

TRAILMARKER

The Piedmont Hiking and Outing Club Newsletter

Since 1982

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Photo courtesy of Clare Strayhorn

Hiking Along the Tanawha Trail - April 2, 2016

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.

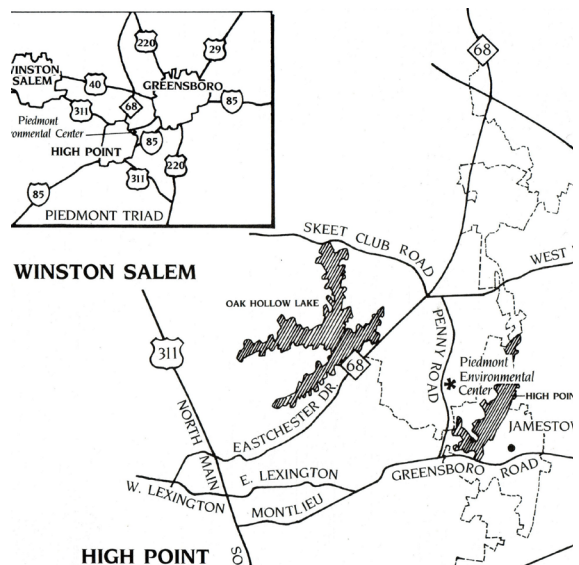
R40+ These hikes are usually 12 or more miles with 3000 feet or more of elevation gain. They're appropriate only for fit, experienced hikers. Check with hike leader about the trip if you are wanting to do this trip for the first time.



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.

**Sunday Lake Townsend/Osprey
May 1 Greensboro Watershed Trails**

Join me for a moderately paced hike along Lake Townsend. This will be an out and back hike of 4 miles out and 4 miles back for a total of 8 miles. Bring water. 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. [8 miles, R-9]

May 4 Wednesday Walk and Dinner
See description and contact info at the beginning of the Outings section.

**May 5 Restaurant Outing
Saturday at 6:30pm Sushi Republic
329 Tate St., Greensboro**

Sushi Republic offers excellent sushi as well as Japanese cuisine from the kitchen. Inside is a

cozy, casual atmosphere, but if the weather is nice, we may be able to dine on the spacious patio. Please call or email me by Tuesday, May 3 if you are planning to attend.

**May 7 MST, Jumping off Rock
Saturday to Jeffress Park**

This hike is 13 miles of rolling terrain, we will have panoramic views of the mountains in the northwest part of our state. We will keep a sustained pace over a series of long up and down hills throughout the entire hike. The hike will suit those who like a good endurance workout without grueling unending steep climbs. The terrain alternates between open windy meadows and sheltered forest. Contact me for meeting time.
[13 miles, R-40]

**May 7 Nat Greene Trail
Saturday Greensboro Watershed**

Join me at 9 am for an easy walk from Lake Brandt Marina to the greenway. Call or email if you have questions. [5 miles, R-6]

**May 8 Dan River Paddle
Sunday at 10am Snow Creek to
Hemlock Golf Course**

This is a 5.5 mile Class I paddle on a pretty section of the Dan River. You’ll pass an impressive 160 foot cliff with the endearing name of Mt. Horrible. This was a section of the river where the Great Wagon Road crossed at shallow fords. We’ll take a short walk to a cave that is purported to have been used by Confederate draft dodgers. You’ll need to bring a kayak or canoe, paddle, and

lifejacket. There are no close outfitters to this section. Bring water, food, paddle jacket or wind breaker and dress in synthetic clothing. Helmet is suggested but optional.

Directions: From Greensboro, go through Stokesdale following NC 65 to Walnut Cove in Stokes County and go right on US 311 through Walnut Cove. Take NC 89 for an approximate 3.5 miles and turn/slant right on Dodgetown Road where NC 8 enters from the left. Go a few miles crossing the Dan River taking a left on Pitzer Road just after the bridge. Snow Creek Access is just ahead at Duggins Road (36.4026-80.1404). If coming through Danbury going south on NC 8/89, turn left onto Dodgetown Road where NC 8 turns to the right and follow above directions. We meet at 10 am.

May 8
Sunday

Nat Greene/Palmetto
Greensboro Watershed Trails

Let's meet a little before 1:30 PM at the Lake Brandt Marina on Lake Brandt Rd. We will hike west on the Nat Greene Trail to Old Battleground Road, crossing the Bicenntenial Greenway, then come back along the Palmetto trail, and Greenway to reconnect with the Nat Greene trail back to the marina. This hike is approximately 9 miles in length. Alternatively, people could do just the Nat Greene trail out and back to the Greenway for approximately 6 miles. [6-9 miles, R7-10]

May 9
Monday at 7pm

PHOC Membership Meeting
Honey Bees & Beekeeping

The May meeting will be held at the New Garden Friends Meeting House located at the corner of West Friendly Ave. and New Garden

Rd with the Driveway across New Garden Rd. from Guilford College. The address is 801 New Garden Rd. Greensboro 27410. Refreshments and socializing will begin at 7 pm there will be a short business meeting at 7:30 followed by the evening program about Honey Bees and Beekeeping. The program will be presented by beekeeper and PHOC member Jim Parker.

May 11

Wednesday Walk and Dinner

See description and contact info on page 5.

May 11
Wednesday at 6 pm

Wednesday Walk in
Winston followed by
Dinner at Cappola's

Let's meet in the Reynolda Commons parking lot (corner of Reynolda and Yadkinville Rds., former home of Harris-Teeter). We will do an easy 4 miles out and back along Mill Creek, skirting the swamp and then Bethabara Park, followed by a delicious casual Italian dinner at Coppola's <http://coppolaspizzeria.com>.

If bad weather cancels the walk, we'll still meet for dinner at 6. Those wishing to do just the walk or just the meal are welcome as well.

May 14
Saturday

Doughton Park Loop

This will be a long, strenuous hike covering trails on Bluff Mountain. Fantastic views from the top of the ridge. Expect a good workout from this hike which will be led at a brisk pace. Please contact me for meeting details. [17 miles, 3500 ft., R-52]

May 14
Saturday

Indian Creek at
Hanging Rock

Let’s head to nearby Hanging Rock for a moderate hike on a glorious spring day. The gods, I am confident, won’t disappoint and offer bright sunshine and cool breezes; and if they turn against us that day, offended at some slight offense we mere mortals don’t understand, we’ll make the best of it anyway and be the masters of our own enjoyment. We will start from the Dan River canoe launch parking lot, and will hike up the Indian Creek Trail to the Visitor Center and back. Sections of this trail are lined with mountain laurel and rhododendrons, which, people in the know tell me, may be in bloom early this year. Again, I am relying on the gods to reward the good people of the PHOC with a bounty of blooms as they wend their way up the trail and across a few easy streams. The meeting place for Greensboro area walkers will be on the parking lot of the Oakridge Shopping Center at the intersection of NC68 and 150. Winston Salem folks can meet us at the park’s Visitor Center. Please email or call Nicole for meeting time at the meeting place of your choice. [7.2 miles, +/- 1000 feet, R-18]

May 14
Saturday at 9 am

Bald Eagle Watershed Trail
Lake Higgins

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].

May 15
Sunday

New River Trail State Park
Bike Ride

Weather permitting, join me for a 35-mile bike ride on the New River Trail near Galax, Va. We will meet in the parking lot at the New River State Park and ride to the Fries junction. There will be a small parking fee.

May 15
Sunday

New Member Orientation & Walk
Lake Higgins Marina, Greensboro

Thinking about joining but wondering what it is all about, new member and not sure how to get started, or recent member needing a refresher course? Meet with us at 1:30 p.m. in the small conference room at Lake Higgins Marina on Hamburg Mill Road in Greensboro. Participants will hear about the PHOC , its opportunities, appropriate gear for PHOC hikes, what to expect and how to stay safe on the trail. The orientation will take about 45 minutes. Afterward we hope you will join us for a short walk in the woods – of course all members are welcome! Those interested in the walk should bring plenty of water, a snack, and wear appropriate clothing to be outside. The orientation and walk should wrap up no later than 5:00 p.m. If you need additional information please contact Butch or Terri. We look forward to seeing you in the conference room and/or on the trail!

May 18

Wednesday Walk and Dinner

See description and contact info on page 5.

May 20-22

Weekend Trip to Gatlinburg, TN

Friday-Sunday

Smoky Mountains Nat. Park

This trip has had a lot of advance interest and is filling up fast! Please advise if you would like to be added to the participant list as the \$75.00 deposit due date is April 1, 2016. I will in turn send you full listing of all the details the trip includes.

Fellow hikers and mountain lovers, this is a repeat of many fun trips to Gatlinburg Tennessee. All levels of hikers are welcome. This trip usually includes wildflowers, ascent and descent from Mt Leconte, and everything in between that Gatlinburg has to offer. The plan includes renting a very large cabin with many amenities including hot tubs, beds, and showers! There are rockers on the porches and funnel cakes in town if that is your preference. In the past we had one group meal and carpooling and thus were able to accomplish within a reasonable budget. Capacity for this trip has been approximately 12 mountain loving friends! Looking forward to enjoying this once again!

May 21

Saturday

Mt Mitchell Loop

Mt Mitchell State Park

We start at the Ranger HQ and hike across Commissary Ridge to Maple Camp Bald. There we have lunch at one of the most scenic vistas in the East. Then, we hike up Big Tom Gap to the Crest Trail. Continuing up Big Tom we then hike across the two highest

peaks east of Mississippi River, Mt Craig and Mt Mitchell. On a clear day we can see for 80 miles! After visiting the concession stand and observation deck on Mitchell, we hike down the "old Mitchell Trail". About half of this trail is considered "rugged" (uneven walking surface, tree roots, rocks – both uphill and downhill) Please email for meeting times and place. This hike will be limited to 16 hikers. [10 miles, R-36 (rugged)]

May 22

Sunday

Stone Mountain State Park

Grassy Creek Winery

Join me for a hike followed by a visit to a winery, where we will partake in a potluck lunch. We'll start the day with a moderate hike of approximately 7 miles and 1600 feet of elevation gain. The hiking route will include a portion of the Stone Mountain loop, as well as Cedar Rock and Wolf Rock trails. We'll need to move along on the trail in order to get to Grassy Creek winery to enjoy its libations and enjoy a potluck lunch that we will bring ourselves to their grounds. Please contact me for additional details. [7 miles, R-25]

May 22

Sunday at 1:30 pm

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 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 questions.

**May 23 Powerwalk, Greensboro City
Monday 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 25 Wednesday Walk and Dinner
*See description and contact info on page 5.***May 28 Black Mountain Crest Trail
Saturday Mt. Mitchell**

This is an out-and-back hike on the Black Mountain Crest Trail from Mt Mitchell to a scenic lunch spot near Gibbs Mtn. This trail has the reputation of being the most rugged in the southeast with ups and downs all day across multiple 6000 ft peaks. In addition to Mt Mitchell, we will cross Mt Craig, Big Tom, Balsam Cone, Cattail Peak, Potato Hill and Winterstar. The trail north of Winterstar may not be well maintained and the hiker should expect overgrowth in some sections.

This is a very difficult hike with a lot of elevation gain, rocky terrain and is for strong experienced hikers only. Weather is extremely variable at this altitude, so bring rain gear and plenty of water. Expect to leave early, hike nine to ten hours, and return late. Please email for meeting time and place.
[12 miles, +/-4200 ft, R-54]

**May 28 Moses Cone Manor
Saturday Blowing Rock**

jo

Let's travel to Blowing Rock where we plan to hike the beautiful Moses Cone Manor via the Carriage Trail. I attempted this hike back in October and was taken by surprise at the pea thick fog. Hopefully this trip will render better vistas and more sunshine. This is a moderate hike that allows views of Grandfather Mountain and surrounding areas. We will begin at Bass Lake and then proceed up to flat top tower for views of Blowing Rock and other areas. Afterwards we will proceed back to our original destination at Bass Lake. Please bring plenty of water and a lunch.
[8 miles, R-25]

**May 28 - Saturday Sailing Day
11:00 am-3:00 pm Lake Townsend Marina**

Here is your chance to complete one of your bucket's list items: Let's go sailing! Please join me at Lake Townsend Yacht Club when the City of Greensboro and LTYC offers a day of free sailboat rides, pontoon rides, crafts for kids including: burgee making, coloring and knot tying. This is a non-strenuous outing, so no rain gear, traction devices, just dress appropriately for a fun cruise of the lake. Please let me know if you plan to participate or if you have any questions. Your personal PHOC "skipper".

**May 29 Haw River Kayaking
Sunday Chicken Bridge to Hwy15/501**

Join us for a kayak day trip to the Haw River. This section is a favorite with rapids, rocks and islands. This trip is not for beginners but

novice + are appropriate. The trip is 6.5 miles and takes approximately 3 hours on the river. Meet at the Four Seasons BB&T bank at 10:00 for carpooling. After the paddle, those who wish will eat at Carolina Brewery in Pittsboro. Call or email me if you plan to come.

May 29 Greensboro Watershed
Sunday at 1.30pm Lake Townsend Trail

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 1 Wednesday Walk and Dinner
See description and contact info on page 5.

June 3-5 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 4 Greybeard Mountain Loop
Saturday Montreat

Scenic hike up to Greybeard Mountain from the resort town of Montreat with excellent views at the summit. This hike will be led at a brisk pace and includes some steep sections. Those interested can join for dinner in Black Mountain. Please contact me for meeting details. [10 miles, 2,900 feet, R-39]

June 5 Bur-Mil Park
Sunday at 1.30 pm Owl’s Roost Loop

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 mi, R-9].

June 8 Wednesday Walk and Dinner
See description and contact info on page 5.

June 9
Thursday at 7pm

Restaurant Outing
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.

June 11
Saturday

Primitive Trail
Doughton Park

This hike, only 90 minutes from Greensboro, is one of the toughies. It starts creekside 1.6 miles, goes virtually uphill for 2.8 miles, along the ridge (with 100-mile views) for 4 miles, and downhill 4.1 miles to the beginning. A club favorite. Meet at GSO Carolina's Diner at 8:00, W-S Jonestown McDonald's at 8:30. Please call if you intend to participate, or if you have questions. [R-44, 12.5 miles]

June 11
Saturday at 9am

Nat Greene & Palmetto
Watershed Trails

Join me for an 8-mile hike on the Nat Greene and Palmetto trails. These are pretty trails 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]

June 12
Sunday

Restaurant Outing
Lucky 32, Brunch

There are few higher-quality and more

reasonably-priced Sunday brunch options than those at Lucky 32, 1421 Westover Terrace (near Friendly Center), Greensboro. The food is creative, healthy, often locally sourced, and delicious, with a casual elegance. Service is courteous, knowledgeable, and attentive. Meet at 10 am; dress is neat casual. Please let me know by June 10 if I should make a reservation for you to join us.

June 12
Sunday

Bill Craft Trail off
Plainfield Road

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 Road 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 1:30 pm. 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 Road. [7 miles, R-11]

June 14
Tuesday

Restaurant Outing
Rody's Tavern 5105 Michaux Rd
Greensboro

Please join me at Rody’s Tavern, which is located in Greensboro, in the shopping center

at the northeast corner of Battleground Ave. and Horsepen Creek Rd. On Tuesdays, they offer burgers with a side for six bucks. If you weren't able to attend the last outing there, now is your chance! Please let me know by June 13 if I should reserve a spot for you.

June 15 Wednesday Walk and Dinner

See description and contact info on page 5.

June 18
Saturday

**Roan Mountain, AT between
Carvers Gap & 19E**

This challenging two-version hike will be on the Appalachian Trail between Carvers Gap and US 19E. Roan mountain is an ecological wonder, and this is one of the AT's most scenic stretches. Catawba Rhododendrons should be in bloom.

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, their end point will be at a 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, as the weather is unpredictable. Please email Gary for meeting times and places prior to the Friday before the hike. [Uphill: 15 miles, 5300 feet, R-68; Downhill: 15 miles, 2600 feet, R-41.]

June 18 **Greensboro Watershed**
Saturday at 9 am **Lake Brandt Loop**

Let's meet at 9 am at the Wildlife Center

in Bur-Mil Park and hike the Piedmont, Nat Greene, and Owl's Roost watershed trails that comprise the Lake Brandt Loop. After hiking the Piedmont and Nat Greene trails, once we are at the Owl's Roost trailhead, just after passing the Palmetto, those hikers who do not want to do the Owl's Roost Trail portion of the hike can continue onto Bur-Mil Park. Proceed North on 220, past Horse Pen Creek Rd, 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. [11 mi, R-15].

June 19 **Lake Higgins Watershed**
Sunday at 1:30 pm **Bald Eagle 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 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]

June 22 Wednesday Walk and Dinner

See description and contact info on page 5.

June 24-26 Camping/Kayaking Western NC
Friday to Sunday Part 1-Tuckasegee and
Nantahala Rivers

Join us to enjoy two rivers in Western NC.
We will be camping at Moonshine Creek

Campground near Sylva but you can elect to stay at any accommodations in the area. If staying at the campground, you need to make quick reservations since the campground expects full occupancy. On Saturday, we will kayak the Tuckasegee River near Dillsboro. On Sunday, we will travel to the Nantahala Gorge and raft or kayak as you desire, the exciting Nantahala River. Not a trip for beginners but novice + are welcome. Call or email for more details.

June 26-27 Camping/Hiking
Sunday/Monday Western NC, Part 2 -
Shining Rock Wilderness Hike

From 1995 through 2000, Fred Craig led a camping trip the end of June or beginning of July and hiked the Art Loeb Trail in the Shining Rock Wilderness. It's time to get back there! Join me to explore the trail for a possible trip next year. Since we will be in the area paddling the western rivers, I plan to extend the weekend to Monday to hike this fantastic area above 5000 ft with vistas and maybe rhodies in bloom. No pets, about 8 miles, [R-15].

June 25 McAfees / Tinker Cliffs,
Saturday AT Hike – Salem VA

Join me hiking on the AT on a club favorite hike including both McAfees Knob and Tinker Cliffs. We will either do this as a key exchange or a shuttle depending on the make-up and desires of the group. McAfees Knob is reputed to be the most photographed spot on the entire AT. This is a very strenuous hike. Only those hikers able to hike at a 2 mph pace for 13 miles with 3000 ft of elevation gain should sign up. Those

interested will stop for dinner at a nearby Mexican restaurant on the outskirts of Roanoke after the hike. Please contact me by noon on Friday prior to the hike. [Strenuous – R49 or R43 depending on the direction hiked. 13 miles, +3600 feet or +3000 feet]

June 26 Reedy Fork and Laurel Bluff
Sunday at 1:30 pm at Lake Brandt

Let's meet at 1:30 pm and hike the Reedy Fork and Laurel Bluff watershed trails. Proceed north on Lake Brandt Road, past the Marina on the left, cross 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 questions. [7 miles, R-8]

June 29 Wednesday Walk and Dinner
See description and contact info on page 5.

Sept. 8-11 Coastal Kayak Excursion
Thursday-Sunday Fort Caswell/Oak Island
The Sand Dune House

Limit of 12 people. Early update: Staying at Sand Dune House at Ft. Caswell/ Oak Island with full kitchen, every bedroom has own bathroom, exclusive to PHOC members. Price is \$200 for weekend with deposit of \$100.00 in mid-June, leaving Thurs. and returning on Sunday. Included is light breakfast and one dinner cooked by me. Please let me know if you wish to reserve your spot, as it may fill up fast or just call if interested. Easy walk to Atlantic since this is on the most eastern point of Oak Island – kayaking for Friday and Sat, and maybe early Sun. More information to follow in later newsletter.