

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 (eric.anderson.sml@gmail.com) or Trudy Phillips at 434-384-4870 (trudyephillips@gmail.com).

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 - Thurs), *The O.T. Group* (Moderate - Thurs), *Trail Trekkers* (M to Strenuous - Fri), *Summit Seekers* (Strenuous). For details contact Herb Vreeland: herb.vreeland@gmail.com

Apr 2024

Sat Apr 06 Hike #6648(MS)
Crabtree Falls to Crabtree Meadows & Return HD:6

Leader:Shana Carter, 434-213-5755
7:30 AM @ Madison Heights Lowe's -
Carpool to the Crabtree Falls parking lot,
arriving about 8:15 (DD:40 MRT, \$4)

Crabtree Falls is the highest vertical-drop cascading waterfall east of the Mississippi River. After following the trail 1.7 miles to the upper falls, we'll continue another 1.2 miles to the Crabtree Meadows parking area. This will be our turn around point. After lunch at the top of the falls, we'll head back down to our vehicles. Please note that there is a \$3-parking fee...FREE if you use your National Park Senior or Annual Pass. Please call or text Shana to join her hike and let her know where you will meet the group.

Sun Apr 07 Hike #6649(M)
Blackhorse Gap to Bearwallow Gap on the A.T. HD:8

Leader:Mary Beth Nickolich, 252-514-3580
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 the hike leader to join her hike and to let her know where you will meet the group.

Sat Apr 13 Hike #6650(E)
Work Hike – Wilderness Cleanup HD:3
Leader:Jordan Welborn, 434-209-4935
10:00 AM @ Boonsboro Shopping Center -
Carpool to Foot Bridge parking area,
arriving about 10:30 AM (DD:40 MRT, \$3)

Join hike leader, Jordan Welborn, on this (Easy) 3-mile hike to pick up trash in the James River Face Wilderness. We will work the area along the James River from the Foot Bridge to part of the way to Matts Creek Shelter. Wear waterproof footwear, as it will be necessary to walk along the edge of the river. Note: No Rain Date. Please call Jordan to join her hike and let her know where you will meet the group.

Sun Apr 14 Hike #6651(VS)
Big Hellgate Loop HD:12
Leader:Herb Vreeland, 434-385-1826
8:00 AM @ Boonsboro Shopping Center -
Meet other hikers at the James River Foot
Bridge at 8:30 (DD:80 MRT, \$4)

This (Moderate Pace) loop hike will begin at Big Hellgate, follow a trail to Locker Tract, go up Balcony Falls Trail, follow a short stretch of the A.T., and down the many switchbacks of the Gunter Ridge Trail to Little Hellgate. Then we will take the Glenwood Horse Trail to the parking area at Big Hellgate. This hike includes a 2500' elevation gain and wonderful views of the James River and surrounding mountains. Please call the hike leader to join his hike and to let him know where you will meet the group.

Sat Apr 20 Hike #6652(VS)
Tye River to Three Ridges and return HD:13
Leader:Jim Grondin, 540-425-5588
7:30 AM @ Madison Heights Lowe's - Meet
the hike leader and others at The Priest
parking area at 8:15 (DD:80 MRT, \$4)

Join Jim for this seldom-offered hike in the Three Ridges Wilderness Area. This is a strenuous out and back hike that starts at Hwy. 56, crosses the Tye River and continues north on the A.T. to the summit of Three Ridges Mountain. We'll have lunch near the summit before retracing our steps back to Hwy. 56. Please TEXT Jim to join his hike and let him know where you will meet the group.

Sun Apr 21 Hike #6653(MS)
(88 Miler) Thunder Ridge Overlook to Floyd
Field on the A.T. HD:7
Leader:Eric Anderson, 540-721-1994
8:30 AM @ Forest Square Shopping Center -
Meet hike leader and other hikers at the
Peaks VC at 9:00 (DD:60 MRT, \$4)

We will leave cars at Floyd Field on our way to the Thunder Ridge Overlook (MP 74.7) trailhead. As we hike south on the A.T., we will pass by the Thunder Hill Shelter, go under the Guillotine, and climb to the top of Apple Orchard Mountain (4225'). We will enjoy the views there as well as at Black Rock Overlook. Please call Eric to join his hike and let him know where you will meet the group.

Sat Apr 27 Hike #6654(E)
(88 Miler) Sunset Field to Floyd Field HD:3
Leader:Carol White,
carol.jacobs.white@gmail.com
12:30 PM @ Forest Square Shopping Center
- Meet hike leader at the Peaks VC at 1:00,
then carpool to Sunset Field (DD:60 MRT,
\$3)

We will hike south on the A.T. from Sunset Field until we reach the blue-blazed trail to Cornelius Creek shelter. We'll hike past the shelter until reaching the intersection with the Glenwood Horse trail. We'll turn left on the Glenwood and follow it out to Floyd Field. This is a beautiful hike with many rhododendron tunnels, moss covered boulder fields, springs and interesting trail features. Please email or text (540-314-0488) Carol to reserve your place on the hike and let her know where you will meet the group.

Sun Apr 28 Hike #6655(M)
Chessie Nature Trail - Combo Hike HD:7 /
14
Leader:Frank Huddle, 804-266-6644
8:00 AM @ James River Foot Bridge - Meet
other hikers at 8:20 at Buena Vista Hardees
(DD:90 MRT, \$4)

The Chessie Trail is a tree-lined old railroad grade along the Maury River, between Lexington and Buena Vista. This (out and back) scenic hike is a moderate 14-mile walk along the river. Please call or text (preferred) Frank to 1) join his hike, 2) let him know where you will meet the group, and 3) if you plan to hike one way or both ways. Lunch in Buena Vista or Lexington after the hike is a possibility, depending on interest.

May 2024

Sat May 04 Hike #6656(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 others at the Peaks VC at 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 lunch with a view at Black Rock Overlook. Please call the hike leader to reserve your place on her hike and let her know where you will meet the group.

Sun May 05 Hike #6657(E)
Trillium Hike - Thunder Ridge Overlook to
Petites Gap Road HD:4
Leader:Reggie Bennett, 434-241-0360
1:00 PM @ Boonsboro Shopping Center -
Meet hike leader at Petites Gap at 1:30, then
shuttle vehicles to Thunder Ridge. (DD:50
MRT, \$3)

Come out and enjoy the trillium display on the A.T. from Thunder Ridge Overlook (Blue Ridge Parkway Milepost 74.7) to Petites Gap (BRP Milepost 71). The view from Thunder Ridge is superb, and you never know what other wildflowers may be in bloom. It is mostly downhill and would be a good introduction for new hikers. Please call Reggie to join his hike and to let him know where you will meet the group.

Sat May 11 Hike #6658(M)
Lady Slipper Hike - Old Hotel Trail / Cole
Mountain Loop HD:7
Leader:Wally 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. Please call Wally at 434-426-1554 to join his hike and let him know where you will meet the group.

Sun May 12 Hike #6659(MS)
Sprouts Run/Wilson Mountain Loop Hike
HD:8

Leaders:Bret Boman, 434-841-0554; Lisa
Boman,
8:00 AM @ Forest Square Shopping Center -
Carpool to Peaks Visitor Center, arrive 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, before hiking back to the trailhead. Highly recommend water shoes (boots) and hiking sticks if the stream is running high. Contact the hike leaders to join their hike and let them know where you will meet the group.

Sun May 12 Hike #6660(EM)
Mother's Day Lady Slipper Hike on Cove Mountain HD:4
Leader:Nora Cox, jimandnor3@gmail.com
9:00 AM @ Forest Square Shopping Center - Meet other hikers at Peaks of Otter Visitor Center at 9:30 (DD:70 MRT, \$4)

This spring wildflower hike is an NBATC Mother's Day tradition. Come 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 18 Hike #6661(S)
Adventure Hike...Hoop Hole Trail - Eagle Rock HD:9
Leader:Cheryl Hines, 540-797-0992
8:00 AM @ Forest Square Shopping Center - Peaks VC at 8:30, meet hike leader @ the Craigs Creek Rd. turnoff around 9:30 (DD:108 MRT, \$5)

This (Moderate Pace) hike is a true adventure and includes a 3-mile lower loop and 6-mile upper loop. There are many wonderful views on both sections of this hike. The lower loop has a large number of crossings as it follows a beautiful stream. Recommend hiking sticks and Croc's or water shoes for stream crossings. We could be getting our feet wet if the streams are running high. Please call or text Cheryl to join her hike and let her know where you will meet the group.

Sun May 19 Hike #6662(EM)
Harkening Hill, Balanced Rock & Johnson Farm HD:5
Leader:Larry Scott, 434-525-7126
1:00 PM @ Forest Square Shopping Center - Carpool to Peaks of Otter VC, arriving about 1:30 PM (DD:45 MRT, \$3)

Join Larry for a moderate pace 5-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. Please call Larry to join his hike and let him know where you will meet the group.

Sat May 25 Hike #6663(S)
Little Ottie Cline Memorial Hike (Bluff Mt.) HD:9
Leader:Wally 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 he sadly 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.

Sun May 26 Hike #6664(S)
(88 Miler) Punchbowl Crossing to Route 60, Long Mtn. Wayside on the A.T. HD:11
Leader:Herb Vreeland, 434-385-1826
7:30 AM @ Boonsboro Shopping Center - Meet other hikers at JR Visitor Center (BRP) MM 63.6 about 8:00 AM (DD:90 MRT, \$4)

(Moderate Pace) We will hike north on the A.T. starting at Punchbowl Crossing (BRP...MM 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 the Rt. 60 Wayside. Along the way, we will cross the Pedlar River Footbridge. NOTE: May need Crocs and hiking sticks if the creek is running high. Key Exchange possible if enough hikers sign up. Call Herb to join his hike.

Jun 2024

Sat Jun 01 Hike #6665(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 (2) Let him know where you will meet the group.

Sun Jun 02 Hike #6666(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 will 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 and 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.

Sat Jun 08 Hike #6667(M)
Reservoir Hollow Trail HD:6
Leader:Doris Moorman, 405-249-6045
8:00 AM @ Boonsboro Shopping Center - Foot Bridge at 8:35, then meet hike leader at trailhead at 9:00 (DD:90 MRT, \$4)

This hike will begin in Buena Vista. There are 6 small creek crossings (each way) and we will be climbing a long hill up to the Blue Ridge Parkway. Giant boulders await us at Indian Gap on the BRP, where we will enjoy lunch before traveling back down the trail to our cars. Recommend hiking sticks for the creek crossings and water shoes if the crossings are running high. Please note that this will be a slow-paced hike. Please call or text Doris (405-249-6045) to sign up for her hike and let her know where you will meet the group.

Sun Jun 09 Hike #6668(S)
(88 Miler) Petites Gap to the James River Foot Bridge on the A.T. HD:10
Leader:Herb Vreeland, 434-385-1826
7:00 AM @ Boonsboro Shopping Center - Arrive at the Foot Bridge about 7:30 AM before driving to Petites Gap (DD:75 MRT, \$4)

This (Moderate Pace) fun hike which will start by hiking north on the A.T. and climbing 700' to the top of Highcock Knob. Then we will be trending mostly down hill while viewing the James River from various elevations. We will enjoy a snack in a shaded boulder field before starting our steep 2000' descent to Matts Creek Shelter, then walk along Matts Creek and the James River. Call Herb to join his hike and let him know where you will meet the group. Note: Matts Creek can be interesting to cross if it is running high.

Sat Jun 15 Hike #6669(S)
(88 Miler) Crabtree Falls and The Priest HD:10
Leader:Jim Grondin, 540-425-5588
7:30 AM @ Madison Heights Lowe's - Carpool to The Priest trailhead on Route 56, arrive about 8:15 AM (DD:80 MRT, \$4)

We'll start by hiking up the fairly steep Crabtree Falls Trail, next to the cascading falls. Then we'll follow Crabtree Creek to Crabtree Meadows Rd and its junction with the AT. We'll head north on the AT, climbing 700' to the top of The Priest. After enjoying lunch and the spectacular view of Pinnacle Ridge from a rock outcropping, we'll start our 3,000' descent to the trailhead on Route 56. NOTE: Wilderness Hike-Limited to 10 hikers. Please TEXT Jim to reserve your place on the hike and let him know where you will meet the group.

Sun Jun 16 Hike #6670(M)
Hog Camp Gap - North and South HD:7
Leader:Angelo Mercado, 434-941-9843
8:00 AM @ Madison Heights Lowe's - Meet other hikers at Long Mountain Wayside about 8:45 am (DD:70 MRT, \$4)

After parking at Hog Camp Gap, we will hike north on the AT to the top of Tar Jacket Ridge and take in the great views from this vantage point. After returning to Hog Camp Gap, we will continue hiking south on the AT to the top of Cole/Cold Mountain, where we will take time to enjoy the fantastic 360-degree views. We will then continue hiking south on the AT until we reach the second overlook, which is our turnaround spot for the hike. Please call Angelo to sign up for this scenic hike.

Sat Jun 22 Hike #6671(S)
Douthat State Park trails HD:10
Leader:Cheryl Hines, 540-797-0992
8:00 AM @ Forest Square Shopping Center - Peaks VC at 8:30, meet hike leader at the Craigs Creek Rd. turnoff around 9:30 (DD:160 MRT, \$5)

This (Moderate Pace) hike will combine several different trails to create a circuit hike. Plan on several creek crossings, a beautiful overlook on the Tuscarora Overlook Trail, the Blue Suck Falls and more. Please call or text Cheryl to join her hike and let her know where you will meet the group. For hikers coming from the Lexington area, contact Cheryl for a meeting place.

Sun Jun 23 Hike #6672(M)

Flat Top HD:5

Leader:Herb Vreeland, 434-385-1826

**7:30 AM @ Forest Square Shopping Center -
Carpool to Peaks of Otter Visitor
Center...arrive about 8:00 AM (DD:50 MRT,
\$3)**

We will begin this (Moderate Pace) 5.3-mile hike from the Parkway trailhead, with the trail rising up 1600' to the Flat Top summit at 4001' elevation. After enjoying a snack and the fantastic views from the two rock outcroppings, we will hike back to the trailhead. Please call Herb to sign up for his hike and let him know where you will meet the group.

Sat Jun 29 Hike #6673(M)

Slaty Gap/Peavine Lake HD:6

Leader:T. Upshur, 434-610-8808

**8:30 AM @ Madison Heights Lowe's - Meet
other hikers at the Foot Bridge parking area
about 9 AM (DD:50 MRT, \$3)**

From the parking area near the end of Hercules Road, this loop hike will first take us up through the Hercules Quarry to Slaty Gap. After a short, steep climb up from Slaty Gap, we will then pick up a nice connector trail with outstanding views and hike over to Peavine Lake. After circling the "lake", we'll take another trail back down to a campground near the end of Hercules Road. It will be a warm climb, so be sure and bring plenty of water. Please call the hike leader to join his hike and let him know where you plan to meet.

Sun Jun 30 Hike #6674(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 -
Peaks VC at 8:00 AM, then on to
Bearwallow Gap @8:15AM (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.

Natural Bridge Appalachian Trail Club
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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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