

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

Jan 2025

Sat Jan 04 Hike #6696(S)
(88 Miler) Petites Gap to the James River Foot Bridge on the A.T. HD:12
Leader:Frank Huddle, 804-266-6644
8:00 AM @ Boonsboro Shopping Center - Meet Frank at the Foot Bridge about 8:30 AM, then carpool to Petites Gap (DD:75 MRT, \$4)

This is a fun hike which will utilize Petites Gap Road, the old AT, the current AT, and the Sulphur Springs trail as we hike to 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. Contact Frank at 804-266-6644 (text preferred) to join his hike and let him know where you will meet the group.

Sun Jan 05 Hike #6697(E)
James River Adventure HD:4
Leader:Nora Cox, jimandnor3@gmail.com
1:00 PM Contact hike leader - Meet hike leader at Riveredge Park at 1:00 for first part of hike (Local)

Enjoy James River views and riparian woodlands on the east and west side of the James River. We'll try some winter tree identification and have a discussion around forest composition along the James River. After the first hike at Riveredge Park (150 Rocky Hill Rd., Madison Heights), we'll drive over to Percival's Island parking area for the second part of the hike (regroup at the LOVE sign). Please call Nora to reserve your place on her hike.

Sat Jan 11 Hike #6698(M)
Lower Terrapin Mountain Trail HD:7
Leader:Angelo Mercado, 434-941-9843
8:30 AM @ Boonsboro Shopping Center - Meet other hikers at the trailhead at 9:00 AM. (DD:40 MRT, \$3)

This in and out hike is on an old woods road that generally follows the contour line near the base of Terrapin Mountain. We will enjoy some beautiful views this time of year and will be stopping for lunch/snack alongside Reed's Creek. Please contact Angelo to sign up for his hike and let him know where you will meet the group.

Sun Jan 12 Hike #6699(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 winter 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 Jan 18 Hike #6700(MS)
Tinker Cliffs via Andy Layne Trail HD:8
Leader:Wilma Vargas, 908-268-5036
7:45 AM @ Forest Square Shopping Center - Arrive at Bedford Food Lion at 8:05 AM, then on to Daleville P and R at 8:45 AM (DD:90 MRT, \$4)

We will meet Wilma at Tinker Mountain Road, Daleville, VA (Park and Ride Lot) before continuing on to the Andy Layne trailhead. We will hike on the Andy Layne Trail until we reach the A.T., then hike south on the A.T. to Tinker Cliffs. We will stop at the top of Tinker Cliffs to soak in the amazing views and enjoy a brief snack before turning back. This hike features wooden bridges, lots of steps, cow pastures, flowing creeks and epic views. Please call or text Wilma to join her hike and let her know where you will meet the group.

Sun Jan 19 Hike #6701(M)
(88 Miler) Salt Log Gap to Wolf Rocks on the A.T. HD:6
Leader:Angelo Mercado, 434-941-9843
8:30 AM @ Madison Heights Lowe's - Meet other hikers at the Rt. 60 Long Mt. Wayside about 9:15 (DD:80 MRT, \$4)

This hike will start 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 Jan 25 Hike #6702(MS)
Carvins Cove, Chimney Rock and The Wall on the A.T. HD:9
Leader:Frank Huddle, 804-266-6644
8:00 AM @ Forest Square Shopping Center - Arrive at Bedford FL at 8:20, then Daleville Park and Ride about 9 AM. (DD:90 MRT, \$4)

We will start at US-220 in Daleville and climb on the A.T. to the ridgeline overlooking Daleville and the Carvins Cove Reservoir. We will enjoy Hay Rock, Chimney Rock, an impressive rock wall and overlooks as we hike further south on the A.T. The winter views from the ridges are absolutely outstanding. We'll return by hiking north on the A.T. and will plan to have lunch after the hike at Three Li'l Pigs Barbeque in Daleville. Text Frank to join his hike and let him know where you will meet the group.

Sun Jan 26 Hike #6703(MS)
Day Creek Loop hike HD:8
Leader:Mary Beth Nickolich, 252-514-3580
8:00 AM @ Forest Square Shopping Center - Meet hike leader at Bedford F. L. at 8:30, arriving at Day Creek at 8:55 (DD:60 MRT, \$3)

We will start our hike at the Day Creek Recreation Area near Montvale and follow Day Creek for approx. 2 miles. Please plan for one significant creek crossing in this section. The trail then heads up for approx. 1.5 miles to the Great Valley Overlook on the BRP. We'll then hike approx. 2 miles north on the Parkway to Black Horse Gap. Finally, we'll follow the Black Horse Gap Rd. for 2 miles back down to Day Creek and our vehicles. Call or text Mary Beth to sign up for this hike and let her know where you will meet the group.

Feb 2025

Sat Feb 01 Hike #6704(M)
A.T. Hike (88 Miler): Bearwallow Gap to rocky O/L & Return HD:7
Leader:Jim Grondin, 540-425-5588
8:30 AM @ Forest Square Shopping Center - Meet the leader at Peaks VC at 9:00 and carpool to Bearwallow Gap (DD:50 MRT, \$3)

Our 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 in the winter on this fun trail. Please contact the hike leader to join his hike and let him know where you will meet the group.

Sun Feb 02 Hike #6705(M)
Apple Orchard Falls HD:4
Leader:Eric Anderson, 540-721-1994
8:30 AM @ Forest Square Shopping Center - Meet hike leader and others at the Peaks VC at 9:00 and drive to the trailhead (DD:60 MRT, \$3)

We will drive from the Peaks down to the trailhead at the end of North Creek Road. We will then hike up to the falls and a short way beyond to a nice overlook and a cascade before heading back. The trail is quite rocky approaching the falls. If we are lucky, there will be ice buildup on the falls, which makes it quite spectacular. Please call or email (eric.anderson.sml@gmail.com) Eric to sign up for his hike and let him know where you will meet the group.

Sat Feb 08 Hike #6706(M)
Piney Ridge Trail to Rattlesnake Rocks & return HD:8
Leader:Jim Grondin, 540-425-5588
8:30 AM @ Boonsboro Shopping Center - Meet hike leader and others at the trailhead on Hunt Club Rd. at 9 AM (DD:35 MRT, \$3)

This hike has a nice climb up the Piney Ridge Trail to 5-points (the junction with the A.T. and Sulphur Springs Trail). After reaching 5-points, we'll head down the Sulphur Springs trail a short distance to enjoy the view and eat lunch at Rattlesnake Rocks. After returning to 5-points, it is downhill all the way back to the trailhead. There are some beautiful mountain and valley views on this great hike. Please contact the hike leader to join his hike and let him know where you will meet the group.

Sun Feb 09 Hike #6707(EM)
New London Tech Trails HD:4 / 6
Leader:Larry Scott, 434-525-7126
1:00 PM Contact hike leader - Meet at the New London Food Lion parking lot before driving to the trailhead (Local)

Join us for a walk on the New London Tech Trails. We will be hiking on the 4.3-mile "Orange" trail with the option of also hiking the "Blue" trail for a total of 6-miles. We will meet at the nearby New London Food Lion parking area (12130 E. Lynchburg-Salem Turnpike, Forest VA) and drive the short distance to the Tech Trails parking area. Please call Larry to join this winter afternoon hike.

Sat Feb 15 Hike #6708(EM)

**Bearwallow Gap to Bobblets Gap HD:3
Leader:Nora Cox, jimandnor3@gmail.com
9:00 AM @ Forest Square Shopping Center -
Meet other hikers at the Peaks VC at 9:30,
before continuing to the trailhead (DD:60
MRT, \$3)**

Join Nora for an enjoyable winter morning hike. We will begin our hike at Bearwallow Gap and head south on the A.T until we reach Bobblets Gap on the BRP. The hike includes two overlooks with long mountain and valley views. Call Nora to join her hike and let her know where you will meet the group. In case the BRP is closed, this hike will become an in/out hike from Bearwallow Gap.

Sun Feb 16 Hike #6709(S)

**Pico Road Trailhead to Bearwallow Gap
HD:9**

**Leader:Cheryl Hines, 540-797-0992
8:30 AM @ Forest Square Shopping Center -
Meet other hikers at Peaks VC at 9:00 AM.
Meet hike leader at B. Gap at 9:15. (DD:60
MRT, \$3)**

After leaving a vehicle or two at Bearwallow Gap, we will begin our hike at the Pico Road trailhead. This hike will utilize several different trails as we make our way up the mountain: Glenwood Horse Trail, Buchanan Trail, A.T., and the Little Cove Mountain Trail. We will have some wonderful winter views at various points along this hike. Please call or text Cheryl to join her hike and let her know where you will meet the group.

Sat Feb 22 Hike #6710(E)

Adopt-a-Highway HD:2

**Leader:Mike McCormack, 434-941-4566
8:30 AM @ Boonsboro Shopping Center -
Meet Mike 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 or text Mike to (1) join the Adopt-a-Highway and (2) let him know where you will meet the group.

Sun Feb 23 Hike #6711(M)

**Route 11 to Fullhardt Knob Shelter on the
A.T. HD:8
Leader:Mary Beth Nickolich, 252-514-3580
8:00 AM @ Forest Square Shopping Center -
Meet hike leader at Bedford FL at 8:20,
arriving at trailhead about 9:00 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 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.

Mar 2025

Sat Mar 01 Hike #6712(M)

**Natural Bridge State Park HD:5 / 7
Leader:Doris Moorman, 405-249-6045
9:00 AM @ Boonsboro Shopping Center -
Meet other hikers @ the Foot Bridge at 9:30,
and hike leader @ NBSP @ 10:00 (DD:72
MRT, \$4)**

After meeting at the NBSP Visitor Center main parking lot (back of lot), we'll begin our slow/moderate paced 5-mile hike on the Blue Ridge Trail. We will have lunch at the top of the ridge and then continue on the loop back to our cars. There will be an option of doing the Buck Hill Trail (2 miles) from the same parking lot. Please call Doris to join her hike and let her know where you will meet the group. Note: no parking fees will apply.

Sun Mar 02 Hike #6713(MS)

**Exploring East of the Parkway near Apple
Orchard Mountain HD:6
Leaders:Bret Boman, 434-841-0554; Lisa
Boman,
8:00 AM @ Forest Square Shopping Center -
Meet others at the Peaks VC at 8:30, then
carpool to Sunset Field O/L at 8:45 (DD:75
MRT, \$3)**

We will begin our hike at Sunset Field and go across the BRP to explore the east side. We will soon join the Glenwood Horse Trail and follow it for a while. We will then cut through on an old forest path to reach the fire road on White Oak Ridge, which will take us back to the Parkway across from the entrance to the radar dome. We will get onto the A.T. near here and hike south, under the guillotine and up and down Apple Orchard Mountain before returning to Sunset Field. Please contact the hike leaders to join this hike.

Sat Mar 08 Hike #6714(M)
Balcony Falls Trail HD:6
Leader:Doris Moorman, 405-249-6045
9:15 AM @ Boonsboro Shopping Center -
Meet others at the JRFB at 9:45, then the
hike leader in NB Station at 10:00 (DD:80
MRT, \$4)

After meeting the hike leader at the Spirit Convenience Store in NB Station, we will begin our slow/moderate-paced hike at the Balcony Falls trailhead (Locher Tract parking lot). We will hike 3 miles up to the ridgeline (1680'), utilizing a total of 19 switchbacks, which make this a gradual climb. We will have lunch on the ridge before heading back down. This hike is located in a wilderness area and offers magnificent winter views of the surrounding towns, rivers, and mountains. Please contact Doris to sign up for her hike.

Sun Mar 09 Hike #6715(M)
Hercules Road to Blue Hole to Peavine Lake
and Return HD:6
Leader:Herb Vreeland, 434-385-1826
7:30 AM @ Boonsboro Shopping Center -
Meet other hikers at the Foot Bridge parking
area about 8:00 AM (DD:40 MRT, \$3)

This 6-mile (Moderate Pace) hike will begin from the end of Hercules Road and go up through the mine to the Blue Hole Quarry. After visiting Blue Hole, the hike will continue up to Peavine Lake, before looping back to the campground near the end of Hercules Road. This is a beautiful hike with great views and interesting trails. Call Herb to (1) join the hike and (2) let him know where you will meet the group.

Sat Mar 15 Hike #6716(MS)
Old A.T. Hike (North and South of the
James River) HD:8
Leader:Herb Vreeland, 434-385-1826
8:00 AM @ Boonsboro Shopping Center -
Meet other hikers at the pull-off between 501
bridge and Foot Bridge around 8:30 (DD:40
MRT, \$3)

We'll enter the woods near Cushaw Creek and climb the steep Old AT before descending to the current AT and heading south on the AT alongside Rocky Row Run to the Foot Bridge. We will cross the Foot Bridge and hike to Matts Creek Shelter for a snack/lunch. We'll then hike north on the A.T. to the intersection with the old A.T. and follow it to the Rt. 501 Bridge parking area. Please call the hike leader to 1) join his hike and 2) let him know where you will meet the group.

Sun Mar 16 Hike #6717(EM)
Peaks View Park Trails HD:5
Leader:Larry Scott, 434-525-7126
1:30 PM @ Peaks View Park, Ardmore Drive
- Meet the hike leader in the parking area
near the Ardmore Drive park entrance
(Local)

NBATC invites you to 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. Dogs must be kept on leash and owners must come prepared to clean up after their pets. Please call Larry if you would like more information and/or want to join his hike.

Sat Mar 22 Hike #6718(MS)
Sharp Top, Harkening Hill, and Johnson
Farm HD:8
Leader:Wilma Vargas, 908-268-5036
8:30 AM @ Forest Square Shopping Center -
Meet the hike leader and other hikers at the
Sharp Top parking lot at 9:00 am. (DD:45
MRT, \$3)

Join Wilma for an 8-mile early spring hike at the Peaks of Otter. After first hiking up and down the steep Sharp Top trail, we will cross the Blue Ridge Parkway and climb to the summit of Harkening Hill. After 3.3 miles on this trail, we will take the Johnson Farm loop trail to visit the old homestead. Once we get back down to the Parkway, we will finish our hike back at the Sharp Top parking area. Please contact Wilma to join her hike and let her know where you will meet the group.

Sun Mar 23 Hike #6719(M)
Adventure Hike...Lower Hoop Hole/Iron
Ore/Roaring Run HD:8
Leader:Cheryl Hines, 540-797-0992
7:45 AM @ Forest Square Shopping Center -
Peaks VC @ 8:15, meet hike leader @ Craigs
Creek Rd./Rt. 220 inters. @ 9:15 (DD:108
MRT, \$5)

This run-around hike is an adventure that combines 3 different hikes: Lower Hoop Hole, Iron Ore (the connector trail), and the Roaring Run Trail. The Roaring Run Trail includes cascades, a waterfall, and an old iron ore furnace. And the lower Hoop Hole trail has a large number of water crossings as it follows a beautiful stream. Recommend hiking sticks and Croc's or water shoes for the stream crossings. Please call or text Cheryl to join her hike and let her know where you will meet the group.

Sun Mar 23 Hike #6720(E)

Riveredge Park Trail, plus lollipop HD:4

Leaders:Laurel Foot, 434-942-2807; Gary Nero,

1:00 PM Contact hike leader - Meet hike leaders at Riveredge Park (150 Rocky Hill Rd., Madison Heights) (Local)

After meeting at the building near the park entrance, we'll hike the Riveredge Park trail until it ends. We'll go through a private gate at this point (with the owner's permission) and use a gravel road to reach the paved bike path and a geologic rock display beside it. Then, we'll lollipop back to our original trail. Come out and enjoy this early spring Sunday afternoon hike with Laurel and Gary. Please contact one of the hike leaders to reserve your place on their hike.

Sat Mar 29 Hike #6721(EM)

Otter Creek Trail (starting at the pond)

HD:4

Leader:Carol White,

carol.jacobs.white@gmail.com

12:30 PM @ Boonsboro Shopping Center - Meet the hike leader at James River Visitor Center at 1 PM (DD:40 MRT, \$3)

We will meet at the James River Visitor Center at 1 PM, then drive to the parking area near the pond. Our hike will start at the pond and hike to the campground and back. This is a lovely hike along Otter Creek. By starting at the pond, we will not have to use the stepping stones to cross the creek. Please email or TEXT Carol to join her hike and let her know where you will meet the group.

Sun Mar 30 Hike #6722(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 or email (eric.anderson.sml@gmail.com) Eric to join his hike and let him 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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