

2018 Johnson City Hiking Schedule for April-May-June
 Founded March of 1990 by Sam Lloyd

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.

April-7	<p>A moderate to strenuous 12 mile in/out hike in Rocky Fork State Park. We will start out on the Rocky Fork trail to Birchfield Creek trail to Birchfield Camp Lake for a peaceful lunch around Birchfield Camp Lake. Returning to the main entrance to RFSP. Leave Long John Silvers at 8:00 am. Contact hike leader Jamie Wheeler at 423-676-1767.</p> <p>[please note that this is in and out so any hiker can do less miles by driving themselves or riding with someone who is hiking less miles and turning around at whatever point they wish. There is also a possible option of going in and out[about 4 miles] on the Flint Creek Trail, which should have lots of wildflowers in early April; Flint Creek trailhead is marked and there are bridges across the creek crossings—Please note also that we have always scheduled this hike as 10 miles but since some hikers these days carry a GPS or tracker of some kind; the mileage is coming up more than 10 miles. Whatever you chose it should be a beautiful spring hike in Rocky Fork]</p>
April--14	<p>This Saturday we will join MAH Club for a hike/ workday of 8.7 miles from Sandy Gap at Tenn. 421 to Corinth Church. This will be a day of clearing the middle section of the 18-mile portion of Iron Mountain Trail (IMT) in Tennessee. This trail was formerly part of the Appalachian Trail until it was moved to Holston Mountain in 1972. It offers a more secluded hiking experience, especially in Spring when the Appalachian Trail is busy with through hikers. Bring work gloves and clippers or loppers if you have any. Some tools will be provided. Leaders: Craig Haire, (423) 737-0057 and Joel Zabel, (423) 631-6385. Depart Arby's / Long John Silver's 8:00 a.m.</p>
April-21	<p>Moderate 7-mile loop hike on Holston Mountain. We'll hike up to the Holston Mountain fire tower, and then follow Holston Mountain Trail and</p>

	<p>Flint Mill Trail to Flint Rock for lunch. Flint Rock has great views of South Holston Lake, Holston Valley and Clinch Mountain. We'll hike back on unused forest road 4202 (Flint Mill Gap Rd). Leave Long John Silver's** at 9:00AM. If you have questions or want to be met at Food City in Elizabethton at 9:20, contact the leader Joel Zabel at 423-631-6385.</p>
April-28	<p>We will travel to the Smokey's and visit a rare wildflower exhibit in the region. This will be a moderate 4-5-mile hike to White oak sinks one of the best locations in the Smokey's to view wildflowers. We may see pink and yellow ladyslippers, so many purple phlox that the air smells of flowers, shooting stars and many other rare varieties. We will park at the Schoolhouse Gap trailhead, traveling 1.1 miles then left beyond a gate another 0.8 mile steeply down to the sinks basin. There are many trails to various wildflowers, an 1790 gravesite, several caves and old metal gears from days gone by. One of my favorite places to visit in the spring.</p> <p>Leave Jonesborough Post Office at 8:00 am. Contact hike leader Jamie Wheeler at 423-676-1767.</p>
May-5	<p>Easy 4-mile in/out hike in The Barrens on a newly developed trail near Lebanon, VA. Yellow Lady Slippers will be the highlight of this hike, so this will be a "camera day. "We will have an overlook of the Clinch River in a valley far below us. A Tank Hollow waterfall visit will also be a feature. If the orchids decide to change their blossom dates (they wouldn't dare,) we could change this date by a week so stay "posted." If we want to do more miles, we can drive about 15 minutes to the Natural Preserve, The Pinnacle, and walk to those orchids also, and then enjoy the other trails in that area.</p> <p>Decision to be made by the group that day.</p> <p>Leader: Marcia Pruner 276-889-5714 or 276-614-5504 cl. Meet 8:00 at Kroger N.side on Brownsmill Rd. off North Roan/Sunset Dr. Meet in the S.E. part of the parking lot behind Red Pig BBQ.</p>
May 12	<p>Meadow Creek Mountain Tower Loop—A 7 mile moderate, with one little strenuous climb, hike from Houston Valley Campground to the Meadow Creek Observation Tower; then we take the FS road for a mile or so and find the trail we take back, off to our left. Leave the Jonesborough Post Office at 8am. Leader: Joy Cook 423-913-2220</p>
May-19	<p>A 10.2 moderate to strenuous hike on the AT; from McQueen's Gap to Tenn. 91. This is a joint hike with MAH Club. Our clubs will group and hike from either end of this trail section. We plan to follow the ridgelines of Cross Mountain and Holston Mountain, passing Double Springs Shelter, crossing Low Gap (Hwy 421), McQueen Knob (former site of fire tower), passing the oldest shelter on Holston Mountain (1934) and beginning / ending at USFS 69 at McQueen Gap. (This weekend marks the culmination of "Trail Days in Damascus, VA" if anyone plans to head over for festivities afterwards.) Drive is about 34 miles. Leaders: Joel Zabel, (423) 631-6385 and Judy Middlemas, (423) 282-6987. Depart Arby's / Long John Silver's 8:00 a.m.; Food City (Elizabethton) 8:15 a.m.</p>
May -26	<p>An 8.2 mile moderate to strenuous hike that crosses some of the highest mountains on the Appalachian Trail, Clingmans Dome at 6,643 ft and Mt.</p>

	<p>Collins at 6,188 ft. This section of the AT is mostly downhill but has some short, steep climbs. We will drop a car at Newfound Gap on US 441 and proceed a short distance to the Clingmans Dome parking area. There we will take a 0.5-mile, paved trail from the parking area to Clingmans Dome, the highest point on the AT and the third highest point east of the Mississippi. There is an observation tower at Clingmans Dome where one can enjoy 360-degree panoramic views of the Smokies. From Clingmans Dome, we will take the Appalachian Trail north 7.7 miles to return to Newfound Gap. Drive is 125 miles--one way. Questions call or e-mail Leader: Eric Middlemas; (423) 282-6987; email: emiddlemas@live.com. Depart Arby's 8:00 a.m.</p>
June--2	<p>We will leave this date open in case we have to change or cancel a hike. Check the website and your e-mails the week of June 2nd for update.</p>
June -9	<p>Smokies; Mt Cammerer---An 11.4 mile strenuous in and out hike. Standing at an elevation of 5,025 feet, the Mt. Cammerer Lookout Tower sits on the edge of a rocky outcropping overlooking the Pigeon River Gorge. On a clear day the views are simply stunning; some even say one of the best in the Smokies. Our trek to Cammerer starts on the Appalachian Trail at Davenport Gap (elevation 1975 feet). Leader: James Price, (423) 213-0042. Depart Arby's / Long John Silvers at 8:00 a.m. This is a joint hike with the MAH Club. Drive 80 miles -one way</p>
June-16	<p>Moderate 5 mile to very strenuous 16-mile hike between Carvers Gap and Hwy 19E: one of the most spectacular sections of the southern AT. All hikers will head north on the AT from Carvers. At 2 miles, we turn right off the AT to Grassy Ridge Bald and its panoramic vistas (6165', hike high point). If the sky is very clear, the grand peaks of Great Smoky Mtns NP are visible over 80 miles away. We hope to see late wildflower blooms at this high elevation. Five-mile hikers will use this as a turn-around. Hikers going to 19E on the AT will have many more great views from Elk Hollow Ridge, Little Hump Mtn, Bradley Gap, Hump Mtn, and Doll Flats. Bring plenty of food and liquid for this long, challenging day with over 3100' of climbing. If the weather forecast is bad, this high-altitude hike will be cancelled; if so, an update will be emailed and posted on the JCHC website Friday evening. Leave Long John Silver's at 8 AM. If you would like to be met at Food City in Elizabethton at 8:15, contact leader Joel Zabel: (423) 631-6385.</p>
June-23	<p>9 to 12 miles strenuous hiking from Rock Creek Rec Area. There are really two hikes; you can choose to do one or both. The first, more challenging one climbs 2600' and 4.4 miles from RCRA on the Rattlesnake Ridge Trail to the Pleasant Garden Overlook with wonderful views to the southwest. After lunch there, we hike most of the way back, before reaching the intersection with the Rock Creek Falls Trail. Hikers can choose to follow it 1.7 miles with 1000' of climbing to the secluded falls or return to the start. Leave Long John Silvers at 8am. If you would like to be met at the Erwin Linear Trail parking lot on the west side of Erwin Pal's at 8:15, contact leader Joel Zabel (423)-631-6385.</p>
June-30	<p>Moderate to strenuous 9-mile hike around Flattop Mtn. Starting near Devil's Creek Gap on NFSR 278 above Spivey Gap, we follow Devil's Creek Gap Trail 188 around the rocky northern flank of Flattop Mtn. We then climb the</p>

