek, the GHT, and the Buchanan trail to reach the A.T. We will head south on the A.T., stopping for lunch at the rocky overlook, before heading down the Little Cove Mountain trail. There are several wonderful views along this route. Please call or email (eric.anderson.sml@gmail.com) Eric to reserve your place on his hike & let him know where you will meet the group

Sat May 10 Hike #6733(M)
Lady Slipper Hike - Old Hotel Trail / Cole
Mountain Loop HD:7
Leader:Wallace Blair, 434-426-1554
8:30 AM @ Madison Heights Lowe's - Meet
other hikers at the Rt. 60 Long Mountain
Wayside about 9:15 (DD:70 MRT, \$4)

Hike Leader, Wally Blair, will take you on this 7-mile (Moderate) hike. We will start at the Mount Pleasant parking lot (3500'), hike the Old Hotel Trail going through the largest collection of lady slipper orchids in our region, by historic rock walls from the early 1800's, then climbing to the top of Cole Mountain (4022'), with its mile of open meadows providing some of the best views in our area. We will also offer a shorter hike to the lady slippers and back, about 3 miles round trip. Please call Wally to join this hike.

Sun May 11 Hike #6734(EM)
Mother's Day Lady Slipper Hike on Cove
Mountain HD:4
Leader:Nora Cox, jimandnor3@gmail.com
1:00 PM @ Forest Square Shopping Center -
Meet other hikers at Peaks of Otter Visitor
Center at 1:30 (DD:70 MRT, \$4)

This spring wildflower hike is an NBATC Mother's Day tradition. Come out and count the lady slippers on Cove Mountain! In some years, we have found dozens of them along this beautiful section of the A.T. Please email the hike leader to join her hike and let her know where you will meet the group.

Sat May 17 Hike #6735(EM)
Thunder Ridge Overlook to the Guillotine & Return HD:5
Leader:Carol White,
carol.jacobs.white@gmail.com
1:00 PM @ Peaks of Otter Visitor Center - Caravan to Thunder Ridge O/L (BRP MP 74.7) to meet other hikers at 1:20 PM (DD:60 MRT, \$3)

After enjoying the fantastic views from the Thunder Ridge O/L, we will hike south on the A.T., stopping to visit the Thunder Hill Shelter before reaching the Guillotine. After exploring this unique rock formation, we will retrace our steps back to our vehicles. Please email Carol to join her hike and let her know where you will meet the group.

Sun May 18 Hike #6736(M)
Apple Orchard Falls Loop from North Creek HD:8
Leader:Cheryl Hines, 540-797-0992
9:00 AM @ Peaks of Otter Visitor Center - Meet hike leader at Jennings Ck Rd pull-off near inters with North Ck Rd at 9:30 (DD:84 MRT, \$3)

From the trailhead at the end of North Cr Rd, we will hike up to Apple Orchard Falls. After admiring the falls, we will continue up the trail until it intersects with the A.T. We will go south on the A.T. until it intersects with the Cornelius Cr trail. We will then follow this trail down the mountain and beside beautiful Cornelius Creek until we return to the North Cr trailhead. There will be 2 creek crossings on this section of the hike. Please call or text Cheryl to join her hike and let her know where you will meet the group.

Sat May 24 Hike #6737(S)
Little Ottie Cline Memorial Hike (Bluff Mt.) HD:9
Leader:Wallace Blair, 434-426-1554
8:00 AM @ Madison Heights Lowe's - Leave cars at the Punchbowl O/L and the site of the old schoolhouse (DD:65 MRT, \$4)

In 1891, little Ottie Cline Powell was a 4-year-old boy who got lost and somehow ended up climbing to the top of Bluff Mountain (elevation 3372'), where sadly he passed away. We will start this hike at the site of his schoolhouse. Our hike will follow the southern Saltlog Gap Trail to the A.T., then north on the A.T. as we climb to the top of Bluff Mountain. We will end our hike by descending to the Punchbowl parking area on the BRP. Please contact Wally to join this hike and to let him know where you will meet the group.

Sun May 25 Hike #6738(M)
(88 Miler) Long Mountain Wayside to Swapping Camp Creek HD:9
Leader:Herb Vreeland, 434-385-1826
7:45 AM @ Madison Heights Lowe's - Carpool to Long Mt. Wayside, arriving about 8:30 AM (DD:65 MRT, \$4)

This hike will start at Long Mountain Wayside on US 60. We will hike south on the A.T., alongside the historic Brown Mountain Creek. This is a beautiful hike with many views along the way. We will have lunch on the boulders of Swapping Camp Creek. NOTE: The new bridge crossing Brown Mountain Creek should be finished prior to this hike, so be one of the first to cross this long-awaited bridge! Please call Herb to (1) Sign up for the hike (2) Let him know where you will meet the group.

Sat May 31 Hike #6739(EM)
Blue Ridge Rail Trail / Piney River HD:7 / 14
Leader:Frank Huddle, 804-266-6644
8:00 AM @ Madison Heights Lowe's - Meet hike leader and other hikers at trail head about 8:35 (Rt 151, Piney River, (DD:50 MRT, \$3)

This is a relatively easy (flat) in-and-out hike that follows the Piney River for 7 miles, starting at the old railroad depot on Rt. 151. Hikers can choose to walk more or less mileage at their own discretion. Please CALL or TEXT Frank to (1) Join his hike and (2) Let him know where you will meet the group (3) Tell him the miles you plan to hike. Please note that ICE CREAM is an after-hike option at the Amherst Corner Restaurant.

Jun 2025

Sun Jun 01 Hike #6740(EM)
Harkening Hill, Johnson Farm, & Abbott Lake HD:6
Leader:Larry Scott, 434-525-7126
1:00 PM @ Forest Square Shopping Center - Meet the hike leader and other hikers at the Peaks VC at 1:30 (DD:45 MRT, \$3)

Join Larry for a 6-mile hike starting at the Peaks of Otter Visitor Center. We will climb Harkening Hill, go through woodland trails and take a short detour to Balance Rock - a huge boulder balanced on a small rock. After 3.3 miles, we will take the Johnson Farm loop trail to visit the old homestead. Once we get back down to the Parkway, we will finish with a lap around Abbott Lake. Please call Larry to join his hike and let him know where you will meet the group.

Sat Jun 07 Hike #6741(MS)
(88 Miler) Sunset Field to Petites Gap on the A.T. HD:7
Leader:Jim Grondin, 540-425-5588
7:30 AM @ Forest Square Shopping Center - Meet hiker leader at Peaks VC about 8:00 AM before carpooling to trailhead(s) (DD:70 MRT, \$4)

This hike begins at Sunset Field (MP 78.4), and we will hike north on the A.T. over the 4000-ft Apple Orchard Mountain to Petites Gap. The many wonderful features of the hike include seeing an old radar station, walking under The Guillotine and enjoying the great views from Thunder Ridge O/L. This is a Wilderness hike and will be limited to 10 hikers. Please TEXT Jim at 540-425-5588 to (1) sign up for the hike, (2) let him know where you will meet the group, and (3) make sure you receive a response back acknowledging your sign up.

Sun Jun 08 Hike #6742(M)
Route 11 to Fullhardt Knob Shelter on the A.T. HD:8
Leader:Cheryl Hines, 540-797-0992
8:00 AM @ Forest Square Shopping Center - Bedford F.L. at 8:20, then meet hike leader at trailhead about 9:00 AM (DD:90 MRT, \$4)

This hike starts just north of Daleville at the A.T. trailhead on US 11. The hike takes us through some farmlands and then up the forested slopes to Fullhardt Knob with great views of the valley as we hike up the trail. It is a lovely hike up and a "walk in the park" down, with lunch at the shelter. Please call or text the hike leader to join her hike and to let her know where you will meet the group.

Sat Jun 14 Hike #6743(M)
Blackhorse Gap to Bearwallow Gap on the A.T. HD:9
Leader:Frank Huddle, 804-266-6644
8:00 AM @ Forest Square Shopping Center - Meet the hike leader and other hikers at the Peaks VC about 8:30 AM. (DD:70 MRT, \$4)

On our way to Blackhorse Gap, we'll drop vehicles off at Bearwallow Gap. This nice ridge hike includes very moderate elevation changes and is on the southernmost part of our section of the A.T. The trail parallels the Blue Ridge Parkway, with elevations between 2000' and 2500', and has wonderful views from the various overlooks. Please call or text Frank to join his hike and to let him know where you will meet the group.

Sun Jun 15 Hike #6744(S)
(88 Miler) Punchbowl Overlook to the Foot Bridge on the A.T. HD:11
Leaders:Bret Boman, 434-841-0554; Lisa Boman,
7:20 AM @ Forest Square Shopping Center - Meet other hikers at the Foot Bridge about 8:00 and drive to Punchbowl O/L (DD:70 MRT, \$4)

Starting at Punchbowl O/L, we'll climb 1100' in the first 2 miles to the top of the 3400' Bluff Mountain. We will hike in a saddle for the next 4 miles before topping Big Rocky Row. We'll descend to Fullers Rocks and enjoy lunch while looking at the amazing river & valley views. After leaving Fullers Rocks, the trail has 20 switchbacks to help us descend 1500' before hiking along the waters of Rocky Row Run to our finish. This can also be offered as a key exchange hike. Please contact the hike leaders to sign up for this hike.

Sat Jun 21 Hike #6745(S)
(88 Miler) Punchbowl Crossing to Route 60, Long Mtn. Wayside on the A.T. HD:11
Leader:Jim Grondin, 540-425-5588
7:30 AM @ Madison Heights Lowe's - Meet other hikers at LMW about 8:15 AM, then shuttle to PB X-ing (DD:90 MRT, \$4)

We will hike north on the A.T. starting at Punchbowl Crossing (BRP...MP 51.7) and top Rice Mountain. From there, we will head down to the Pedlar Reservoir and hike along the blue waters of the reservoir before walking along historic Brown Mountain Creek to Rt. 60/Long Mountain Wayside. Along the way, we will cross the Pedlar River Footbridge. Please TEXT Jim to (1) sign up for the hike, (2) let him know where you will meet the group and (3) make sure you receive a response back acknowledging your sign up.

Sat Jun 28 Hike #6746(EM)
Brushy Hills Preserve HD:4 / 6
Leader:Doris Moorman, 405-249-6045
9:30 AM @ Lexington Tractor Supply Co. - Then carpool to the trailhead (DD:90 MRT, \$5)

Hike leader Doris Moorman will take you on a slow/moderate-paced hike at the beautiful Brushy Hills Preserve near Lexington. From the trailhead, we will hike several of the well-marked, well-maintained trails and will have lunch halfway through the hike at a beautiful spot overlooking House Mountain. Please call or text Doris to join her hike and let her know where you will meet the group.

Sun Jun 29 Hike #6747(MS)

Old Mine Hike: Bearwallow Gap to Pico

Road Trailhead HD:9

Leader:Mary Beth Nickolich, 252-514-3580

7:30 AM @ Forest Square Shopping Center -

Meet hike leader at Peaks VC at 8:00 AM,

then on to Bearwallow Gap @8:15 (DD:60

MRT, \$3)

After leaving a vehicle at the Pico Rd. trailhead, we will begin our hike at Bearwallow Gap. There will be some nice views along the way and signs of old iron ore mining sites on the GHT portion of the hike. We will also have wonderful valley/mountain views from two parkway overlooks during our hike. Please call or text Mary Beth to join her hike and let her know where you will meet the group.

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NBATC is 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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