

Hiking Schedule - April, May, June 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 Committee

If you are planning to go on a hike, please call the hike leader at least the evening before the hike. It helps the hike leader to know in advance about how many people are coming and the hike leader will know to wait for you at the meeting point if you are a little bit late.

April 2017

April Maintenance Hikes - Hike #5939 Spring Walk Through

As spring begins, lots of work will be needed to make sure our whole 90+ miles of Appalachian Trail is clear and ready for spring traffic. All A.T. section maintainers should walk through their sections sometime during early April. Other members who would like to do trail maintenance should call Jason Hammer (434-401-4204) or Trudy Phillips (434-384-4870) to participate in a Saturday or Wednesday Work Hike. You could also call the maintainer of a favorite trail section and go out to work with that maintainer for a day. See the list of sections and maintainers at NBATC.org.

Sat. April 1 Hike #5940 (M)

Piney Ridge Trail

8:30 AM @ Boonsboro SC

Leader: Marilyn Hartman, 434-384-7075; c: 434-665-7043

HD: 7 miles - DD: 35 MRT - carpool share: \$3

This hike has a nice climb up the Piney Ridge Trail to 5-points (the junction with the A.T. and Sulphur Spring Trails). Then it's downhill all the way back to the trailhead.

Sun. April 2 Hike #5941 (M)

Bearwallow Gap to Cove Mtn. Shelter on the A.T.

8:30 AM @ Forest Square SC; form carpool and meet leaders at Peaks of Otter Visitor Center @ 9:00

Leaders: Patty Goggin and Meg Cohen, 540-587-6601 or 540-586-9731

HD: 7 miles - DD: 70 MRT - carpool share: \$4

This hike begins at Bearwallow Gap and goes north on the A.T. to Cove Mountain Shelter where we will stop for lunch. We will return by the same route.

Earn a 100, 200 or 300 Mile Hiking Patch

Patches will be awarded at the 2018 February Awards Dinner Meeting to members who hike 100, 200 or 300 miles this year.

Qualification period: October 1, 2016 to September 30, 2017.
Qualifying hiking miles: all NBATC scheduled Thursday, Friday, weekend and maintenance hikes.

Questions? Contact Herb Vreeland (herb.vreeland@gmail.com)

April 2017 (Cont'd)

Sat. April 8 Hike #5942 (M)

Little Priest Trail

8:00 AM @ Madison Heights Lowe's

Leaders: John and Trudy Phillips, 434-941-6046 or 434-384-4870

HD: 7 miles - DD: 90 MRT - carpool share: \$4

We will drive to the Crabtree Meadows parking area above Crabtree Falls, and start by hiking the A.T. toward the Priest. Just below the final climb to the junction with the shelter trail, we turn right and follow an abandoned trail from the A.T. to the Little Priest due south of the Priest. The trail exists and is blazed, but has not been cleared in a long time. The drivers will need to have high clearance vehicles to use Crabtree Farm Road from VA 56 to the parking area.

Sun. April 9 Hike #5943 (EM)

Blackwater Creek Trails

1:30 PM at 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 434-384-0013 if you have questions.

Sat. April 15 Hike #5944 (M)

James River Face Wilderness Clean-up

9:00 AM @ Boonsboro SC

Leader: Jason Hammer 434-401-4204;

hammerhike@yahoo.com

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

This will be a work hike to clean up trash in the James River Face Wilderness along the James River from the Foot Bridge to Matts Creek. Please call ahead – the leader needs to know how many people are coming. (Rain Date – April 22, same time and place.)

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Sun. April 16 Hike #5945 (E)
Silent walk along Otter Creek Trail
10:00 AM @ Boonsboro SC
Leader: Shannon Brennan, 434-221-6244
HD: 3 miles - DD: 35 MRT - carpool share: \$3

Join Shannon on a walk to listen to the birds, bees, wind in the trees, and gently flowing waters of Otter Creek. We will talk when we get to the James River Visitor Center, but only after we have walked in silence for three miles along the creek. Bring a lunch to enjoy while we chat.

Sat. & Sun. April 22/23 Hike #5946 (M)
Backpacking weekend at Cold Mountain
Leader: Becky Mahlburg, 816-261-6372
HD: 6-8 miles - DD: 70 MRT - carpool share: \$4

Ultra-Beginners' Backpacking Trip! This will be a one-night trip on the Cole/Cold Mountain Hotel Loop, which features amazing views from the bald, pasture-like summit. Total distance will be between 6-8 miles. Participants do not need backpacking experience, but will need basic gear. Please contact trip organizer at least one week in advance for a packing list and additional details.

Sat. April 22 Hike #5947 (EM)
Appomattox Court House National Historical Park
9:00 AM @ Fairview Square Shopping Center
Leader: Larry Scott, 434-525-7126
HD: 6 miles - DD: 40 MRT - carpool share \$3

Take a hike along the historic trail and through the village of Appomattox Court House with a Park volunteer interpreter as your guide. Learn more about the village and the surrender of Lee's Army of Northern Virginia on April 9, 1865.

Sun. April 23 Hike #5948 (S)
Bald Mt. and Buck Mt. Fire Road Loop
8:30 AM @ Madison Heights Lowe's; form carpool and meet hike leader at
Long Mountain Wayside at 9:15 AM
Leader: Laura Neale, 540-261-1909
HD: 9.6 miles - DD: 70 MRT - carpool share: \$4

We'll hike up Bald Mountain and down to Cow Camp Gap where we will then follow a blue blaze trail down to the Buck Mt. Fire Road. Expect to see impacts from the November Mt. Pleasant fire and the activities undertaken to achieve its suppression. It is spring – we'll look for wildflowers and birds!

Sat. April 29 Hike #5949 (S)
Crabtree Falls and The Priest
8:00 AM @ Madison Heights Lowe's
Leader: Herb Vreeland, 434-385-1826
HD: 9 Miles - DD: 80 MRT - carpool share: \$4

We will start by hiking up the fairly steep trail next to the cascading falls. Then we'll follow a valley along Crabtree Creek to Crabtree Meadows Road and its junction with the A.T. We'll head north on the A.T., climbing 700 feet to the top of The Priest. After lunch, we will start our 3,000 foot descent to the trailhead on Route 56.

April 2017 (Cont'd)

Sun. April 30 Hike #5950 (M)
Flat Top and Fallingwater Cascades
8:30 AM @ Forest Square SC
Leader: Angelo Mercado, 434-941-9843
HD: 6 miles - DD: 50 MRT - carpool share: \$3

We will begin with a hike from the Parkway up to Flat Top summit at 4001 feet. The views at the top are fantastic. We hope to see wild spring flowers such as trillium and Dutchman's breeches along the trails. We will return the same way and then cross the Parkway to the scenic Fallingwater Cascades. We'll stop and enjoy lunch on the rocks near the cascading water and return via the loop trail.

May 2017

Fri. to Sun. May 5-7 Outing #5951 (E)
Chantilly Farm (<http://chantillyfarm.com>)
Leaders: Tom & Gretchen Morgan, Bill & Laurie Bishop
DD – about 90 miles from downtown Lynchburg

Join us at beautiful Chantilly Farm for a spring camping outing near Floyd, VA. There's lots to do: Fri. night bluegrass @Floyd Country Store, hike or bike on BR Parkway, visit Mabry Mill, taste wine at local wineries, eat at local restaurants, and visit funky shops in Floyd. Make your campsite reservation with the campground (540-808-4984) and tell them you are with the NBATC group. Then, let Laurie (bishola74@gmail.com) or Gretchen (morgan.gretchen@gmail.com) know you are coming!

Sat. May 6 Hike #5952 (EM)
Trillium and Birding Hike - Thunder Ridge to Petites Gap on the A.T.
9:00 AM @ Boonsboro SC
Leader: Glennys Sheppard, 434-401-3788
HD: 4 miles - DD: 50 MRT - carpool share: \$3

This will be an easy-paced walk on the A.T. from the Parkway at Thunder Ridge Overlook to Petites Gap. Along the way we'll look for spring wildflowers, including trillium, and listen for bird calls. Come out and enjoy the spring wildflowers and our feathered friends.

Sun. May 7 Hike #5953 (E)
Claytor Nature Center Trails
1:30 PM @ Forest Square SC or 2:00 PM at entrance at 1844 Woods Road
Leaders: Bob & Polly Flint, 434-384-5251
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. Through the generosity of the late A. Boyd Claytor III, the 18th century farm and plantation house were given to Lynchburg College to serve as an education and research center for environmental study and to preserve the land for future generations. We'll hike on nature trails that wind their way through open fields, woodlands, riverside cliffs, wetlands, and a variety of flora and fauna.

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May 2017 (Cont'd)

Sat. May 13 Hike #5954 (EM)
Holliday Lake State Park Loop
9:00 AM @ Fairview Square SC – form carpool and meet leader at Kroger in Appomattox
Leader: TC Harvey, 434-352-8763
HD: 6 miles - DD: 80 MRT - carpool share: \$4

Come out and enjoy this fairly easy loop trail circling the lake through enjoyable rolling hills and scenery.

Sun. May 14 Hike #5955 (EM)
Lady's Slippers on Cove Mountain
1:00 PM @ Forest Square SC
Leaders: Nancy Anthony (434-283- 5431) and Jessica Harber (434-363-5067)
HD: 4 miles - DD: 70 MRT - carpool share: \$4

This is another of the spring wildflower hikes and an NBATC Mother's Day tradition. In some past years, we have found dozens of lady's slippers along the Cove Mountain section of the A.T. We are also offering something new this year. Jessica Harber, who is an excellent nature photographer, is co-leading the hike with Nancy and will provide instruction on nature photography. So bring your camera (point and shoot cameras are fine) and plan to count and photograph the lovely lady's slippers and other early wildflowers. In past years we have also been fortunate enough to hear, find and get to watch the male scarlet tanagers staking out their territories.

Sat. May 20 Hike #5956 (M)
Old Hotel Trail, Cold Mt. Loop
8:30 @ Madison Heights Lowe's
Leaders: Norman and Jinx Sykora 434-946-7084
HD: 7 miles - DD 80 MRT- carpool share \$4

This hike will be in part of the Mt. Pleasant National Scenic Area that experienced a wild fire this past November. We will see where the fire burned and the regeneration appearing in the burned-over areas. USFS biologist Danny Wright will join the hike to make observations and discuss the fire with us. Hopefully we will see the large pink lady's slipper patch on the OHT in bloom.

Sun. May 21 Hike #5957 (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 434-384-0013 if you have questions.

May 2017 (Cont'd)

Sat. May 27 Hike #5958 (M)
Falling Creek Park in Bedford
8:15 AM @ Forest Square SC; form carpool and meet hike leader at Falling Creek Park
1257 County Farm Road, Bedford at 9:00
Leader: Coby Pieterman 540-586-8464
HD: 7 miles - DD 30 MRT- carpool share \$3

This park has lots of trails, leading us alongside a pond, through woods, and along a creek. Call for directions.

Sun. May 28 Hike #5959 (M)
Flat Top (from the south)
1:30 PM Forest Square SC
Leader: Mahendra Punatar, 434-221-0792
HD: 4 miles - DD: 45 MRT - carpool share: \$3

We'll begin at the south trailhead near the picnic area just east of Abbott Lake. From there, the trail climbs steadily for about 1.4 miles. The final 0.6 miles becomes a bit steeper and rockier, and leads to a short spur trail at Flat Top peak. The rock outcroppings offer great views toward Bedford and the Bedford Reservoir. We will return by the same route.

June 2017

Sat. June 3 Hike #5960 (M)
National Trails Day Project
8:00 AM Hardee's in Amherst
Leader: Jason Hammer 434-401- 4204; hammerhike@yahoo.com
HD: 1 to 6 miles - DD: 60 MRT - carpool share: \$4

This year we plan to work in the Mt. Pleasant National Scenic Area on the Henry Lanum Trail to get everything in shape for the summer hiking season. We will cut weeds, pick up trash in the parking areas, clear water bars, and perform maintenance as needed. The hike length will depend on what tasks each person does, so it could vary from less than a mile to six miles. There will be an optional stop for a beer at Loose Shoe Brewing Company after the work hike!

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. June 4 Hike #5961 (E)
Foot Bridge to Matts Creek Shelter and return
8:30 AM Boonsboro SC; form carpool and meet leader at the James River Foot Bridge at 9:00 AM
Leader: Coby Pieterman 540-586-8464
HD: 4 miles - DD: 40 MRT - carpool share: \$3

Come out and enjoy this easy and beautiful hike along the James River and Matts Creek.

Sat. June 10 Hike #5962 (S)
Punchbowl Crossing to the Foot Bridge on the A.T.
8:30 AM @ Boonsboro SC; form carpool and meet leader at James River Foot Bridge parking area at 9:00
Leader: Mike McCormack, 434-384-1944
HD: 11 miles - DD: 50 MRT - carpool share: \$3

Enjoy a hike along a section of the A.T. with several nice view points along the way, including from the top of Bluff Mountain. Plan on lunch at Fullers Rocks and then a long downhill and leisurely stroll along beautiful Rocky Row Run on the way to the finish.

Sun. June 11 Hike #5963 (E)
Blackwater Creek Trail
1:30 PM @ Percival's Island Parking Lot
Leader: Jordan Welborn 434-209-4935
HD: 6 miles - DD: local

We'll walk on a portion of the Blackwater Creek Trail system from the Percival's Island parking lot (near the "LOVE" sign) to the end of the trail on the Amherst side and back. It's all on blacktop and very level. If you don't want to walk the full six miles, you can simply turn around at any time.

Sat. June 17 Hike #5964 (S)
Reeds Gap to Humpback Rocks on the A.T.
8:00 AM @ Madison Heights Lowe's
Leaders: Laurel Foot and Gary Nero 434-384-0013; happifeet@msn.com
HD: 10 miles - DD: 100 MRT - carpool share: \$5

This hike is on a section of the A.T. maintained by the Old Dominion Club, and is one that is not often done by NBATC. There will be a number of good views along the way, especially from the iconic Humpback Rocks. On the way home, we will drive right by Devil's Backbone Brewery...hmm.

Sun. June 18 Hike #5965 (EM)
Blackwater Creek Trails
1:30 PM at Ed Page entrance (off Langhorne Road)
Hiking Distance: 3 to 6 miles

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Sat. June 24 Hike # 5966 (E)
Adopt-A-Highway
9:00 AM @ Boonsboro SC
Leader: Cowles Meredith 434-841-8333
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. June 25 Hike # 5967 (MS)
Reeds Gap to Hanging Rock Overlook on the A.T.
9:00 AM @ Madison Heights Lowe's for Lynchburg area hikers; form carpool and meet leader at Reeds Gap at 10:00.
Rockbridge/
Lexington area hikers: email John for carpool meeting location.
Leader: John Vosburgh 540-348-6380; johnrvosburgh@gmail.com
HD: 7 miles - DD: 80 MRT - carpool share: \$4

The hike will start at Reeds Gap and follow the A.T. south into the Three Ridges Wilderness to Hanging Rock. The hike is moderately strenuous, with a lot of up and down. We'll have lunch at Hanging Rock while we take in the beautiful views of the valley below. This is a Wilderness area and the group size limitation is ten hikers. Contact the hike leader to ensure that there is a spot open for you on the hike.

ATC Biennial Conference

The Appalachian Trail Conservancy (ATC) conference will be held at Colby College in Waterville, Maine, August 4-11, 2017. This week-long event includes over 240 hikes, numerous workshops, and excursions to local areas of interest. The conference will also include ATC's 41st membership meeting. Each evening includes exciting adventure presentations and stellar entertainment. At the last conference held in Maine (1997 Sunday River), 1,380 people participated. We anticipate 1,500 attendees in 2017.

Conference website: www.atc2017.org

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.