

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.

Northern Group Work Hikes - We have work hikes north of the James. If you are interested, contact Norm Sykora at njsykora80@gmail.com for the meeting places and times.

Recreational Weekday Hikes - Our club sponsors 8-different weekday hiking groups that range in difficulty from easy to strenuous and hiking distances between 4 to 11-miles. For more weekday hiking group details and hike leader contact information: please email Herb Vreeland at 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.

Jul 2026

Sat Jul 04 Hike #6210(M)
Blue Ridge Rail Trail / Piney River HD:14
Leader:Frank Huddle, 804-266-6644
8:00 AM @ Madison Heights Lowe's - Meet
hike leader and others at trail head about
8:35 (Rt 151, Piney River, VA) (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.

Sun Jul 05 Hike #6211(M)
(88 Miler) Mills Gap O/L to Blackhorse Gap
HD:6
Leaders:Bret Boman, 434-841-0554; Lisa
Boman,
8:00 AM @ Forest Square Shopping Center -
Meet others at Peaks VC at 8:30 or Mills
Gap O/L at 8:40 (DD:60 MRT, \$4)

After staging a vehicle at Blackhorse Gap, this hike will begin at the Mills Gap Overlook on the Blue Ridge Parkway and follow the A. T. south for 6.3 miles. The trail parallels the Parkway and has lovely views and (hopefully) cool breezes. Please contact Bret or Lisa to (1) join this hike and (2) let them know where you will meet the group.

Sat Jul 11 Hike #6212(M)
Humpback Rocks from the Humpback Rocks
Picnic Area HD:6
Leader:Doris Moorman, 405-249-6045
8:00 AM @ Madison Heights Lowe's - Meet
hike leader at King's Gourmet Popcorn at
Afton Mtn. at 9:05, then carpool (DD:100
MRT, \$5)

Come out and enjoy this seldom-offered hike to the iconic Humpback Rocks! Starting at the Humpback Rocks Picnic Area off the BRP, this slow-to-moderate paced hike utilizes a connector trail to the A.T., which we will then follow north. We will cross over the top of Humpback Mountain on the A.T. before detouring onto the Humpback Rocks Trail. This rocky viewpoint is one the most well-known in the area. Please call or text Doris at 405-249-6045 to sign up for her hike and to let her know where you will meet the group.

Sun Jul 12 Hike #6213(EM)
Percival's Island Hike HD:6
Leader:Jordan Welborn, 434-209-4935
2:00 PM @ Percival's Island Parking Lot
(Local)

We will walk from the Percival's Island parking lot to the end of the trail on the Amherst side and back. It is paved and 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. If you're interested in joining Jordan's summer afternoon walk, just show up at the Percival's Island parking lot at 2:00.

Sat Jul 18 Hike #6214(E)
Riverside Park - new trail section celebration
HD:3
Leader:T. Upshur, 434-610-8808
7:00 PM @ Riverside Park in Lynchburg -
2238 Rivermont Avenue; meet at the
playground parking lot (Local)

Come walk this historic trail with a new addition! We'll do an out and back to show off a new optional trail built by club members. Then we'll walk to get ice cream at Rookie's. Please contact T. to join his summer evening hike.

Sat Jul 25 Hike #6215(M)
(88 Miler) Bearwallow Gap to Jennings
Creek HD:7
Leader:Frank Huddle, 804-266-6644
8:00 AM @ Forest Square Shopping Center -
Meet hike leader at Peaks VC at 8:30, then
carpool to the trailhead (DD:75 MRT, \$4)

This hike will start at Bearwallow Gap, climb 500-feet in the first mile, then mostly descend for the next 6 miles to Jennings Creek. There should be a variety of summer wildflowers along the trail and fantastic mountain & valley views. We'll plan to stop for a snack at the rocky overlook just north of the shelter. Call or text Frank to join his hike and let him know where you will meet the group.

Sun Jul 26 Hike #6216(M)
Curry Gap to Fullhardt Knob Shelter and
back HD:8
Leader:Mary Beth Nickolich, 252-514-3580
7:30 AM @ Forest Square Shopping Center -
Meet hike leader at the Peaks VC about 8:00
AM and then carpool to the TH (DD:80
MRT, \$4)

This hike is on the Roanoke Club section of the A.T. The hike starts on the Parkway at Curry Gap (MP 101.5) and climbs to Fullhardt Knob. After enjoying lunch/snack at the shelter, we will return by the same route. Please call or text Mary Beth to let her know you want to join her hike and let her know where you will meet the group.

Aug 2026

Sat Aug 01 Hike #6217(M)**(88 Miler) Salt Log Gap to Wolf Rocks on the A.T. HD:6****Leader:Herb Vreeland, 434-385-1826****7:15 AM @ Madison Heights Lowe's - Meet other hikers at the Rt. 60 Long Mt. Wayside about 8:00 (DD:80 MRT, \$4)**

After carpooling from the Long Mountain Wayside, this hike begins at Salt Log Gap (elevation 3300'). We will hike north on the A.T. to Wolf Rocks (elevation 3900') for a snack and to enjoy the wonderful valley views while sitting on a giant boulder. We will then hike back by the same route. Please contact the hike leader to (1) join his hike (2) let him know where you will meet the group.

Sat Aug 08 Hike #6218(S)**(88 Miler) Petites Gap to the James River Foot Bridge on the A.T. HD:10****Leader:Jim Grondin, 540-425-5588****7:45 AM @ Boonsboro Shopping Center - Meet Jim at the Foot Bridge about 8:15 AM, then carpool to Petites Gap (DD:75 MRT, \$4)**

This fun (strenuous) hike will start at Petites Gap and eventually finish at the longest footbridge on the A.T. We will enjoy a snack/lunch in a boulder field as we start our 1900' descent to Matts Creek Shelter, then walk along Matts Creek and finally the James River. Text Jim to join his hike and let him know where you will meet the group.

Sun Aug 09 Hike #6219(EM)**Harkening Hill, Johnson Farm, & Abbott Lake HD:5****Leader:Angelo Mercado, 434-941-9843****8:00 AM @ Forest Square Shopping Center - Meet other hikers at the Peaks VC at 8:30 am (DD:45 MRT, \$3)**

Join Angelo for a 5-mile hike starting at the Peaks of Otter Visitor Center. We will climb Harkening Hill, go through woodland trails and then, 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 or text Angelo to join his hike and let him know where you will meet the group.

Sun Aug 16 Hike #6220(M)**(88 Miler) Sunset Field to Thunder Ridge O/L HD:5****Leader:Angelo Mercado, 434-941-9843****8:00 AM @ Forest Square Shopping Center - Meet other hikers at Peaks Visitor Center at 8:30 before staging vehicles (DD:80 MRT, \$3)**

We will start the hike at Sunset Field (Mile Marker 78.4) and go north on the A.T. We will climb to the top of Apple Orchard Mountain to view the radar station and surrounding mountains. We will then follow the trail as it descends on some large rocks and goes under the Guillotine. We will enjoy a snack at Thunder Hill Shelter before we continue our hike to Thunder Ridge O/L for some amazing mountain and valley views. Call or text Angelo to join his hike and to let him know where you will meet the group.

Sat Aug 22 Hike #6221(EM)**Otter Creek Trail (starting at the Pond) HD:4****Leader:Doris Moorman, 405-249-6045****8:30 AM @ Boonsboro Shopping Center - Meet hike leader and others at the Otter Creek Pond at 9:00 (DD:40 MRT, \$3)**

Our hike will start at the pond, and we will hike to the campground and back. This is a lovely hike along Otter Creek. Please call or text Doris at 405-249-6045 to join her hike and to let her know where you will meet the group.

Sat Aug 29 Hike #6222(M)**Flat Top (from the Parkway trailhead) HD:5****Leader:Larry Scott, 434-525-7126****8:00 AM @ Forest Square Shopping Center - Meet other hikers at the Peaks VC at 8:30 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. Please call or text Larry to join his hike and let him know where you will meet the group.

Sun Aug 30 Hike #6223(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 and other hikers at Peaks Visitor Center at 8:00 AM (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.

Sep 2026

Sat Sep 05 Hike #6224(M)
Blackhorse Gap to Bearwallow Gap on the A.T. HD:8
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 let him know where you will meet the group.

Sun Sep 06 Hike #6225(EM)
Chessie Nature Trail - Combo Hike HD:7 / 14
Leader:Mary Beth Nickolich, 252-514-3580
7:30 AM @ Boonsboro Shopping Center -
Meet hike leader and other hikers at JRFB at 8 AM or 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 Mary Beth to 1) join the hike, 2) let her 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.

Sat Sep 12 Hike #6226(E)
Adopt-a-Highway HD:3
Leader:T. Upshur, 434-610-8808
8:30 AM @ Boonsboro Shopping Center -
Meet others 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 contact T. to (1) join the Adopt-a-Highway team and (2) let him know where you will meet the group.

Sun Sep 13 Hike #6227(M)
Old Hotel Trail / Cole Mountain Loop HD:7
Leaders:Bret Boman, 434-841-0554; Lisa Boman,
8:00 AM @ Madison Heights Lowe's - Meet
other hikers at the Rt. 60, Long Mountain
Wayside about 8:45 (DD:70 MRT, \$4)

This is a great loop hike starting at the Mt. Pleasant parking lot. We will take the Old Hotel Trail to the Cow Camp Gap Shelter, then continue on the blue blazed trail to the A.T. We'll hike north on the A.T. and climb to the top of Cole Mountain, where we will take time to enjoy the fantastic 360-degree views. Then we will hike down to Hog Camp Gap and take the forest road back to our cars. Contact either Bret or Lisa to join their hike and let them know where you will meet the group.

Sat Sep 19 Hike #6228(M)
Route 11 to Fullhardt Knob Shelter on the A.T. HD:8
Leader:Jim Grondin, 540-425-5588
7:30 AM @ Forest Square Shopping Center -
Meet hike leader at Bedford FL at 7:50,
arriving at trailhead about 8:30 AM (DD:90 MRT, \$4)

This hike starts just north of Daleville at the trailhead on US 11. The hike takes us through some farmlands and then up the forested slopes to Fullhardt Knob Shelter, 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 a snack at the shelter. Let's plan on lunch after the hike in Daleville. Please text Jim to join his hike and let him know where you will meet the group.

Sun Sep 20 Hike #6229(M)

A.T. Hike (88 Miler): Bearwallow Gap to Rocky O/L & Return HD:7

Leader:Herb Vreeland, 434-385-1826

8:00 AM @ Forest Square Shopping Center - Meet other hikers at Peak of Otter Visitor Center about 8:30 AM (DD:60 MRT, \$3)

Our moderate-paced hike begins at Bearwallow Gap and goes north on the A.T. past Little Cove Mt. Trail and the Cove Mountain Shelter. Our destination is a rocky O/L where we will enjoy lunch before hiking south on the A.T. and back to our cars. There are many wonderful mountain and valley views to see and enjoy on this fun trail. Please call Herb to join his hike and to let him know where you will meet the group.

Sat Sep 26 Hike #6230(E)

(88 Miler) Sunset Field to Floyd Field HD:4

**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 Sep 27 Hike #6231(MS)

(88 Miler) Long Mountain Wayside to Swapping Camp Creek HD:9

Leader:Herb Vreeland, 434-385-1826

8:00 AM @ Madison Heights Lowe's - Carpool to the Rt.60, Long Mt. Wayside, arriving about 8:45 AM (DD:65 MRT, \$4)

This hike will start at Long Mountain Wayside on US 60. We will hike south on the A.T., following the historic Brown Mountain Creek for part of the hike. This is a beautiful hike with many views along the way. We will have lunch on the boulders of Swapping Camp Creek before turning around and retracing our steps. Please call Herb to (1) sign up for the hike and (2) let him know 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 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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of Trails	njsykora80@gmail.com	
Awards	LaDonna Shedor	434-384-0327
	lshedor@gmail.com	
Outings	Bret Boman	434-525-5136
Ecology	Nora Cox	434-845-0048
	jimandnor@verizon.net	
Grants Manager	Carl Boggess	540-871-5800
	carlboggess@yahoo.com	
Guidebook	Nancy Anthony	434-608-1348
	ndanthony1962@gmail.com	
Guidebook Sales	Anita Smith	434-385-6931
	smithsinva4@msn.com	
Member Miles&Hours	John Phillips	434-941-6046
Website	johnm.phillips1949@gmail.com	
Member Comm.	Laurel Foot	434-942-2807
	happifeet@msn.com	
Membership	Steve Tanner	434-544-1451
	tannersheryl@comcast.net	
Mailings	David Helms	434-841-0675
	davidahelms47@gmail.com	
Parks and	Viki Gossen	434-239-0403
Recreation	vikigossen@gmail.com	
Public Relation /	Open	
Facebook		
Social	Susan Dixon	845-332-9069
	sd2121@aol.com	

Website: home.nbatc.org
Facebook: www.facebook.com/nbatc.hiker
E-mail: happifeet@msn.com