Summer Hike at Rocky Knob with Views of Rock Castle Gorge
Blue Ridge Parkway, Virginia

Visit us on the Web – https://PiedmontHikingandOutingClub.org
From the first year this club was in existence in 1982 until October of 2009 with the exception of 5 years, someone led a fall beach trip to Emerald Isle except for September of 1982 when we went to Topsail Beach. Four of those years we car camped at Salter Path and the rest of the time we rented a house mostly right on the beach.

We went several times in September but mostly we went the first weekend in October and attended the Morehead Seafood Festival and day-tripped to Beaufort or Cape Lookout. Anna Cassiano Ip lead the trips for 9 years and Jill Bennett led it for four at the end with Maggie Welborn once in the middle. These were always fun weekends and we mostly had great weather... no hurricanes. We did have some spring trips in the early years but crummy weather curtailed that.

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**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.

Wednesday Night Walkers will meet every Wednesday evening in the parking lot between Qdoba Mexican Grill and Chuck E Cheese at Friendly Shopping Center at 6:30 pm for a moderate walk before dinner. The group will have rotating leaders. The leaders are Carol Parks, 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.

### Dates for Wednesday Night Walks & Dinner

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<th>September 4</th>
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Let’s meet at the Lake Brandt Marina at 1:30 pm to hike Nat Greene and Palmetto Trails. We will depart from the Lake Brandt Marina; hike Nat Greene Trail to Old Battleground Rd, then pick up the Palmetto Trail to the Greenway. We will walk a short distance on the Greenway, and return to the Marina via Nat Greene. Call or email if there are questions. 9 miles [R-11]

### September 7
**Laurel Bluff Trail**
Saturday @ 9 am   Greensboro Watershed

Let’s do an out and back on the Laurel Bluff Trail for a total of 6.5 miles. The Laurel Bluff Trail parking lot will be on your right going north on Lake Brandt Road past the Lake Brandt Marina entrance but before the dam. No need to call but please do call or email if you have questions.

### September 8
**Osprey/Townsend Trail**
Sunday @ 9 am   Greensboro Watershed

This will be a Mountains to Sea Trail birthday hike. We’ll meet in the Osprey Trail parking lot at 4907 Yanceyville Rd. and hike east on the Osprey Trail to the Townsend Trail, out to its end and back for a total of about 8 miles, about [R-12]. Those wishing a longer hike can continue on the western portion of the Osprey Trail then return back to the parking lot to add about 4 miles more. Please contact me to confirm that you will be coming. If you are not able to join our hike, go to https://mountaintoseatrail.org to find other sections that you could do that weekend. [R-18]

### September 8
**New Member Orientation and Walk**
Sunday at 1:30   Lake Higgins Marina  Greensboro Watershed

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 education 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!

September 9  PHOC Monthly Meeting
Monday @ 7 pm Slide show, Q&A

“Cycling thru History:
the Great Allegheny Passage and
the Chesapeake and Ohio Canal”

Presented by Alma Holland
New Garden Friends Meeting
801 New Garden Rd., Greensboro

The GAP Trail follows former railroad grades from Pittsburgh to Cumberland, MD and the C&O bike trail follows the tow path for the defunct canal system from Cumberland to Washington, D.C. Alma will present a brief history and the physical characteristics of each trail, including strategies for successful multi-day bike trips.

September 14  Primitive/Flat Rock
Saturday  Doughton Park

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 back to the cars. This hike will be led at a brisk pace and is suitable for experienced strong hikers. Please contact me for meeting details by Friday at 12 pm. 13 miles – total elevation gain is 3,300. [R-46]

September 14  Boone Fork Trail
Saturday  Blue Ridge Parkway

Let’s hike the Boone Fork Trail with the Price Lake loop extension (on the Blue Ridge Parkway near Blowing Rock). Total mileage of 7.5 miles. This trail covers a variety of terrain from flat meadows to a multitude of stream crossings, steep steps, a short ladder, short climbs on rocks and along a lake. Be prepared to get muddy and perhaps wet if there has been rain as the streams can run high. Poles are helpful on this hike. Bring a lunch and snack. We will eat along the creek at some point. Contact me for carpooling details. [R-20]
September 15  
**Bill Craft Trail**  
**Sunday @ 9 am**  
Plainfield Rd, Greensboro

Please join me for this out and back hike of approximately 7 miles of quiet, scenic trail off Plainfield Rd. If the gate is open, we will say a quick hello to the pot-bellied pigs, donkey and horse on properties at the end of the trail before turning around and heading back to the parking lot. Moderate pace. New Hikers are welcome. Directions: Head north on Church St, crossing Pisgah Church Rd. Cross Lake Townsend twice, turn left onto Plainfield Rd. The trailhead parking lot is on the right, after about a mile. Or head north on Lake Brandt Rd, turn right onto Plainfield Rd. The trailhead parking lot will be on your left, after a few miles. Feel free to contact me, if you have any questions.

September 19  
**Señor Bravo Mexican Restaurant**  
**Thursday, 6:15 pm**  
241 Marshall Street

Join me for yummy authentic Mexican food at Señor Bravos. In order to make reservations, please RSVP before Wednesday September 18.

September 21  
**Rocky Knob**  
**Saturday**  
Blue Ridge Parkway

Let’s hope the weather is cooperative this time to hike Rocky Knob. This loop trail starts at the Rocky Knob Campground along the Blue Ridge Parkway in Virginia. It’s a moderate hike, approximately 8 miles in length, with 950 feet of elevation gain, and provides good views of Rock Castle Gorge, the Piedmont, and the beautiful countryside north of Floyd, Virginia. It is narrow and steep in places. Driving time from Oak Ridge and Winston Salem is approximately 1 hour & 45 minutes. [R-26]

September 21  
**Blue Ridge Parkway Caudill Cabin**  
**Saturday**  
Come join me for the Caudill Cabin hike. Approx. 10 miles, 1800' elevation gain and 16 stream crossings each way. Hiking in water shoes and poles will help us keep going. Should be a beautiful hike, still warm enough to get wet and cool enough not to sweat too much. Meet at 8 a.m. at Carolina Diner for carpool. Please let me know by Friday at 8 pm if you wish to attend. Looking forward to this beautiful hike.

September 22  
**Gibson Park**  
**Sunday @ 9 am**  
5207 Wendover Ave  
High Point, NC

Join me at 9:00 for a walk on the Greenway from Gibson Park to the Piedmont Environmental Center. This is an in and out path, so you can complete the eight miles total, or turn around and retrace your steps at any point. Bathroom facilities are located at the park entrance and at the midway point. There is plenty of parking at the entrance, but spotting it can be tricky. It's located on the left as you drive towards High Point. If you pass Penny Rd, you have gone too far. Gibson Park phone number is 336-641-2040, You can also call me for further directions. Easy-peasy rating, but bring plenty of water and a hat.
## September 28

### Rock Castle Gorge Trail

**Wednesday Woolwine, VA**

Join me for a great hike on the Rock Castle Gorge Trail starting at the CCC camp road. There is a steep uphill climb initially then a pleasant hike across meadows along the Blue Ridge Parkway in VA with great views. There will be an initial snack/regrouping spot at the shelter and a lunch stop about halfway along before the descent back into the gorge along a rocky trail connecting to the fire road. 11 miles. [R-35]

### Indian Creek Trail

**Saturday Hanging Rock State Park**

This shady up-and-back 7.2 mile hike, just 45 miles from Greensboro and Winston-Salem, is a favorite. From the trailhead near the Dan River, we’ll go creekside uphill 3.6 miles to the Hanging Rock Park Visitor Center, where restrooms, water, and snack/lunch break are available, and then retrace our steps. Post-hike relaxation/chatting, with beer on tap and ice cold drinks, including RC Cola, will be available at very nearby Green Heron Ale House, overlooking the Dan. Please email if you intend to participate or with questions. Thanks. [R-20]

### Reach the Peaks – Hiking & Trail Running Challenge

**Hanging Rock SP**

This year’s event is the 7th year, and has an updated 11 mile hike (or trail run) through beautiful Hanging Rock State Park. All proceeds from the event fund arts education programs in Stokes County, NC. Hike finishers receive a commemorative patch, and the event is dog friendly! More detailed information is available at the event website, reachthepeaks.org.

### Watershed Trails

**Saturday at 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]

### Reuben Mt. Trail

**Sunday Hanging Rock State Park**

We will meet at the Tory's Den Parking Lot. From there, we will walk 1 mile and turn onto the Reuben Mountain trail, which is 2.9 miles and connects further along Tory's Den trail, then back to parking lot. This portion is 5.6 miles. Afterwards, we can go down to the waterfall and possibly to Tory's Den cave. Total length approximately 6 miles. The meeting time is dependent on weather, so e-mail me for a time. [R-13]

### Sticks and Stones

**Thursday @ 6 pm Clay Oven Pizza**

Dinner outing at Sticks and Stones Clay Oven Pizza, 2200 Walker Ave, Greensboro, 6 pm.
Limit of 12 as this is a busy, cozy place that is always crowded. Please contact me with your RSVP by Wednesday evening. My favorite pizza place in Greensboro with great salads as well.

October 5  Hanging Rock State Park
Saturday  Five Peaks

From the Visitor Center we will hike up to Hanging Rock, and then continue on to Wolf Rock, House Rock, Cooks Wall and then to Moore's Knob. We will hike down the steps from Moore's Knob and then around the lake. Expect good views and a good workout. This hike will be led at a brisk pace. Please contact me by noon on Friday for the meeting details. 11 miles. [R-33]

October 5  Pilot Creek Trail
Saturday @ 9 am  Pilot Mountain State Park
Optional Lunch at Jolo Winery

Join me for this out-and-back approximately 7.6-mile moderate hike along Pilot Creek Trail at Pilot Mountain State Park. From the trailhead parking lot on Boyd Nelson Road, we will take the gently undulating Pilot Creek Trail for 3.3 miles and then pick up part of the Grindstone Trail for another ½ mile to the Rangers Station where we will have a bathroom break and snack. We will then retrace our steps back to the parking lot on Boyd Nelson Road. For those who would like to have lunch at the nearby Jolo Winery, I will make reservations for 2:00 p.m. Directions to the trailhead: Take I-40 to Rt. 52 North.

Head north on Rt. 52, passing Exit 132 for Pilot State Park. Exit at 134, going around the roundabouts, and head west on NC-268 for 0.2 miles. Turn left onto Shoals Rd. Go about 0.5 miles and turn left onto Boyd Nelson Rd. Look for the parking lot up the hill on the right. Let me know by Friday at 12 noon if you plan to do only the hike or the hike and lunch. I will have to make lunch reservations. Directions to Jolo will be provided for those who sign up. [R-16]

October 6  Townsend Trail
Sunday

Meet at the Lake Townsend soccer field parking lot at 9 a.m. for an out and back on the Townsend Trail. 6.5 miles total length. No need to call/email unless you have questions.

October 11-13   Kayaking – Coastal Carolina
Masonboro Island
Wilmington

Join us for a full moon camp and paddle adventure to Masonboro Island. This uninhabited nature preserve is situated between the Intracoastal Waterway and Atlantic Ocean with acres of beautiful coastline, abundant estuaries and miles of meandering channels cutting through the lushes of sea grass. Day trips will include a back island tour, Whiskey Creek and the Intracoastal Waterway. Must have intermediate level paddling skills with boat size requirements. Trip was previously scheduled for September 13-15. Contact me if you have questions or are interested in joining us.
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<tr>
<th>October 12</th>
<th>Roan Mountain AT between Carvers Gap and Hwy 19E</th>
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<tr>
<td>Saturday</td>
<td>This is a beautiful high elevation two version hike on the Appalachian Trail along the border of NC and TN. One group will start from 19E and proceed 15 miles south to Carvers Gap climbing 5,300 feet, the other group hikes from Carvers Gap covering the same 15 miles and climbing 2,600 feet. The groups meet for lunch and exchange car keys. This hike is for fit and experienced hikers only, bring lunch, snacks and plenty of water. If interested email me for details by noon Friday before the hike. Uphill/south [R-68], downhill/north. [R-45]</td>
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<tr>
<th>October 12</th>
<th>Memorial Hike for Ken Cook Hanging Rock State Park</th>
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<tr>
<td>Saturday</td>
<td>We will meet in the Visitors Center parking lot toward the front left corner, near the access to the Upper Cascades trail. We will start with a short walk to the rock garden area on the Upper Cascades trail for a brief memorial, including scattering a portion of Ken’s ashes, to be shared with any of Ken’s neighbors, coworkers and family who choose to join us. We will then hike by the swimming lake on the Moores Wall Loop trail, up the Magnolia Springs trail and Cooks Wall trail to House Rock, where we will scatter more of Ken’s ashes. From there, we will hike the Cooks Wall trail to its end at Devils Chimney, then back on the Cooks Wall and Wolf Rock trails to Hanging Rock trail. We will hike up to Hanging Rock and back to the visitors center. 8 miles with 1,600 feet of altitude gain [R-25]</td>
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<tr>
<th>October 13</th>
<th>Pilot Mountain Creek Trail “Riunite on Ice” Hike</th>
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<tr>
<td>Saturday</td>
<td>From the trailhead parking lot on Boyd Nelson Road, we will take undulating Pilot Creek Trail for 3.3 miles and then pick up part of the Grindstone Trail for another ½ mile to the Rangers Station where we will have a bathroom break and snack. To get there, head north on Rt. 52, passing Exit 132 for Pilot State Park. Exit at 134, going around the roundabouts, and head west on NC-268 for 0.2 miles. Turn left onto Shoals Rd. Go about 0.5 miles and turn left onto Boyd Nelson Rd. Look for the parking lot up the hill on the right. Meet at 9 am at trailhead this is about an R-20. Afterward there will be a lunch option at Rigatoni’s Pizzeria where the option of ordering Riunite on Ice is available for those of us who remember it from the late 70’s and so on. Rigatoni’s is less than 2 miles from the trailhead.</td>
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October 17  
Yamas Mediterranean Street Food  
624 West Fourth Street  
Winston-Salem

Join me for dinner and conversation at this casual downtown restaurant. Yamas offer a variety of moderately priced bowls, wraps, bowls and salads. Please RSVP by noon on October 17.

October 18-20  
Hanging Rock State Park  
Car Camping/Hiking/  
Kayaking AND  
Chili Cook-Off

On this close-to-home car camping trip last year, our group discovered the United Fund of Stokes County’s Chili Cook-Off at the Visitor Center on Saturday. This year, it will be the same weekend. We will hike to Moore’s Wall in the morning, attend the Chili Cook-Off around lunchtime, then do the Hanging Rock trail in the afternoon. Kayakers will enjoy the day on the Dan River (see separate listing). Camping will again be in the Hanging Rock Family campground, which offers running water and a full bathhouse. Sunday we will hike the Indian Creek Trail (see separate listing). Please note that reservations should be made as soon as possible, as the campground will be filled.

October 19  
Primitive Trail  
Doughton Park

This is a tough but scenic 12.5 mile loop hike, and a club favorite, only 90 miles away. We will start creekside, then go hard uphill for 2.8 miles, then along a panoramic ridgeline, and downhill on Brineger Trail to the beginning. Please email if you plan to participate or have questions. [R-42]

October 19  
Dan River Paddle  
Danbury

Join us for an 11 mile paddle down the beautiful Dan. We will me at the Hanging Rock Indian Creek Dan River Access near at 10:00 and car pool to the put in at Hart Access. The paddle should take about 4 – 5 hours. It is a paddle for novice and above paddlers. Contact Joel for more details.

October 19  
Hanging Rock State Park  
Saturday, 10 am and Visitor’s Center  
Moore’s Wall/Chili Cook-Off/  
Hanging Rock

Join the car campers for hiking and the United Fund of Stokes County’s annual chili cook-off. Beginning at 10am at the Visitor’s Center, we will hike the Moore’s Wall Loop, 4.3 miles. We’ll join the Chili Cook-Off at the Visitor’s Center for lunch – cost is $5 per person for much more chili than you can eat – then hike the Hanging Rock Trail to the top. Please contact me if you plan to come.

October 19  
Piedmont Trail  
Saturday @ 9 am Greensboro Watershed

Let’s do an out and back on the Piedmont Trail for a total of 5.3 miles. The Piedmont Trail parking lot will be on your left going north on Lake Brandt Road approximately 0.3 of a mile from the Lake Brandt Marina.
entrance. No need to call but please do call or email if you have questions.

**October 20**  
**Indian Creek Trail**  
**Sunday @ 11 am**  
**Hanging Rock State Park**

One of the most beautiful woodsy hikes in the Park, Indian Creek is a 7.2 mile gently climbing up and back walk with babbling streams, and a few easy water crossings. Meet at 11 am at the trailhead at the end of Flinchum Road (a dirt road, left off Highway 8) outside Danbury. Please email or call if you plan to attend. [R-22]

**October 24, 2019**  
**Green Valley Grill**  
**Thursday @ 6 pm**  
**622 Green Valley Road**  
**Greensboro**

Join me for an evening of dining at the Green Valley Grill, adjacent to the O. Henry Hotel near the Friendly Center in Greensboro. Enjoy fresh seasonal Old World European and Mediterranean flavors from the wood-fired rotisserie and grill. Pair it with your choice of artisanal cocktails, craft beers and 500 wines. Choose from moderately-priced small plates, salads and soups or full entrees. Great desserts, too. Let me know by that Thursday at 12 noon if you plan to come.

**October 26**  
**Wolf Pit to Table Rock**  
**Linville Gorge**

This is an out and back hike that starts at the Wolf Pit parking area and ascends sharply up Shortoff Mtn. at the south end of Linville Gorge. Great views of Lake James. It continues on the MST to Chimney Gap, the Chimneys and finally the summit of Table Rock, for fabulous views of the gorge. Return by same route. 16 miles, 4500 ft elevation gain. Email for meeting time and place. [R-70]

**October 26**  
**South Mountain State Park**  
**Saturday**  
**Chestnut Knob/Little River**

This route has a wonderful view looking across the valley to High Shoals Falls as we make our initial ascent on Chestnut Knob Trail. Continuing on to Sawtooth trail we will make our first food stop at the picnic table which has the best overlook for viewing the interior of the park. We'll continue on Sawtooth trail and turn northeast on Horseridge Trail and then Upper CCC trail, along which we'll have our second food break. Our return to Jacob Fork parking area will be along Little River trail. Please contact me before Friday afternoon Oct. 25th so I can arrange carpooling. 10 miles, 2200 feet. [R-32]

**October 26**  
**Bald Eagle Trail**  
**Saturday @ 9 am**  
**Lake Higgins Watershed Trail, Greensboro**

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]
October 26
Saturday
7 pm to Midnight

**4TH ANNUAL SPOOKTACULAR HALLOWEEN PARTY**

Hosted by: Maggie Weldon & Social Committee

Everyone bring food to share – adult beverage. Dressing up is not required but fun! We will have plates and refreshments and plenty of chairs. Dancing and outdoor fire (if weather permits). Prizes for best costumes.

October 27
Sunday
Boone Fork Trail
Blue Ridge Parkway, Boone/Blowing Rock

Sunday morning, let’s hike the Boone Fork Trail at Price Park on the Blue Ridge Parkway (around mile marker 295). The leaves should be beautiful and the weather just right this time of year. This easy-to moderate loop trail is 5 miles in length and takes about 3 hours to complete. It may be a little strenuous for novice hikers but a hike that almost anyone in generally good physical condition can do. Suitable footwear is a must, given the diverse landscape with many stream crossings, some rock hopping, and a couple of ladders on the trail. The trail is well-marked and you’ll see a mile post every 0.5 mile. After the hike, we may go to nearby Blowing Rock, visit shops and have ice cream. Call or email for meeting details. [R-11]

October 27
Osprey Townsend Trails
Sunday @ 1 pm
Greensboro Watershed

Join me for an early morning hike along the Greensboro Watershed. Let’s meet at 1 pm at the Osprey Parking lot on Yanceyville Street. Coming from downtown Greensboro (going north) the parking lot is around ¾ mile on the left past Reedy Fork Baptist Church. We will hike a short distance on Osprey, then pick up Townsend trail, hike to the end of Townsend, and back to the cars. This walk is around 7.5 miles out and back. No need to call, but please do if you have any questions.

November 1-3
Kayak/Camp
Friday - Sunday
Pettigrew State Park
Creswell, NC
Paddle Scuppernong River

This trip is OK for beginner paddlers and up. Join us camping at Pettigrew State Park, NC’s 2nd largest bay lake in eastern NC. Sommerset Plantation, a NC historical place is located beside the group tent camp site. We will paddle the Scuppernong black water river about 14 miles to the Albemarle Sound on Saturday. Contact Joel for more details.