

TRAILMARKER

The Piedmont Hiking and Outing Club Newsletter

Since 1982

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Photo courtesy of Lyn Irving

*Backpacking Trip on the Appalachian Trail
from Sam's Gap to Erwin, TN*

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.

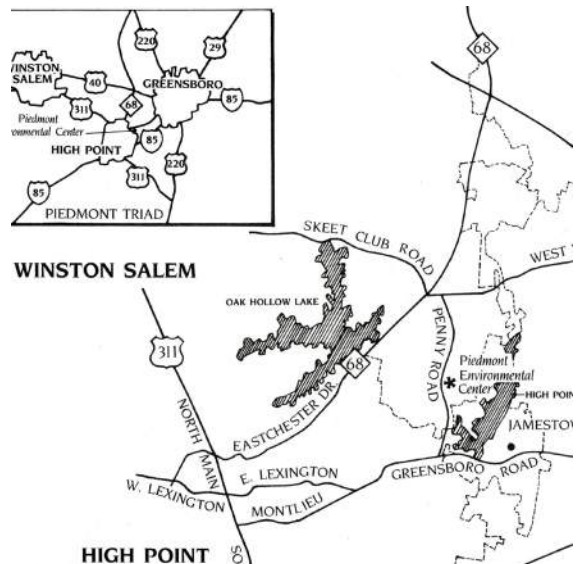
R40+ These hikes are usually 12 or more miles with 3000 feet or more of elevation gain. They're appropriate only for fit, experienced hikers. Check with hike leader about the trip if you are wanting to do this trip for the first time.



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 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.

**July 1 Wednesday Night Walk
and Dinner**

July 3-5 Lake Jocassee Paddle Camping

We will be camping at Devils Fork State Park at the mountainous retreat of Lake Jocassee. Bring your long boats for a leisurely day of paddling on Saturday July 4th. You will need to visit the parks web page to make camping reservations.

**July 4 Nat Greene/Palmetto Trails
Saturday @ 8 am (Greensboro Watershed Trail)**

Join me for an early Independence Day hike lakeside that will provide a good workout and guarantee we are done and rested in time for July 4th festivities. Let's meet a little before 8:00 am (for an 8:00 start) at the Lake Brandt

Marina on Lake Brandt Rd. We will hike 3.5 miles on the Nat Greene Trail, then merge onto Palmetto trail, Greenway and then return via the Nat Greene Trail. This hike is approximately 9 miles in length. ~R-12. It is not necessary to call prior to the hike.

**July 4 Indian Creek Trail
Saturday Hanging Rock State Park**

Let's hike the beautiful Indian Creek Trail at Hanging Rock State Park near Danbury, N.C. This is a perfect hike to be back in time to enjoy family activities and fireworks.

This is a moderate trail that encompasses many streams so waterproof boots are recommended. We will begin at the trailhead located at Dan River and proceed to the Upper Cascade and Window Falls near the visitor parking lot where we will have lunch. Afterwards we will continue hiking to Hanging Rock then return to our original destination. Please bring plenty of water and lunch. Call or email for meeting times and locations. [9.4 miles, R-24]

**July 8 Wednesday Night Walk
and Dinner**

**July 11 Appalachian Trail at Whitetop
Saturday Mountain – Mount Rogers
Recreation Area, VA**

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: 6 miles, 1800 feet, R-24; complete hike including to the side of Mount Rogers with return to Elk Garden: 12 miles, 3000 feet, R-43)

**July 11 Stone Mountain State Park
Saturday**

This traditional route 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 to cool our feet! 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, R-27.

**July 12 Richardson Taylor Preserve/
Sunday @ 9 am Bill Craft Trail/Plainfield Rd.**

Join me for an early morning hike along one of the more scenic watershed trails, the Bill Craft Trail (aka Plainfield Rd.) in the Richardson Taylor Preserve. Meet a little before 9:00 AM for a 9:00 AM departure. This hike offers a variety of views, some observation decks, wetlands, and diverse forests. This hike is around 7 miles out and back on relatively flat terrain.

From Lawndale Avenue, head North. Lawndale becomes Lake Brandt Rd. Cross the lake. About a mile and a half after crossing the bridge, turn right onto Plainfield Rd. Go approximately 2 miles. The parking lot will be on the left. There is no need to contact me regarding the hike. ~R-10

**July 12 Pilot Mountain
Sunday @ 1:30 Ranger Station**

This loop starts at the Grassy Ridge Trail and goes to the Pinnacle Hotel Road. It continues on the Mountain Trail, Ledge Spring Trail, and

Rhododendron Gap before again intersecting with the AT. Near that point hikers will be able to choose between scrambling on the rocky Wilburn Ridge Trail or skirting the ridge via the AT on the way back to Massie Gap. The favorite stop for supper following the hike is Mis Arados and excellent family owned Mexican restaurant in Sparta. Bring water, lunch and rain gear. Individuals interested in this outing should contact David preferably by noon the Friday before the hike. (12 miles, 2000 feet, R-37)

August 2 - Sunday **Gibson Park**

Meet at 2:00 p.m. at Gibson Park for a scenic 5-mile stroll through the woods, lakeside, and on the greenway. Directions: Go west on Wendover Avenue. Cross over I-40 and go 3.1 miles; then, turn left into Gibson Park and go to the end of the road (approx. 1 mile) and park near the picnic tables.

August 5 **Wednesday Night Walk and Dinner**

August 8 **Tory's Den**
Saturday @ 10 am **Hanging Rock State Park**

We will meet at the Charlie Young Rd parking lot (off Mickey Rd, west of the main park entrance) at 10:00. After viewing the cave and waterfall, we'll hike the 5.5 miles to the bathhouse and picnic area for lunch. Want to beat the heat? There will be an optional quick dip in the lake, then it's back on the same trail to Charlie Young Rd.

Note: swimming fee is \$5. R-20 for the 11-mile round trip. Please contact me if you'd like to join us or have any questions.

August 9 **New Member Orientation**
Sunday at 12:30 **Bur-Mil Park**
Shelter 3

New and prospective members are invited to join us at 12:30 for an information session about hikes, outings, and other offerings by PHOC. After this informal meeting where you'll have time to ask any questions, we'll walk approximately 3 miles on the big loop trail. We invite you to stay for our ice cream social which starts at 3:00. Please RSVP at social@piedmonthikingandoutingclub.org by August 6, so that they'll have plenty of ice cream. Contact either of us for directions or other questions.

August 9 **Ice Cream Social**
Sunday **Bur-Mil Park Shelter #3**

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

Join us at 3:00 pm for a break from the summer heat with ice cream and fun with PHOC friends. PHOC will provide soft drinks and ice cream with all the fixins for sundaes and sodas – make your own with whatever toppings make you say “yummy”! Reward your exercise efforts with a cool summer treat! Bur-Mil Park regulations allow beer and wine in all shelters, but no glass containers are allowed so attendees who want to bring

their own adult beverages should bear this in mind. 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 begin at 3:00 pm at Bur-Mil Park off of Owl's Roost Road in Greensboro. Meet at shelter #3 on the left just past the putting and chipping greens and across from the Clubhouse.

Please RSVP by August 6 to say if you are attending (don't want to run out of ice cream!!)

August 12 Wednesday Night Walk and Dinner

August 15 Elk Knob State Park near Boone Saturday

Here is an opportunity to hike at a relatively new state park with nice new trails. We'll hike the following three trails for a total of 8.8 miles:

- Summit Trail – 3.8 miles total out and back with beautiful panoramic views at the top (1000 feet).
- Back Country Trail – 4 miles total out and back. We'll pass several backpacking sites (1100 feet)
- Beech Tree Trail – 1 mile loop

I live in Winston-Salem so will meet behind McDonalds at Thruway Shopping Center at 8 am and leave at 8:15. Anyone from Greensboro meet at McDonalds at Rt 68 &

I-40 (Albert Pick Rd) at 7:45, leave at 8:00 to head over the McDonalds/Thruway to hook up with me and anyone else from the Winston-Salem area. Difficulty rating: R-25 to R-30.

August 14-16 Kayak the New River Saturday & Sunday Blacksburg, VA

Join us in our 3rd year of paddling the New River near Blacksburg, Va. It is said to be Virginia's most scenic section and after experiencing it last year, we all agreed. It is a beautiful river with low to moderate rapids and often surrounded by high cliffs. We will paddle different sections on Saturday and Sunday. Join us for the weekend or just one day. You can camp or utilize multiple lodging options. Lodging to be determined. Not a trip appropriate for beginners but novice and above will enjoy the river. Rentals can be arranged locally. Contact me for complete details.

August 16 Plainfield Rd/Bill Craft Trail Sunday A Walk in the Woods Watershed Hike

This hike has become a favorite of PHOC. Today we hope to share it with members of the community who would like to learn more about Greensboro's wonderful watershed trails in connection with the One City, One Book program. This year the book is the delightful *A Walk in the Woods* by Bill Bryson. PHOC is helping the community to bring the

joy and the benefits of hiking and reading to others. We will take advantage of the outdoor classroom overlooking the beaver dam and share some trail stories. I would especially encourage PHOC members to come with us to share their experiences hiking on the Appalachian Trail, but those of us who can identify flora and fauna along the way are also encouraged to join us. Of course, the hike is open to all Club members, as always.

The Plainfield Rd. hike is 7.2 miles of rambling terrain that is full of a variety of ferns and hardwoods. It is located just off N. Church St. on Plainfield Rd. Parking is about one mile down on the right. Meeting time is 1:00. Call or email me if you have any questions.

August 19 **Wednesday Night Walk
and Dinner**

August 22 **Boone Fork Trail
Saturday** **Price Park**

We didn't get to do this trail in February due to bad weather so let's try again. This time we will go clockwise and find a nice pool near the end to have a swim or to wade. It will be a great way to beat the heat. Afterwards we can either do another trail in the area and/or have an early dinner in Blowing Rock. So wear your bathing suit and bring a towel, lunch, rain gear and water!

The hike is 5-7 miles and rated R10-28 depending on the number of trails hiked. Call or email for time and place to meet.

August 22 **The Tanagran
Saturday** **Tanawha Trail & Grandfather Mt.**

Join us for a new adventure – The Tanagran – a blend of two favorites, “The Tanawha and Grandfather.” After a short, 3-mile shuttle from our end point at the Rough Ridge parking lot, we start up from the the Boone Fork Parking lot off the Blue Ridge Parkway on the Daniel Boone Scout Trail. We head to Calloway for lunch & beautiful views. Our return takes us to the Tanawha Trail to wrap up our 11.5 mile trek at the Rough Ridge Overlook with outstanding vistas of Grandfather and surrounding treasures. We will probably meet at Shoney's at 7:30 am and the Jonestown exit/Winston location at 8:00 am.

Please email to get on board this new adventure and check for updated details closer to departure time. Happy Trails! R-41ish, 11.5 miles.

August 22-23 **Shining Rock
Saturday-Sunday** **Backpacking**

Backpacking trip to Shining Rock during peak blueberry season, 7-8 miles each day. Contact Matt for details.

August 26 **Wednesday Night Walk
and Dinner**

August 28-30
Saturday and Sunday

Kayak/Camp/Bike
Foster Falls, VA

Join Joel and Andy for the yearly fall camping/kayaking 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 mile 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 29
Saturday

Roan Mountain

Roan Mountain is an ecological wonder, one of the AT's most scenic stretches. This challenging two version hike will be on the Appalachian Trail between Carvers Gap and US 19E. One group will start from 19E climbing 5,300 vertical feet, another from Carvers Gap downhill covering the same 15 miles but with 2,600 feet of uphill. The groups will meet for lunch along the trail and

exchange car keys. This hike is for fit and experienced hikers, bring water and raingear as the weather can be unpredictable.

Please for call for details preferably prior to Friday before the hike (uphill 15 miles 5,300 feet R-68; downhill 15 miles 2,600 R-41).

August 29
Saturday

Rock Castle Gorge
Woolwine, VA

Join me for a late summer hike that offers a little of everything. This club favorite will begin at the end of the CCC Camp road near Woolwine, VA. After a challenging climb of approximately 3 miles through a changing forest, we will emerge near the Blue Ridge Parkway where we will be rewarded with panoramic views. We will walk paralleling the parkway through meadows and woods. The descent will take us over rocks, and creekside. Please contact me for meeting location and times. (11 miles, R-41)

August 30
Sunday

Moses Cone Manor
Blowing Rock

Join me for a leisurely walk on wide carriage trails. We start at Bass Lake, walk 1/2 of the loop (near Manor House), continue on the up and back trail to the fire tower and then resume the 1/2 half of the loop back to Bass Lake. This is on the easier side of a moderate hike. If you don't feel up to walking the entire thing, you can stop and rest at the Manor House and walk back with

the group on the return. We will leave in the morning as it is a 2-hour drive. Please call for meeting time and place.

August 31 **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.

September 17- 20 **Coastal Kayak Trip**

Join us this fall for a 4-day/3-night rendezvous to one of North Carolina's most popular paddling destinations with a local educational and environmental watch group – Cape Fear River Watch. We'll also pause en route at an uninhabited island to travel up a tidal creek and meander through coastal estuaries and saltwater marshes. Beach lodging will be arranged for the group. If you are interested in joining the adventure, please email or call me.



Photo courtesy of Rick Morris

PHOC hiking at Grayson Highlands, VA - June 2015