

# TRAILMARKER

The Piedmont Hiking and Outing Club Newsletter

Since 1982

May-June 2014

Volume 32 Number 3



*Courtesy of Marshall Weatherman*

*Shortoff Mountain – Rim of Linville Gorge*

*March 22, 2014*

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

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.

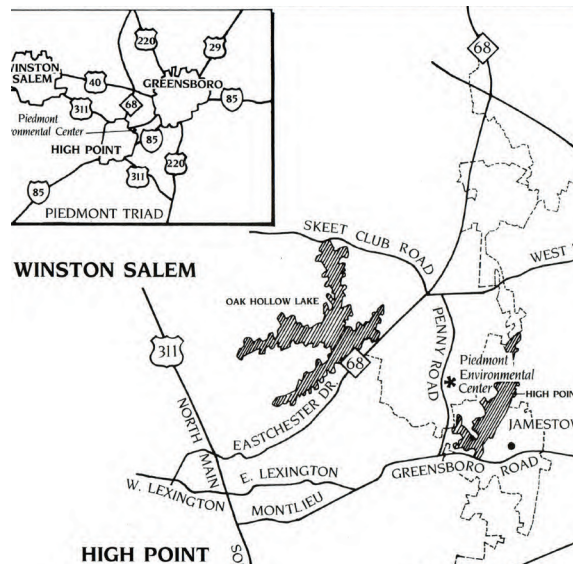
**R30-R40** These are strenuous hikes. They will usually be 10+ miles, with climbs of 2000+ feet. They're appropriate only for those who have done a number of lower rated hikes.

**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



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 Gainey. 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.

**May 3** **Doughton Park Loop**  
**Saturday** **Blue Ridge Parkway Trail**

Please join me in hiking the beautiful Doughton Park Loop trail. We will hike up Flat Rock Ridge, across Bluff Mountain, plan to have lunch at Wildcat overlook. From there those that choose can complete the 2 mile Fodderstack out and back trail where views from different angles are great. Then we proceed alongside the parkway and down Cedar Ridge trail back to the cars. This hike is for fit and experienced hikers only, bring lunch, plenty of water and rain gear, the weather can be unpredictable. Please call or email David for meeting times and places. Excluding the Fodderstack portion, 16.5 miles, 3500 feet [R52].

**May 4** **Stone Mountain**  
**Sunday** **Stone Mountain State Park**

We’ll hike a total of 7.5 miles, up over the summit, past the 200 foot waterfall and then out to Cedar and Wolf Rocks. This hike will have a leisurely pace (especially on the up hills) to allow us to enjoy visiting with each other and this lovely state park. The initial climb is somewhat strenuous, but

the remainder is moderate. Bring boots, lunch, water, weather appropriate outerwear/raingear, camera, sunscreen.

**May 5** **Power Walk**  
**Monday** **Greensboro City Greenways**

We will walk 7 miles on the city greenway maintaining at least a 4 mph pace. Our objective is a good cardio workout. If you are working up to this pace, we will catch you on the way back since it will be an out and back. Please email or call for time and location.

**May 7** **Wednesday Walk and Dinner**

**May 10** **Linville Gorge**  
**Saturday** **Pisgah National Forest**

Today’s hike is one we haven’t done in several years. Rock Jock! This is a wonderful hike that is along the Western edge of Linville Gorge. Starting out down Conley Cove to where we will go off trail and do a little scrambling back up to the edge and our first wonderful view. From here we will continue along Rock Jock taking various diversions to different view point along the edge. At a point called Razors Edge we will turn around and head back. Time allowing, we will stop at Wisemans View to enjoy the views from this vantage point. As this trail is almost all rock to rock or root only experienced hikers that like a little scrambling and going off trail should plan on going. Dinner afterwards will be at the Greek Restaurant Yannies in Morganton. In the event of bad weather this hike will be changed to another trail in the gorge. Please call or e-mail for more particular details and meeting place and time. Approximately 7 miles and

1500ft. elevation gain and loss. The rating is based on the scrambling, exposure and condition of the trail. R25. Call or e-mail for meeting places and time.

**May 10** **Wolf/Cook/Moore**  
**Saturday** **Hanging Rock State Park**

After a winter that seemed to never end, the gods have decided to be kind again to the PHOC hikers and encourage us to get out and take advantage of the mild interregnum before the assault of summer heat. This hike is for those who want a decent but not too painful workout on trails within an hour from home. We will hike 9 miles, starting at the Visitors Center up past Wolf Rock Loop, on to Cook’s Wall and back, and up to Moore’s Wall and down, completing the loop back to base. The hike will be mostly moderate, with a bit more uphill on the Moore’s Wall Loop. Greensboro hikers will meet at Shoney’s at 8:00 am and Winstoners can join us at 9:00 am at the park’s Visitors Center. As usual, I recommend you bring a nourishing lunch, plenty of water, and, although as usual I promise plenty of sunshine, raingear (you never know). Call Nicole and let her know you’re coming [9 miles; +/- 2000 feet; R29]

**May 10** **Paddle and Picnic**  
**Saturday** **For Clean Water**  
**Belews Creek**

Join members from a coalition of environmental groups in a fun kayak and canoe event at Belews Lake in Stokes County. This will be a short casual paddle from the Pine Hall Road boat launch area to the vicinity of the Belews Creek Electric Power Plant which is operated by Duke Energy. There, those who choose to, can link up their boats for a photo opportunity holding signs and banners promoting clean water. The press and local elected

officials are also being invited. Then boaters can explore other areas of the lake on their own, or join the group for a picnic at a nearby church. Bring boats, Coast Guard approved Personal Flotation Devices, water and snacks. Call or email for additional details and to sign up for this event.

**May 11** **Indian Creek Trail**  
**Sunday** **Hanging Rock State Park**

Late Spring is a great time to hike The Indian Creek Trail at Hanging Rock State Park. This trail crosses many streams and is suitable for most hikers. We begin at The Dan River entrance and hike to the Lower Cascade and Window Falls. After a brief lunch near the visitor center we will ascend to Hanging Rock itself to admire the surrounding views then retrace our tracks back to our original destination. Please meet at Shoneys at 8 am or the trailhead on Flinchum Rd at 9 am. Please bring plenty of water, waterproof boots, snacks and a great smile. 11.5 miles 2,200 elevation, R34.

**May 11** **Paddle Marrowbone Creek to**  
**Sunday** **Morgan Ford Bridge**  
**Smith River**

This is an 11 mile class I paddle north of Eden just into Virginia that likely will be a low water run. This is a beautiful section with lots of rhododendron and many rock outcrops. There will likely be numbers of flowers in bloom. The paddle will be in a remote area with few signs of buildings and dense foliage. Close to the takeout are the old stone piers of the original bridge. Bring a canoe or kayak, life jacket, paddle, food and water. Dress in synthetic clothes and have a wind, rain or paddle jacket. Meet at 9:00 behind the McDonalds in Eden on Hwy NC 14. From Greensboro, take US 29 north to NC 14 near Reidsville and turn left

to Eden. About a mile after passing the Dan River, the McDonalds is on the right. From Winston, take US 158 to Stokesdale. Then, 68 to US 220 towards Madison. Take 311/135 to Eden. Follow 311/770 to NC 14 and turn left and cross the Dan River. If possible, please let me know you are coming.

**May 12**                      **PEC Monthly Meeting,**  
**Monday**                      **Piedmont Environmental Center**

The May meeting will be held at the Piedmont Environmental Center on Penny Road in Jamestown. Meet at 7 PM for refreshments and fellowship with the business and featured program beginning at 7:30 PM. Lyn Irving will share slides and information regarding her recent trip to Peru which included a trek on the Inca Trail leading to Machu Pichu.

**May 14**                      **Wednesday Walk and Dinner**

**May 15**                      **Olive Garden Restaurant**  
**Thursday at 7**                      **3000 High Point Road**

Let’s have dinner at the Olive Garden at 7 PM. This is an Italian Restaurant, known for their “never ending salad bowl”, at least they were, and inexpensive quality pasta and other traditional Italian dishes. I have not been there in a while, but it was always good in the past. Please let me know by Wednesday, May 14 whether you will be joining us. Hope to see you there.

**May 16**                      **Moonlight Paddle**  
**Friday**                      **Belews Creek**

Weather permitting lets meet at Village Pizza in Stokesdale at 6:30 for dinner. After dinner we will

head out to enjoy a moonlight paddle on Belews Lake. The restaurant is located at 8302 Belews Creek Road, Stokesdale, NC 27357. Those wishing only to paddle can meet us at Village Pizza at 7:30. Launch site will depend on how many paddle. You will need your boat, paddle, PFD and light stick or some other light source to have on your boat. Don’t forget a change of dry clothing.

**May 17,**                      **Grandfather Mt. to**  
**Saturday**                      **Swinging Bridge**  
**Grandfather Mountain**

Let’s go to the Grandfather Mt. Swinging Bridge by way of the Daniel Boone Scout Trail. We will take a moment to enjoy the views from Calloway Peak before picking up the Grandfather Trail to MacRae Peak (my favorite lunch spot) and the swinging bridge. This is a long and difficult terrain hike that requires climbing ladders, navigating the chute, hanging on to cables for dear life, and lots and lots of rock scrambling. Join me if you dare! About 12 miles, Rated 50’s.

**May 17**                      **West Morris Trail to Yates Place**  
**Saturday**                      **Uwharrie National Forest**

Lets hike the West Morris Trail in the Uwharrie National Forest to Yates Place. Meet at the McDonalds in Biscoe at the intersection of Route 220 and Route 24/27 at 9 AM. This is an easy hike, 6.7 miles.

**May 18**                      **Bill Craft Trail**  
**Sunday at 12:00**                      **Greensboro Watershed Trails**

Join me for a hike on one of Guilford County’s newest trails – the Bill Craft trail. The trail goes from Plainfield Rd to Northern Guilford Middle School and has several wetlands created by beaver dams. It also features observation decks, an

outdoor classroom, and many trail bridges. Let's meet at 12:00 PM at the Plainfield Rd parking area. The parking area is on the right about 1 mile West of Church Street (or 2.1 miles going East from the intersection with Lake Brandt Rd and on the left) (Note: Plainfield Rd intersects with Church St just North of the Reedy Fork trailhead). Bring water and snack [6.4 miles, R10]. Call or e-mail if you have questions.

**May 21**                      **Wednesday Walk and Dinner**

**May 24**                      **Stone Mountain**  
**Saturday**                      **Stone Mountain State Park**

This popular hike provides all the best views from Stone Mountain Park, while keeping the hike moderate in difficulty. We start from the upper parking lot and proceed right away to the top of Stone Mountain. On the way we will enjoy big vistas of the mountain and low lands of the park. We'll have a snack at the top of the mountain and then descend a steep trail down the back side. From there we will hike up Wolf Rock Trail to Wolf Rock, with its views of Doughton Park and the more distant Blue Ridge Mountains. Here we will eat lunch. After a brief climb we can enjoy new views of the Mountain from Cedar Rock. We'll then descend to the loop trail, and hike to the Lower Falls. We return by passing Stone Mountain Falls then climbing the stairs to the short path back to our cars. Approximately 9 miles and 1,800 feet change in elevation, R27.

**May 24**                      **MST/Cedar Ridge Trails**  
**Saturday**                      **Stone Mountain and**  
   **Doughton Parks**

This hike will use the Mountains-to-Sea trail on the slopes of Green Mountain to connect beautiful trails at Stone Mountain and Doughton parks. The

route up to the Blue Ridge Parkway will include the Widow's Creek trail and a portion of the MST, where we'll hope the abundant mountain laurels are blooming. The stop for lunch will be at the parkway's Devil's Garden overlook. From there, the route will continue on the MST to Brinegar cabin at Doughton Park. The descent to Longbottom Road will be via Cedar Ridge trail—another outstanding route for viewing mountain laurels in bloom. Drivers will participate in a shuttle between Stone Mountain and Doughton parks, but most of the cars will be awaiting the hikers at the Longbottom Road parking area. Bring water, lunch, and rain gear. Contact David if interested in this hike, preferably before noon on Friday prior to the outing. (14 miles, 3500 feet, R-49)

**May 25**                      **Bald Eagle Trail**  
**Sunday at 1:30**              **Lake Higgins Watershed Trail**

Let's meet at 1:30 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. R-7.

**May 28**                      **Wednesday Walk and Dinner**

**May 31**                      **Rock Castle Gorge**  
**Saturday**                      **Woolwine, VA**

This hike has it all: a great cardio-climb, open meadows, Blue Ridge Parkway overlooks, giant boulders, and a rushing stream lined with wildflowers. This variety is what makes it a club

favorite. Less than two hours away, we'll even have you back in the Triad by dinner time! Please contact me for meeting time and place (11 miles, 2700 ft., R-39)

**May 31** **Roan Mountain**  
**Saturday** **Tennessee**

This two-version hike will be on the popular section of the Appalachian Trail between Carvers Gap and US 19E. One group will start from US 19E and hike the 15 miles to Carvers Gap climbing 5300 vertical feet. Another group will begin at Carvers Gap and cover the same 15 miles while climbing 2600 vertical feet even though their end point will be at a much lower elevation than their start. The groups will meet up on the trail and exchange car keys, eliminating the need for a long shuttle. This hike is for fit and experienced hikers only. Bring water, lunch and rain gear, the weather can be unpredictable. Please email or call David for further details, meeting time and place, preferably prior to Friday before the hike.

Uphill: 15 miles, 5300 feet [R-68]  
Downhill: 15 miles, 2600 feet [R-41]

**June 1** **Lake Brandt**  
**Sunday** **Burmil Park**

**New Member Orientation plus  
Lake Brandt walk for all**

If you are new to the club or are considering joining, you are invited to a brief orientation to learn more about the activities of the club. This is your chance to ask questions about outings, gear, and more.

Meet at 1:30 p.m. at the Burmil Park Wildlife Center for the orientation. If you'd like, join both

new and veteran members for a club favorite at 2:15 — an 8.3 mile walk (or less, if you prefer) lakeside and through the woods around Lake Brandt. R-10

**June 2** **Power Walk**  
**Monday** **Greensboro City Greenways**

We will walk 7 miles on the city greenway maintaining at least a 4 mph pace. Our objective is a good cardio workout. If you are working up to this pace, we will catch you on the way back since it will be an out and back. Please email or call for time and location.

**June 4** **Wednesday Walk and Dinner**

**June 6-8** **Kayak/Canoe/Camping**  
**Friday to Sunday** **New River State Park**

Join us for an outing on the river at New River State Park near West Jefferson. To be flexible, you can join us for any of 3 scenarios:

- 1: Camp Friday night at 221 Access Campground. Paddle 15 miles Saturday and camp at Allegheny Access Campground. On Sunday, paddle 4 miles and return to Greensboro by late afternoon. Please let us know if you plan to camp Friday night. We currently have three tent sites (18 people max.) reserved.
- 2: Meet us Saturday morning to do the rest of the trip.
- 3: Meet us Friday night or Saturday morning to boat 9 miles to Kings Creek Rd and return home Saturday evening. The trip is appropriate for novice and up. Call or email for details.

**June 7**                      **Black Mountain Crest Trail**  
**Saturday**                      **Mt. Mitchell**

One of the best and hardest ridgeline hikes in the East. The Black Mountain Crest Trail. Leaving from the visitor's parking lot atop Mt. Mitchell we will hike along the Crest Trail going down and back up infamous hills such as Big Tom and the dreaded Potato Hill. The strongest of all may want to continue to Celo; however I am only going to Deep Gap. Even though this is in June please be prepared for chilly weather. Dinner afterwards will be hikers choice, probably either fast or Fatz Café in Marion. Approximately 7 miles for Deep Gap or 11 for any Celo takers. Rating of 40 to 65. Please contact Ben for meeting place and times.

**June 7**                                      **Troy Nature Trail**  
**Saturday**                                      **Densen Creek, near Troy**

Let's hike the little used Troy Nature Trail that follows along beautiful Densen Creek, near Troy. Meet at the McDonalds in Biscoe at the intersection of Route 220 and Route 24/27 at 9 AM. This is an easy hike, 5.5 miles.

**June 7**                                      **Graybeard Mountain Loop**  
**Saturday**                                      **Montreat, North Carolina**

Scenic hike up to Graybeard Mountain from the resort town of Montreat. We will have views of Black Mountain and the Pinnacle on Heartbreak Ridge. A modest amount of scrambling on rock outcrops is required. Please contact me for meeting details. (9 miles, 2,900 feet, R39.

**June 7**                                      **National Trails Day**  
**Saturday**                                      **Greensboro Events**  
**Greensboro's Country Park**

Celebrate our local treasure trove of trails and green ways. Come out to the Green Living Expo at Greensboro's Country Park for live music, food trucks, gear demos, workshops, bike rides and trail hikes. PHOC will man an information table and will be leading a long and a short hike. Watch for more details in broadcasts to our members as they become available.

**June 8**                                      **Lake Townsend Trail**  
**Sunday at 1:30**                      **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 mi, R-8]

**June 10**                                      **Positano's**  
**Tuesday at 7:00**                      **2605 Lawndale Dr,**

Join me at 7:00 PM for Italian food in a casual atmosphere at Positano's in the Target shopping center on Lawndale Dr. They have a variety of menu choices including traditional dishes, including pizza. Please call or E-mail me by Monday so we can let them know how many will be coming.



**June 11                      Wednesday Walk and Dinner**

**June 13                      Moon Light Paddle  
Friday                      Belews Creek**

Weather permitting let’s meet at Village Pizza in Stokesdale at 6:30 for dinner. After dinner we will head out to enjoy a moonlight paddle on Belews Lake. The restaurant is located at 8302 Belews Creek Road, Stokesdale, NC 27357. Those wishing only to paddle can meet us at Village Pizza at 7:30. Launch site will depend on how many paddle. You will need your boat, paddle, PFD and light stick or some other light source to have on your boat. Don’t forget a change of dry clothing.

**June 14                      Grandfather Mt. T-Hike  
Saturday                      Grandfather Mountain**

This is a fun version of the Grandfather Mt. hikes. We will take the 3-mile long Profile Trail to the Grandfather Trail and go to MacRae Peak (probably our lunch spot). Head back and take in the Calloway overlook for a nice rest break. This fun version does include rock scrambling, the chute, ladders, and cables. It wouldn’t be fun without them. Please bring along clear skies and rain gear, lots of snacks and fluid. 9 miles, 40-ish rating.

**June 14                      Appalachian Trail through  
Saturday                      Rhododendron Gap  
   Grayson Highlands State Park**

Mid-June is usually the best time to view the deservedly famous rhododendrons of the premier highlands area of Virginia. The hike will begin at Massie Gap, follow the northbound Appalachian Trail beyond Scales to the Pine Mountain trail,

and pass through Rhododendron Gap before again intersecting with the Appalachian Trail. Near that point, hikers will be able to choose between scrambling on the rocky Wilburn Ridge trail or skirting the ridge via the Appalachian Trail on the way back to Massie Gap. The favorite stop for supper following this hike is Mis Arados, an excellent family-owned Mexican restaurant in Sparta. Bring water, lunch, and rain gear. Individuals interested in this outing should contact David, preferably by noon on Friday before the hike. (12 miles, 2000 feet, R37)

**June 15                      Owls Roost Loop  
Sunday at 1:30                      Bur Mil Park**

Let’s meet at 1:30 PM at the Wildlife Center in Bur Mil Park and hike the Owls Roost watershed trail to the Greenway, and then back again, using the fire lane trail or the new bike trail that runs parallel to Owls Roost but higher up on the bluff 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 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. [7 mi, R-9].

**June 18                      Wednesday Walk and Dinner**

**June 21                      Dragon’s Tooth  
Saturday                      Catawba, VA**

This is a strenuous hike that takes us along the AT up to Dragon’s Tooth near Catawba Virginia. There are great views of the Roanoke Valley and surrounding mountains. Let’s hope for a warm sunny day. Call or email for meeting time and place. (11.4 miles, R40)

**June 21**                                 **Canoe the New River**  
**Saturday**                               **Stay and Camp if you like**

It is time for another annual canoe trip on the south fork of the New River (North Carolina). We will leave Shoneys (I-40 & NC 68) at 7:30. As in the past our 10 mile paddle starts at Zaloo's Canoes. Midways we will stop for lunch at New River State Park. There you will find restrooms and drink machines. Zaloo will bus us back to Zaloo's and our cars where we can change clothes before heading to Mountain Air Steak and Seafood for dinner. Please e-mail me if you are going to paddle and or eat with us. For those who wish to rent a canoe call Zaloo's at 1-800-535-4027.

(Last year's price \$47.00 per boat w/paddles and life jackets or \$44 for a one man kayak). If you have your own boat, we will work out a shuttle or pay Zaloo's for the service. We will not be stopping along the way to Zaloo's to ensure we are there at 10:00 and on the water at 10:30. Bring water, drinks, food, rain gear and/or sunscreen and/or to carry on the river. Remember to have dry clothes to leave in the car.

**June 22**                                 **Annual Pig Picking**  
**Sunday**                               **Bur-Mil Park Shelter #2**

**Entertainment & Social Committee**  
**RSVP via Email to**  
**Social@PiedmontHikingandOutingClub.org**

Join us at 2 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. Bring your favorite dessert (and serving utensil!) to share. 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. Feel free to bring your camp chair. Enjoy fishing, swimming in the Bur-Mil pool, golf at the nearby driving range or par **3 course, hiking, biking, bocce ball,**

volleyball and visiting with friends. Festivities and meal begin at 2:00 pm at Bur-Mil Park off of Owl's Roost Road in Greensboro. Meet at shelter #2 on the left just past the swimming pool.

Non-refundable cost of \$7 per PHOC member or non-member guest attendee. Pay online with your credit card or Paypal account at: <http://piedmonthikingandoutingclub.org/pig.html> Alternately, pay at the door, or send your payment (check or money order) of \$7 per attendee to:

**Piedmont Hiking & Outing Club**  
**P.O. Box 10613**  
**Greensboro, NC 27404-0613**

*Please do RSVP by June 16 via email no matter if you pay in advance or plan to pay at the door.*

**June 25**                                 **Wednesday Walk and Dinner**

**June 28**                                 **AT at Whitetop Mountain**  
**Saturday**                               **Mount Rogers Recreation Area,**  
**Virginia**

This will be a shuttle hike that includes the portion of the Appalachian Trail over the shoulder of Whitetop Mountain from VA 601 to Elk Garden. One interesting feature of this section of the hiking route is the change in vegetation from trees typical of the southern Appalachians to ones common in the central Appalachians. Views from the side of Whitetop toward the mountains of northwestern North Carolina and eastern Tennessee can be outstanding. At Elk Garden where half of the cars will be parked, the outing participants who wish will continue on the AT to the southern side of Mount Rogers and a beautiful viewing point overlooking a high meadow where ponies often graze. The popular dinner stop in Sparta following hikes in the Mount Rogers area is an excellent family-owned Mexican restaurant, Mis Arados. Bring water, lunch, and rain gear. If interested in

this outing, contact John, preferably by noon on Friday before the hike. (To Elk Garden only: 7 miles, 2000 feet, R27; to the side of Mount Rogers with return to Elk Garden: 13 miles, 3000 feet, R-43)

**June 29  
Sunday**

**Bill Craft Trail  
Plainfield Road**

This section of a lovely future MST trail was completed from Plainfield Rd. to Northern High School less than a year ago, so let's discover its early summer charms. This gentle trail can be enjoyed by all, including pets, but please keep them on leash. We will meet at the Plainfield Rd. parking lot at 1:00pm for a comfortably paced hike of about 6 miles. Directions from Greensboro: This trailhead is off N. Church St. Turn left on Plainfield Rd. after passing Air Harbor Rd. and crossing Lake Townsend the 2nd time. If you need further (better) directions, please do call me.

**July 4  
Friday 6 - 10:30 PM**

**Fireworks and  
Pot Luck Dinner  
RSVP by July 1**

*Location:*  
**2154 Rivermeade Drive,  
High Point  
Foxwood Meadows Subdivision**

Join me for the Annual Uncle Sam Jam at Oak Hollow Festival Park in High Point. Meet at my house which is right across the street from the park. Bring a Dish to share, Beverage and Lawn Chair. We will hang out and then walk across the street for fireworks and music. Please RSVP by July 1, Limit 35.

**March, 2015**

**China Tour**

To my fellow members, I am planning a China tour in March of 2015. It will be a 13-day tour of Shanghai, Quillin, and river cruise on the "Three Gorge". I did a China Tour with this tour company last year and I found them to be very well organized and the tour was just spectacular. Most important of all, this tour is sponsored by the Chinese government so it is very inexpensive.

The tour cost just \$2000 and included flight, tour, river cruise, all meals on boat and on land. All the hotel accommodations are in 4-5 star hotels. The reason I am suggesting this tour to our club is that the tour company is based in Montreal, Canada with flight departure beginning in Canada. However, if I can get 12 or more people interested, we can get an English speaking guide to accompany us on the trip instead of a French speaking guide and we can depart from the US as well.