

Hiking Schedule - October, November, December 2017

Hikes are graded according to difficulty. Consult the hike leader for a more specific appraisal.

E = Easy hike, 2-5 miles. Expect good trails, often old roads.

EM = Easy to Moderate, 3-6 miles. Expect steeper trails and more hills.

M = Moderate, 5-8 miles. Trails may be difficult walking in places.

MS = Moderate to Strenuous. Expect longer hikes with more climbing, perhaps bushwacking.

S = Strenuous. Expect long hikes and hill climbing with large elevation gains, bushwacking.

HD = Hiking Distance DD = Driving Distance MRT = Miles Round Trip PCIAFD = Please Call In Advance For Directions

You may drive your own car if you wish. However, carpooling is suggested to save gasoline and because parking at trailheads is often limited. The hike leader is responsible for arranging transportation. The amount to help defray car expenses is noted on the schedule and should be given to your driver. If you are unable to contact the hike leader and the weather is suitable for hiking, it is suggested you go to the meeting place as planned.

RESPONSIBILITY FOR SAFETY

There are certain risks that are inherent in any hike or other club activity. These include, but are not limited to, weather conditions, trail conditions, ticks, wildlife, plant and insect allergens, etc. Each NBATC member, guest, or non-member agrees to accept responsibility for his or her own safety. Adults who are accompanied by minors agree to accept responsibility for those minors. Hike leaders are responsible for hike organization, reasonable instruction and guidance, and proper documentation. Hike participants are responsible for following this reasonable guidance and instruction. By signing this form, each hike participant is affirming that he/she has read and understands these responsibilities.

From the Outing Planning Committee

If you are planning to go on a hike, please call the hike leader at least the evening before the hike. That's not only a courtesy to the hike leader, but also an aid to planning transportation to the trailhead. It's the fall quarter – it's hunting season, so wear very visible colors. It's one of our best hiking seasons, with beautiful foliage and crisp days.

October 2017

Sun. October 1 Hike #5992 (MS)
Apple Orchard Falls and Cornelius Creek Trails Loop
9:00 AM @ Forest Square SC
Leader: T. Upshur, 434-610-8808
HD: 7 miles - DD: 60 MRT - carpool share: \$4

We will stay close to the cooling waters of Cornelius Creek and Apple Orchard Falls as we enjoy this beautiful area.

Sat. October 7 Hike #5993 (E)
Wildcat Mountain Hiking Trail
8:00 AM @ Boonsboro SC - form carpool and meet leader at James River Foot Bridge at 8:30 AM
Leader: Coby Pieterman, 540-586-8464
HD: 4 miles - DD: 60 MRT - carpool share: \$4

The trail is located inside Cave Mountain Lake Recreation Area, near Natural Bridge Station. We will form a carpool at the James River Foot Bridge and drive to the trailhead. There is a \$5 per car fee to enter Cave Mt. Recreation Area. Come out and join the Wildcat Trail loop hike.

Sun. October 8 Hike #5994 (S)
North Mountain Trail
8:00 AM @ Waterlick Plaza
Leaders: Trudy and John Phillips, 434-384-4870, trudyephillips@gmail.com
HD: 11 miles - DD: 104 MRT - carpool share: \$5

The North Mountain Trail was the route of the A.T. in the 1970s. We will start at the parking area for the Andy Layne Trail (also former A.T.), ascend to the top of North Mountain from the Catawba Valley, and then follow the rolling ridge line to Route 311.

Thursday, October 12
NBATC Annual Dinner Meeting
6:00 PM @ Peakland United Methodist Church
4434 Boonsboro Road, Lynchburg

This is the annual membership meeting of the NBATC at which we elect new officers and directors. This is a good opportunity to socialize with other club members and share your culinary skills. Everyone is asked to bring a dish sufficient to serve at least six people.

October (Cont'd) 2017

Sat. October 14 Hike #5995 (M)
Otter Creek Trail
9:00 AM @ Boonsboro SC
Leader: Mahendra Punatar, 434-221-0792
HD: 7 miles - DD: 40 MRT - carpool share: \$3

We'll hike the Otter Creek Trail from the James River Visitor Center to the campground and back. It's a lovely hike along the creek. Bring hiking sticks and dry socks in case we encounter wet areas.

Sun. October 15 Hike #5996 (E)
James River State Park
1:30 PM @ Madison Heights Lowe's
Leaders: Nora and Jim Cox, 434-845-0048
HD: 3 miles - DD: 50 MRT - carpool share: \$3

We will take an ecological exploration of the James River State Park hiking trails. Come out to our local state park and enjoy a wonderful fall hike.

Fri/Sat/Sun October 20-22 Hike #5997 (M)
Beginner's Backpacking Trip
Contact hike leader for meeting time and location
Leader: Becky Mahlburg, 816-261-6372
HD: 6 miles - DD: 50 MRT - carpool share: \$3

Do you want to try backpacking? Join us for a beginner's 1-2 night backpacking trip featuring Apple Orchard Falls. For the two-night option (Friday Oct 20 to Sunday Oct 22), we will set up camp Friday evening near the trailhead and hike a circuit on Saturday with another night in camp. The one-night campers may join us for the hike and Saturday camping. The shorter version of the hike is 5.6 miles with an elevation gain of 1,680 feet. Contact the hike leader a week in advance for details and planning.

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October (Cont'd) 2017

Sat. October 21 Hike #5998 (VS)

Long Mountain Wayside to Hog Camp Gap Loop
8:00 AM @ Madison Heights Lowe's - form carpool and meet leader at Long Mountain Wayside at 9:00 AM
Leader: Mike McCormack, 434-384-1944
HD: 14 miles - DD: 65 MRT - Carpool Share: \$4

This loop hike starts at Long Mountain Wayside and we'll follow the A.T. north to Hog Camp Gap. The return will be via the Old Hotel Trail and Cow Camp Gap Shelter, then hiking south on the A.T. back to the Wayside. This incredible hike includes a 5,500 foot elevation gain, amazing views, plus fantastic fall colors.

Sun. October 22 Hike #5999 (E)

Claytor Nature Study Center trails
1:30 PM @ Forest Square SC
or 2:00 PM at entrance at 1844 Woods Road
Leaders: Bob and Polly Flint, 434-841-7633
HD: 4 miles - DD: 30 MRT - Carpool Share: \$3

The 470-acre Claytor Nature Study Center encompasses freshwater streams, woodlands, wetlands, grasslands, rare plants, wildlife, and a portion of the Big Otter River. The 18th century farm and plantation house were given to Lynchburg College by A. Boyd Claytor III as an education and research center for environmental study and to preserve the land for future generations. We'll hike the nature trails that wind their way through the preserve, and may be able to explore newly acquired acreage north of Woods Road.

Sat. October 28 Hike #6000 (M)

Slower-Paced Hike: Bearwallow Gap to Jennings Creek
8:00 AM @ Forest Square SC
Leader: Herb Vreeland, 434-385-1826
HD: 7 miles - DD: 75 MRT - carpool share: \$4

This will be a special slower-paced hike. We will take our time with plenty of stops along the way for hikers to rest, catch their breath, and enjoy the views. We will start at Bearwallow Gap, climb 500' in the first mile and then mostly descend for the next six miles to Jennings Creek. There should be a variety of fall colors and lunch will be at Cove Mountain Shelter. Come join us for our first "choose your pace" weekend hike. It's also club hike #6000 - don't miss it!

Sun. October 29 Hike #6001 (S)

Douthat SP, Blue Suck Falls Loop
8:00 AM @ Boonsboro SC - form carpool and meet leader at Tractor Supply Co. in Lexington (800 N. Lee Hwy, US-11, just north of the Maury River)
Leader: David Agnor, 614-323-5310
HD: 10 miles - DD: 150 MRT - carpool share: \$5

This loop hike is on well maintained trails and includes a 2,200 foot elevation rise, many mountain overlooks, views of the lake and falls, even an old log cabin. Note: the entry fee for Douthat State Park is \$5 per car. Special note to hikers from the Lexington & Rockbridge County area: Contact the hike leader to arrange carpool from Lexington to the state park (carpool share \$3).

November 2017

Sat. November 4 Hike #6002 (M)

Carvin Cove to Hay Rock on the A.T.
8:00 AM @ Waterlick Plaza
Leader: Laura Jones, 434-221-1797
HD: 8 miles - DD: 90 MRT - carpool share: \$4

We'll start at US-220 in Daleville and climb on the A.T. to the ridgeline overlooking Daleville and the Carvin Cove Reservoir. We'll stop at the Hay Rock Overlook and then return by the same route.

Sun. November 5 Hike #6003 (M)

Candlers Mountain trails
9:00 AM - contact hike leader for meeting location
Leader: Angelo Mercado, 434-941-9843
HD: 7 miles - DD: local

We will explore some of the extensive Candlers Mountain trails with a stop at Monogram Hill, which offers panoramic views of Lynchburg and the Blue Ridge Mountains. We will stop at Lake Hydaway to have lunch. Expect some moderately steep hills. Contact the hike leader for specific meeting place/parking lot details.

Sat. November 11 Hike #6004 (S)

Whetstone Ridge Trail - Joint Club Hike
8:00 AM @ Madison Heights Lowe's - form carpool and meet hike leader at Whetstone Ridge VC at 9:00 AM
Leader: Jeff Monroe, 434-962-1808
HD: 11 miles - DD: 90 MRT - carpool share: \$4

The hike will begin at Milepost 29 on the Blue Ridge Parkway at Whetstone Ridge Visitor Center. The trail runs along the spine of the ridge for approximately eight miles and offers great views, including Three Ridges, The Priest and Adams Peak. There are many short climbs and drops along the ridge. The last few miles descend 1250 feet before exiting on VA 603. There will be a 35 minute shuttle from VA 603 to the Parkway. NOTE: This will be a joint hike with members of the PATC Charlottesville Chapter and NBATC.

Sun. November 12 Hike #6005 (M)

Walnut Creek Park
9:00 AM @ Madison Heights Lowe's
Leader: Becky Mahlburg, 816-261-6372
HD: 6 miles - DD: 114 MRT - carpool share: \$5

We will take a drive north to Walnut Creek Park, southwest of Charlottesville. We will hike about six miles of trails on densely wooded hillsides surrounding a 25-acre lake. Mileage may be adjusted for individuals. On our way home, we plan to stop at Dr. Ho's Humble Pie for fabulous pizza!

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NBATC HIKE MEETING PLACES

- **Madison Heights Lowe's** - On US-29 in Madison Heights. Meet on the library side of the parking lot, in front of Goodwill, but nearest to the highway.
- **Boonsboro Shopping Center** - On Boonsboro Road. Meet on the Starbucks side of the shopping center.
- **Buena Vista Food Lion** - On US 60 west of downtown Buena Vista. Meet on the side of the parking lot adjacent to US 60.
- **Fairview Square Shopping Center** - Off Campbell Avenue just before the US 460 exit (turn at Burger King).
- **Forest Square Shopping Center** - On Rt 221 in Forest. Meet near BB&T Bank.
- **Waterlick Plaza** - On Timberlake Road (Rt 460 Business). Meet near Wells Fargo Bank.

November (Cont'd) 2017

Sat. November 18 Hike #6006 (EM)

Three Short Hikes

1:00 PM @ Waterlick Plaza

Leader: Larry Scott, 434-525-7126

HD: 4 miles - DD: Local

Let's get together and take three short hikes in three area woods/parks within a short driving distance of each other: Ivy Creek Park trails (which the club helped to build), Heritage Park, and CVCC Nature Trail. We will meet at Waterlick Plaza and carpool to the hikes.

Sun. November 19 Hike #6007 (VS)

The Priest: from both directions

8:30 AM @ Madison Heights Lowe's - form carpool and meet leader at trailhead at 9:30 AM

Leader: John Vosburgh 540-348-6380

HD: 9 miles - DD: 80 MRT - carpool share: \$4

The hike will start at the Route 56 A.T. trailhead parking lot. We will hike to the top of The Priest and have lunch at The Priest Shelter before returning to the Route 56 trailhead. The overlook offers amazing views. This is a difficult hike which has a 3,000 plus foot elevation rise and descent, with some rocky areas on the trail. Hikers from west of the Blue Ridge (Lexington and Rockbridge County) should contact John to arrange carpool.

Little Free Library

Please come by and visit the Little Free Library at the AT shelter in Glasgow and drop off a favorite paperback or two for the hikers to take on their journeys. Thank you!

November 2017 (Cont'd)

Sun. November 26 Hike #6008 (EM)

Blackwater Creek Trails

1:30 PM @ Ed Page entrance (off Langhorne Road)

Hiking Distance 3 to 6 miles

The Natural Bridge Appalachian Trail Club invites members and non-members to come out and hike some of the trails in the Blackwater Creek Natural Area. We'll meet at the Ed Page entrance and collectively decide which trails to hike. Hikers can opt out at most any time, perhaps with just a little help to get back to the main paved trail. All minors must be accompanied by a parent, legal guardian, or other responsible adult. Dogs must be kept on leash at all times and owners must come prepared to clean up after their pets. Call 434-385-1826 if you have questions.

December 2017

Sat. December 2 Hike #6009 (S)

Hunting Creek Trail, A.T., and Glenwood Horse Trail Loop

8:00 AM @ Boonsboro SC

Leader: Nancy Anthony, 434-283-5431

HD: 10 miles - DD: 40 MRT - carpool share: \$3

This will be a loop hike on Hunting Creek Trail, the A.T. from the junction with Hunting Creek Trail to Petites Gap and a section of the Glenwood Horse Trail. The hike will start either at Petites Gap or at the Glenwood parking area on the Hunting Creek Road, depending on the hikers planning to join the hike. Therefore, please call the hike leader in advance.

Wednesday Work Hikes - We have work hikes almost every Wednesday. If you are interested in a work outing during the week, please contact Eric Anderson in Moneta at 540-721-1994 (eric.anderson.sml@gmail.com) or Trudy Phillips in Lynchburg at 434-384-4870 (trudyephillips@gmail.com).

Thursday Hikes - For easy-to-moderate hikes, contact Dot Craig at 540-586-0519 (dcspirit1@aol.com). For moderate-to-strenuous hikes, contact Bev Henderson at 540-583-5289 (ranbhenderson114@gmail.com).

Friday Hikes - If Friday is a more convenient day to go hiking, call Dorothy Freerksen at 434-525-5436. Hike with the "Day Flowers."

Saturday Work Hikes - We have work hikes almost every Saturday. If you are interested, call Jason Hammer at 434-401-4204 for the meeting place.

Sun. December 3 Hike #6010 (M)**Super-size Full Moon Hike****1:30 PM @ Madison Heights Lowe's****Leaders: Jordan Welborn, 434-209-4935 &****Jason Hammer, 434-401-4204****HD: 2 miles - DD: 75 MRT - carpool share \$4**

The full moon will be closer to the earth and larger than usual. From Hog Camp Gap, we will hike one mile up to the vast open view on top of Cold/Cole Mountain. Sunset is 4:58 PM and moonrise is 5:28 PM. Bring warm clothes, blanket, headlamp or flashlight, and a picnic to enjoy before the show begins. Please note: We will be descending in the moonlight, but it will still be dark. Please contact the hike leader if sky visibility is questionable.

Sat. December 9 Hike #6011 (E)**Adopt-A-Highway****9:00 AM @ Boonsboro SC; form carpool and meet hike leader at pull-off near the dam on US 501 & VA 130****Leader: Larry Spangler, 540-460-6903****HD: 3 miles - DD: 40 MRT - carpool share: \$3**

NBATC cleans up litter along a section of US 501 and VA 130 near the A.T. crossing at the Foot Bridge. Please come out and help keep our area free of litter and earn some maintenance hours, too!

Sun. December 10 Hike #6012 (S)**Salt Log Gap, Seeley Woodworth, and Lovington Spring Loop****8:00 AM @ Madison Heights Lowe's - form carpool and meet leader at Long Mountain Wayside at 9:00 AM****Leader: Laura Neale, 540-261-1909****HD: 11 miles - DD: 75 MRT - carpool share: \$4**

We will hike a lollipop loop starting from Salt Log Gap going up and over Elk Pond Mountain via the Lovington Spring Trail to Seeley-Woodworth Shelter, and returning south on the A.T.

Sat. December 16 Hike #6013 (S)**The Cardinal****8:00 AM @ Madison Heights Lowe's - form carpool and meet leader at Long Mountain Wayside at 9:00 AM****Leader: Mike McCormack, 434-384-1944****HD: 8 miles - DD: 70 MRT - carpool share: \$4**

This is a great hike to start the winter season. This distinctive bushwhack hike is challenging but rewarding with beautiful views along the way. Come along and see what is on top of one of the dominant peaks in the "Religious Range."

Sun. December 17 Hike #6014 (MS)**A.T. to Mau-Har Trail to Waterfall Grotto****8:30 AM @ Madison Heights Lowe's****Leader: Herb Vreeland, 434-385-1826****HD: 7 miles - DD: 80 MRT - carpool share: \$4**

This fun in-and-out hike is rated MS because of some steep trail sections and a significant elevation rise going up the mountain then down to the waterfall grotto. The hike is in a Wilderness area, limiting it to ten hikers. Please call the hike leader to register for the hike.

Sat. December 30 Hike #6015 (S)**Piney Ridge, A.T., Sulphur Springs Lollipop****8:30 AM @ Boonsboro SC****Leader: Herb Vreeland, 434-385-1826****HD: 11 miles - DD: 35 MRT - carpool share: \$3**

This is a great winter trail with amazing views during the entire hike. Except for the initial climb and one rocky area, the trail is very enjoyable.

Sun. December 31 Hike #6016 (EM)**Peaks View Park Trails****1:30 PM at Ardmore Drive entrance (off Old Forest Road)****Hiking Distance: 3 to 6 miles**

The Natural Bridge Appalachian Trail Club invites members and non-members to come out and hike some of the trails in the Bill Foot Recreation Area. We'll meet in the Ardmore Drive parking area and collectively decide which trails to hike. Hikers can opt out at most any time, perhaps with just a little help to get back to the main paved trail. All minors must be accompanied by a parent, legal guardian, or other responsible adult. Dogs must be kept on leash at all times and owners must come prepared to clean up after their pets. Call 434-385-1826 if you have questions.



Photo by Ellen Martin

Hiking Tips for Hunting Season**by Herb Vreeland**

It's that time of the year again. Hunting season of some kind will be in effect throughout most of the 4th Quarter, so be careful out there. Here are some hiking tips taken from the ATC website:

- Know local hunting seasons (Bedford, Amherst, Nelson Counties)
Peak deer season is November 18 – December 2 and
Peak bear season is November 27 – January 6
- Wear blaze orange
- Avoid wearing white, red, and blue
- Use extra caution at dawn and dusk
- Use extra caution near roads and in valleys
- Be heard

Also, and very important, hunting is still prohibited on Sundays on all public lands in Virginia. See <http://www.dgif.virginia.gov/hunting/> for a complete list of seasons and regulations.