

# TRAILMARKER

The Piedmont Hiking and Outing Club Newsletter

Since 1982

July-August 2016

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*Photo courtesy of Joel Deaton & Ronnie Grabon*

*PHOC Trip to the Smoky Mountains - May 2016  
Hiking on the Rainbow Falls Trail to Mt. LeConte*

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.

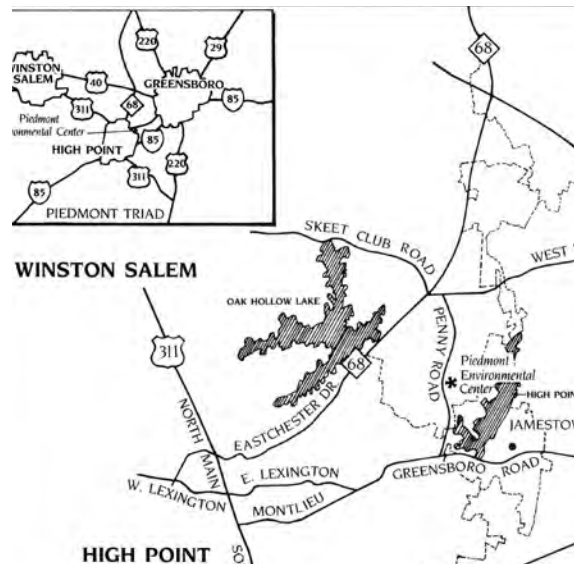
**R40+** These hikes are usually 12 or more miles with 3000 feet or more of elevation gain. They're appropriate only for fit, experienced hikers. Check with hike leader about the trip if you are wanting to do this trip for the first time.



## 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

**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 Hanson and Joe 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.**

**July 2                      Flat Rock/Grassy Gap Trails  
Saturday                      Doughton Park**

For those of us who want a good workout, but need to be back home before 5:30 pm, join me on a loop hike in Doughton Park. We will hike up Flat Rock Trail, 1 mile on Bluff Mtn. Trail (A/C should be on), then down Grassy Gap Trail to the cars. Email for info. 13 miles, 2300 ft. [R-36]

**July 2                      Eno River – Eastern Trails  
Saturday                      and MST**

In the morning we will hike the trails from the Cole Mill parking area. This will be around 6 miles. We will then do a short car shuttle to the Pump Station parking area and hike the Pump Station trail and the MST to Guess Rd and back. We will have a lunch stop on

the MST. Total mileage for the hike is 12.5 miles but hikers wanting a shorter hike can just do the morning section. Email me for information. 13 miles [R-25]

**July 2                      Bald Eagle Trail  
Saturday                      Lake Higgins Watershed Trail**

This is a hike Mike Bianco often leads on Sundays, but since I can never get away on Sundays, I thought I would lead one on a Saturday. Let's meet at 9:00 am at the Lake Higgins watershed trailhead for an out and back total of 8 easy miles. Proceed North on 220 (Battleground Ave), past the turnoff at Owl's 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 [R-7].

**July 3                      Owl's Roost Loop  
Sunday                      Bur-Mil Park**

Let's meet at 1:30 pm at the Wildlife Center in Bur-Mil Park and hike the Owl's Roost watershed trail to the Greenway, and then back again, using the fire lane trail for part of the return trip. Proceed North on 220, past Horse Pen Creek Rd (on the left), then right at the traffic light at Owl's 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. 7 miles [R-9]

**July 3  
Sunday**

**Boone Fork Trail  
Blue Ridge Parkway**

Let's hike the Boone Fork Trail at Price Park on the Blue Ridge Parkway. This is an easy but beautiful trail that only encompasses about 5 miles and is suitable for all levels and is a great hike for beginners. You will cross several streams and encounter a few vistas along the way. This is the type of outing that allows minimal time with great enjoyment for those who need to be home with their family or pets.

Total drive time is only four hours with approximately 3 hours of hiking. Afterwards, for those interested, there is an option to explore Blowing Rock and visit shops and quaint restaurants. Call or email for meeting times.

**July 6                      Wednesday Walk and Dinner**

*See description and contact info at the beginning of the Outings section on page 5.*

**July 9  
Saturday**

**Calloway Peak  
Grandfather Mountain**

We will climb Calloway Peak on Grandfather Mountain and enjoy the views from the top. The hike up to Calloway Peak (which is 5,964 ft) will be on the Daniel Boone Scout Trail – and will involve climbing up at least one ladder. The route back will comprise the Cragway and Nuwati trails and include a stop at Storyteller Rock to enjoy the views. Contact me for meeting details. 9 miles [R-35]

**July 10  
Sunday @ 12 pm**

**Bill Craft Trail  
Richardson Taylor  
Preserve  
Plainfield Rd.**

Join me for an out and back hike of approximately 7 miles on this quiet, scenic trail, off Plainfield Rd. It crosses wetlands made by beaver dams and has several bridges. Pace will be moderate. No need to call unless there are questions. Directions: Head north on Church St, crossing over Pisgah Church Rd. Cross Lake Townsend twice, then turn left onto Plainfield Rd. Trailhead is on the right. Or from Lake Brandt Rd heading north, turn right onto Plainfield Rd. Trailhead will be on your left.

**July 13                      Wednesday Walk and Dinner**

*See description and contact info on page 5.*

**July 16  
Saturday**

**Grayson Highlands State Park  
Mt. Rogers Area, VA**

Join me in hiking this club favorite in the scenic Mount Rogers area of Virginia. From Massie Gap in Grayson Highlands State Park we will hike north on the AT then take the Pine Mountain Trail to Rhododendron Gap. From this point there will be a choice either to scramble over Wilburn Ridge or take the AT back to the cars. Bring lunch and plenty of water.

After the hike those who choose can meet for dinner at a Mexican restaurant in Sparta. Please contact me for details. 13 miles [R-35]

**July 17  
Sunday**

**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]

**July 20**                      **Wednesday Walk and Dinner**  
*See description and contact info on page 5.*

**July 21**                      **Lucky 32 Restaurant**  
**Thursday**                      **Westover Terrace Greensboro**

Let's meet for dinner at 7 pm at Lucky 32. They have a wide variety of choices, in a casual atmosphere, with high quality food. Please call or email me by 8 pm Tuesday to reserve your spot.

**July 22, 23, 24**                      **Hot Springs River Run**  
**Friday, Saturday, Sunday**      **French Broad River**

Hot Springs River Run! Get away from "it" all! Plan to spend the weekend in Hot Springs, NC. It used to be the best kept secret northwest of Asheville but Hot Springs was

voted #1 best small mountain town and it has been "discovered"!

Butch and I will be leading the 13-mile paddle, on the French Broad River, Saturday, July 23rd, with class I and II+ rapids. This paddle is NOT for beginners. Some experience is necessary. You will be responsible for your own lodging accommodations. There are a variety of cabins, B&B's, Tent/RV camping, houses, etc. Lodging information can be found at the following websites [www.hotspringsnc.org](http://www.hotspringsnc.org) and [www.nhotsprings.com](http://www.nhotsprings.com). Please let us know if you are interested or if you have any questions.

**July 23**                      **Appalachian Trail –**  
**Saturday**                      **Walnut Mountain to 19E**  
**(key exchange hike)**

Please join me for a beautiful and varied stretch of the Appalachian Trail, north of Roan Mountain, between US 19E and Walnut Mountain Road. We will walk through rhododendron tunnels, cross bridges over small streams, take a 2-mile detour to the spectacular Elk River Falls, another small detour to a second waterfall, cross a luscious meadow, and enjoy sweeping views of the Roan Mountain balds, beloved by many PHOC hikers. This hike will be offered as a key-exchange [12-mile, +/- 3300 ft. from 19E to Walnut Mountain (northbound), +/-2600 ft from Walnut Mountain to 19E (southbound)].

**July 23**                      **Stone Mountain**  
**Saturday**                      **State Park**

This scenic hike in Stone Mountain State

Park comprises the Stone Mtn. loop trail and various other trails. Please contact me for details. 8 miles [R-28]

**July 27**                      **Wednesday Walk and Dinner**  
*See description and contact info on page 5.*

**July 30**                      **Rock Castle Gorge**  
**Saturday**                      **Woolwine, VA**

Join me for this favorite loop hike. We start and finish at the end of CCC camp road past Woolwine, VA. After a challenging uphill trek we reach great views along the Blue Ridge Parkway. Lunch will be at a former AT shelter. Then we will continue paralleling the parkway for awhile before descending past rock formations and beautiful streams. Please email me for meeting locations and times. 11 miles, approx. 2800 ft of elevation [R-39]

**July 30**                      **Moses Cone Manor**  
**Saturday**                      **Blowing Rock**

Join me for a leisurely walk on graded carriage trails. We will complete 1/2 of the loop from Bass Lake up to the Manor House, continuing on the up and back trail passing the gravesite and ending at the fire tower. We will then finish the loop back to our starting points. Anyone who doesn't feel up to the 10 miles, can wait at the house and finish with the group. Call or email for details. 10 miles [R-20]

**July 30**                      **Piedmont Watershed Trail**  
**Saturday**                      **Lake Brandt**

Let's meet at 1:30 pm and hike the Piedmont watershed trail out and back for a total of 6 easy miles. Proceed north on Lake Brandt Road past the Marina on the left, cross over the bridge at the dam, and park in the gravel parking lot on the left. 6 miles [R-7]

**July 31**                      **Annual Pig Picking & Ice Cream**  
**Sunday**                      **Bur-Mil Park – Shelter #3**

**Entertainment & Social Committee**  
**RSVP via Email to**

**Social@PiedmontHikingandOutingClub.org**

Join us at 1:00 pm for the club's annual pig picking. Famous Prissy Polly's BBQ and all fixings, trimmings; iced tea and soda will be provided by the club. Bur-Mil Park regulations allow beer and wine in shelters, but no glass containers are allowed so attendees who bring their own adult beverages should bear this in mind. For dessert PHOC will provide soft drinks and ice cream with all the fixings for sundaes and sodas – make your own with whatever toppings make you say "yummy"! Reward your exercise efforts with a cool summer treat! Enjoy fishing, swimming in the Bur-Mil pool, golf at the nearby driving range or par 3 course, hiking, biking, volleyball and visiting with friends. Festivities and meal begin at 1:00 pm at Bur-Mil Park off of Owl's Roost Road in Greensboro. Meet at shelter #3 located next to the Clubhouse Meeting & Events Center.

Please do RSVP by July 20 via email so we can get an accurate order in to Prissy Polly and provide enough ice cream.

**August 3                      Wednesday Walk and Dinner**

*See description and contact info on page 5.*

**August 4                                      Restaurant Outing**  
**Thursday @ 7 pm                      Pho Hien Vuong**  
**4109-A Spring Garden St.**

Let's meet for dinner at 7 pm at the Vietnamese restaurant, Pho Hien Vuong on Spring Garden St., Greensboro. This is an informal, casual atmosphere restaurant with outstanding food. Please call or email me before Noon Thursday so I can let them know how many will be attending.

**August 6                                      Doughton Park Loop**  
**Saturday                                      Blue Ridge Parkway**

This will be a long strenuous hike up Cedar Ridge and down Flat Rock Ridge Trails including beautiful views along Bluff Mountain Trail. Bring lunch and plenty of water. Contact me for details. 17 miles, 3,500 ft. [R-52]

**August 6                                      Nat Greene and Palmetto**  
**Saturday @ 9am                              Watershed Trails**

Join me for an 8-mile hike on the Nat Greene and Palmetto trails. These are pretty trails with views of Lake Brandt. We will meet at the Lake Brandt Marina-Nat Greene watershed trailhead (on the left as you enter the marina parking lot) at 9:00 am. Bring water and a snack. Call or email me if you have questions. 8 miles [R-12]

**August 10                      Wednesday Walk and Dinner**

*See description and contact info on page 5.*

**August 12, 13, 14                      Philpott Lake Camping**  
**Friday, Saturday, Sunday                      and Paddling**

This is a casual mountain lake paddle and camping trip with an optional out and back hike. Less than an hour and a half from Greensboro you could paddle in on Friday evening and set up camp before dark on Deer Island. After breakfast Saturday you can go on a paddle with the group or on your own, stay at camp and fish or paddle to your car and drive around to Smith River to trout fish. (Fishing licenses required.)

We'll plan to have a group meal Saturday night. Sunday we'll break camp and for those who wish to can do an out and back hike. There are no reservations on Deer Island so I am limiting the group to six sites and will pay for the sites (for those who get their money to me) early Friday morning. With any luck I will get everyone adjoining sites.

Each site is waterfront and has a tent pad, table, access to pit toilet and showers just a short paddle away on the main land all for \$20.00 a night. What a bargain! Unfortunately most sites only have room for one tent. Those who are interested please email me.

**August 13                                      Black Mountain Crest Trail**  
**Saturday                                      Mt. Mitchell**

This is my favorite trail and I haven't been there in almost 2 years, so, it's time. It's an

out-and-back hike on the Black Mountain Crest Trail from Mt. Mitchell to as far as we make it with time to turn around and get back before the park closes – somewhere past Winterstar, hopefully to the traditional lunch rock café. This is a rugged trail with lots of ups and downs traversing 6,000 foot peaks and is for strong and experienced hikers only. Email for meeting time and place. 12 miles, +/- 4200 ft. [R-54]

**August 13  
Saturday**

**Brinegar Cabin  
Doughton Park**

Let's drive over to Doughton Park and hike up to Brinegar Cabin and back. This is a steady pull for about 4 miles up Cedar Ridge on one of the most pleasant trails in Doughton Park. For some reason I never tire of this hike. We will have a leisurely lunch on the benches at the cabin, or while sitting on the parking lot wall or with our backs to the wall on the grass below, taking in the view. Then we will hike back down to the cars. All paces accommodated, but beware it is a steady pull of 4 miles and 2000 +/- elevation gain up to the top. Call for meeting place and time. 8 miles [R-28]

**August 14                      Laurel Bluff and Reedy Fork  
Sunday @ 1:30 pm              Lake Brandt Road.**

Let's meet at 1:30 pm and hike the Laurel Bluff and Reedy Fork watershed trails. Proceed north on Lake Brandt Road, past the Marina on the left, cross over the bridge at the dam, and park in the gravel parking lot on the right. No need to call. 7 miles [R-8]

**August 17                      Wednesday Walk and Dinner**  
*See description and contact info on page 5.*

**August 20                      Allegheny County  
Saturday                      Mountain-to-Sea Trail**

This hike is a longer version of the beloved Bluff Mountain stroll on the Mountain-to-Sea stretch overlooking Doughton Park. We will walk an 11-mile stretch that meanders along the Parkway from the Basin Cove Overlook, benignly watching over the top of Doughton Park's Flat Rock Trail, down to the Brinegar Cabin, an ideal lunch spot luxuriously outfitted with picnic tables, and onto the Devil's Garden Overlook lording it over Stone Mountain Park. We will walk through open areas with sweeping vistas, a hauntingly beautiful area of controlled burn, and shady stretches on a pine-strewn trail. It is August, and thus potentially hot and muggy — so don't forget to bring plenty of water. This will be a one-way hike with car "drop-offs." We will access the Parkway via US 21 and exit it via NC 18. Please email or call if you plan to join us. 11 miles/2100 ft. [R-32]

**August 21                      Osprey Trail/West House trails  
Sunday                      Greensboro watershed  
mit**

Join me for a moderately paced summer hike along the south shore of Lake Townsend toward Lake Jeanette. This will be an out and back hike of about 3 miles out and 3 miles back for a total of approximately 6 miles. We will meet at the Osprey Trail parking area located on your left off Yanceyville Road. Traveling north on Yanceyville Rd. from Pisgah Church Rd., the parking area will



be approximately 0.3 miles north of Ronald McNair School. If you make it to the bridge crossing Lake Townsend you have gone about 300 yards beyond the parking lot. Meet a little before 1:30 pm. 6 miles.

**August 24**      **Wednesday Walk and Dinner**  
*See description and contact info on page 5.*

**August 26, 27, 28**      **New River Trail**  
**Friday, Saturday, Sunday**      **Foster Falls, VA**

Join Joel and Andy for the yearly fall camping/kayaking/biking on the New River Trail. We will camp on Bakers Island in the Millrace Campground at Foster Falls, VA. The island group campsite is one of the loveliest in VA. It is located 93 miles from Greensboro where I-77 crosses the New River.

Join us for the weekend or just drive the 1.5 hours from Greensboro to kayak/camp and bike on the river. We will kayak 14 miles on Saturday and leisurely bike on Sunday. However, you can make your own Sunday fun by hiking, kayaking or horseback riding on the trail. You can rent boats/bikes/horses at the livery on site. The river is appropriate for novice and up paddlers. Reservations are limited to 24 for the group site but additional camping space may be obtained if available. Contact Joel for more information and to hold a spot for you.

**August 27**      **Dragon's Tooth Shuttle Hike**  
**Saturday**      **AT – Near Salem, VA**

Please join me on a club favorite hiking to Dragon's Tooth from the McAfees parking lot

and then back down to the Dragon's Tooth parking lot. The hike is 10.7 miles long with 2900 feet of elevation gain. It is a shuttle hike but the shuttle points are only four miles apart, making for a very easy shuttle. One of my favorite things about the hike is the varied terrain. There are soft trails, rocky trails, wooded trails, open pasture, views from up high as well as down low. You can make it a moderate hike by skipping the tooth, or you can brag to your friends about climbing the tooth to the very top.

Those who wish to can stop at a Mexican restaurant on the outskirts of Roanoke for dinner after the hike. Contact me by noon on Friday before the hike if you would like to join us.

**August 27**      **Bill Craft Trail**  
**Saturday**      **Plainfield Road, Greensboro**  
**mit**

This is a quiet, lovely hike just north of Greensboro off Plainfield Road. It crosses wetlands made by beaver dams, has several bridges and overlooks, even an outdoor 'classroom' area. It is out and back about 7 miles from Plainfield Rd to Northern Guilford Middle School. There is a 1.2 mile loop at the beginning for those who want only a brief outing. Bring water (and a snack if you wish). We will meet at the Plainfield Road parking lot at 9 am.

From Church Street: Driving north from town, turn left on Plainfield Road after crossing Lake Townsend at Reedy Fork/Laurel Bluff parking. The parking lot will be on your right less than one mile down the road.

From Lake Brandt Road: Driving north from town, make a right on Plainfield Road a few

miles after you pass the Lake Brandt Marina. The intersection is at the Summerfield City Limit sign. The parking lot will be on your left a few miles down Plainfield Rd. 7 miles [R-11]

**August 28 PHOC Membership Meeting**  
**Sunday at 1 pm Hanging Rock State Park**  
**Visitor Center**

*(This is a joint membership meeting with the Friends of Sauratown Mountains)*

**Featured Speaker – Kevin Adams**  
***Wild and Wonderful Waterfalls***  
***of North Carolina***

Join **Kevin Adams** as he takes you on a visual tour of some of the most spectacular waterfalls in the East. Big ones, little ones, and everything in between. You'll see waterfalls photographed in all seasons and lighting conditions, including at night. Kevin will talk about the natural and cultural history of waterfalls and share tips for photographing them. North Carolina waterfalls are such popular destinations, you may already know a lot about them. But Kevin will make sure you leave with lots of new information and a renewed desire to visit them.

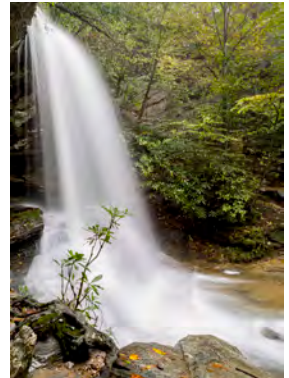


*North Harper Creek Falls*

Kevin Adams has had a lifelong love affair with nature and the outdoors. A photographer for nearly 30 years, Kevin is the author of eight books, including the

bestselling *North Carolina Waterfalls*, now in its third edition. In addition to photography, he enjoys hiking, kayaking, and gazing at the night sky. A master night photographer, Kevin is the man behind the popular *Digital After Dark*® blog and the free *Night Photography News* e-newsletter. He lives in the mountains of North Carolina with his wife, Patricia, their mischievous cats, Lucy and Titan, and six chickens named after women on Star Trek. To learn more about Kevin: [www.kadamspphoto.com](http://www.kadamspphoto.com).

As an added bonus at 10:30 am PHOC member **Matt Perry** will be leading a short hike to Window & Hidden Falls. The hike will leave from the Hanging Rock Visitor Center.



*Lower Window Falls*  
 Photo courtesy of Matt Perry

**August 31 Wednesday Walk and Dinner**  
*See description and contact info on page 5.*

**ADVANCE NOTICE**

**September 8-11 Ft. Caswell / Oak Island**  
**Thursday-Sunday Coastal Kayak Excursion**

Please Join me for a FUN-IN-THE-SUN COASTAL KAYAK TRIP TO FORT CASWELL/ OAK ISLAND, where Cape Fear empties into the Atlantic Ocean. Lodging will be on the Eastern tip of Oak Island – ruins of Fort Caswell. Originally constructed between

1826-1838, it has been renovated, rebuilt, replicated into hotels, cottages, cabins, & barracks.

We will stay at the Sand Dune Lodge (limit 12-14 people) which we will be renting only to PHOC members. Price is \$200 for the whole weekend, with light breakfast and one (1) dinner included, cooked by “yours truly”. House includes full kitchen, and each bedroom includes own bathroom. Deposit is \$100 which will be due around early July. Confirmed details will be forthcoming as we near the middle of summer.

We will leave Thurs. morning for a 4 hr. drive to Oak Island at Fort Caswell. Carpooling is appreciated as parking is limited. On Friday there will be a short 4 hr. loop paddle, with time for a leisurely walk on the beach accessible from the Fort. The dinner meal that is included can be either on Friday or Sat. – to be decided closer to the trip date. On Saturday there will be a long kayak trip on Lockwood Folly River, where we will encounter alligators, osprey, egrets, wildflowers, and other diverse plant life. The ecosystem is unique in these waterways and you are sure to be awed by the sunrise and beautiful sunsets, as well. Sunday, can be a short paddle, or you can walk along part of the awesome, pristine Atlantic Beach before heading home that afternoon.

I am looking forward to having you join me for an awesome weekend exploring the coastal waterways, and visiting this lovely NC Atlantic beach. Please contact me by phone or email so I can reserve your spot.

For more info go to [www.forcaswell.com](http://www.forcaswell.com)  
1 (910) 278-9501

## ***PHOC Trip to Smoky Mountains National Park - May 2016***



*Photos courtesy of Lynette Tullos*