

Using the Schedule

Hikes in the schedule are graded according to difficulty using the table below. 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

Other standard acronym's used in the hike descriptions are:

HD	Hiking Distance
DD	Driving Distance
MRT	Miles Round Trip

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 the hike sign-up form, each hike participant is affirming that he/she has read and understands these responsibilities.

Before You Go

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 trail head. Hiking in each season can require very different types and amounts of equipment, but food, water, and layered clothing are a minimum. If you have any doubt contact the hike leader for more information.

NBATC Hike Meeting Places

Madison Heights Lowe's - Lowe's parking lot at the River James Shopping Center on Business 29. Park in the line of parking spaces facing US 29, near the traffic signal entrance to Lowe's.

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.

Lynchburg Kohl's - Off Wards Road, just before the US 460. Park in front, far from the store.

Forest Square Shopping Center - On Rt 221 in Forest. Meet near the Kroger Gas Pumps.

Waterlick Plaza - On Timberlake Road (Rt 460 Business). Meet near Wells Fargo Bank.

Other Hiking opportunities

Wednesday Work Hikes - We have work hikes almost every Wednesday. If you are interested in a trail work during the week, contact Eric Anderson at 540-721-1994 (wed.crew@nbatc.org) or Trudy Phillips at 434-384-4870.

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 and time.

Weekday Hikes - For recreational hikes during the week: *88Miler Companions* (A.T. Focus - Moderate), *Day Flowers* (Easy to M), *Happy Hikers* (Easy to M - Thurs), *The O.T. Group* (Moderate - Thurs), *Trail Trekkers* (M to Strenuous - Fri), *Summit Seekers* (Strenuous). For details contact Herb Vreeland: herb.vreeland@gmail.com

Section Maintainers - If none of these suit, consider contacting one of the Section Maintainers (nbatc.org//maintenance.htm#SectionMaintainers) and offer to help.

Jan 2024

Sat Jan 06 Hike #6621(M)
Lower Terrapin Mountain Trail HD:7
Leader:Jim Grondin, 540-425-5588
8:30 AM @ Boonsboro Shopping Center -
Meet hike leader at the trailhead at 9:00
AM. (DD:40 MRT, \$3)

This in and out hike is on an old woods road that generally follows the contour line near the base of Terrapin Mountain. We will enjoy some beautiful views this time of year and will be stopping for lunch/snack alongside Reed's Creek. Please text Jim to sign up for his hike and let him know where you will meet the group.

Sun Jan 07 Hike #6622(MS)
Combo Hike..."Camille Shaped" Fortunes
Cove Preserve Trail HD:4 / 9
Leader:Herb Vreeland, 434-385-1826
9:00 AM @ Madison Heights Lowe's -
Carpool from Madison Heights Lowe's to
Fortunes Cove...arrive about 9:35 AM
(DD:60 MRT, \$3)

We will offer two-hikes on this interesting mountain preserve which Hurricane Camille helped shape with 25-inches of rain on August 19, 1969. The first 4-mile (Moderate) hike will wind through the deep coves that were formed on the mountain in just one night. Then we will offer an "optional" 5-mile (Strenuous) hike that will add to the first hike by climbing an additional Fortunes Cove trail. One small section could be slippery because of pebbles and a fairly steep decent, please bring hiking sticks and good gripping shoes/boots.

Sat Jan 13 Hike #6623(M)
Natural Bridge State Park HD:6 / 8
Leader:Cheryl Hines, 540-797-0992
8:00 AM @ Boonsboro Shopping Center -
Meet other hikers @ the Foot Bridge at 8:30
& hike leader @ NBSP @ 8:50 (DD:72
MRT, \$4)

It's been a long time since the NBATC has hiked at NBSP. Let's change that! After meeting at the NBSP VC main parking lot, we'll carpool to the following trails: Blue Ridge Trail, Buck Hill Trail, & Skyline Trail. There's a picnic area at the Skyline Trail, where we'll stop for lunch. Depending on the group, we could then hike the Cedar Creek Trail under the Natural Bridge to Lace Falls. Trailhead parking is \$5/day/car. There is a \$9/pp fee to hike the Cedar Creek Trail. Please call or text Cheryl to join her hike.

Sat Jan 13 Hike #6624(E)
New London Tech Trails HD:4
Leader:Marilyn Hartman, 434-665-7043
1:00 PM Contact hike leader - Meet at the
New London Food Lion parking lot before
driving to the trailhead (Local)

Join us for a walk on the New London Tech Trails. We will be hiking on the 4.3-mile "Orange" trail. We will meet at the nearby New London Food Lion parking area (12130 E. Lynchburg-Salem Turnpike, Forest VA) and drive the short distance to the Tech Trails parking area. Please text Marilyn to join her hike.

Sun Jan 14 Hike #6625(S)
Cove Mountain Loop (88 Miler): Multiple
Trail Hike with Amazing Views HD:9
Leaders:Bret Boman, 434-841-0554; Lisa
Boman,
8:30 AM @ Forest Square Shopping Center -
Meet hikers at Peaks Visitor Center at 9
AM, then carpool to trailhead (DD:78 MRT,
\$3)

Starting at the foot bridge over Jennings Creek, we will quickly reach a "hunter's trail and take it until we intersect the Glenwood Horse Trail. We will turn right on the GHT and take it to the intersection with the A.T. From there, we will turn left (south) on the A.T. and climb Cove Mountain past the shelter to the intersection with Little Cove Mt. Trail. We will take Little Cove Mt. Trail down the mountain (with several creek crossings down low) before returning to the foot bridge and our vehicles.

Sat Jan 20 Hike #6626(M)
Apple Orchard Falls HD:8
Leader:Eric Anderson, 540-721-1994
8:30 AM @ Forest Square Shopping Center -
Meet hike leader at the Peaks VC about 9:00
and drive to the trailhead (DD:60 MRT, \$3)

We will drive from the Peaks down to the trailhead at the end of North Creek Road. We will then hike from there up to the falls. The trail is quite rocky approaching the falls. If we are lucky, there will be ice buildup on the falls, which makes it quite spectacular. Depending on weather and trail conditions, we may go further up the trail and possibly use the Cornelius Creek trail to return to the North Creek trailhead. Please call Eric to sign up for his hike and let him know where you will meet the group.

Sun Jan 21 Hike #6627(EM)

Falling Creek Park in Bedford HD:6

Leader:Larry Scott, 434-525-7126

1:00 PM Contact hike leader - Meet hike leader at Falling Creek Park parking lot (1257 County Farm Rd.) (DD:30 MRT, share cost)

This park has many trails to explore, leading us alongside a pond, through woods, and along a creek. Please call Larry to join his hike and to ask for directions. Park address is: 1257 County Farm Road, Bedford VA.

Sat Jan 27 Hike #6628(S)

Bushwhack Hike: Sharp Top B-25 Crash Site HD:5

Leader:Herb Vreeland, 434-385-1826

9:00 AM @ Forest Square Shopping Center - Arrive at the Sharp Top Parking Area about 9:30 AM (DD:45 MRT, \$3)

This hike will leave the Sharp Top Trail near Buzzards Roost and bushwhack some very steep and slippery grades. Our destination is the February 2, 1943 crash site of a B-25 bomber on the eastern slope of the mountain. There is much to see in the expansive debris field. Total elevation gain will be about 1750 ft. Please call the hike leader to reserve your place on this hike and tell him where you will meet the group. Hiking sticks and excellent gripping boots or hiking shoes are required. Limited to 10-Hikers.

Sun Jan 28 Hike #6629(MS)

Day Creek Loop hike HD:8

Leader:Mary Beth Nickolich, 252-514-3580

8:30 AM @ Forest Square Shopping Center - Meet hike leader at Bedford F. L. at 8:50, arriving at Day Creek at 9:15 (DD:30 MRT, \$3)

We will start our hike at the Day Creek Recreation Area near Montvale and follow Day Creek for approx. 2 miles. Please plan for one significant creek crossing in this section. The trail then heads up for approx. 1.5 miles to the Great Valley Overlook on the BRP. We'll then hike approx. 2 miles north on the Parkway to Black Horse Gap. Finally, we'll follow the Black Horse Gap Rd. for 2 miles back down to Day Creek and our vehicles. Call or text Mary Beth to sign up for this hike and let her know where you will meet the group.

Feb 2024

Sat Feb 03 Hike #6630(M)

Cove Mountain (Short Option) Multi-Trail Hike HD:6

Leader:Herb Vreeland, 434-385-1826

8:45 AM @ Forest Square Shopping Center - Meet other hikers at Peaks Visitor Center at 9:20 (DD:75 MRT, \$4)

This (Moderate) 6-mile hike includes some amazing views and a waterfall. We will start at the footbridge over Jennings Creek. Then hike on Little Cove Mountain Trail, take an Old Hunter's Trail, the Glenwood Horse Trail, the Buchanan Trail and the A.T., before returning via the Glenwood Horse Trail. This is a fun hike and will keep you guessing which trail we will take next. Please call the hike leader to join his hike and let him know where you will meet the group.

Sun Feb 04 Hike #6631(MS)

Candlers Mountain Trails HD:8

Leader:Angelo Mercado, 434-941-9843

8:30 AM Contact hike leader - Liberty Mountain Dr., off of Rt. 670. Note: It is NOT the Snowflex Parking Lot (Local)

We will explore some of the extensive Candlers Mountain trails to make up to an 8-mile loop. We will see the progress of the expansion of Lake Hydaway, including construction of the new dam. Expect some challenges due to moderately steep hills. Please text Angelo to join his hike and get directions to the trailhead.

Sat Feb 10 Hike #6632(MS)

Hercules Mine, Slaty Gap, A.T., Saddle Gap Loop HD:8

Leader:Jim Grondin, 540-425-5588

8:30 AM @ Boonsboro Shopping Center - Meet hike leader and other hikers at Foot Bridge @ 9:00, then drive to trailhead (DD:50 MRT, \$3)

After driving to the end of Hercules Road, we'll hike through the old Hercules Mine to Slaty Gap and then take the Slaty Gap trail up to Salt Log Gap. From there we'll hike south on the A.T. to Saddle Gap. Finally, we'll take the Saddle Gap trail back down the mountain to Hercules Rd. Please text Jim to reserve your place on his hike and let him know where you will meet the group.

Sun Feb 11 Hike #6633(EM)

Lynchburg City Trails HD:6

Leaders:Laurel Foot, 434-942-2807; Gary Nero,

1:00 AM Contact hike leader - Meet at the Linkhorne Middle School parking lot (Local)

We'll walk the Lynchburg Hike/Bike Path to the Blackwater Creek Natural Area & then downhill to Blackwater Creek. We'll follow the Beaver Trail (slightly uneven in places) north to the new Downstream Swinging Bridge. We'll cross the creek there & then hike south on the Creekside Trail to the Upstream Bridge. We'll cross the creek again & take the Freer Loop uphill to the Hike/Bike Path & return to Linkhorne School. It's close to Valentine's Day and there will be chocolate! Please call ahead so that we have enough for you.

Sat Feb 17 Hike #6634(M)

Piney Ridge Trail HD:7

Leader:Kathy Fraley, 434-509-6949

8:30 AM @ Boonsboro Shopping Center - Meet other hikers at the trailhead on Hunt Club Rd. about 9 AM (DD:35 MRT, \$3)

This hike has a nice climb up the Piney Ridge Trail to 5-points (the junction with the A.T. and Sulphur Spring Trail). Then it is downhill all the way back to the trailhead. There are some beautiful mountain and valley views on this great hike. Please call Kathy to join her hike and let her know where you will meet the group.

Sun Feb 18 Hike #6635(MS)

Sprouts Run/Wilson Mountain Loop Hike HD:8

Leaders:Bret Boman, 434-841-0554; Lisa Boman,

8:00 AM @ Forest Square Shopping Center - Meet other hikers at Peaks VC at 8:30, then carpool to trailhead (DD:80 MRT, \$4)

This loop hike in the Jefferson National Forest involves multiple stream crossings through a beautiful valley and then adds some great views as we climb Wilson Mountain before descending the mountain and hiking back to the trailhead. Highly recommend water shoes (boots) and hiking sticks if the stream is running high. Contact the hike leaders to join their hike and let them know where you will meet the group.

Sat Feb 24 Hike #6636(E)

Adopt-a-Highway HD:2

Leader:Mike McCormack, 434-941-4566

8:30 AM @ Boonsboro Shopping Center - Meet Mike at 9 AM at the turn-off between the Rt. 501 bridge and Foot Bridge (DD:40 MRT, \$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! Please call or text Mike to (1) join the Adopt-a-Highway and (2) let him know where you will meet the group.

Sun Feb 25 Hike #6637(M)

A.T. Hike (88 Miler): Bearwallow Gap south to Hammond Hollow trail and return HD:8

Leader:Mary Beth Nickolich, 252-514-3580

8:00 AM @ Forest Square Shopping Center - Meet hike leader and other hikers at Peaks Visitor Center at 8:30 AM (DD:60 MRT, \$3)

After carpooling to Bearwallow Gap, we'll hike south on the A.T., climbing the switchbacks to the ridge line of the mountain. During our hike we will cross the Blue Ridge Parkway twice, enjoying the beautiful winter views from overlooks on both sides of road. The Hammond Hollow trail intersection will be our turn around point. We'll plan to enjoy a snack at the Bobblets Gap cemetery on our way back to Bearwallow Gap. Please call or text Mary Beth to reserve your place on her hike and to let her know where you will meet the group.

Mar 2024

Sat Mar 02 Hike #6638(E)

Foot Bridge to Matts Creek Shelter and return HD:4

Leader:Carol White, carol.jacobs.white@gmail.com

12:00 PM @ Boonsboro Shopping Center - Meet the hike leader & other hikers at the James River Foot Bridge at 12:30 PM (DD:40 MRT, \$3)

Come out and enjoy this beautiful late winter hike along the James River and Matts Creek. Please email Carol (see above) or text her at 540-314-0488 to join her hike and let her know where you will meet the group.

Sun Mar 03 Hike #6639(S)

Retracing the Old A.T. around the Foot Bridge HD:10

Leader:Angelo Mercado, 434-941-9843

8:00 AM @ Boonsboro Shopping Center - Meet other hikers at the Foot Bridge around 8:30 AM (DD:40 MRT, \$3)

Our hike will start at the Foot Bridge and head south on the AT until we intersect with the Old AT. We'll follow the Old AT until we reach US 501N. From here, we'll walk along the hwy. for a mile until we once again reach the Old AT at Cushaw Creek. We'll enter the woods near Cushaw Creek and climb the steep Old AT before descending to the current AT and heading north to John Hollows Shelter and Sheppes Pond. We'll return by heading south on the AT alongside Rocky Row Run to the Foot Bridge.

Sat Mar 09 Hike #6640(M)

A.T. Hike (88 Miler): Bearwallow Gap to Rocky O/L & Return HD:7

Leader:Eric Anderson, 540-721-1994

8:30 AM @ Forest Square Shopping Center - Meet hike leader at Peaks VC at 9 AM and carpool to Bearwallow Gap (DD:60 MRT, \$4)

Our hike begins at Bearwallow Gap and goes north on the A.T., past Little Cove Mt. Trail and Cove Mountain Shelter. Our destination is a Rocky O/L where we will enjoy lunch before hiking south on the A.T. and back to our cars. There are many wonderful mountain and valley views to see and enjoy on this fun trail. Please call Eric to join his hike and let him know where you will meet the group.

Sun Mar 10 Hike #6641(MS)

(Bushwhack Hike) The Cardinal HD:9

Leader:Mike McCormack, 434-941-4566

9:00 AM @ Madison Heights Lowe's - Arrive at Long Mountain Wayside about 9:45 AM and caravan to the trailhead (DD:70 MRT, \$4)

This is a great winter season hike. This distinctive bushwhack hike is challenging but rewarding, with beautiful views along the way. Come on out and see what is on top of one of the dominant peaks in the "Religious Range". Please call or text Mike to join the hike and let him know where you will meet the group.

Sat Mar 16 Hike #6642(MS)

Combo Hike: Flat Top and Falling Water Cascades Loop HD:5 / 7

Leader:Shana Carter, 434-213-5755

8:30 AM @ Forest Square Shopping Center - Meet other hikers at Peaks Visitor Center at 9:00 AM (DD:50 MRT, \$3)

The first 5-mile hike will start at the Blue Ridge Parkway access to Flat Top, up and back. We will add the additional 2 mile Falling Water Cascades loop for hikers wanting to hike the full 7 miles. We will stop for snacks at the Flat Top overlook and again on the rocks near the waterfall. Please contact Shana to join her hike, let her know where you will meet the group, and if you are hiking one or both of the hikes. If the BRP is closed due to weather, this hike will be modified to begin at the Visitor Center.

Sun Mar 17 Hike #6643(EM)

Peaks View Park Trails HD:3 / 5

Leader:Larry Scott, 434-525-7126

1:30 PM @ Peaks View Park, Ardmore Drive - Meet the hike leader in the parking area near the Ardmore Drive park entrance (Local)

NBATC invites you to hike some of the many trails in Peaks View Park. We'll meet in the Ardmore Drive parking area and collectively decide which trails to hike. Hikers can opt out at three miles or continue hiking. Dogs must be kept on leash and owners must come prepared to clean up after their pets. Please call Larry if you would like more information and/or want to join his hike.

Sat Mar 23 Hike #6644(MS)

Old Mine Hike: Bearwallow Gap to Pico Road Trailhead HD:10

Leader:Cheryl Hines, 540-797-0992

8:30 AM @ Forest Square Shopping Center - Peaks Visitor Center@9:00 AM. Meet hike leader @B. Gap @ 9:15. (DD:60 MRT, \$3)

After leaving a vehicle at the Pico Rd. trailhead, we will begin our hike at Bearwallow Gap. There will be some nice views along the way and signs of old iron ore mining sites on the GHT portion of the hike. We will also have wonderful valley/mountain views from two parkway overlooks during our hike. Please call or text Cheryl to join her hike and let her know where you will meet the group.

Sun Mar 24 Hike #6645(EM)
Sheppe Pond/Johns Hollow Shelter Loop
HD:4
Leader:Nora Cox, jimandnor3@gmail.com
9:00 AM @ Boonsboro Shopping Center -
Meet other hikers at the Foot Bridge at 9:30
AM, then carpool to Hercules Rd. (DD:40
MRT, \$3)

Our hike will start on Hercules Rd. at the A.T. intersection. After a short walk on Hercules Rd., we'll take a spur trail to Sheppe Pond. After walking around the pond, we will continue on a blue blaze trail that takes us to Johns Hollow Shelter. The blue blaze trail will climb from the shelter, intersecting with the A.T., which we will take south on our way back to Hercules Rd. Please call Nora to reserve your place on her hike and let her know where you will meet the group.

Sat Mar 30 Hike #6646(MS)
Dragon's Tooth Hike HD:7
Leader:Frank Huddle, 804-266-6644
7:15 AM @ Forest Square Shopping Center -
Arrive 7:35 at Bedford Food Lion and 8:15
AM at Daleville Park n' Ride (DD:130 MRT,
\$5)

This is a Roanoke A.T. hike. After carpooling to the Dragon's Tooth parking lot, we'll climb the Boy Scout trail to the A.T. We'll then hike south on the A.T. until reaching a blue-blazed trail and scrambling to (and from) Dragon's Tooth. We'll then hike north on the A.T. back to Lost Spectacles Gap, where we'll take the Dragon's Tooth trail back down to the parking lot. Lunch in Daleville is a possibility! Please text Frank to join his hike & let him know where you will meet the group.

Sun Mar 31 Hike #6647(EM)
Harkening Hill, Johnson Farm, & Abbott
Lake HD:6
Leader:Shana Carter, 434-213-5755
8:30 AM @ Forest Square Shopping Center -
Meet the hike leader & other hikers at the
Peaks VC at 9:00 am. (DD:45 MRT, \$3)

Join Shana for a 6-mile hike starting at the Peaks of Otter Visitor Center. We will climb Harkening Hill, go through woodland trails and take a short detour to Balance Rock - a huge boulder balanced on a small rock. After 3.3 miles, we will take the Johnson Farm loop trail to visit the old homestead. Once we get back down to the Parkway, we will finish with a lap around Abbott Lake. Please text Shana at (434)-213-5755 to join her hike and let her know where you will meet the group.

Natural Bridge Appalachian Trail Club
P.O. Box 3012
Lynchburg, VA 24503

Address Service Requested

NON-PROFIT ORG.
U.S. POSTAGE
PAID
LYNCHBURG, VA
PERMIT NO.348



NBATC is a member of the Appalachian Trail Conservancy, an affiliate of member of the American Hiking Society, and a maintainer of the A.T. from the Tye River to Black Horse Gap.

NBATC Board of Directors

President	Carl Boggess	540-871-5800
Vice President	George Beam	434-841-2419
Supervisor of Trails	Jason Hammer	434-401-4204
Secretary	Viki Gossen	434-239-0403
Treasurer	David Helms	434-237-2180
Directors	Claude Dixon	845-332-9069
	Susan Dixon	845-332-9069
	Steve Lichiello	434-509-6949
	Luke Matthews	434-471-3643
	Scott Noe	276-252-2681
	Eric Anderson	540-721-1994
	Bret Bowman	434-841-0554
	Bill Cummins	434-381-0074
	Jeff Kornblum	540-586-4795
	Tim Miles	434-384-7762
Past President	John Phillips	434-941-6046

Committee Chairs

Archives /	Mike McCormack	434-384-1944
Adopt-A-Highway	mccormack4303@gmail.com	
Asst. Supervisor	Norm Sykora	434-946-7084
of Trails	njsykora80@gmail.com	
Awards	Herb Vreeland	434-385-1826
	herb.vreeland@gmail.com	
Outings	Mary Beth Nicholich	252-514-3580
	mntmama77@gmail.com	
Ecology	Nora Cox	434-845-0048
	jimandnor@verizon.net	
Grants Manager	Carl Boggess	540-871-5800
	carlboggess@yahoo.com	
Guidebook	Nancy Anthony	434-283-5431
	nanthony@embarqmail.com	
Guidebook Sales	Kathy Fraley	434-509-6949
	kathy.fraley4@gmail.com	
Hiking Spree	Alex Newmark	434-385-5616
	alexnetman35@yahoo.com	
Member Miles&Hours	John Phillips	434-941-6046
Website	johnm.phillips1949@gmail.com	
Member Comm.	Laurel Foot	434-942-2807
	happifeet@msn.com	
Membership	Steve Tanner	434-544-1451
	tannersheryl@comcast.net	
Mailings	David Helms	434-237-2180
	davidahelms47@gmail.com	
Parks and	Viki Gossen	434-239-0403
Recreation	vikkigossen@gmail.com	
Public Relation /	Open	
Facebook		
Social	Susan Dixon	845-332-9069
	sd2121@aol.com	

Website: home.nbatc.org
Facebook: www.facebook.com/nbatc.hiker
E-mail: happifeet@msn.com