

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

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 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 Height Lowe's – This is the River James Shopping Center on Business-29. Meet on the far left side of the parking lot, close to the access road.

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.

Other Hiking opportunities

Wednesday Work Hikes – We have work hikes almost every Wednesday. If you are interested in a trail work 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 Mary Jane Davis at 434-841-7630, Herb Vreeland at 434-219-9849 or Laura Jones at 434-221-1797. 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 and time.

Jul 2018

Sun Jul 01 Hike #6069(M)
Brown Mountain Creek HD:8
Leader:Angelo Mercado, 434-941-9843
8:00 AM @ Madison Heights Lowes - (In front of Good Will Store) (DD:65 MRT, \$4)

Starting at Long Mountain Wayside on Route 60, we will hike downwards, south on the A.T. We will follow the gorgeous Brown Mountain Creek, pass the shelter and turn around at USFS 38. We can expect to see beautiful wooded valleys while looking out for old stone fences and other remnants of a bygone era, settled by former sharecroppers. The elevation gain on the return is about 1500'. Please contact the hike leader to let him know you want to join the hike and where you will meet the group.

Sat Jul 07 Hike #6070(MS)
Elliott Knob: Joint Hike with Charlottesville Chapter PATC HD:8
Leader:Jeff Monroe, 434-962-1808
8:00 AM @ Madison Heights Lowes - Arrive at Staunton Mall in Staunton, VA by 9:30 AM to meet carpool to trailhead (DD:180 MRT, \$8)

We will be hiking lesser used trails to enjoy lunch with spectacular views at the summit of Elliott Knob. We will have a choice of starting from two different directions: From the west, the Cold Spring Trail climbs 2500' in 2.5-miles to the summit and from the south, the North Mountain Trail starts at a higher elevation climbing 1300' in 4-miles. Depending on participation and interest, this will either be a shuttle or key exchange hike. PLEASE eMAIL the HIKE LEADER: monroejeff@gmail.com to Join the Hike and View Carpool Directions

Sat Jul 14 Hike #6071(M)
Hike Leader's Choice HD:5 / 9
Leader:T. Upshur, 434-610-8808
9:00 AM Contact hike leader (Local)

Hike Leader, T Upshur, will announce the location of the hike one week before via Blast email.

Sun Jul 15 Hike #6072(M)
Harkening Hill and Abbott Lake HD:5
Leader:Angelo Mercado, 434-941-9843
8:00 AM @ Forest Square Shopping Center (DD:45 MRT, \$3)

From the Peaks of Otter Visitor Center, we will climb Harkening Hill (3,373' EL) through woodland trails. At the top, we will 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. On the return, we will take a leisurely walk around Abbott Lake on a one-mile loop trail. The close-up views of Flat Top and Sharp Top mountain peaks are fantastic. Please contact the hike leader to let him know you want to join the hike and where you will meet the group.

Sun Jul 22 Hike #6073(M)
Mt. Pleasant and Henry Lanum Loop HD:7
Leaders:David Agnor, 614-323-5310; Peggy Agnor
8:00 AM @ Madison Heights Lowes - Meet the leader at the Route 60 Wayside about 8:50 AM (DD:70 MRT, \$4)

This loop hike will use the Henry Lanum Trail to Mount Pleasant for some fantastic views at the top, including Cold Mountain in the distance. After lunch we will head back to our cars and the trailhead using an optional second trail. Lexington area hikers: Meet hike leaders at 8 AM...Food Lion (84 E. Midland Trail, Lexington) Please call the hike leaders to join the hike and tell them where you are meeting the group.

Sat Jul 28 Hike #6074(M)
Flat Top HD:6
Leader:Larry Scott, 434-525-7126
8:00 AM @ Forest Square Shopping Center (DD:60 MRT, \$3)

This hike will take us up Flat Top, one of the Peaks of Otter. We will enjoy two great view locations from the rock outcroppings on top of this beautiful 4000' elevation mountain. Please call the hike leader to let him know you want to join the hike and where you will meet the group.

Sun Jul 29 Hike #6075(M)
Otter Creek Trail HD:7
Leader:Mahendra Punatar, 434-221-0792
8:00 AM @ Boonsboro Shopping Center
(DD:40 MRT, \$3)

We'll hike along the cooling waters of Otter Creek from the James River Visitor Center to the campground and back. It's a lovely hike which features tree covered trails, Otter Creek, large rock formations, an old homestead, and a CCC constructed rock dam which forms a beautiful lake. We will also walk across the James River Parkway footbridge to view the locks from the old canal system, employed to help boats navigate the river. Bring hiking sticks and dry socks in case we encounter wet areas.

Aug 2018

Sat Aug 04 Hike #6076(S)
The Priest and Crabtree Falls HD:10
Leader:Mike McCormack, 434-384-1944
8:00 AM @ Madison Heights Lowes - (In
front of Good Will Store) (DD:80 MRT, \$4)

We will start the hike at the trailhead on Route 56 with a 3000 foot ascent to the top of The Priest. We'll eat lunch and take a much needed break at the top, while enjoying the beautiful valley view. After lunch, we will continue south on the A.T. to the Meadows Road. From there, we will follow Crabtree Creek through the valley and descend on the trail along the cascading falls. Please contact the hike leader to reserve your place on the hike. NOTE: This A.T. hike includes almost 6 miles of NBATC's maintenance responsibility.

Sun Aug 05 Hike #6077(E)
Thunder Ridge Overlook to Thunder Hill
Shelter and return HD:3
Leader:Nora Cox, 434-845-0048
1:00 PM @ Boonsboro Shopping Center
(DD:80 MRT, \$4)

This is an ecology based hike, and we will stroll from the overlook to the shelter and back. The summer blooms and butterflies should be out in force for us to enjoy along this fairly new section of trail. Please contact the hike leader to let her know you want to join the hike and where you will meet the group.

Sat Aug 11 Hike #6078(EM)
High Bridge Bike Ride HD:10
Leader:T. C. Harvey, 434-352-8763
8:00 AM @ Fairview Square Shopping Center
- form carpool and meet leader at Kroger in
Appomattox (DD:80 MRT, \$4)

Join the hike leader on this historic bike ride which will include riding over High Bridge, which is 2,440 feet in length and 125 feet above the Appomattox River Valley. The bridge is part of civil war history as General Lee's army was attempting to make its escape from General Grant. Please contact the hike leader to let him know that you want to join the bike ride and where you will meet the group.

Sun Aug 12 Hike #6079(M)
Wintergreen Hiking Trails HD:7
Leader:Becky Mahlburg, 816-261-6372
9:00 AM @ Madison Heights Lowes - (in
front of the Good Will Store) (DD:100 MRT,
\$5)

Explore some of the many mountain and valley hiking trails at Wintergreen. We will choose from a menu of easy and moderate trails with views, wildflowers, and water features. The hike will include driving between trailheads. The hike leader highly recommends the rock slide into a cool pool at Paul's Creek Falls, so come prepared! (optional, of course) Bring lunch/snacks to eat on the trail. Please contact the hike leader to reserve your place on the hike.

Sat Aug 18 Hike #6080(E)
Meet Up Hike: Percival's Island HD:6
Leader:Larry Scott, 434-525-7126
8:30 AM @ Percival's Island Parking Lot
(Local)

The Natural Bridge Appalachian Trail Club invites members and non-members to come out and hike some of the trails in the Blackwater Creek Trail System. We'll walk from the Percival's Island parking lot to the end of the trail on the Amherst side and back. It is all blacktop, level, heavily shaded, with various views of the James River. If you don't want to walk the full 6 miles you can turn around at any time. All minors must be accompanied by a parent or legal guardian.

Sun Aug 19 Hike #6081(EM)
Hike Leader's Choice HD:4 / 7
Leader:Jessica Harber, 434-363-5067
1:00 PM Contact hike leader (DD:60 MRT,
\$3)

Hike Leader, Jessica Harber, will announce the location of the hike one week before via Blast email.

Sat Aug 25 Hike #6082(E)

Adopt-a-Highway HD:3

Leader:Herb Vreeland, 434-385-1826

**9:00 AM @ Boonsboro Shopping Center
(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!

Sun Aug 26 Hike #6083(EM)

**Combo Hike: Full Moon over Cold Mountain
HD:3 / 7**

Leader:Herb Vreeland, 434-385-1826

**3:30 PM @ Madison Heights Lowes - (In
front of Good Will store) (DD:70 MRT, \$4)**

Sunset is 7:54 PM and Moonrise is 8:18 PM, perfect for a Full Moon Hike. We will offer two hikes: (1) a 1-mile Easy hike from Hog Camp Gap to the top of Cold Mt. (2) a 7-mile Moderate hike on the Old Hotel Trail to the top of Cold Mt. There will be ample time to enjoy, your beverage, picnic dinner & good conversation before the celestial events. Bring a headlamp or flashlight for a leisurely hike back to your cars. Call the hike leader to reserve your place on the hike. NOTE: Weather conditions could change or cancel the hike.

Sep 2018

Sat Sep 01 Hike #6084(M)

**Labor Day Weekend Backpacking Trip:
Mount Rogers HD:17 / 22**

Leader:Becky Mahlburg, 816-261-6372

**TBD Contact hike leader - Contact the
leader a week in advance for details and
planning. (DD:370 MRT, \$15)**

Calling all backpackers...join us on a long weekend backpacking trip to Mount Rogers/Grayson Highlands: featuring vistas, meadows, and ponies! We will spend 2.5 days on the trail, including 2 nights of backpacking. We will leave early (!!!) Saturday morning and return late on Monday. Please contact the hike leader at least one week in advance if you are interested, so final details and planning can be made.

Sat Sep 08 Hike #6085(MS)

Sprouts Run/Wilson Mountain Loop HD:9

Leader:Jeff Monroe, 434-962-1808

**9:00 AM @ Forest Square Shopping Center -
Meet Leader at Trailhead: 2171 Solitude
Road, Buchanan, VA (DD:90 MRT, \$4)**

This loop hike in Jefferson National Forest south of Cave Mountain Lake involves multiple stream crossings through a very pretty valley and adds some great mountain views before looping back to the start. A hike description (with pictures) is online:

www.wanderingvirginia.com/2016/04/sprouts-runwilson-mountain-loop.html PLEASE eMAIL the Hike Leader: monroejeff@gmail.com to Join the Hike.

Sun Sep 09 Hike #6086(EM)

**Meet Up Hike: Blackwater Creek Trail HD:4
/ 6**

Leader:Herb Vreeland, 434-385-1826

**1:30 PM @ Ed Page Entrance - (off
Langhorne Road) (Local)**

The NBATC invites members and non-members to hike some of the trails in the Blackwater Creek Natural Area. We'll 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.

Sat Sep 15 Hike #6087(M)

Terrapin Mountain - Lower Trail HD:7

Leader:Coby Pieterman, 540-586-8464

**8:00 AM @ Boonsboro Shopping Center -
Meet leader at Hunting Creek Baptist
Church on Rt. 122 at 8:35 AM (DD:40
MRT, share cost)**

This hike is an in-and-out hike on an old woods road that generally follows a contour line near the base of Terrapin Mountain. We will enjoy beautiful views at this time of year. We will stop for lunch/snack alongside a rushing stream. Please contact the leader to let her know you want to join the hike and where you will meet the group.

Sun Sep 16 Hike #6088(VS)

Xtreme Adventure Hike: Cornelius Creek to Bearwallow Gap on the A.T. HD:15
Leader:Herb Vreeland, 434-385-1826
7:30 AM @ Forest Square Shopping Center (DD:70 MRT, \$4)

The hike will start on the parkway at Floyd Field. We'll hike south on the A.T. over Floyd Mountain and past Bryant Ridge Shelter. We will climb over Fork Mountain and descend to Jennings Creek before heading up and over Cove Mountain with the hike ending at Bearwallow Gap. The hike descends 2500' from Floyd Mt. to Bryant Ridge Shelter; climbs 800' to Fork Mt.; descends 1000' to Jennings Creek; and gains 1500' to Cove Mt. You must call the hike leader to reserve your place on this hike.

Sat Sep 22 Hike #6089(M)

James River State Park HD:6
Leader:Laura Jones,
lauraejones428@gmail.com
8:00 AM @ Madison Heights Lowes (DD:75 MRT, \$4)

We will hike on trails along the James River to a vista of the Tye River and through the wooded parts of the park. We may even have time to explore the wonderful visitor's center to view the exhibits. Note: There is a \$4 (per car) fee to enter the State Park. Please email Laura to let her know you will be joining the hike: lauraejones428@gmail.com

Sun Sep 23 Hike #6090(E)

Matts Creek - James River Foot Bridge to shelter and return HD:4
Leader:Carol Caswell, 434-907-5629
1:00 PM @ Boonsboro Shopping Center (DD:40 MRT, \$3)

Come out and enjoy this shady walk to Matt's Creek Shelter with optional splashes in the cool mountain creek. Please call the hike leader to let her know you want to join the hike and where you will meet the group.

Sat Sep 29 Hike #6091(M)

Bearwallow Gap to Cove Mt. Shelter on the A.T. HD:7
Leader:Coby Pieterman, 540-586-8464
8:00 AM @ Forest Square Shopping Center - form carpool and meet hike leader at Peaks of Otter Ranger Station @ 8:40 (DD:55 MRT, \$3)

This hike begins at Bearwallow Gap and goes north on the A.T. to Cove Mountain Shelter, where we will stop for lunch before returning by the same route. There are many wonderful valley views to see and enjoy during this moderate hike. Please contact the hike leader to let her know you will be joining the hike and where you will meet group.

Sun Sep 30 Hike #6092(S)

Floyd Field to Petites Gap on the A.T. HD:10
Leader:Nancy Anthony, 434-283-5431
8:00 AM @ Boonsboro Shopping Center (DD:70 MRT, \$4)

We'll start on the Parkway at Floyd Field near Cornelius Creek Shelter and hike to the A.T. We will then follow the A.T. north over Apple Orchard Mountain and through the Guillotine. We will hike the newly relocated section of the A.T. between the two Parkway crossings and enjoy great views from Thunder Ridge overlook before we descend to Petites Gap. Please call the hike leader to let her know you want to join the hike. Note: This A.T. hike has almost 10 miles of NBATC maintained trail.

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

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NBATC is a Class 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.

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