

2019 Johnson City Hiking Schedule for Oct-Nov-Dec (PARTIAL)
 Founded March of 1990 by Sam Lloyd

Guests are welcome on all hikes. Before coming on your first hike with the club, read the "Info for New Hikers" page at jchikers.weebly.com and call Joel Zabel at 423-631-6385. Participation in club activities carries with it the obligation to hold the club and its representatives free of liability for individual safety. Only attend hikes that are within your ability; if in doubt, contact the hike leader or Joel Zabel. Please bring rain gear, food, plenty of water, gas money, and appropriate clothing on all hikes. No alcoholic beverages are allowed on the hikes or at the trail heads. No pets are allowed on hikes. CHECK the jchikers.weebly.com home page on Friday evening for changes and updates to the next morning's hike.

Check the MEETINGS SPOTS page at jchikers.weebly.com for zoomable maps showing the locations listed below and precisely where we park:

- *Long John Silver's, South Johnson City: 1903 S Roan Str, 37601 - corner of University Pkwy & S Roan Str, in east part of parking lot behind LJS and Parkway Wine & Liquor
- **Jonesborough Post Office: 121 Boone Str, 37659 - in parking lot south of the PO building, next to the Jonesborough Visitor Center building
- ***Kroger, North Johnson City : 112 Sunset Dr, 37604 - near Browns Mill Rd & N Roan Str , in the SE part of parking lot, behind Red Pig Bar-B-Q.
- ****Elizabethton Food City: 920 Broad Str, 37643 - corner of Broad Str & Hwy 19E, NE corner of parking lot, nearest to the intersection of Broad Str and Hwy 19E.
- *****Erwin Linear Trail parking: N Industrial Dr, 37650 - in gravel parking area next to Erwin Linear Trail, on the northwest side (toward Interstate) of Pal's on N Industrial Dr.
- *****MeadowView Convention Center, Kingsport: 1901 Meadowview Pkwy, 37660 - NW corner of parking lot, closest to Hwy 26/23 Exit 3

Oct 5	Moderate 5 or strenuous 9.5 mile hikes to DEVILS COURTHOUSE (5719') / CHESTNUT BALD (6025') / SAM KNOB (6025') (joint w/MAHC) We will start this hike at the Devils Courthouse parking area on Blue Ridge Parkway milepost 422.4. We will have a strenuous ½-mile hike to a 360 view. After the view, we will take a side trail to the MST trail east to Chestnut Bald. (Possible lunch on the cliff edge with views of Looking Glass Rock) We will next backtrack west on the MST to Trail 347, to Trail 346, and to a parking area with restrooms. From the parking lot we will take Trail 617 to Sam Knob. We then return on Trails 617, 346 ,and 347 to our cars. The hike can be shortened for those who might not want to go beyond 5 miles. (Our hike is in the Middle Prong Wilderness Area of Pisgah NF) Drive: 95.3 miles/ 1hr 52min (\$13) Leader: James Price, (423) 213-0042. Depart Arby's / Long John Silvers* 8:00 a.m
Oct 12	Strenuous to moderate 11.5 mile on the AT & Backbone Rock trail. This key swap joint hike with the MAHC is between Low Gap on the AT at TN 421 and the Backbone Rock Recreation Area near Damascus, VA. The AT portion of the hike follows the ridgeline of Holston Mountain where it intersects the Backbone Rock Trail, which descends to the Backbone Rock Recreation Area. Drive: 34/ 41 miles (\$5) Leaders: Ken Rea, (423) 737-3882 and Joel Zabel (423) 631-6385. Depart Arby's/Long John Silver's* 8:00 a.m. If

	you would like to meet at Elizabethton Food City**** at 8:15, contact Joel Zabel (423)631-6385.
Oct 19	Strenuous 10 mile hike between Indian Grave Gap & Rock Creek Park. This is a joint key swap hike with the MAHC. One group will begin at Rock Creek Park and the other on the AT at Indian Grave Gap. From Rock Crk Park, the hike follows the Rattlesnake Ridge Trail to Pleasant Garden Overlook, then down a stretch of Unaka Mountain Scenic Byway (FS 230), turns on to the AT, goes over Beauty Spot and ends at Indian Grave Gap. Drive: 22 miles (\$3) Leaders: Janice Miller, (423) 543-5602 and Joel Zabel, (423)631-6385. Depart Long John Silver's* / Arby's 8:00a.m.
Oct 26	Moderate 9.1 mile AT hike between Iron Mtn Gap and Hughes Gap. This is a joint key swap hike with the MAHC. This nearby section of the A.T. follows the state line of TN / NC along the ridgetop of Iron Mountain. We pass Little Rock Knob which has spectacular views, Clyde Smith Shelter, Greasy Creek Gap, and remnants of an old farm and orchard. Total climbing is 2100 ft. southbound and 2400 ft. northbound. Halloween costumes are optional. Leaders: Joy Cook (423) 913-2220 and Joel Zabel (423) 631-6385. Depart Long John Silvers*/ Arby's 8:00 a.m.
Nov 1-3	FRI. - SUN. BREAKS INTERSTATE PARK (OVERNIGHT) The MAHC has graciously invited us to join them on this adventure. Hikes: to be determined. Rating: Easy to Strenuous. Drive: 107 miles (2 hrs, 20 min. / \$14) The Breaks (occasionally called "The Grand Canyon of the South") is a spectacular two-mile canyon that straddles the state lines of Virginia and Kentucky. The Russell Fork River flows through the bottom of this gorge. In 1954 Kentucky and Virginia were authorized to jointly operate a park within this landscape. More than 25 miles of hiking trails lace the park, varying from easy to difficult. In addition, there are zipline, mountain bike trails, rock climbing, and bird-watching options. While the scenery is breathtaking, the park's hiking destinations steal the show. While some trails meander around the top of the gorge, others plunge directly into it. The park's strenuous River Trail, for example, descends all the way down the face of the gorge to the Russell Fork, returning up a tributary to the crest of the gorge. Still other trails, like the Prospector's and Geological Trails, dip just below the lip of the gorge and feature incredible geological formations that have been shaped by eons of erosion within the gorge. There are rental cabins, a campground, a lodge with balconies which overlook the gorge and Russell Fork, smaller cabins and a restaurant in the park. We have reserved a luxury 3 BR / 3 BA cabin on Laurel Lake w/ fireplace, hot tub, deck overlooking the lake. The cabin sleeps 10. We may prepare some group meals in our fully equipped kitchen or visit the park restaurant. I am still taking names for the cabin, keeping a wait list in case someone needs to cancel. For two nights (Fri. & Sat.), the cost per person if we have 8 is \$66; if we have 10, \$53 per person. To reserve your spot in the cabin or get further details, call Judy Middlemas, (423) 282-6987. To contact the park regarding camping or staying in the lodge, the number is (276) 865-4413
Nov 9	Loop hike of approximately 9 miles on a combination of trails, including Rush, Sawmill, Buzzard Den, Wright Hollow, Feathercamp & other trails at FS 90 near Damascus. We will have the usual "ups & downs", and enjoy rippling streams (if it rains), a few dry feet water crossings, a view of the valley I-81 traverses, and the Clinch Mt. Range. Leader: Marcia Pruner 276-614-5504. The group will leave Long John Silver's at 8AM and then meet Marcia near the caboose in the Damascus Town Park at 9:15. If you would like to be met at Elizabethton Food City**** at 8:15, contact Joel Zabel 423-631-6385.

Nov 16	Moderate to Strenuous 6.5 to 8 mile key swap hike between Devil's Fork Gap and Rocky Fork. This is joint hike with the MAHC. Drive: 30 miles (\$4) One group will begin the hike on the AT at Devil's Fork Gap and head south, passing Flint Mountain Shelter, and heading to Flint Mountain Gap. There the group will take a steep side trail down to Rocky Fork State Park and the Flint Creek Trail which they will follow to the Rocky Fork trail and the RFSP parking area. For those who wish, a side trip up to White House Cliffs Overlook is an option. The other group will do this hike in reverse, starting with the trip up to White House Cliffs. Leaders: Shambhavi Chandraiah (601) 405-1669 and Joel Zabel (423) 631-6385. Depart Arby's / Long John Silvers* 9:00 a.m. (LATER START TIME)
Nov 23	Open date. It will be filled with a cancelled hike or other and will be posted on the website and emailed to club members the week before the hike.
Nov 30	Moderate to strenuous 9 mile hike key swap hike: Round Knob/ AT-Firescald Ridge/ Jerry Miller. This is a joint hike with the MAHC. One group will climb the Jerry Miller Trail to the AT, visit the grand western views from the Blackstack Cliffs, take the AT north over Firescald Ridge with multiple panoramas, eventually turning down the trail to the Round Knob picnic shelter. ~2800' of climbing. The other group will reverse the route and have ~2100' of climbing. Leave Long John Silver's*/Arby's at 8am. Leaders: Joel Zabel (423) 631-6385, Eric Middlemas (423)282-6987.
Dec 7	Moderate/strenuous 11.5 mile hike on Bays Mountain. We'll drive 45 minutes to Laurel Run Park in Church Hill. We'll hike 5.5 miles to the Bays Mtn Fire Tower by means of Laurel Run Trail, Kiner Hollow Trail, Indian Pipes Trail, and River Mt Road. The route back will take different trails. Meet at Kroger***, north Johnson City and leave at 8:00 AM. If you would like to leave from MeadowView Convention Center***** in Kingsport at 8:20, contact hike leader Jeff Miller (423-833-7889).
Dec 14	Very strenuous 9.2 to 13 mile in and out hike on the Black Mtn Crest Trail. We start from the northern trailhead at Bowlen's Creek, climbing steadily 3000' to 6000' and a dramatic view of the Black Mtn range and its highest peaks. This spot just below Celo Knob (6,327 ft.), the northernmost major peak in the Blacks, is the turnaround for the 9.2 mile hike. Those continuing on will first have a western panorama: on clear days the high peaks of the Great Smoky Mtns NP are visible over 50 miles away. The trail climbs the rocky spine of the Crest, with intermittent vistas in all directions. The 13 mile turn around is the end of the high ridge before Winter Star Mtn. Harsh weather at this elevation may force a hike change or cancelation; check you email or the website the Friday evening before this hike for updates. The drive is 54 miles, 1hr 5min. Leave Long John Silver's** at 8AM. Leader: Joel Zabel, 423-631-6385.
Dec 21	Moderate 8 to 9 mile key swap hike on the AT between Chestoa and Indian Grave Gap. This is a joint hike with the MAHC. The group starting at Chestoa will have 1650' more climbing than the group starting at Indian Grave Gap. The Chestoa group will also detour off the AT for lunch to Fort Foster, a rocky outcrop with open views. Leave Long John Silver's/ Arby's at 9am (LATER START TIME). If you would like to be met next to Pal's in Erwin at 9:20, contact leader Joel Zabel (423)631-6385. MAHC leader: TBD. Drive distances/times: Chestoa - 18 miles/19 min, Indian Grave Gap - 19 miles/25 min.
Dec 28	Open date. It will be filled with a cancelled hike or other and will be posted on the website and emailed to club members the week before the hike.

Jan 1st New Year's Day hike: leave 2019 behind and focus your 2020 vision with a healthy 9.4 mile hike (or less if you want to turn around early) to the Pinnacle Tower and back. 1400' of climbing. Leave Long John Silver's* at 9am, or meet the group at the Pinnacle Tower Trailhead near exit 32 of I26 at 9:15. Leader: Joel Zabel (423)631-6385.