

2017 Johnson City Hiking Schedule for January, February and March
 Club was founded March of 1990 by Sam Lloyd

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Guests are welcome on all hikes but please contact Joel Zabel at 423-631-6385 if it is an over 10 mile hike or if you have any questions about hiking—most of our hikes will have an “in and out” option. Participation in club activities carries with it the obligation to hold the club and its representatives free of liability for individual safety. We request that newcomers select hikes within their capabilities. Any hike over 10 miles will be rated as strenuous-because a 10 mile walk in the mountains is strenuous for most of us. There is also a certain amount of elevation gain on almost any hike SO-- 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. No beverages containing alcohol are allowed on the hikes or at the trailheads, if you are involved in activity with the club. We are an alcohol free activity. Persons interested in joining the Johnson City Hikers Club and receiving the schedule should contact Faye Guinn at 423-753-4072 or wegonehiking@embarqmail.com OR THE SCHEDULE IS POSTED ON THE WEBSITE-<http://jchikers.weebly.com> ---Hike leaders please send any changes as soon as you are aware of them to the webmaster Joel Zabel @ joyjoelz@yahoo.com. Hikers check your e-mail and the website the day before each hike to be sure there has not been a change.

Sunday Jan,1	Start your hiking year off with a hike by joining us for a 9 mile moderate in and out hike in Unicoi to the Pinnacle Fire Tower. The trailhead is on exit 32 off of I26 in Unicoi. Form your carpools at Long John Silver's** at 9am and meet the leader at the trailhead or if you wish just meet the leader at the trailhead at 9:10am. Leader Howard Guinn 423-753-4072 cell 423-747-4881
Jan,7	Moderate 5 mile hike on the ridge above Wilbur & Watauga Lakes. We'll hike the abandoned AT from Wilbur Lake to a high point above Watauga Dam. Great views from high above the lakes, dam, and surrounding valleys. There are some steep, strenuous sections and over 1600' of climbing: hiking poles recommended. Leave Long John Silver's at 9 am** or contact Joel Zabel (423-631-6385) if you wish to meet at Food City in Elizabethton at 9:20.
Jan,14	Rocky Fork --12 mile strenuous hike up to Higgins Pond and back; 2300'+ of climbing. Leave Long John Silver's at 8am. If you wish to be met at Pal's in Erwin at 8:20, contact leader Joel Zabel (423)631-6385.
Jan,21	A 7 mile moderate hike from US 19E to Elk River Falls with a stop at Jones Falls. We will drop a car at Elk River Falls and hike from 19E so that lunch will be at one of the waterfalls. Leave Long John Silver's at 9am. Leader: Howard Guinn 423-753-4072 cell 423-747-4881
Jan,28	Moderate to strenuous 11 mile hike on the Virginia Creeper Trail between Abingdon and Damascus. Much of it is a scenic river walk along the Middle Fork Holston River, South Fork Holston River, and Laurel Creek. It is made strenuous only by distance; there is little elevation change. We'll start from the Damascus Food City on Hwy 58 and end at the Watauga Rd VCT parking lot. Shorter versions are possible. Leave at 8 AM from Kroger* North, 112 Sunset Dr near Browns Mill Rd in the SE part of parking lot, south of the gas station, behind Red Pig Bar-B-Q. 49 mile drive. Leader: Joel Zabel-631-6385.
Feb,4	Strenuous 6 mile hike or moderate 4 miler on Elk Hollow Ridge and Grassy

	<p>Ridge. These in & out hikes begin on Roaring Creek Rd near Valley, NC. We will follow conservancy trails & abandoned roads up Elk Hollow Ridge until we meet the AT just east of Stan Murray Shelter. Hikers can choose it as a turnaround point for the 4 mile hike with 1500' of climbing. Others can continue south on the AT to the Grassy Ridge trail, then follow it to a rocky ledge at 6100' for lunch with a panoramic view including Roan Mtn, the Black Mtns, and the Smokies 70 miles away. This 6 mile hike will have 2900' of climbing. Leave Long John Silver's at 9 AM, or contact leader Joel Zabel (423)631-6385 to be met at Food City in Elizabethton at 9:20</p>
Feb,11	<p>Moderate 5 mile hike on Ephraim Ridge. Beginning above Indian Grave Gap, we hike up to and along Ephraim Ridge, closely following the TN/NC state line. The first half is on a mountain road; the second half is mostly off-trail, but through open forest. The final 100 yards is a steep path down to Guinn's Grandview, a panoramic overlook 1650' above the Nolichucky River - hiking poles recommended? 1300' of climbing. Leave Long John Silver's at 9 AM. If you would like to be met by Pal's in Erwin at 9:20, contact leader Joel Zabel (423) 631-6385.</p>
Feb,18	<p>A 12.2 mile strenuous hike. We start this hike at Dennis Cove and head south on the AT for 6.1 miles to Moreland Gap Shelter where we will have lunch. After lunch we will return north on the AT for 4.4 miles and pick up Coon Den Falls Trail. This trail, which was formerly part of the AT, enables us to view the falls and return to Dennis Cove Road. There will be a short walk on the road to our cars. This is a hike with the MAH hiking club. Leader: Craig Haire, 423-737-0057; drdr.haire@charter.net. Depart Long John Silver's at 8:00 a.m.; Food City (Elizabethton) 8:15 a.m.</p>
Feb,25	<p>These two in and out hikes begin in Rock Creek Park, and both destinations are in the Unaka Mountain Wilderness Area. We will start the first hike [9 miles strenuous] on the Rock Creek Park Trail (2400') and take Rattlesnake Ridge Trail to Pleasant Garden Overlook (4850'). On our return to Rock Creek Park we will take the Rock Creek Falls Trail (3.4 miles total) to Upper Rock Creek Falls (3400'). Since this is an in and out trip, some may choose to do only a portion of the hikes. This hike is with the MAH hiking club. Leader: James Price, 423-213-0042. Leave Long John Silver's at 8:00 a.m.</p>
March,4	<p>Moderate 9 mile hike in Unaka Springs/Temple Hill Gap area. We'll make a loop using the Lost Wagon Trail, Temple Hill Trail, AT, and the upper end of Unaka Springs Road. 1500'+ of climbing. Meet at Long John Silver's** at 9 AM. Call the leader Joel Zabel at 423-631-6385 if you would like to be met by Pal's in Erwin at 9:20 AM.</p>
March,11	<p>Strenuous 11 mile hike in the Virginia Channels Virginia State Forest located 20 minutes north of Abingdon, Va. on Clinch Mountain. We will hike about 6 miles uphill, the last mile being quite steep, to the old fire tower and explore the rock formations of the Great Channels. These are 400-million-year-old sandstone outcroppings where water has eroded deep crevices or "channels" between massive boulders. If weather is prohibitive we will go to Bristol's Sugar Hollow. Leader: Marcia Pruner 276-889-5714. Leave from Kroger * on Browns Mill Rd. at 8am.</p>
March,18	<p>A 9 mile moderate to strenuous hike. We start this hike on Pond Mountain</p>

	Trail 40 in Dennis Cove and follow to the ridgeline at Bear Stand (4200'). Here we will head west to meet the AT at Pond Flats (3700'). Then we head south on the AT to Laurel Fork Gorge (2100') and Laurel Falls. We continue south on the AT to Potato Top (2540'). After this short side in and out we continue on south on the AT to Dennis Cove. This is a hike with the MAH hiking club. Leader: James Price, 423- 213-042. Depart Long John Silver's at 8:00 a.m.; Food City (Elizabethton) 8:15 a.m.
March,25	From Cosby campground in the Smokies: Snake Den Ridge trail for 4.6 miles, with a 0.7 mile (total: 1.4) in and out to the AT and on to the Maddron Bald Trail for 7.3 miles. The two leaders will most likely do a key swap if we have enough people; otherwise a shuttle will be needed. The total miles will be either 11.9 or 13.3 depending if you do the in and out to the AT. The views along both trails can be beautiful, especially early Spring! Leaders: Joy Cook 423-913-2220 and Jamie Wheeler 423-676-1767 Leave the Jonesborough Post Office at 8am.

*Kroger location at Brown's Mill Road and North Roan, in Johnson City—we meet in the SE corner of parking lot near the back of the Red-Pig Bar-B-Q.

**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

****Jonesborough Post Office at 121 Boone Street in Jonesborough

***** Parking area across from Pal's in Erwin—turn right just as you cross the bridge in front of McDonalds