

TRAILMARKER

The Piedmont Hiking and Outing Club Newsletter

Since 1982

September-October 2016

Volume 34 Number 5



Photo courtesy of Gale Magann

*PHOC Hike on the Art Loeb Trail to Black Balsam Mt.
and Ivestor Gap – June 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.

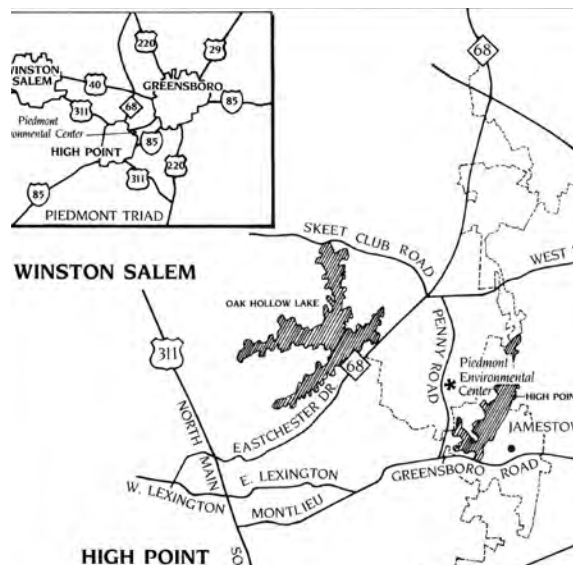
R40+ These hikes are usually 12 or more miles with 3000 feet or more of elevation gain. They're appropriate only for fit, experienced hikers. Check with hike leader about the trip if you are wanting to do this trip for the first time.



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.

**September 3 Tory's Den and
Saturday Hanging Rock Lake**

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 4.2 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 8.4-mile round trip. Please contact me if you'd like to join us or have any questions.

**September 3 Ashe/Wilkes Counties – MST
Saturday Jumping-Off Rock to
 Jeffress Park**

This hike on the Mountains to Sea Trail is 13 miles of rolling terrain, with panoramic views of the mountains in the northwest part of the state. We will keep a sustained pace over a series of long up and down hills throughout the entire hike. This hike will suit those who like a good endurance workout without grueling unending steep climbs. The terrain alternates between open windy meadows and sheltered forests. We will go through a variety of micro-climates, so layered clothing is strongly recommended. Contact me for meeting time. [R-40]

**September 4 Owl's Roost Loop
Sunday @ 1:30 Bur-Mil Park**

Let's meet at 1:30 pm at the Wildlife Center in Bur-Mil Park and hike the Owl's Roost watershed trail from the fishing pier 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 (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, and park in the circular driveway at the bottom of the hill, just below the Wildlife Center. No need to call, but please do if you have questions. 7 miles [R-12]

September 7 Wednesday Walk and Dinner
See description and contact info above.

September 8
Thursday

Historic Bethabara
Winston-Salem
5:15 to walk, 6:15 for
picnic & concert

Let’s meet by the Visitor’s Center, which is beside the band shell. Parking is in the field by the garden and palisades. At 5:15 we will walk out and back along Mill Creek for 2-3 miles, then spread some blankets/ set up chairs, share some picnic fare, and enjoy a free 9/11 Remembrance concert by the Moravian Concert Band. Please bring your own plate, utensils, beverage, and a favorite dish — anything goes, it’s a picnic. This is a county park so no alcohol but no other restrictions.

September 10
Saturday

Grayson Highlands
Mt. Rogers Recreational Area

Beautiful scenery in the Virginia Highlands of the Mt. Rogers area and wild ponies! This is a club favorite. From Massie Gap in Grayson Highlands State Park we will hike north on the AT then take the Pine Mountain Trail to Rhododendron Gap. We will be doing the Rhododendron/ Appalachian/Pine Mountain/Wilburn Ridge trails loop, starting from Massie Gap. Elevation gain will be +/- 2000 ft and the distance 12-13 miles. Dogs OK but must be well behaved and on leash due to the wild ponies in the park. Bring lunch and plenty of water. Call or email me for meeting details. [R-35]

September 11
Sunday

New Member Orientation
and 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 pm. 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!

September 11
Sunday

Uwharrie Forest Trail
Troy, NC

Meet me at Carolina’s Diner on Regional Road near I-40 in Greensboro at 8:30 am to carpool to the trailhead on Hwy 24/27 10 miles west of Troy, NC. We will hike the Uwharrie Forest and Dutchman’s Creek trails for about 11 miles. This is a moderate hike with few elevation gains. It is new to

me and to most in the club so I guess the hike to be R-25. Bring a snack, water, and lunch. Be prepared for hot weather. Email me by noon, Saturday, Sept. 10 if you plan to join the hike.

**September 11 American Tobacco Trail
Sunday Bike Ride – Durham**

Meeting place: Target at 8210 Renaissance Parkway, which is the roadway on the southern edge of the Streets at Southpoint, located just south of I-40 in the outskirts of Durham. For drivers coming from the Triad, the best exit from I-40 is at NC 751 (Exit 274). On NC 751, you drive south the short distance to the first intersection, which is with Renaissance Parkway, and you turn left (east). The Target is on the left (north) side of that street. We'll gather at the Target parking lot at 10:30 am on Sunday.

The trail is very cyclist-friendly asphalt or packed sandy loam. It is a multi-use rails-to-trail route for runners, walkers, and cyclists and a few horses with riders. There are two convenient water stops on the trail and three restrooms. Ride will be followed by a trip to Tomato Jake's (<http://www.tomatojakes.com/>) close to our parked cars.

**September 12 PHOC Membership Meeting
Monday at 7 pm "Hiking in Great Britain"
Presented by Jon Maxwell**

The September Meeting will be held at New Garden Friends Meeting House

located at the corner of New Garden Rd and West Friendly Ave. with the driveway on New Garden Rd directly across from the entrance to Guilford College. 801 New Garden Rd., Greensboro 27410. Refreshments and socializing at 7 pm followed by a short business meeting then our evening program.

Jon Maxwell, longtime PHOC member and worldwide hiker, will present "Hiking in Great Britain". Jon has enjoyed many hikes in Great Britain, most recently walking the Ridgeway National Trail in May. He will discuss options and techniques for hiking in Great Britain, more specifically the Ridgeway. For a description of another of his walks Google "A long walk in England" Jonathan Maxwell.

September 14 Wednesday Walk and Dinner
See description and contact info on page 5.

**September 17 Primitive/Flat Rock
Saturday Doughton Park**

This is a scenic but strenuous hike in Doughton Park. We will climb to the ridge on the Primitive trail. This will be an approximate 2,200 ft climb in 2.8 miles. We will then hike on the MST on the ridge to the Flat Rock trail and then back down to the cars. Please contact me for meeting details. 13 miles – total elevation gain is 3,300. [R-46]

September 18 Lake Townsend Trail
Sunday @ 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, to Yanceyville Road. Turn left at the light at Yanceyville, and proceed 1.9 miles to the Osprey-Lake Townsend parking lot. It is on the left, just around the corner from the Reedy Fork Baptist Church. No need to call, but please do if you have questions. 8 miles [R-12]

September 21 Southern Roots Restaurant
Wednesday Jamestown

Please join me at 6:30 for a dining experience in Jamestown. Southern Roots consistently is rated in the Top 5 Best places to eat in Jamestown. They "select the finest ingredients to honor the earth and ourselves". Please email by 9/20 if planning to attend, so I can make reservations. <http://www.southernrootsfoods.com/>

September 21 Wednesday Walk and Dinner
*See description and contact info on page 5.***September 24 Shortoff Mountain**
Saturday Linville Gorge

This is one of the most scenic hikes in the Southeast. It provides excellent viewing of

Linville Gorge, Lake James and Mt. Mitchell and is one of the best kept hiking secrets in the free world. If you have never hiked Shortoff, make an effort to come. If you have hiked it, you should come also as a good time will be had by all. 11 miles about 2500 ft gain. Please email for info. [R-39]

September 24 Bald Eagle Trail
Saturday @ 9 am Lake Higgins
Watershed Trail

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

September 24 and 25 New River Kayak/
Saturday and Sunday VA Creeper Bike
Independence VA/Damascus VA

Join us on Saturday for a 10-mile paddle on the New River near Independence, VA. I don't think the club has done the section between Bridle Creek Bridge and Hwy 21. It is said to be one of the best sections. Because there is a low level class III rapid, the trip is not for beginners.

After the paddle, those who wish will drive to either Abingdon or Damascus, VA to spend the night and on Sunday meet to do the VA Creeper. We did this agenda last year and it was great. You can elect to do only one day if desired; only paddle on Saturday or only pedal on Sunday. Contact me for additional details.

September 25
Sunday

American Tobacco Trail
Bike Ride – Durham

Join me for a mostly flat 31-mile round trip ride on the American Tobacco Trail. We'll begin at a Target store near Southpoint Mall in Durham and ride through Chatham and Wake counties. The surface is a combination of pavement and packed stone dust. There are several restrooms available but water is limited. Afterwards, if participants are interested, we'll stop at Tomato Jakes for a bite to eat. We'll meet at the Target at 8210 Renaissance Pkwy (see Sept 11) at 10:30. Please let me know if you plan to join me.

September 28

Wednesday Walk and Dinner

See description and contact info on page 5.

September 29
Thursday @ 7 pm

Restaurant Outing
Bangkok Café
1203 S. Holden Rd.#C

A couple of club members told me about this restaurant during a hike. I managed to go visit with my Dad and loved the Green

Curry dish and am anxious to try more. Let's meet for dinner at 7 pm at this laid back, casual atmosphere Thai restaurant with a Trip Advisor rating of 4.5 out of 5. Please call or email me before noon on Thursday so I can let them know how many will be attending as the restaurant is pretty small.

October 1
Saturday

Bass Lake/Firetower
Moses Cone Park

This loop hike, near Blowing Rock, is one I have always been partial to. Perhaps its gentle beauty reminds me of Britain, and it offers some work without being too taxing. We will start walking along scenic Bass Lake, turn up through the woods to Moses Cone mansion on the parkway, then traverse a flowing field to the fire tower, and return. We will pause at the mansion shops to explore iconic handcrafted items. Three bathroom break opportunities are available on this walk. An early dinner at a nearby restaurant is an option. Carpool meets at 7:30 am, Carolina's Diner, Regional Road, Greensboro, or 8:00 am, Jonestown Road McDonald's, Winston-Salem. Please contact me if you plan to participate, or have questions. 10 miles [R-25]

October 1
Saturday

Rock Castle Gorge
Woolwine, VA

Join me for this club favorite loop hike. We start and finish at the end of CCC

Camp Road past Woolwine, Va. After a challenging uphill trek we reach great views along the Blue ridge Parkway. Lunch will be at a former AT shelter. Then we will continue paralleling the Parkway for a while before descending back in to the gorge passing rock formations and finishing by following a beautiful stream. Please email for meeting locations and times. 11 miles, approximately 2800 ft of elevation gain. [R-39]

**October 2 Bill Craft Trail – Richardson
Sunday @ 12 pm Taylor Preserve
 Plainfield Rd**

Join me for an out and back hike of approximately 7 miles on this quiet, scenic trail off Plainfield Rd. Pace will be moderate. No need to call unless there are questions. Directions: Head north on Church St, crossing over Pisgah Church Rd. Cross Lake Townsend twice, turn left onto Plainfield Rd. Trailhead is on the right after about a mile. Or head north on Lake Brandt Rd, turn right onto Plainfield Rd. Trailhead will be on your left after a few miles.

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

**October 8 Grandfather Mt.
Saturday Daniel Boone Trail
 to the Swinging Bridge**

It is time again for a trip to the Swinging Bridge. Join me on the Daniel Boone Trail

to Callaway, MacRae's Peak, and finally the Swinging Bridge. We will scramble over very large rocks, navigate the chute, hang on to cables for dear life, climb scary ladders, and get very tired. Contact me if this appeals to you. [R-50+]

**October 8 Hanging Rock
Saturday State Park**

Join me for a nice workout at Hanging Rock. We will begin at the Visitor Center and proceed to Moore's Knob. From Moore's Knob, we will continue on to House Rock, Cooks Wall and Wolf Rock. We will hope for fall colors and sunshine. Bring water, lunch, and rain gear. Call or email for meeting times and places. +/- 9 miles; 2000 ft. elevation gain. [R-29]

**October 9 Piedmont Watershed Trail
Sunday at 1:30 Lake Brandt Road**

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 questions. 6 miles [R-9]

October 12 Wednesday Walk and Dinner
See description and contact info on page 5.

October 13
Thursday
Positano Restaurant
2605 Lawndale Drive,
Greensboro

Family-owned Positano has been serving high quality Italian food for many years. Prices are fair and the ambience is traditional. We will meet at 7:00 pm. Please notify me by October 12 if you plan to join us.

October 15
Saturday
Doughton Park Loop
Blue Ridge Parkway

Join me hiking this club favorite close to home combining a good workout with beautiful views. This is a long strenuous hike up Flat Rock Ridge, along Bluff Mountain and down Cedar Ridge Trails. Bring lunch and plenty of water. Contact me for details. 17 miles, 3500 ft. [R-52]

October 15
Saturday
Flat Rock/Grassy Gap
Doughton Park

We will hike a shorter version of the 17-mile Doughton Park Loop. We will start with the Loop hikers and hike up Flat Rock then 1 mile on Bluff Ridge to Grassy Gap trail (6 miles). The loop hikers will continue on and we will hike down 7 miles back to the cars. Please email for times. 13 miles [R-36]

October 16
Sunday
Piedmont Environmental
Center, Jamestown

Join me at 10 am for a 9-mile hike starting at the Piedmont Environmental Center on Penney Rd in Jamestown. We will experience nature on trails beside the lake, some wooded trails, and some on the Greenway. I know of a good viewing spot where we can stop and hopefully watch the Groundhog migration to Mexico. Email if planning to hike. 9 miles [R-12]

October 19 **Wednesday Walk and Dinner**
See description and contact info on page 5.

October 22
Saturday
McAfee Knob
AT – Virginia

McAfee Knob is one of the most photographed spots on the Appalachian Trail. In Virginia, McAfee Knob is the Appalachian Trail's poster and postcard image and the autumn colors should be an additional asset at this time of year. The knob has an almost 270 degree panorama of the Catawba Valley and north mountain to the west. It's a steady climb of around 1700' in about 4.4 miles to the knob from the VA 311 parking area. On a clear day one can see some of the best views in the Southern Shenandoah Valley.

Due to the popularity of this hike you will not be alone. Stats are as follows: Driving from the Triad to the trailhead – approximately 2 hours. Hike distance –

approximately 8 miles. Please bring plenty of water and lunch. Departure time: Carolina Diner 8 am. Estimated time back in the triad/Greensboro – 4 to 5 pm. Please call or email me if interested. [R-20]

October 23 Laurel Bluff & Reedy Fork
Sunday at 1:30 Lake Brandt Road

Let's meet at 1:30 pm and hike the Laurel Bluff and Reedy Fork watershed trails. Proceed North on Lake Brandt Road, past the Marina on the left, cross over the bridge at the dam, and park in the gravel parking lot on the right. No need to call, but please do if you have questions. 8 miles [R-12]

October 23 Pot Luck and Music Jam
Sunday at 5 pm 6101 Gwynedd Road
Summerfield

Our October meeting will once again be at the home of Andy and Joel for an evening of PHOC fellowship, good food, and music. Come out and reconnect. Bring your best dish to share along with a serving utensil, optional adult beverage, and a camp chair. We will gather at 5 PM for a pot luck dinner outside, weather permitting, sitting around a campfire, listening to music. We invite any talented club members to bring your instrument and chair only; no pot luck needed as music is your contribution. The club will provide bottled water, tea, coffee, soft drinks, and utensils/paper products.

October 26 Wednesday Walk and Dinner
See description and contact info on page 5.

October 27 Restaurant Outing
Thursday at 7 pm Pho Hien Vuong
4109-A Spring Garden St.

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

October 29 South Mountains State Park
Saturday Outer Loop – Two Versions

After a long break, I am itching to take my fellow hikers back to South Mountains State Park, best enjoyed in cooler weather. Old timers will recall hiking the inner loop of this park with our late friend Susan Getty, and will especially remember Susan's famous chocolate chip cookies' break at Shinnery Creek. This hike is longer and covers a wider loop. A portion of the hike is on a wide trail conducive to socializing, while other sections take us through rhododendron groves and over rocks and bridges across a stream. A disclaimer: Unlike Susan, I will not have a catered cookie break—you are thus advised to bring your own. Two versions of this hike will be offered. All hikers will be together for the first 7 miles of the hike (including for food breaks). After 7 miles, there will be a parting of the way. The diehards (otherwise known as "real hikers")

will continue on with David Memory for another 6 miles (and more climbing) to the outer edge of the park before returning to the parking lot. The others (otherwise known as the “common sense” crowd) will join me down a shorter, and mostly downhill, 4-mile route back to the parking lot. [11 miles, +/-2400 feet (R-35); 13 miles, +/-3100 feet (R-44)]. Call or email for meeting times and places.

October 29 Watershed Trails
Saturday @ 9 am Nat Greene and Palmetto
Greensboro

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

October 29 Linville Gorge
Saturday Wilderness

LOST at Linville Gorge! If you are looking for a 6-hour 6-mile lollipop hike with 2000 Vertical, Bushes, Cat-briars, Deep Gullies, Caves, Rock Walls, Waterfalls, Steep Descents, Steep Accents, Cliff Faces, Fall Colors and the Best Gorge on the East Coast join me at Linville Gorge to hike LOST. Due to Wilderness Regulations we will be limited to Groups of 10. R-(hard). Email for more info and to save your spot.

Photos of my last trip:

<https://goo.gl/photos/tSNrw3iEZ35zyYki7>

October 29 2nd Annual Spooktacular
Saturday HALLOWEEN PARTY

*It's time to get out your Costumes and
Have Some Fun!!!*

NEW LOCATION

3504 Lawndale Dr. Greensboro, NC
7 pm to midnight

Everyone bring food to share – adult beverage. Dressing up is not required but fun! Prize for best costume.

October 30 Iron Ore Belt Access
Sunday Haw River State Park
336-430-4987

The Iron Ore Belt Access, off North Church Street north of NC 150, is the park's initial development on a 692-acre property. The access offers a 0.75-mile roadway with bike lanes that leads to a trail head with toilet facilities and parking for 29 vehicles.

The 3.2-mile Great Blue Heron Trail, built by the park's staff, loops through varied wildlife habitats and plant communities on property that includes headwaters of the Haw River. There is a ½-mile feeder trail to get to the Great Blue Heron Trail. Hikers will have the option of a 4.2 mile hike or 7.4 mile hike. R4.2 or R7.4 – Let's meet at 1:30 at the trailhead.