

# TRAILMARKER

The Piedmont Hiking and Outing Club Newsletter

Since 1982

January-February 2016

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Photos courtesy of Joel Deaton

*PHOC Members Enjoy Ski Trip to Snowshoe, February 2015*

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.

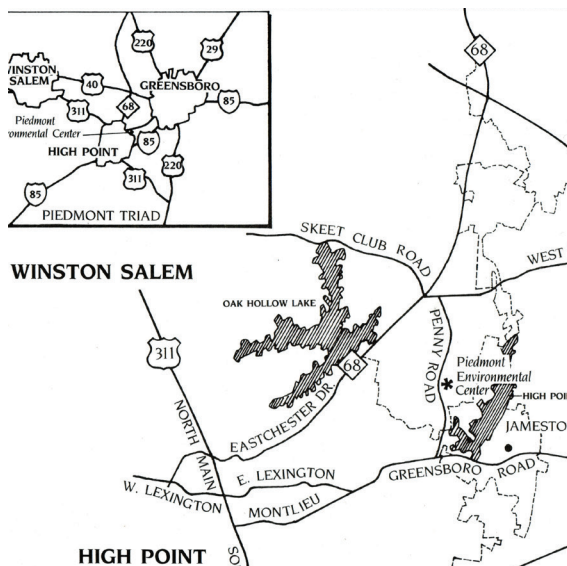
**R40+** These hikes are usually 12 or more miles with 3000 feet or more of elevation gain. They're appropriate only for fit, experienced hikers. Check with hike leader about the trip if you are wanting to do this trip for the first time.



## 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 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.

January 1, 2016                      New Year’s Day Hike  
Friday @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—encompassing Wolf Rock, House Rock, Cooks Wall, and Moore’s Knob. Alma Holland will lead 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 to 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 2                      Ashe/Wilkes Counties  
Saturday                      Mountain-To-Sea Trail  
   Jumping-Off-Rock to  
   Jeffress Park

This walk, over 13 miles of 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). We will keep a sustained pace over a series of longish up and down bumps throughout the entire hike. This hike will therefore suit those who like a good endurance workout without grueling, unending steep climbs. 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. Contact me for meeting time. [R-40]

January 2                      Pilot Mountain State Park  
Saturday                      Grindstone, Mountain Trail, etc.

For all you swells that did not get to hike on January 1st, or even if you did, join me for a 8 mile hike at Pilot Mountain State Park. We will start at the ranger station where we will “grind” up the Grindstone Trail to the Ledge Spring Trail; we will then “spring” up this trail to the top. We will hike around the the Pilot Mountain knob on the Jomeoke Trail. This will afford us excellent views of Hanging Rock. Then it’s down the Grindstone back to

Ledge Spring where we will walk in the woods for 200 yards and intersect with the new Mountain Trail back to the cars. 8 miles, 1500 feet of elevation gain. Email or call for meeting time and place. [R-23]

January 3  
Sunday

Uwharrie National Forest  
Uwharrie Trail

Our shuttle hike covers 8.2 miles of newly designated Uwharrie Trail and future Uwharrie Trail. After meeting at Jumping Off Rock Trailhead near Ophir on Flint Hill Road, we'll shuttle cars to a future trailhead on High Pine Church Road, to begin our hike. Hiking off trail in easy terrain, we'll follow a route proposed as future Uwharrie Trail. In this 2 mile off-trail section we'll visit a natural heritage site which has been identified as a water wall. After connecting with the Uwharrie Trail, we'll climb King Mountain and then Little Long Mountain where there is a newly constructed overnight shelter. Continuing to Flint Hill Rd, we have one creek crossing which in high water could be a wet crossing. Bring lunch and all your winter weather essentials. This hike will be moderately paced and suitable for all fit hikers. Contact me for car pool, creek crossing info and starting time. [8.2 miles 2000 ft. R-28].

January 6

Wednesday Walk and Dinner

See description and contact info at the beginning of the Outings section of the Trailmarker.

January 9  
Saturday

Doughton Park  
Bluff Mountain Trail –  
Blue Ridge Parkway

Join me for a moderately paced 8-mile hike which parallels the beautiful Blue Ridge Parkway. We begin at Brinegar's Cabin, walk for 4 miles, have lunch, and then return to the cars. Bring lunch, water, rain gear and warm clothing. Please call or email for meeting times/locations. [8 miles, R-17].

January 9  
Saturday

Linville Gorge  
Shortoff Mountain

The out-and-back route of this hike begins at NC 126 west of Morganton and ascends Shortoff Mountain. We hope for a clear winter day to see Linville Gorge, Lake James, and multiple surrounding peaks. This is a relatively strenuous hike but rewarding with beautiful views. Please plan for adequate food and water, and layered clothing for winter. An opportunity for a supper stop in Morganton will certainly be considered if the group would like to do so. If ice and or snow become a problem we will certainly re-evaluate as to the safety of the outing and consider other options. If interested in the hike, contact Bob before noon on the Friday before the hike for meeting times and places, and if you have any questions. [11 miles, +/- 2500 feet R-36].

January 10  
Sunday @12:00 pm

"What's in a Backpack?"  
Hike

We will meet at the trailhead parking lot of the Bill Craft Trail in the Richardson Taylor Preserve on Plainfield Rd and will hike



approximately 6 miles. Halfway through, we will go through a backpack to show what one must carry to hike the Appalachian Trail. Total time for hike and demo is about 3 hours. No need to sign up in advance. This hike is good weather dependent since we will be displaying our gear. Directions: North on Church St, crossing over Pisgah Church Rd. Turn left onto Plainfield Rd at Richardson Taylor sign, after crossing Lake Townsend the 2nd time. Trailhead is one mile from intersection on the right.

**January 13                      Wednesday Walk and Dinner**  
*See description and contact info on page 5.*

**January 14                      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 Thursday so I can let them know how many will be attending.

**January 16                      Doughton Park Loop**  
**Saturday                      (Two Walking Pace Versions)**

We offer two strenuous versions of a club favorite, with lots of ups and downs, as well as beautiful 360 degree panoramic views. Karen Wilson will lead a group preferring a moderate pace leaving 1 hour before David's fast paced group, up Flat Rock, along Bluff Mountain and down the Cedar Ridge trails. Bring warm clothes, raingear, lunch and water. Email respective leaders for meeting times and places. [16.5 miles, 3,500 feet elevation gain, R-52].

**January 16                      Watershed Trails**  
**Saturday                      Nat Greene and Palmetto**

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 9:00am. Bring water and a snack. Call or email me if you have questions. [8 miles, R-12]

**January 16                      Hanging Rock State Park**  
**Saturday                      Wolf Rock, Cook's Wall &**  
**Moore's Knob Loop**

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 Moore's Knob Trail. Those needing to get back earlier can proceed to the parking lot. Stalwarts will hike up to the fire tower hoping for a beautiful view. From Moore's Knob, we will descend by the stairs, making our way back to the visitor center. Bring water, lunch, and rain/ice gear. Be prepared for much cooler weather at the mountain top. Call or email for meeting times and places. [+/- 9 miles; 2000 ft. elevation gain; R-29].

**January 16                      Disco Pot Luck**  
**Saturday @ 6:00 pm                      Saturday Night Fever**  
**Maggie's Disco Inferno**

It's time to get out your Boogie Shoes and Shake Your Groove Thing. We will Play That Funky Music at Maggie's Disco Inferno. Everyone bring food to share – adult beverage. Dressing up is not required but fun! Remember life is very short – You Should Be Dancing. RSVP to my email address above.

**January 17**  
**Sunday @1:30 pm**

**Lake Townsend Trail**  
**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, but please do if you have any questions. [8 mi, R-8].

**January 20**      **Wednesday Walk and Dinner**

*See description and contact info on page 5.*

**January 22**  
**Friday @ 6 pm**

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

**New Garden Friends Meeting**  
**801 New Garden Rd; Greensboro**  
**Social@PiedmontHikingandOutingClub.org**

This year's annual potluck dinner/meeting will be held on FRIDAY, Jan. 22 at New Garden Friends at 6:00 pm. Please join us in electing our club officers for 2016. The following officers have been nominated:

**President – Mike Bianco, Vice President–  
John Furnas; Treasurer – Joel Deaton,  
Secretary – Melody Wilhelm.**

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.

**January 23**  
**Saturday**

**Mt. Rogers National  
Recreation Area**  
**Mt. Rogers**

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, R-50+].

**January 23**  
**Saturday**

**Hanging Rock State Park**  
**Tory's Den**  
**(Moderate Walking Pace)**

We will hike to Tory's Den and Falls from the visitor center. This hike will be lead at a moderate pace. Contact leader for meeting details. [9 miles, +/-1000 feet, R-19] .

**January 24**  
**Sunday @ 10:20 am**

**Watershed Trails**  
**Townsend and Osprey**  
**Trails**

Let's hike the Townsend Trail and a small portion of Osprey today. Meet at around 10:20 AM for a 10:30 AM departure at the Osprey Parking lot. This parking lot is located

on Yanceyville Street a short distance after Reedy Fork Church (coming from downtown). We will begin the hike using a portion of Osprey, cross over to Townsend trail and continue to the trails end near the Bryan Soccer complex. We will return to the cars using the same trail. [~8.2 miles; R-10].

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

**January 28**                            **Restaurant Outing**  
**Thursday**                    **Char Bar No 7 (Greensboro)**  
**7:00 pm**                            **3724 Lawndale Dr.**

If you missed Char Bar in December, no worries. Here's your second chance. Please join me at this fairly new place in the Fresh Market plaza on Lawndale Ave in Greensboro. The menu offers many varied selections, including burgers, seafood and sandwiches. Please RSVP the Tuesday prior to this outing.

**January 30**                            **Jeffress Park MST**  
**Saturday**                            **BRPW Near US 421**  
   **(Moderate Walking Pace)**

This will be a repeat of my Dec. 5th hike for those that want to do it again. This moderate hike of 10 miles (total) features one of the nicest sections of the MST. You will hike a mostly soft trail with moderate climbs through forests of hardwood pine, and across meadows, and along ridge lines with great Winter views to the south and east of the Brushy Mountains near Wilkesboro. We will start at Jeffress Park on the BRPW, hike approximately 5 miles and turn around at Jim Pritchett's Bates Motel and restaurant. Bring lunch, water and appropriate gear for a winter hike in the mountains. Email John before noon on Friday for times and carpool locations. [Approx. 10 miles and estimated 1500 ft. R-25].

**January 30**                            **Mt. Mitchell State Park**  
**Saturday**                            **Mt. Mitchell Trail**

Join me and other intrepid club members for the 10th annual Mt. Mitchell winter hike. This is a difficult hike and dangerous for the unprepared; metal-tipped hiking poles and slip-on foot traction (Kahtoola MicroSpikes or similar) are required & NO EXCEPTIONS. You will be hiking on ice during this adventure. 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. Email or call for meeting time and place. [13 miles, +/- 4000 feet, R-50+].

**January 31**                            **Watershed Trails**  
**Sunday @ 1:30 pm**                    **at Lake Brandt Road**  
   **Laurel Bluff & Reedy Fork**

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, but please do if you have any questions. [7 mi, R-8].

**February 3**                            **Wednesday Walk and Dinner**  
*See description and contact info on page 5.*

**February 4**                            **Restaurant Outing**  
**Thursday @ 7:00 pm**                    **Macaroni Grill**  
   **3120 Northline Ave.**  
   **(Friendly Shopping Center)**  
   **Greensboro**

Will it be cold in February? How about a hot, stick to your ribs, delicious Italian dinner? In addition to being delicious, Italian cuisine is known to be one of the healthiest in the world! And don't forget the custom of comradery

at the dinner table. Whether you enjoy the standard Italian fare, or would like unusual creative combinations, the Macaroni Grill has it. I hear the express meal is a good value, and there is an ample offering of both domestic and imported wines. Join me in a toast to your health! If you plan to attend, please call or email by the evening of February 2.

**February 6  
Saturday**

**Graybeard  
Montreat, NC**

This hike starts at Montreat, climbing up some switchbacks to a ridgeline that we'll stay on for several miles, culminating in the view from Graybeard. We then make our way down walking alongside a creek and back out. Those interested will stop for dinner on the way back. Call or email for meeting times and places. [9 miles, 2900 feet, R-38].

**February 6  
Saturday**

**Pilot Mountain State Park  
Ledge, Pinnacle & Grindstone**

Meet at Ranger station a 9:00 am. From Ranger Station, new mountain trail, connecting with Ledge Spring trail to Pinnacle back on the Grindstone to the Ranger Station. The less than one mile segment of Ledge Spring is rated Strenuous by the park. Total distance about 8 miles. Send email if interested in this hike. [8 miles, +/-1800 feet, R-26].

**February 7  
Sunday @ 1:30 pm**

**Watershed Trail  
Owls Roost Loop  
at 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 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].

**February 7 thru 9, 2016  
Sunday thru Tuesday**

**Snowshoe Ski Trip  
Snowshoe, WV**

Join us for our 8th annual ski trip to Snowshoe, WV whether you are a beginner or expert. Snowshoe is the largest resort with the best snow within a reasonable driving distance. Our 4.5 hour trip starts on Sunday to avoid the weekend crowds and enjoy lower rates. Currently, Snowshoe's packages for this trip have changed and I cannot quote a price at this printing time. However, it is generally good to make early reservations. We will be using accommodations at the top of the mountain this year. We've had some grand times. Last year was a winter wonderland with virtually perfect conditions. Call or email me for more and the latest details.

**February 10      Wednesday Walk and Dinner**

*See description and contact info on page 5.*

**February 11  
Thursday @ 7 pm**

**Restaurant Outing  
The Saffron (Greensboro)  
155 Mill Street**

Let's meet for dinner at 7 PM at the Indian restaurant, the Saffron in the Westover Gallery of Shops at 1500 Mill St. This is an informal, casual atmosphere restaurant with delicious Indian food. Please email or call me by Tuesday evening, February 9 if you will be



joining us so that I can let the restaurant know how large our party will be.

**February 13  
Saturday**

**Doughton Park  
Flat Rock & Grassy Gap**

This loop hike is in Doughton Park, about 90 minutes from Greensboro. It offers persistent uphill and some good views for several miles, then downhill and across a few creeks on the Grassy Gap Trail. Join me for this under-appreciated walk. Meet at GSO Shoney's at 8:00, W-S Jonestown McDonald's at 8:30. Please let me know if you plan to join us. [12.5 miles, R-34].

**February 13  
Saturday**

**Hanging Rock State Park  
Wolf, Cook & Moore's Loop  
(Moderate Walking Pace)**

The spring is at the other end of the winter tunnel, and we can feel its stirrings. Yet, some snow fun may still be in store for us as we gently ascend three of the five peaks of this beautiful park. And yet maybe not; the gods may decide to encourage cold-averse PHOCers to get out and take advantage of the mild interregnum before the assault of summer heat. This hike is specifically designed for experienced hikers who want a decent workout at a leisurely pace. We will hike 9 miles, starting at the Visitors Center up past Wolf Rock, 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. Email or call for meeting time and place; [9 miles; +/- 2000 feet, R-29].

**February 13  
Saturday**

**Umstead State Park  
Wake County**

We will hike the Company Mill Trail and Sycamore Lake Trail in this scenic park. While there is no sustained elevation gain on this hike, we will hike these trails at a brisk pace which will allow for a good workout. Contact leader for meeting details. [13 miles, +/- 1000 feet, R-23].

**February 14  
Sunday @ 1:00 pm**

**Valentine's Day  
Downtown Art Walk &  
Wine & Chocolate Tasting**

Back by popular demand, The Valentine's Day Downtown Art Walk followed by a wine and chocolate tasting. Email or call Patty or Teresa by Wed. Feb. 10th if you plan to attend. At that time, you will be assigned a wine to contribute. The walk starts at 1:00 from Patty's house at 615 Percy St.

**February 15  
Monday @ 7 PM**

**PHOC Membership Meeting  
Playing Injured While  
Actively Aging**

The February Membership Meeting will be held at the New Garden Friends Meeting House across from Guilford College. The address is 801 New Garden Road, Greensboro, NC 27410. Refreshments and socializing will begin at 7 PM. There will be a short business meeting at 7:30, followed by the evening program. The program speaker will be club member and semi-retired physician Wayne Hale. Wayne will talk about the health benefits

of various types of exercise, staying active when injured, and minimizing the adverse effect of aging. This should be an outstanding talk and both appropriate and helpful for so many of us aging PHOC members.

### **February 17      Wednesday Walk and Dinner**

*See description and contact info on page 5.*

### **February 18      Restaurant Outing** **Thursday      Mythos Restaurant** **3900 Market St., Greensboro**

Meet at 7 p.m. for dinner at Mythos Restaurant, 3900 West Market Street, Greensboro (200 yards west of Holden Road intersection). This restaurant offers delicious healthy food, very fair prices, and a pleasant and clean environment. Wine: \$4.45 a glass. Please contact me by February 17 if you plan to attend.

### **February 20      Doughton Park** **Saturday      Brinegar Cabin Out & Back** **(Moderate Walking Pace)**

Let's go to Doughton Park to play in the snow or bask in the gentle winter sun (the gods will decide) as we linger 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 this hike is designed to attract hikers who like to walk at a moderate pace, it is not an easy hike (in fact at the lower end of strenuous) and should thus only be attempted by experienced hikers. Email or call for meeting time and place. [9 miles, +/-2200 feet, R-31].

### **February 20      Stone Mountain State Park** **Saturday      Mountain-To-Sea Trail** **to Devil's Garden**

From Stone Mountain State Park we will hike the Mountain to Sea Trail to Devils Garden viewpoint on the Blue Ridge Parkway. This hike involves a sustained steep uphill climb and downhill and will be lead at a steady pace. Contact leader for meeting details. [12 miles; +/-3400 feet, R-46].

### **February 21      Watershed Trails** **Sunday @ 1:30 pm      Bald Eagle Trail** **at Lake Higgins**

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. No need to call, but please do if you have any questions. [8 miles, R-7].

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

### **February 27      Mt. Rogers National** **Saturday      Recreation Area** **AT at Whitetop Mountain**

This hike 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. At Elk Garden (6 miles) where half the cars are parked, participants

can either stop or continue out and back up the southern side of Mount Rogers 3 additional miles to a meadow that often has wild ponies grazing. Depending on the weather we will either have a potluck tailgate supper or stop at a restaurant in Sparta. Bring water, lunch, and appropriate winter mountain hiking gear. Due to limited daylight this hike will leave Greensboro / Winston early. If interested email John before noon on Friday. To Elk Garden: 6 miles, 1800 ft. [R-24], complete hike 12 miles, 3000 ft. [R-43].

**February 27                      Stone Mountain State Park**  
**Saturday                              Outer Loop Trail,**  
**Wolf & Cedar Rock**

Let's enjoy many of the views that Stone Mountain Park affords with a moderate hike. We will begin at the upper parking lot, hiking to the top of Stone Mountain on the Outer Loop Trail. Along the way, we will look across the park to Cedar Rock, as well as stop for our first big picture of Stone Mountain. After a snack on top of Stone Mountain, we will descend the backside of the Mountain to Wolf Rock Trail then up to Wolf Rock. Here we can see many of the club's favorite trails in Doughton Park. We come down by crossing Cedar Rock, with the most impressive views of Stone Mountain for the day. We'll pick one of them for our lunch spot. Once down, we can scan Stone Mountain for climbers, and then hike to Stone Mountain Falls on the Outer Loop Trail, where stairs climb the height of the Falls, leading us to a short trail back to our cars. Please email me for details

[8 miles, 1,700 feet change in elevation. R-25].

**February 28**  
**Sunday @ 1:30 pm**

**Watershed Trails**  
**Piedmont Trail**  
**at 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. No need to call, but please do if you have any questions.  
[6 mi, R-7]



*PHOC hike at Rocky Knob at "Catfish Rock".*



*PHOC hike at Rocky Knob, Blue Ridge Parkway, November 2015.*