

TRAILMARKER

The Piedmont Hiking and Outing Club Newsletter

Since 1982

January-February 2015

Volume 33 Number 1



Photo courtesy of Matthew Perry

*PHOC Hike along the Appalachian Trail to White Top,
Elk Garden & Mt. Rogers - October 2014*

Visit us on the Web <http://www.PiedmontHikingandOutingClub.org>

About our Hike Rating System

Our rating system provides a useful, general gauge of a hike's difficulty. It factors in distance and elevation gain and is intended to help you choose hikes that you will find most enjoyable.

R0-R10 These are more walks than hikes. They're usually close to home, the trails are flat, and distances are generally short. An after-dinner walk around the block would be rated R1 or R2. Our Wednesday Night Walks are R5.

R10-R20 Most of these hikes will be in the lower mountains and foothills. Distances will be about 5-8 miles, with vertical ranging from 500-1000 feet...not easy if you're new to hiking! Trails will be dirt and rock. As long as you're in moderately good shape, you should be able to enjoy the outing.

R20-R30 Hikes in the low end of this range will be too hard and overly stressful for many new members. Plan on an all-day trip, with at least 4 hours of continuous hiking in rugged and steep terrain. At a minimum, be sure to pack two quarts of water, lunch, a snack, and rain gear.

R30-R40 These are strenuous hikes. They will usually be 10+ miles, with climbs of 2000+ feet. They're appropriate only for those who have done a number of lower rated hikes.

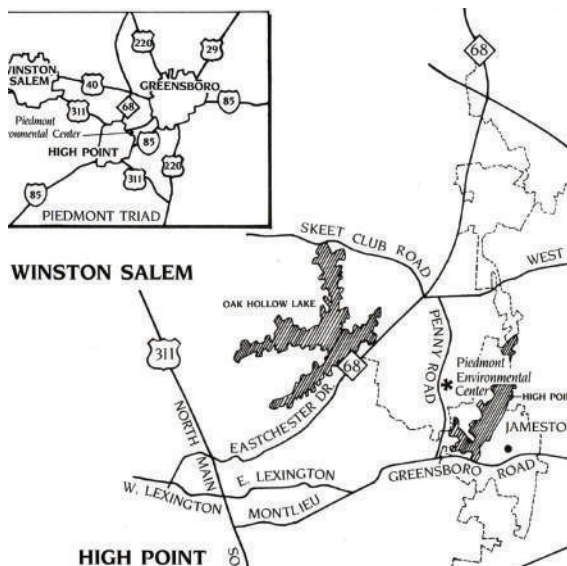
R40+ These hikes are usually 12 or more miles with 3000 feet or more of elevation gain. They're appropriate only for fit, experienced hikers. Check with hike leader about the trip if you are wanting to do this trip for the first time.



Outings Protocol

- Inform the outing leader you are going to attend. Arrive early for the outing.
- If you carpool, reimburse your driver for driving costs. A suggested amount is \$4.00 for each hour of driving.
- Always take snacks, lunch, water and rain gear.
- Bring extra clothes to change into after the outing.
- To keep vehicles clean and the air fresh, always carry something to hold muddy boots and sweaty clothes for the ride back from a hike.
- Your participation is at your own risk.

Piedmont Environmental Center Map



Outings

The Wednesday Night Walkers will meet every Wednesday evening in the parking lot beside Tex & Shirley's at the Friendly Shopping Center at 6:30 pm for a brisk walk before dinner. The group will have rotating leaders. The leaders are Carol Hamley, John Hanson, Barbara Kennedy and Lana Regan. The group will go to dinner after the walk. If bad weather cancels the walk, the group will still meet at 6:30 and go to dinner.

Strenuous ▲ Moderate ● Easy ◆

January 1, 2015 New Year's Day Hike
Thursday @10:30 am Hanging Rock State park

Join us for our annual New Year's Day hike at Hanging Rock State Park. There will be 3 separate versions of this hike: strenuous, moderate, and easy. We will meet at 10:30 AM in the upper parking lot in front of the visitor center. At this point, we will "divide" up groups based on the participant's preferred hike. Departure times will be staggered.

The longer hike will be around 9 miles—Wolf Rock, House Rock, Cooks Wall, and then to Moores Knob. Cecilia Lecompte will be leading this version. (2000 ft. elevation gain; R 29)

The moderate hike will cover around 6-7 miles — Wolf Rock, House Rock, Cooks Wall, and then back to the parking lot by way of Magnolia Springs trail. Ruth Moss will lead this version. (900 ft. elevation gain; R 16-18)

The short hike will ascend Hanging Rock and will cover around 3 miles. This will be led by Mickey Walker. 600ft. elevation gain; R 9.

January 1, 2015
Thursday 1-6 pm

New Year's Day
Open House

Enjoy a traditional New Year's Day soup, vegetarian unless you add the available pork, or a creamy chicken stew at my home in Rural Hall. My home is very close to Hwy 52 on the way home from Hanging Rock. Everything will be provided except adult beverages. This is open for all members, whether or not they participated in the Club's annual New Year's Day hike at Hanging Rock. Come and enjoy an afternoon of visiting with all of your club friends, new and old. In addition, old hiking pictures from trips, including pictures from The Tetons and Yellowstone this summer will be shown.

Directions will be passed out at the hike Thursday morning.

Strenuous ▲
January 3
Saturday

**Widow's Creek/
 Mountains-to-Sea Trails
 Stone Mountain State Park**

This primarily ridge-based hike requires no rock hopping across creeks and avoids icy steps, but does include some steep climbs that require hikers to be in very good condition. The route up to the Blue Ridge Parkway at Mahogany Rock overlook uses the Widow's Creek trail. Participants who have not seen the abandoned aerial tramway site on Scott Ridge will have the opportunity to visit it prior to the descent on the Mountains-to-Sea Trail. Views of the ridges of Stone Mountain State Park, of Stone Mountain itself from above, and of the valley beyond the Blue Ridge Parkway are excellent during the winter. Hikers can be home for supper at a

normal time. Bring adequate water and lunch and wear layered clothing. If interested in this outing, contact Wayne, preferably by noon on Friday before the hike. 11 miles, 2800 feet, R39.

Easy ◆

**January 3
Saturday**

**Moses Cone Carriage Trail
Blowing Rock**

This hike is about 10 miles but anyone who wants a shorter hike can just do half. The trails are wide carriage roads that are gently graded. The 5-mile loop connects Bass Lake and the manor house. The 5-1/2 mile up and back trail to the fire tower passes the Cones' graveyard. Please email me or call by noon on Friday before the hike if interested for meeting times. 10 miles, 700 feet elevation gain, R17.

**January 4
Sunday at 1:30**

**Lake Brandt Trails
Bur-Mil Wildlife Center**

Let's enjoy Lake Brandt from just about every angle. From the fishing pier on the Greenway near the Wildlife Education Center, we will walk along Lake Brandt Greenway to the Piedmont Trail, and follow along the shore line for 2.75 miles. After perambulating the dam that connects to the Nat Greene Trail, we will hike its distance of 3.6 miles. We'll enjoy a third traverse across a portion of the lake on the Greenway, at which point hikers may either continue on the Greenway back to the parking lot, or return to the especially beautiful shoreline by hiking the Owls Roost Trail.

Shorter hike: about ten miles R12; hike including Owls Roost about twelve miles, R15.

**January 8
Thursday at 7:00**

**Positano's
2605 Lawndale Dr.**

Positano's Italian restaurant has been a favorite eatery of the hiking club for quite some time, so let's enjoy its good food early this year. Join me on January 8 at 7:00 pm. Positano's is located in the Target shopping center on Lawndale Dr. Please call or e-mail me by Tuesday, January 6 so I can make our reservations. Hope to see you there.

**January 9
Friday
at 6:00 pm**

**Annual
Potluck Dinner/Meeting
& Election of Officers**

Social@PiedmontHikingandOutingClub.org

**New Garden Friends Meeting
801 New Garden Rd., Greensboro NC 27410**

This year's annual potluck dinner/meeting will be held on FRIDAY Jan 9 at New Garden Friends at 6:00 pm. Please join us in electing our club officers for 2014. The following officers have been nominated: President – Ruth Moss, Vice President – Alma Holland, Treasurer – Tony Phillips, Secretary – Cecilia Lecompte.

Our annual Potluck means a smorgasbord of varied food and delicious eating! Bring your appetite along with a dish to share. Please remember to bring a serving utensil for your dish. Hot and cold drinks (coffee, tea and soda) and tableware will be provided. New Garden Friends regulations do NOT allow any adult beverages to be brought inside, so members attending the pot luck should bear this in mind.

New Garden Friends is across from Guilford College on the NW corner intersection of New Garden Road and West Friendly Ave. RSVPs are not necessary.

Strenuous ▲

**January 10, 2015
Saturday**

**Mountain-To-Sea Trail
Jumping Off Rock to
Jeffress Park [R40]**

This longish walk over 13 miles of gently rolling terrain is an ideal winter hike. Access to the trailhead is less than two hours from the Triad. The terrain is user friendly and can be walked in almost any winter condition, barring pouring rain. With the leaves gone, we will get panoramic views of the mountains in the northwest part of our state (Ashe/Wilkes Counties—about 30 miles south of Doughton Park). This hike will suit those who like a good workout based on endurance without prolonged steep climbing but lots of some longish up and down bumps. The terrain alternates between often windy open meadows, sheltered rhododendron groves, and soft-to-the-feet stretches of evergreen copses. We will go through a variety of micro-climates, so layered clothing, including windbreaker, gloves, and hat, is strongly recommended. We will start the hike at Jumping Off Rock and walk south toward Jeffress Park, cumulatively gaining 2,700 feet of elevation.

Note: Folks interested in this hike but wishing to do a shorter version will have the option of stopping at 9 and 11 miles along the way. Contact me for meeting times and places. And let me know if you are interested in either one of the shorter versions. R-40.

Moderate ●

**January 10
Saturday**

**Moore's Knob
Hanging Rock State Park**

Let's hike Moore's Knob at Hanging Rock, but do the loop in reverse — beginning at the Visitor's Center at 9 am, we'll take the steps up to the top, enjoy the great view and cool breeze on the fire tower, then descend on the trail that

most hikers climb. 5 miles, R-20. All interested please contact Sarah Werner by Friday.

**January 10
Saturday at 6:00 pm**

**Dinner & Ice Skating
Spice Cantina**

Let's meet for dinner at **Spice Cantina Mexican Restaurant, 120 Barnhardt Street, Greensboro** at 6:00 pm. After dinner let's go Outdoor Ice Skating! 7-10 pm – Rink will break out disco music and lights! Put on your best disco outfit and come skate to the music. Cost \$10 – includes skate rental. Meet at the rink 106 Barnhardt St. (next to Spice Cantina) You are welcome to do both activities or just one. Call or email to let me know if you're coming.

**January 11
Sunday at 1:00**

**Richardson Taylor Preserve
Bill Craft Trail**

Join me for a pleasant afternoon walk along this interesting trail, known as the Bill Craft (aka Plainfield Rd trail) in the Richardson Taylor Preserve. There are many interesting views along this trail, with a couple observation decks. Out and back totals about 6.4 miles of relatively flat terrain. Head north on Church St, cross the lake, turn left on Plainfield Rd. Go about a mile, and the parking lot is on the right. Call or email with questions. 6.4 miles, R10.

**January 16
Friday at 7 pm**

**Porterhouse Bar & Grill
4606 West Market St.
Greensboro, NC 27407**

Come join me and fellow members for a really nice dining experience at the **Porterhouse Bar & Grill** at 4606 West Market St., Greensboro, NC 27407 on Friday Jan. 16 at 7:00 pm. This has a most enjoyable atmosphere, besides the wonderful food served. Please contact me at

xxx-xxxx to let me know so I can reserve seating arrangements by Wednesday , a few days ahead of schedule. Thanks and hope to see you there.

Moderate ●

January 17

Saturday

Flat Rock/Grassy Gap Trails

Doughton Park

4281

Here is a hike in Doughton Park (only 90 minutes away) that offers a challenge (but is not undoable) and great views. Meet at Greensboro Shoney's at 7:30 and W-S McDonald's at 8:00. Dress appropriately. Please let me know if you plan to participate. 13 miles, R35.

Strenuous ▲

January 17

Saturday

Doughton Park Loop

Home: (336) 285-5437

Please join me in hiking Doughton Park loop, up Flat Rock and down Cedar Ridge trails. Lunch at Wildcat Overlook where faster hikers can choose to include the 2 mile Fodderstak loop. This is a strenuous hike, bring lunch, water, rain gear and traction devices to safely navigate icy sections. Please email me for details, 16.5 miles, 3,500 feet of elevation, R52.

Easy ◆

January 17

Saturday at 1 pm

Lake Brandt Loop

Greensboro Watershed Trails

Let's meet at 1 PM at the Wildlife Center in Bur Mil Park and hike the Piedmont, Nat Green, and Owls Roost watershed trails that comprise the Lake Brandt Loop. Portions of the hike will be on the Lake Brandt Greenway. When we are at the Owls Roost trailhead, just after passing the Palmetto Trail trailhead, there will be an option to continue on the Greenway back To Bur Mil Park for those who do not want to do the Owls Roost

Trail portion of the hike. Proceed North on 220, past Horse Pen Creek Rd, then right at the traffic light at Owls Roost, and then left into Bur Mil Park. Bear right at the club house, park in the circular driveway at the bottom of the hill, just below the Wildlife Center. No need to call, but please do if you have questions. 11 mi, R15.

January 18

Sunday

Piedmont Watershed Trail

Join me for an easy 5.5 miles out and back on the Piedmont Trail. Meet at 1:30 PM at the trail head on Lake Brandt Road. From Greensboro drive north on Lake Brandt Road toward Summerfield. Proceed past Lake Brandt Marina, and cross the bridge. The trailhead is on the left. R6.

Strenuous ▲

January 24

Saturday

Mt. Rogers

Mt Rogers Nat Rec Area

Here is your chance to summit the highest peaks in VA and NC in successive weekends; in January! From the north side, we'll head up the Mt Rogers Trail and intersect with the AT Northbound. From the AT, the summit of Mt. Rogers is a 1/2 mile side-trail. We'll have lunch at the Thomas Knob Shelter and enjoy the views. At Rhododendron Gap, we'll head down the Pine Gap Trail to the Cliffside & Lewis Fork Trail. From there we'll take the Mt Rogers connector back to the Mt Rogers Trail and the cars. Be prepared for deep snow, high winds, and cold weather. Email or call for meeting time and place. 11.8 miles, +/- 2700 feet, R50+.

Moderate ●

January 24

Saturday

Hanging Rock State Park

Join me for a nice workout at Hanging Rock — close enough to allow us to be home by late

afternoon — in time to catch ACC basketball. We will begin at the Visitor Center and proceed to Wolf Rock. From there we will continue to Cook's Wall out and back, and eventually make our way to the Moores Knob Trail, up to the fire tower, where, if the weather cooperates, the views will be magnificent. From Moore's Knob, we will descend by the stairs, eventually making our way back to the visitor center. Bring water, lunch, rain gear, and dress in layers. Call or email for meeting times and places. +/- 9 miles; 2000 ft. elevation gain; R 29.

Easy ♦ to Moderate ●

January 24 Company Mill & Sycamore Trails
Saturday Umstead State Park
Raleigh

Today's moderately paced hike will take place at scenic Umstead State Park, a large heavily wooded area located between Durham and Raleigh, comprising twenty miles of hiking trails, rivers and lakes. We will meet at the **Reedy Creek Access** parking lot (Harrison Ave. exit off I-40) at 10 am and hike through the woods on the Company Mill Trail and Sycamore Trail which when looped together form a nice circuit of about 9 miles. Both trails comprise uphill and flat sections and parallel the Crabtree and Sycamore Creeks in several places, offering scenic variety along the way. Please email me by Friday evening before the hike if you plan to participate. R10-R15.

Sunday New Member Orientation
January 25 Lake Higgins Marina
1:30 pm Conference Room

Congratulations to all the new members of the Piedmont Hiking and Outing Club. Let's meet at the Lake Higgins Marina in the small conference room to discuss the exciting new opportunities

available to you as a member of the club. After our discussion we can take a hike on the Bald Eagle Trail. Please email or call to let me know you're coming.

January 29 Elm Street Grill
Thursday

Join me for a casual dinner at 7:00 PM at Elm Street Grill, located just north of the intersection of Elm and Pisgah Church Rd at 3606 N Elm. It offers a variety of dishes, including steaks, seafood, burgers and sandwiches. They also have a wide selection of wines. Please let me know a day in advance of your plans to attend.

Strenuous ▲
January 31 Mt. Mitchell Trail
Saturday Mt. Mitchell State Park

Join me and other intrepid club members for the 9th annual Mt. Mitchell winter hike. This is a difficult hike and dangerous for the unprepared; metal-tipped hiking poles and slip-on foot traction (crampons or YakTrax) are required & NO EXCEPTIONS. You will be hiking on ice during this adventure. Please call or email for meeting time and place; we will get an early start to get off the mountain in the light. This hike is weather dependent and an alternate hike will be done if necessary. 13 miles, +/- 4000 feet, R50+.

Moderate ●
January 31 Hanging Rock State Park
Saturday

Hanging Rock, Cook's Wall, Magnolia Springs, Moore's Wall to Moore's Knob. Bring lunch, plenty of water and rain gear since the weather can be unpredictable. Please email for details, 11 miles, R32.

(on one of the trails). Please email me by Friday evening before the hike if you plan to participate. R10-R15.

**February 8
Sunday**

**Burmil Park
Lake Brandt**

Meet at 1:30 p.m. at Greensboro's Burmil Park Wildlife Center (Google location), down near the lake. We will walk 8.3 miles around Lake Brandt, on beautiful wooded trails. A club favorite for new or experienced walkers. Contact Jon with any questions. R 13.

**February 12
Thursday**

**Monthly Meeting
Rearn Thai Restaurant**

The February PHOC monthly meeting will be held on THURSDAY, Feb. 12 beginning at 6:30 pm at Rearn Thai Restaurant, 5120 West Market St., Greensboro. There will be a brief business meeting followed by fellowship and food. Because of a small meeting area upstairs, we will be limited to 25 participants so please contact me to reserve a place at the table by noon, Feb. 11.

**Strenuous ▲
February 14
Saturday**

**Warrior Creek Trail
W. Kerr Scott Dam
and Reservoir
Wilkesboro NC**

Join me for this strenuous hike of the Warrior Creek trail at W. Kerr Scott Dam and Reservoir near Wilkesboro NC. This 13-mile loop is a soft single track trail that traverses steep ravines through hardwood forests of Beech, Oak and other species with occasional stunning views of the reservoir. Bring water, lunch and a snack. Dress for winter in the mountains.

Depending on the weather poles and/or micro-spikes for stability might be needed. Email me for meeting times and details. Approx R35.

**Moderate ●
February 14
Saturday**

**Cedar Ridge Trail to
Brinegar Cabin, Doughton Park**

Let's go to Doughton Park on what I promise will be a beautiful pre-spring day, and hike up the Cedar Ridge Trail from Long Bottom Road to the Brinegar Cabin. This hike is out and back and a tad less than 9 miles with approximately 2200 feet elevation gain.

Although it is at the lower end of strenuous, it should only be attempted by experienced hikers. Contact me for meeting times and places. R31.

**February 15
Sunday at 2 pm**

**Green Hill Lecture Hike
Green Hill Cemetery**

The major trees at Green Hill Cemetery in downtown Greensboro have been labeled courtesy of Doug Goldman, U. S. Dept. Agriculture botanist. This lecture will tour the cemetery on foot for about three hours to examine them to identify the tree shape, leaf shape, bark and seed pods. This will be an opportunity to learn to identify the trees that we see on our hikes. There will be a very short lecture on each one. It will also be a chance to see this 1877 cemetery and its many unusual monuments. Pets are not allowed in the cemetery.

Green Hill Cemetery is beside the downtown (one-way west) portion of Battleground Avenue. Use Fisher Avenue (one-way west) and turn onto Wharton Avenue just before Fisher joins Battleground Ave. Park on the east side

of Wharton St. Join me at the Wharton Street entrance nearest Fisher Avenue at 2:00 PM. We will finish by dusk.

Strenuous ▲

**February 21
Saturday**

**Linville Gorge Hike
Wolfpit Trail, MST to
Shortoff Mountain**

Join me for a Linville Gorge Hike. This is not a moderate hike. We will start at the Wolf Pit Trailhead and head up the steep ascent on the Wolf Pit Trail to Shortoff Mountain where we will take the Olson Trail then head up the MST to the most Northern part of Shortoff. For those who do not want to do the Olsen Scramble they can stay on the MST and meet up with us. We will take in the views of the Chimneys, turn around at the most Northern Part of Shortoff and go back Southbound on the MST until we reach the Faulkner Flats trail then back to the Wolf Pit Trailhead. Hopefully it will be a clear day and views of the Charlotte Skyline, Roans, South Mountains and the Black Mountain Range are prominent.

The hike will take 6+ hours. Due to Wilderness Regulations there will be a limited number of hikers. Email me for more information. 2800 vertical, 9 miles, R 45-ish.

Moderate ●

**February 21
Saturday**

**Boone Fork Trail
Price Park**

Last year we finally got to hike the loop even though it was in the snow. The hike is later this year but snow may still be in the forecast. The trails in Price Park are wonderful in the snow. Bring snack and water and we will plan on an early dinner in Blowing Rock.

This is a moderate hike of 5-7 miles – R10 to R28 depending if other trails in the area are selected also. Call or email for time and place to meet.

**February 22
Sunday at 1:30**

**Lake Townsend Trail
Greensboro Watershed
Trails**

Let's meet at 1:30 pm for an easy, scenic hike along the wooded southern edge of Lake Townsend. From Battleground Ave or Lawndale, proceed east on Pisgah Church, continue east on Lees Chapel, bear left at Brightwood School, turn left at the T at Rudd Station Road, cross over the RR tracks and keep straight on South Shore Road for about 1/3 of a mile. Park in the gravel parking lot on your left. Allow about fifteen minutes drive time from Battleground. No need to call. 8 miles, R 8.

**February 26
Thursday at 7:00 pm** **Reel Seafood Grill
2002 New Garden Road**

Join us at Reel Seafood Grill, 2002 New Garden Road, for a menu of really good seafood dishes. RSVP by February 24.

Moderate ●

**February 28
Saturday**

**MST along the Blue Ridge Pky.
Jeffress Park near US 421
(Hike north out and back)**

Join me on this moderate hike on the MST along the Blue Ridge Parkway. We'll hike from Jeffress Park north about 5 miles or so before turning around and returning. Jeffress Park is the location of a stunning cascading waterfall. Most of the trail is a soft single track

with stunning views of the mountains, you will experience up and down terrain not overly steep.

Bring water, lunch and a snack. Dress for winter in the mountains. Depending on the weather poles and / or micro-spikes for stability might be needed. Email me for meeting times and details. Approx R20.

Strenuous ▲

**February 28
Saturday**

Doughton Park Loop

Please join me in hiking Doughton Park loop, up Cedar Ridge and down Flat Rock trails. Lunch at Wildcat Overlook where faster hikers can choose to include the 2 mile Fodderstak loop. This is a strenuous hike, bring lunch, water, rain gear and traction devices to safely navigate icy sections. Please email me for details, 16.5 miles, 3,500 feet of elevation, R52.

Easy ◆

February 28

Saturday at 1 pm Lake Higgins Watershed Trail

Bald Eagle Trail

Let's meet at 1 PM at the Lake Higgins watershed trailhead for an out and back total of 8 easy miles. Proceed North on 220 (aka Battleground Ave), past the turnoff at Owls Roost Road to Bur Mil Park, past the spillway at the bottom of the hill, and then left onto Hamburg Mill Road. Proceed past the Marina entrance gate at the top of the hill, and park in the gravel parking lot on the left just past the fence. R7.

SAVE THE DATE

***This is an early announcement for
"Save the dates" April 2015!***

When: April 26 (Sunday), April 27 (Monday), April 28 (Tuesday), and Depart April 29 (Wednesday.)

Where: Shenandoah National Park, Virginia
Skyland Lodge

Cost: Rooms are estimated at \$120 per night plus tax for 2 Queen beds with double occupancy. There may be a Promotional discount available for the third night that is not yet finalized for the park system concession for 2015. I have reserved several rooms and you may make your own at 877-847-1919. Ask for the PHOC room rate. I will update in later announcement. Transportation to the park, roommate assignments and meals to the park will be on your own.

Activity: Some would call this a "destination" trip to stay in the Skyland Lodge and Shenandoah Park. There will be opportunities to hike several trails of varying difficulty. Suggestions for hikes will be made at a later date. Gale and others have been to this park and will have information that they can share. You may also like to research information regarding the area on your own in the months prior to the trip. Other recreation opportunities include exploring "Luray Caverns", discovering other landmarks or doing nothing but sitting and enjoying the park from the Lodge.

Participants: approximately 12 people. All levels welcome! You will be able to plan your personal activity level from various area offerings.

If interested please email me for details. No hurry yet. We will finalize after first of the year.