

MID-APPALACHIAN HIGHLANDS CLUB, INC.

P. O. BOX 1912, Johnson City, TN 37605
A HIKING CLUB SERVING JOHNSON CITY, KINGSPORT, BRISTOL AND ELIZABETHTON, TN
CHARTERED FEBRUARY 19, 1976
AN IRON MOUNTAIN TRAIL-MAINTAINING CLUB

President: Jan Young	First Vice President: James Price
Second Vice President: Craig Haire	Secretary: Jane Anderson
Treasurer: Marie Graves	Trail Maintenance Coordinator: David McMillin
Activity Coordinator: Craig Haire	
Board Members: Darrell Wright, Judy Middlemas, Mitch Link, Jamie Aiello, Roy Holcomb	

Activity Schedule: Fall 2009 (October, November, December)

Attention Everyone:

Schedule on the web: <http://jat.esmartweb.com/hikers/mid-app-hiland-club.htm>. Our new website has been redesigned and we have selected a new domain name. Please check it out: hiketennessee.net The board chose this name as one that is easy to remember and can be given orally to prospective hikers when writing it down is not feasible.

Hiking mileage is round trip. Driving distance is one-way. Phone numbers are area code 423 unless otherwise indicated.

Passengers are encouraged to help with gas at \$0.07/mile per hiker.

The gathering point listed as Arby's is the same location that has in the past been listed as Kroger. The Kroger is no more and the location is directly south of the Arby's at South Roan Street and University Parkway.

The gathering point listed as Elizabethton is in the lot near the Elizabethton High School Flagpole, "E" Street and Bemberg Rd.

At the February board meeting the board decided that schedules now will be sent primarily by e-mail but printed copies will still be available to those who prefer it. If you have e-mail and would like to receive your schedules this way, please let us know your e-mail address.

At its August meeting the board set a cut off time for work trips. After that time the work will cease and the crew will hike on out.

At the summer picnic it was mentioned that the Appalachian Trail Conservancy still needs people to apply for a Tennessee Appalachian Trail specialty license plate. The application form for this is at the last page of this schedule.

We still need volunteers for the Iron Mtn. Trail. Here are miles available for adoption:

<u>south end</u>	<u>middle section</u>	<u>north end</u>
Mile 1 – Ernie Hartford	Mile 6 – <i>available</i>	Mile 14 – <i>available</i>
Mile 2 – Craig Haire	Mile 7 – Roy Holcomb	Mile 15 – <i>available</i>
Mile 3 – James Price	Mile 8 – <i>available</i>	Mile 16 to Butt Mountain –
<i>available</i>		
Mile 4 – <i>available</i>	Mile 9 – <i>available</i>	Mile 16, 17, and 18 – Sandy Hart,
Mile 5 – Jan Young	Mile 10 – <i>available</i>	Tom Davenport, and Dave Patrick
	Mile 11, 12, 13 – Johnson	
	County Hiking Club	

Suggested First-Aid Items

8 bandaids, assorted sizes
4 alcohol prep pads
2 squares moleskin
sewing needle
small scissors & tweezers
vial of oral analgesics (Tylenol, Advil, etc.)
vial of personal medications
antibiotic ointment
compact first-aid/survival manual
ACE elastic wrap
loud whistle

Optional Extras

insect repellent
antihistamine lotion
premoistened towelettes
sunblock cream
large, clean bandana
mylar 4' X 7' rescue blanket
ziplock bags (for fashioning cold compresses)
4 X 4 gauze pads
roll of adhesive tape

Hike Leaders

Here are some admonitions modified from the spring 1996 schedule:

1. Know your trail. Try to visit the trail before leading others over it.
2. Be present at the point of departure, regardless of the weather, to inform those who may show up that the hike has been cancelled, if that decision has been made.
3. As leader, your primary task is to make every effort to help all participants enjoy the activity, return home safely and on time.
4. When you greet participants at the place of departure, be sure to have your enrollment form and have everyone sign it. Get the address of nonmembers so that an invitation may be mailed to them to join, with a current schedule. You send the form to the activity coordinator, presently Craig Haire, P.O. BOX 1912, Johnson City, TN 37605.
5. Remind all participants about appropriate clothing, equipment, and footwear.
6. Appoint a person to be the "sweep" for the duration of the hike. Remind all participants that they must not get ahead of the leader nor behind the sweep without permission.
7. Discourage picking wildflowers and disturbing plants and wildlife.
8. Remind participants that they are individually responsible for their safety and the safety of minors which they may bring with them. Participation in club activities carries with it the obligation to hold the club and its representatives harmless and free of liability for individual safety.
9. Remind all participants that when walking on established trails, they must remain on the trail and refrain from taking shortcuts at switchbacks in order to minimize erosion.
10. Carry out all trash and try to remove trash left on the trails by thoughtless individuals.
11. Wear blaze orange when hiking during hunting season.
12. Suggest participants carry waterproof matches, compass, and first-aid kit (see above).
13. Dogs are not permitted on club hikes. Thank you for leaving them at home.

Sat. Oct. 3

Shining Rock Wilderness

Hike: 15-16 miles

Drive: around 100 miles

Depart: **Arby's-7:00 AM**

Leader: James Price

Phone: 213-0042

Rating: strenuous

Elevation gain - 3000 ft

Topo: Pisgah Ranger District

This will be a joint hike with Johnson City Hikers. We start on Fork Mtn. Trail across Birdstand Mtn. and go on to Sams Knob (6040 ft) and Chestnut Bald, spending some time on the Mountains-to-Sea Trail..

Sun. Oct. 4

Elk Park Trail/ see Hump Mountain

Hike: 2.8 miles

Drive: 26.7 miles

Depart **Elizabethton 1:15 PM**

Leader: Carl Hamilton

Phone: 926-1313 for info

Rating: moderate

Topo:

This trail starts on the edge of Elk Park and immediately enters a mixed hardwood forest. It soon joins an old road, crosses a very small stream, and continues ascending via switchbacks to a grassy knob with panoramic views and a flagpole. Hump Mountain dominates the skyline to the west while Elk Park, Cranberry, and Grandfather Mountain are also visible. The views alone are worth the trip.

Sat. Oct. 10

Old trail 28/ New Dark Hollow Trail 28

Hike: ? miles (about 7 hrs.)

Drive: 10 miles

Depart: **Arby's-8:00AM**

Leader: Charma Casteel

Phone: 276-669-6203

Rating: moderate

Topos: Limestone Cove

Description: An old abandoned trail has been cleared enough to be passable. It connects with the new horse trail (Dark Hollow Tr) to complete a loop. It is still rough, and goes through an area burned in April 2009. The exciting thing is that the trailhead is about 15 minutes from J.C. but is remote enough to be a rarely-used trail, and is now being made accessible after years of dormancy. Wear old shoes and old clothes; we may need to clip some new growth of briar and laurel.

Sun. Oct. 11

Sycamore Shoals State Park/Fitness Trail

Hike: 2 miles

Drive: 1 mile

Depart: **Elizabethton-1:15 PM**

Leader: Laura Norris

Phone: 543-1114

Rating: easy

Topo:

This trail starts to the right of the visitors center. It passes behind the hospital to loop an open area to the east. It then returns to proceed down behind the fort and follow the river down through the woods and around an island. There are usually many squirrels on this section. If you have not seen the fort yet, today would be a good day to check it out.

Sat. Oct. 17 **Iron Mountain Trail /Sandy Gap to Cross Mountain**
Hike: 5 miles Drive: 34.5 miles Depart: **Arby's-8:00AM (Elizabethton 8:15)**
Leader: Craig Haire Phone: 737-0057
Rating: moderate Topo: Doe

This hike is on the first section of our trail. It is mainly on the crest. There is a fine overlook in all seasons in mile # 1. If you would rather just hike on through, let the leader know so that appropriate vehicle arrangements can be made.

Sun. Oct. 18 **Warrior's Path-Devil's Backbone & Fall Creek Loop**
Hike: 3.5 miles Drive: about 25 miles Depart: **Arby's-1:15 PM**
Leader: Helga Mitchell Phone: 773-8037
Rating: moderate Topo:

The Devil's Backbone Trail starts just across the lake from the pool area and as its name implies, it runs atop the spiny ridge. It is mostly wooded but with some good views of the lake from high above. Later it descends to the water level before ending at the Fall Creek Trail. This trail starts along the creek but ascends through some fields that are returning to forest, before it circles back around to its beginning. After finishing the loop we return via the Devil's Backbone trail.

Sat. Oct. 24 **Guest River Gorge Trail**
Bike/Hike: up to 11.6 miles Drive: 68 miles Depart: **Arby's-9:00AM (Meadowview 9:30)**
Leader: Jamie Aiello Phone: 357-3151
Rating: easy Topos:

Join us for a scenic 11.6 mile bike or hike on the rails to trails Guest River Gorge trail. You will see the beautiful fall leaf color, the Guest River below, and awesome rock cliffs overhead. This is a very scenic trail; the beginning ride is downhill at about a 5% grade on flat packed dirt.

Sun. Oct. 25 **Little Mountain**
Hike: around 4 miles Drive: 10 miles Depart: **Arby's-1:15 PM**
Leader: Marie Graves Phone: 773-9971
Rating: easy to moderate Topos: Laurels, JC

This is a hike we first did this past winter quarter and repeated this past summer. This time we'll get to enjoy the fall colors. We start on FR533801 and continue to a summit for views of Buffalo Mountain, the valley below and Johnson City.

Sat. Oct. 31

Buffalo Mountain Park (work trip)

Hike: 4? miles

Drive: 2 miles

Depart: **Arby's-8:00 AM**

Leader: James Price

Phone: 213-0042

Rating: moderate

Topo:

We did good work this past September on the fire-devastated trails on Buffalo Mountain, but more is needed. The bugs were still a little bothersome last summer, but should not be a problem. Tools will be provided, but bring a Pulaski if you have one. Overgrowth has gotten pretty bad, so loppers and clippers would also be useful. This will be a joint hike with Johnson City Hikers under the direction of Tom Dosser. Trailwork will stop at 3 PM.

Sun. Nov. 1

Bike Blue Ridge Parkway across Linn Cove Viaduct

Bike: 10 miles

Drive: 38 miles

Depart **Elizabethton: 1:15 PM**

Leader: Roy Holcomb

Phone: 926-1313

Rating: moderate

Topo:

This time let's start at Beacon Heights as we approach Grandfather Mountain and break out of the trees into an area of open panoramas. After about 2 miles we will cross the Linn Cove viaduct and the next couple of miles of spectacular views that follow it before reaching our turnaround point. The return is along the same route so you can see the scenery from the other direction. In spite of the high mountain views, this section of the parkway is not too steep but has relatively easy ups and downs. Those of you who have done Cades Cove will not have a problem here. By this date the leaves, and "leaf peepers" will be gone so the traffic should be thin but hopefully winter will not be here yet. It will be cooler here than at home so bring plenty of clothing.

Sat. Nov. 7

A.T. Cross Mountain to Nick Patch and Back

Hike: 6.4 miles

Drive: 19.3 miles

Depart: **Arby's-10:00 AM (Elizabethton-10:15)**

Leader: James Price

Phone: 213-0042

Rating: easy

Topo:

We will access the AT on Cross Mountain where the Trail crosses Hwy TN 91 and proceed south as the Trail goes. At 3.1 miles from the trailhead, we pass a blue-blazed side trail which leads right 100 yards to a spring. This was probably the water source used by Nick Grindstaff. From the side trail to the spring, ascend one-tenth mile to the crest of the ridge. Here, 15 yards to the right, is the grave and monument to Nick Grindstaff.

Sun. Nov. 8

Sugar Hollow Park

Hike: 2 or 3 miles

Drive: about 30 miles

Depart: **Arby's-1:15 PM**

Leader: Jane Anderson

Phone: 361-8488

Rating: easy

Topo:

Sugar Hollow Park is near exit 7 at Bristol VA. This is a beautiful area with an open grass area, swamp area with boardwalk, and a forested area with trails. It is perfect for a Sunday afternoon.

Sat. Nov. 14

A.T., Backbone Rock to Damascus

Hike: 6.68 miles

Drive: 38.65 miles Depart: **Arby's-8:00AM (Elizabethton 8:15)**

Leader: Helga Mitchell

Phone: 773-8037

Rating: moderate

Topo:

First we will drop a car in Damascus. Then we will return to Backbone Rock to begin our hike. We can see how well named this spine of rock is as we pass through what has been called the shortest tunnel in the world. We climb for most of the 2.36 miles up the spine to the A.T. on Holston Mountain. Here we turn right and follow the main ridge mostly downhill into Damascus.

Sun. Nov. 15

Persimmon Ridge-Jonesborough

Hike: 2.6 miles

Drive: 19 miles

Depart: **Arby's-1:15 PM**

Leader: Jan Young

Phone: 737-0057

Rating: easy

Topos:

The trails of this park were built a few years ago as Eagle Scout projects and each of the "minimum impact" sections bears the name of the scout who built it. The trail follows the ridge, but there are ups and downs as the trail goes from one ridge to another. There is a plethora of plant and animal life. Boardwalks are provided to cross the extensive wet areas where cattails, Lobelias, red-osier dogwood and other moisture loving plants may be seen in season. There is even a chance of seeing deer.

Thurs. Nov. 19

Board Meeting

First Presbyterian Church, Johnson City

President: Jan Young

Time: 7:00 PM

Sat. Nov. 21

Iron Mountain Trail/Sandy Gap to Shingletown

Hike: 8.7 miles

Drive: 41.44 miles

Depart: **Arby's-8:00AM (Elizabethton 8:15)**

Leader: Roy Holcomb

Phone: 926-1313

Rating: moderate

Topos: Doe, Shady Valley, Laurel Bloomery

This time the hike will be on the long middle section of our trail. If you want to just hike through without working let the leader know so he can arrange the cars so you can go on home without having to wait for all the work to be done. There are ups and downs along the way but nothing too steep until the descent to Shingletown. This can also be a work day for any who are interested.

Sun. Nov. 22

Watershed Trail- Hampton

Hike: about 4 miles

Drive: 6 miles

Depart: **Elizabethton-1:15 PM**

Leader: Mitch and Alice Link

Phone: 743-8003

Rating: easy

Topos: Elizabethton, Watauga Dam

This trail was started as an Eagle Scout project. It begins in the dense pine forest in Hampton and skirts the edge of fields before reaching the bank of the Doe River. From there it climbs gently along the side of the mountain on the old road toward an iron mine before turning back to the pine forest again.

Sat. Nov. 28 **Bristol Bikeway From Rooster Front Park**
Hike: up to 10 miles Drive: 22.9 miles Depart: **Arby's-10:00 PM**
Leader: Roy Holcomb Phone: 926-1313
Rating: easy Topos:

We will start at Rooster Front Park which is just downstream from the lake at Steele Creek Park. In fact the first couple of miles of this trip will be the flat trail along the lakeshore that we have walked many times in the past. At the trailhead we will continue across the road onto the newer bike route that leads into Bristol. It starts as a paved path and extends across some older neighborhoods all the way to the Volunteer Parkway. If any hikers want to come along they can pick which Steele Creek Park trails they would like to walk.

Sun. Nov. 29 **Rock Creek Falls (service trip)**
Hike: 5 miles Drive: 20 miles Depart: **Arby's-1:15PM**
Leader: Craig Haire Phone: 737-0057
Rating: moderate Topos: Unicoi

This is one of our favorites for any time of year. It is a fairly steady 2.5-mile climb from the recreation area (2,360 ft) to the falls (3,400 ft.), a gain of 1040 ft. After leaving the camping area we will be inside the Unaka Mountain Wilderness Area for the entire hike. We will cross the creek four times.

Power saws are not allowed here, but we'll have a crosscut saw for clearing the large obstructions that have been there for some time. If you have a large bow saw, please bring it. Those who just want to climb up to the falls may certainly do so.

Fri-Sun. Dec. 4 - 6 **Pickett State Park (overnighter)**
Hike: ? miles Drive: 179 miles Depart: **Arby's-1:00 PM**
Leader: James Price Phone: 213-0042
Rating: moderate Topos:

There was a good response to this hike last time, and we look forward to another enjoyable time in another part of Tennessee. The exact details have not yet been worked out. Contact James.

Sat. Dec. 5 **AT Elk Gardens to US58 at Summit Cut**
Hike: 6.9 miles Drive: 61.4 miles Depart **Arby's:9:00 AM(Elizabethton9:15)**
Leader: Jane Anderson Phone: 361-8488
Rating: moderate Topo: Whitetop Mountain

Virginia's Whitetop Mountain (5,520 feet) is the state's second to Mt. Rogers (5,729 ft). The trail leads through a beautiful forest of beech, birch, maple trees, mountain ash and, higher up along the trail, there are red spruce intermixed with the hardwoods.

Buzzard Rock is 3.2 miles from Elk Garden and sits on a knoll on the side of Whitetop Mountain, a considerable distance from the summit. From this promontory you will have views to the south, west and north. Grandfather Mountain and Sugar Mountain can be seen to the southwest. To the northeast, beyond the open meadows, you can see the red spruce-covered summit of Whitetop.

Sun. Dec 6.

A.T./ Carver's Gap to Jane Bald

Hike: 4 miles

Drive: 20 miles

Depart: **Elizabethton 1:15 PM**

Leader: Darrell Wright

Phone: 975-9942

Rating: moderate

Topo: Carver's Gap

We will park at Carvers Gap (5,512 ft.), hike up the beautifully rebuilt trail, and across Round Bald (5,826 ft.), down through Engine Gap (named for an abandoned sawmill engine) and, at the end of the first mile, pass rock promontory affording good views of the surrounding mountains and valleys. Then we climb to Jane Bald (5,807 ft.) and return the same way.

We should have some exhilarating zephyrs and breathtaking views of distant mountains, including Grandfather, Table Rock, Mt. Mitchell, Hump, Big Yellow, White Rock, Stone, Unaka, Buffalo, etc. This is a favorite for many.

Sat. Dec. 12

Greystone Mountain Ramble

Hike: 9.1 miles

Drive: about 21 miles

Depart: **Arby's-8:00 AM**

Leader: Dave McMillin

Phone: 913-2345

Rating: moderate to difficult

Verticle: 1600 ft

Topo: Greystone

This hike in the Cherokee National Forest of southeastern Greene County will begin at 1800 feet elevation at the FT 19 parking area on Shelton Mission Rd. We'll ascend Davis Creek Trail to its junction with the Artie Hollow Trail (FT 18), which goes up an un-named branch, past an un-named waterfall, climbs to the 3400 foot high point of the hike and terminates at the Phillips Hollow Trail (FT 17). We descend on that trail to FR 5099, where we'll find our cars. At that point, we will have hiked approximately 5.6 miles on trails rated moderate to difficult by the Forest Service. Those wanting a longer hike can add another 3.4 miles by hiking into Marguerite Falls (and out again) on FT 189, which also branches off FR 5099.

Sun. Dec. 13

Moses Cone to Bass Lake and Loop

Hike: 4.4 miles

Drive: 59 miles

Depart: **Elizabethton 1:15 PM**

Leader: Mitch and Alice Link

Phone: 743-8003

Rating: easy

This new hike explores some of Moses Cone's carriage routes that we have not previously travelled. This time we will walk down through some of the area we gaze across from the front porch of the house. Along the way through fields and forests we will pass Bass Lake, which contains trout.

Sat. Dec. 19

Iron Mountain Trail/Shingletown to Damascus

Hike: 5.7 miles

Drive: 44 miles

Depart: **Arby's:8:00AM (Elizabethton-8:15)**

Leader: James Price

Phone: 213-0042

Rating: moderate

Topo: Laurel Bloomery TN-VA

Today's hike will be on the northernmost section of our trail and the work will be somewhere on the section. After the climb from Shingletown we reach the trail which follows the ridge with good views to the right of Doe Valley. We descend to Damascus in the last couple of miles. If anyone would prefer just to hike this day, let the leader know so transportation arrangements can be modified.

Sun. Dec. 20

A.T./ Jones Falls

Hike: 5.2 miles

Drive: 21 miles

Depart: **Elizabethton-1:15 PM**

Leader: Judy Middlemas

Phone: 282-6987

Rating: moderate

We go past the town of Roan Mountain to where the AT crosses 19E. We'll turn left onto Bear Branch Road and continue 1.8 miles to a stop sign. Turning left onto Buck Mountain Road we continue for 1.7 miles to Buck Mountain Baptist Church. The AT goes to the right, down a steep slope. It's about an hour hike to a real gem, one of the best-kept secrets of the A.T.

Sat. Dec. 26

A.T./ Indian Grave Gap to Nolichucky River

Hike: 8.3 miles+

Drive: 22 miles

Depart: **Arby's-9:00AM**

Leader: Jan Young

Phone: 737-0057

Rating: moderate

Topo: Chestoa, Hunt Dale

We'll drop a car at the Nolichucky River bridge before beginning our hike at Indian Grave Gap. Since it is mostly downhill it may be a little easier than moderate. After 4.1 miles we reach Curley Maple Gap Shelter. Soon after that we start down along the side of a rather dramatic valley and follow a creek to Nolichucky expeditions. At this point the trail turns right staying above the railroad with some views before it reaches the road right at the bridge.

Sun. Dec. 27

Squibb Creek Falls

Hike: 5 miles

Drive: 30 miles

Depart: **Arby's-1:15 PM**

Leader: Tony Clark

Phone : 378-5299

Rating: moderate

Topos:

This hike begins at Horse Creek and follows Squibb Creek into the Sampson Mountain wilderness. This pleasant creekside walk crosses the stream several times and passes smaller cascades before reaching the main falls, which are about 50 feet tall.

Fri. Jan. 1, 2010

Mt. Rogers

Hike: 8.6 miles

Drive: 58.28 miles

Depart-**Arby's-8:00 AM (Elizabethton 8:15)**

Leader: Jim Von Bramer

Phone: 246-9093

Rating: moderate

Topo: White Top Mtn.

This is our traditional New Year's hike to Virginia's highest peak. We will begin at Elk Gardens on VA 600. We always find surprises on this hike. Sometimes it is even clear, sunny and warm! Sometimes knee deep snow! Sometimes an enchanted rime-bejeweled world! Be sure to take extra clothing and rain gear. You may need them. Our elevation gain is 1295 feet to the summit of 5729 feet. What a great way to start the new year.



Tennessee Appalachian Trail Specialty License Plate Application

The Appalachian Trail license plate helps conserve and maintain the A.T. in Tennessee. When you join us, you become a member of the distinguished group of people dedicated to preserving the magic and adventure of the 2,175-mile Appalachian Trail. The Appalachian Trail Conservancy will receive \$15.55 annually for each A.T. plate purchased or renewed. As a thank you, you will receive a free, one-time annual membership to the ATC, a \$35 value. Applicants for the plate must already have the vehicle registered in Tennessee.

Select the type of A.T. plate for your vehicle.

- ☐ \$35 Regular Appalachian Trail plate (in addition to the regular license registration fee)
☐ \$70 Personalized Appalachian Trail plate (in addition to the regular license registration fee)

You are allowed four (4) spaces for a personalized message.

A _____ 1st Choice A _____ 2nd Choice A _____ 3rd Choice A _____ 4th Choice
T _____

Name (as shown on registration):

FIRST _____ MIDDLE _____ LAST _____

ADDRESS _____

CITY _____ COUNTY _____ STATE _____ ZIP CODE _____

HOME PHONE _____ DAY PHONE _____ E-MAIL ADDRESS _____

REGISTERED OWNER'S SIGNATURE: _____

Current Tennessee Vehicle

PLATE NUMBER _____ DRIVER'S LICENSE # _____

Payment Information

- ☐ Check or money order in the amount of \$ _____ is enclosed. (Make check or money order out to ATC.)
☐ Bill my credit card in the amount of \$ _____

Card number: _____ Expiration date: _____



APPALACHIAN TRAIL

Join the Journey

Send application and payment to:

Appalachian Trail Conservancy
ATTN: Tenn. A.T. License Plate
PO Box 807, Harpers Ferry, WV 25425

Questions? Call (828) 254-3708

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www.appalachiantrail.org/tnlicenseplate