

2023 Johnson City Hiking Schedule for July - August - September
Founded in March 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 your individual safety. Only attend hikes that are comfortably within your ability; if in doubt, contact the hike leader or Joel Zabel. Please bring rain gear, food, plenty to drink, 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 homepage on Friday evening for changes and updates to the next morning's hike. Open dates may be filled with previously canceled hikes, or **if anyone would like to lead a hike on an open date, contact Joel.**

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 the 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 and 19E.

*****Erwin Linear Trail parking: N Industrial Dr, 37650 - in the gravel parking area next to Erwin Linear Trail, on the northwest side (toward Interstate) of Pal's.

*****MeadowView Convention Center, Kingsport: 1901 Meadowview Pkwy, 37660 - NW corner of parking lot, closest to Hwy 26/23 Exit 3

7/1/23 Moderate 7.4 mile AT maintenance hike from Unaka Mtn to Iron Mtn Gap. This is the AT section that the JCHC maintains. You can join us to just hike, but this summer work day is the year's most demanding, as it involves weed eating and the cutting back of encroaching vegetation, so more volunteers make the job easier and faster. All equipment will be provided, except safety glasses and work gloves. Unbreakable wraparound sunglasses with full eye protection will suffice in lieu of safety glasses. If you plan to weed wack, wear pants and a long sleeved shirt for protection from flying debris. The weed shreds can stain fabric, so choose your outfit accordingly. We will NOT be painting the shelter as mentioned in previous emails; that will be done later this summer or fall. Leave Long John Silver's* at 8 EIGHT AM. Leader: Joel Zabel, 423-631-6385.

7/8/23 Moderate 6.2 mile AT maintenance hike from Hughes Gap to Greasy Creek Friendly Hostel. This AT section is maintained by Jim Foster. JCHC helps him with the summer tasks. See the 7/1/23 hike description for work involved. As with that work day, you can join us to hike

only, without doing maintenance. Leave Long John Silver's* at 8 EIGHT AM. Leaders: Jim Foster and Joel Zabel, 423-631-6385.

7/15/23 open

7/22/23 Strenuous 10 mile loop hike from the Rock Creek Rec Area that includes Rock Creek Falls and panoramic views from Pleasant Garden and a isolated rock ledge for lunch. A reclaimed trail between the falls and Beauty Spot Gap will be used. Rattlesnake Ridge Trail will be our return. Over 2600' of climbing. Leave Long John Silver's* at 8 EIGHT AM. Leader: Joel Zabel (423) 631-6385

7/29/23 Moderate 8 mile hike on Roan Mtn. Starting at Carvers Gap, we follow the AT, the Cloudland Trail, a closed forest road, and several unnamed trails to have lunch at a secluded, rocky outcrop high on the west side of Roan. It provides a stunning vista toward the Smokies, with Mt Guyot, 67 miles WSW, visible on a clear day. This is the only place on Roan Mtn with an open view in this direction. 1600'+ of climbing. Leave Long John Silver's* at 8 EIGHT am. If you wish to be met at Food City in Elizabethton**** at 8:20, contact leader Joel Zabel (423-631-6385)

8/5/23 open

8/12/23 Strenuous 11.5-mile hike from Hampton to Coon Den Falls and back. We'll start on the Hampton Blue Line and continue on the AT to Laurel Fork Shelter and then to Dennis Cove Road. On the way up to Dennis Cove Road we'll take side trails to two small waterfalls and to Potato Top. We'll then continue on the AT beyond Dennis Cove Road, eventually leaving the AT toward Coon Den Falls. Our high point is at 3500 ft., an elevation gain of 1700 ft. from Hampton. After viewing this waterfall, we'll descend to Dennis Cove via Coon Den Branch. We'll walk Dennis Cove Road 7/10 of a mile back to the AT. Upon rejoining the AT, we'll hike down to Laurel Falls for lunch, then back to our vehicles in Hampton. Meet behind Long John Silvers* and leave at 8:00 AM. Contact hike leader Jeff Miller (423-833-7889) if you'd like to meet at Food City*** in Elizabethton at 8:15.

8/19/23 Strenuous 11 mile hike at Bays Mtn Park. Starting from the Eastman Lodge, climb to the dam, cross it and continue west on Bays Ridge road and trail. Turn north and head generally eastward on multiple trails including Cherry Knobs to reach the fire tower. Go east to the antennas on River Mtn Rd, then SW on Big Oak Trail, back to the dam and down to the start. Leave Kroger***, north Johnson City at 8:00 AM to meet the leader, Yong Li (423-276-2720) at the MeadowView Convention Center***** in Kingsport at 8:20 (or go directly to MeadowView to meet Yong there.)

8/26/23 Strenuous 11 mile loop hike in Pisgah NF. Beginning from the Jerry Miller trailhead, we'll hike down FS 111 to FS 3509, to start the 3 mile, 2500' climb that continues on the Green Ridge Trail to the Green Ridge Knob summit. We then connect to the AT and head southbound (left or NW at the intersection), first to Big Butt, then to an open field on Coldspring Mtn for lunch with a

view SW toward Great Smoky Mtn NP. We'll next descend to Jerry Cabin Shelter, then head down Fork Ridge Trail and FS 111 to our vehicles. Leave Long John Silver's* at 8 (EIGHT) AM. Leader: Joel Zabel (423) 631-6385.

9/2/23 open

9/9/23 A moderate 8-mile loop with about 1500 feet of climbing in Rocky Fork State Park. We'll take Flint Creek Trail to the southwest end of the Park and then ascend Flint Mountain Trail for the return route. We'll enjoy a creek crossing near the end. Leave from Long John Silvers* at 8 AM. Leader Jeff Miller (423-833-7889)

9/16/23 Moderate 9-mile hike near Grandfather Mt. We'll drive 44 miles (1 hour) and park at the Linn Cove Visitors Center on the BRP. Our hike begins on the Tanawha Trail (a segment the Mountains-to-Sea Trail), following it 1.5 miles SW to its start at Beacon Heights, where we'll add about a half mile to enjoy the views from Beacon Heights. From here, our out-&-back on Grandmother Mt is 5.4 miles and will include a lunch stop with a great view. Back at Beacon Heights, we retrace our 1.5 miles on the Tanawha Trail. Meet behind Long John Silvers* at 8 AM or contact hike leader Jeff Miller (423-833-7889) if you'd like to meet at Food City**** in Elizabethton at 8:15.

9/23/23 **EARLY 7 AM START**. Very strenuous 14.8 mile AT key swap hike with MAHC between Hwy 19E and Carvers Gap: one of the most spectacular sections of the southern AT, with miles of panoramic views. This is the most challenging JCHC hike, with just over a vertical mile (5320') of climbing. Half of that climbing occurs in the first third of the hike, during the cool of the morning, as we summit Hump Mtn (elevation 5559'): our first 360 degree vista. The views remain grand as we drop into Bradley Gap, climb over Little Hump Mtn (5445'), go through Yellow Mtn Gap, along Elk Hollow Ridge, then over Jane & Round Balds (both over 5800'), before descending to Carvers Gap. Carrying water for the entire hike is not needed if you are prepared to refill from multiple sources along the way. MAHC will start at Carvers and have 2680' of climbing. Leave Long John Silver's at 7 SEVEN AM. If you would like to be met at Food City in Elizabethton at 7:15, contact leader Joel Zabel: (423) 631-6385.

9/30/23 open