

## Johnson City Hiking Schedule for July-Aug and Sept 2010

Guests are welcome on all hikes, and at meetings. We request that newcomers select hikes within their capabilities. If in doubt, contact hike leaders for more information about terrain. Please bring rain gear, food, plenty of water, gas money and appropriate clothing on all hikes. We request that **no pets** be brought on hikes. Persons interested in joining the Johnson City Hikers Club and receiving the schedule should contact Faye Guinn at 753-4072 OR THE SCHEDULE IS POSTED ON THE WEBSITE --- [www.jchikers.org](http://www.jchikers.org)---CHECK THE WEBSITE BEFORE EACH HIKE TO SEE IF THERE HAVE BEEN CHANGES TO THE HIKE. Hike leaders please send any changes as soon as you are aware of them to the webmaster to be posted. Gary Shealy<[webmaster@jchikers.org](mailto:webmaster@jchikers.org)>

\*Kroger location at Brown's Mill Road and North Roan, in Johnson City

\*\*Long John Silver's at corner of University Pkwy and S. Roan in Johnson City, behind bldg.

\*\*\*Meadowview Conference Center – meet at entrance of parking lot closest to I-181

July-3	We will join James Price for a 5.4 mile moderate to easy in and out hike with the MAH hiking club to Gentry Creek Falls. You will be crossing the creek numerous times-it is not a sure thing that you will be able to rock hop-you will most likely want to wear shoes you can walk the entire way in that you do not care to wade the creek in. Leader James Price 423-213-0042—Leave Long John Silvers at 8 am or the Elizabethton High School parking at 8:15.
July-10	Difficult 13.7 mile loop on the southern border of the N. C. Smokies in the Cataloochee area. Leaving from Polls Gap we will hike 3.5 miles on Rough Fork Tr. to Caldwell Fork Tr. and go 1.7 miles. Then we will follow Hemphill Bald Tr. up a steep incline to the top of the ridge reaching over 5,000 feet. We then hike along the fence line of the Cataloochee Ranch reaching Hemphill Bald which has a map that outlines the spectacular views we will have of Roan Mt. to Standing Indian Mt. Leader: Marcia Pruner 276-889-5714. Leave Long John Silvers promptly at 8:00 am.
July-17	Strenuous 11 mile loop hike in the Bald Mountain area southeast of Greenville. We hike from Shelton Mission Rd on Phillips Hollow trail to the AT on Bald Mountain ridge. We'll stop at the Blackstack Cliffs and Jones Meadow for views of the TN valley, and then hike to the lookout tower for views into NC. We'll hike back to the start on the Bullen Hollow trail. Meet at Jonesborough Post Office at 8 AM. Contact leader Joel Zabel with questions at 423-926-3587 or <a href="mailto:joyjoelz@yahoo.com">joyjoelz@yahoo.com</a> .
July-24	Moderate 6.5 mile loop hike to John Rock for Lunch with a view. This hike is in the Pisgah area near Asheville. Leave the Jonesborough Post Office at 8 am. Leader Howard Guinn 423-753-4072
<b>July31</b>	Strenuous 17 mile hike on the AT from Watauga Dam Rd to Hwy 91. This is joint key-swap hike with the MAH hiking club; they will start on the other end, thus saving the long shuttle. It is strenuous mainly for the distance. Most of the climbing is in the first 2 miles, but rest breaks are rewarded with nice views of Watauga Lake as we climb over 1000' above the shore. Bring lots of

	liquids and extra food for this long hike. Meet at Long John Silvers at 8am or call leader Joel Zabel at 423-926-3587 to be met at Food City in Elizabethton at 8:20 or if you have other questions.
<b>Aug-7</b>	Strenuous 10-mile hike in the White Rocks Mountain/ Dennis Cove area. This loop hike will follow Coon Den Falls Trail to the AT to Lacy Trap Trail to Laurel Fork Trail. There are 2 nice water falls (Coon Den and Dennis Cove). There are 10 stream crossings, most CAN NOT be rock-hopped. One crossing is normally knee deep. The crossings are in a 2.5 mile stretch near the end. A good way to hike this loop is to wear your normal hiking shoes for the first 7 miles, then change into shoes you don't mind getting get soaked for the entire 2.5 miles of crossings. That stretch is mostly level and not too rocky, so it is an easy walk in most footwear; it would save a lot of time not change shoes back and forth at each crossing. Crossing with bare feet is NOT recommended. Leave Long John Silvers** at 8 AM. If you want to be picked up at Food City in Elizabethton at 8:20, contact the leader the night before. Leader: Joel Zabel, 423-926-3587, joyjoelz@yahoo.com.
Aug.-14	A strenuous 11.5 mile hike in the smokies.We will hike on Metcalf Bottoms, Little Brier Gap, Little Greenbrier and Round Top Trails. There is a water crossing at the end that will require wading-bring water shoes-barefoot is a no-no. Questions call the leader Joy Cook at 423-676-6490.We will leave the Jonesboro Post Office promptly at 7 am.
Aug-21	Strenuous 13 mile hike from Sam's Gap to Big Bald and return. Please be sure you bring enough water and an extra snack. Leave the Jonesborough Post Office at 8 am. Leader Howard Guinn 423-753-4072.
Aug-28	Strenuous 10 mile loop hike on the Beech Cove and Iron Mt. Trails to Damascus and then take the AT Back to our cars. We can have lunch in Damascus or bring your own. Leader Howard Guinn 423-753-4072.Leave Long John Silvers at 8 am. Leader Howard Guinn 423-753-4072 –cell 423-471-7755.
Sept-4	Moderate to Strenuous 5 to 7 miles of hiking on Roan Mt.We will hike to were the goats are pastured on the bald and then from Grassy Ridge take a side trail out to a lunch spot with a view. Leave Long John Silvers at 8am. Leader Howard Guinn 423-753-4072
Sept-10-11-12 and maybe 13	We will be doing a backpacking trip to the Smokies.On Friday we will leave the Jonesborough Post Office at 7 am for a long drive to Laurel Run—we will arrive there in time to hike about 5 miles into the Laurel Run Shelter\ campsite for the night-We will be making at least a 20 mile loop—if we stay for Monday it could be more mileage. IF YOU PLAN TO GO ON THE TRIP YOU MUST CALL THE LEADER--James Price 423-213-0042—He can give you the details you will need to go on this trip.
Sept-18	Iron Mountain Trail in Virginia. Moderate to Strenuous 10 mile hike on the Iron Mountain Tr. near Chilhowie, Va. Most of us have hiked this trail to the Bear Tree area at Shaw's Gap. Now we will hike the next 8 miles starting east of Skulls Gap on FS #84. Hiking west we will be on a combo of old road/trail, and will cross Rt. #600 at Skulls Gap. Straight Branch Shelter is a former old A.T. shelter we can visit. At Shaw's Gap we will drop off to the south on Chestnut Ridge Tr. descending for 2 miles. Leader: Marcia Pruner 276-889-5714.Leave Kroger at 8am
Sept-25	<b><u>BACKPACKING / STRENUOUS</u></b> Leave Jonesborough PO at 7 AM and drive to Deep Creek in the Smokies. We will have to shuttle a car to near the end of the Lakeview Dr (Road to Nowhere). Hike on Noland Divide Tr 7.8 miles, connect to Noland Creek Tr and go to campsite 62,

	<p>which is about another 2 miles. Stay there. On Sunday, continue on Noland Creek Tr but at campsite 64 do an in and out of 5.6 miles total to include that leg of Springhouse Branch Tr then down to end of trail. There is another 1 mile leg to campsite 66 for those who wish to do it. Total hiking for Saturday is 9.8 miles and for Sunday is 15.2 miles. There are places we can lay down our packs to do the "in and outs." You must call the leader at least a week before this back pack if you intend to go. Leave the Jonesborough Post Office at 7 am. Leader Joy Cook 423-676-6490</p>
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**Johnson City Hikers**  
**2732 Hwy 81-South-**  
**Jonesborough, Tenn. 37659**  
**Phone 423-753-4072**