



# GREENVILLE NATURAL HISTORY ASSOCIATION

P.O. BOX 26892  
GREENVILLE, SC 29616

**JANUARY – APRIL 2011**

*The aim of Greenville Natural History Association and part of its charter:  
“To promote the enjoyment of the outdoors, teach outdoor ethics,  
encourage the conservation of air, woods, waters, and wildlife in general”*

**Annual Dues: \$5.00** Individual or Family      **Patch: \$3.00**

**GNHA IS ONLINE!** Visit your web site at [greenvillehiking.com](http://greenvillehiking.com) for the latest hike photos, hike reports, club discussions and other information.

## Officers:

### Officers

**President** Ron & Sharon Blake 676-9177  
[williriver@bellsouth.net](mailto:williriver@bellsouth.net)  
**Vice Pres.** Bev Parlier 828-883-9278  
[rokclmbr1@yahoo.com](mailto:rokclmbr1@yahoo.com)  
**Treasurer** David Morris 982-1622  
[Dmorris\\_email@bellsouth.net](mailto:Dmorris_email@bellsouth.net)  
**Secretary** Mike Wolfhard 244-5030  
[mwolfhard@charter.net](mailto:mwolfhard@charter.net)

### Board Members:

Mary Simms Gregory 288-3323  
Suzy Boghani 458-8332  
Dean Rainey 232-0738  
Paul & Barbara Serridge 284-6728  
Peter Taylor/Fran Spicer 297-8572  
Sim Wright 803-840-6274  
Dale Hamann 235-9709  
Trudy Bruns 292-6575  
Joe Hayden 201-1521

### Web Master

Andy Heman 292-9118

## **HIKES WILL MEET AT UNIVERSITY SQUARE**

**SHOPPING CENTER** (the shopping center on the west side of POINSETT HIWAY, 2 mi. north of Cherrydale and 1 mi. south of Furman University). Meet on the Publix side of McDonalds.

**NOTE THAT hikes heading East or South may meet at the EARTHFARE parking lot on Pelham Road, 0.2 miles west of I-85, Exit #54. Park near Pelham Rd, by the Earthfare sign and SC Bank & Trust.**

**Saturdays:** Leave promptly at 8:30 A.M. unless otherwise noted. Bring water, lunch, and wear suitable clothing, especially sturdy footwear.

**Sundays:** Leave promptly at 1:30 P.M. unless otherwise noted. Bring water, a snack if desired, and wear suitable clothing, especially sturdy footwear.

**Wednesdays:** Leave promptly at 8:30 A.M. unless otherwise noted. Bring water, lunch and wear suitable clothing, especially sturdy footwear. The choice of hike will be decided by consensus.

If you wish to do a shorter, slower "Turtles" hike; please call Fran Spicer at 297-8572, or email [29rainbow@bellsouth.net](mailto:29rainbow@bellsouth.net)

**NOTE** - The "Turtles" group also does trail maintenance on the Swamp Rabbit Trail the fourth Wednesday of each month. We pick up trash, blaze trails, clip briars, and remove other obstructions, etc., as assigned by Ty Houck of GCRD. We enjoy being in the out of doors together, and helping to build a new trail for everybody to enjoy. All GNHA members are invited to help.

---

## **HIKE REPORTS**

Please submit hike reports and photographs electronically to Andy Heman at [ajheman1@yahoo.com](mailto:ajheman1@yahoo.com) for consideration for posting on the club Website.

---

---

**GNHA is now on FACEBOOK**

---

## **SAFETY! SAFETY!**

**Each hiker is responsible for his or her own safety.**

1. DO NOT attempt any hike beyond your ability.
  2. Ask the leader to describe the hike.
  3. Unless you are experienced and in good shape, you should consider that any hike over 8 miles is Strenuous.
  4. Wear a hunting orange vest or hat during hunting season.
  5. Sign in before the hike - add Phone Number in case of emergency.
  6. Notify Leader of any injury or illness.
  7. Do not hike ahead of Leader without specific permission. Stay with your car group.
  8. Offer your car pool driver gas money as suggested by the hike description.
  9. Do not bring pets on hikes.
- Keeping wild places beautiful is everyone's job.
- 
- 
- 

## **STROKE RECOGNITION**

**None of us expect it, but we might as well be prepared** in case someone on the trail is having difficulty:

### **Is It a Stroke?**

Doctors say a bystander can recognize a Stroke by asking three simple questions -

#### **ASK THE INDIVIDUAL:**

- **TO SMILE.**
- **TO RAISE BOTH ARMS.**
- **TO SPEAK A SIMPLE SENTENCE.**

**If he or she has trouble with any of these tasks, Call 9-1-1 immediately and describe the symptoms to the dispatcher.**

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting.

---

---

## **ENVIRONMENTAL NOTE:**

- Hiking and other forms of wilderness travel have shown an increase in popularity during recent years.
  - The **Leave no Trace** ethic becomes more important as wilderness shrinks and its use expands.
  - Most of the trails that we hike are used on a daily basis and maintained only on a quarterly or semi-annual basis.
  - You can help: **Pack out EVERYTHING you pack in.** Ziploc bags are great for this. Orange peels and tissue paper decompose extremely slowly. Paper remains buried only until animals dig it up.
- 
- 

## **HEART ATTACK SELF HELP**

**Read this also ..... it could save your life:**

You're driving alone, can't get through to 9-1-1. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest to your home. Unfortunately, you don't know if you'll be able to make it that far. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

### **HOW TO SURVIVE A HEART ATTACK WHEN YOU'RE ALONE**

The person whose heart is beating improperly and who begins to feel faint has only about 10 seconds left before losing consciousness.

**These victims can help themselves by:**

- **Coughing repeatedly and very vigorously:**  
**A deep breath should be taken before each cough, and**  
**The cough must be deep and prolonged, as when producing sputum from deep inside the chest.**
- **A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.**

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims may get to a hospital.

Greenville Natural History Association's Hike Rating System		
Hike (miles)	Elevation Gain ft.	Points
1	200	1
2	400	2
3	600	3
4	800	4
5	1000	5
6	1200	6
7	1400	7
8	1600	8
9	1800	9
10	2000	10
11	2200	11
12	2400	12

**Rating:** add points from distance and elevation gain

- 0-4 = easy (E)
- 5-8 = moderate (M)
- 9-12 = moderate/strenuous (MS)
- 13-16 = strenuous (S)
- 17-20 = very strenuous (VS)
- 21+ = very very strenuous (VVS)

Example M: Distance of hike: 8 miles = 8 points

EG: Elevation gain: 1000 feet = 5 points

TOTAL = 13 Points

R: Rating = Strenuous

**Please report any corrections** to Drive RT, Hike miles, EG, and if equipped with altimeter/GPS, Cumulative EG, with your hike report, however you submit it. Unless stated otherwise, it is assumed that all hikes will be at a moderate pace (2 miles per hour, more or less).

**NOTE:** Access to Table Rock, Jones Gap, Paris Mt., other South Carolina State Parks, and the Raven Cliff Falls Trail may require a \$2.00 (\$1.25 senior) per person fee. Consider an Annual Pass as an alternative.

## MEMBERSHIP and DUES

**Annual Dues are \$5.00 payable December 31**  
**Please pay on time to avoid membership lapse.**

Your membership status is shown on the far right column of your entry in the membership directory as – “Dues Paid Thru”.

Dues are not pro-rated but if you join after Oct 30 they will cover the following year.

Please make your check payable, and mail it to:

**The Greenville Natural History Association**  
P.O. Box 26892, Greenville, S.C. 29616.

**Email any changes in your home address, phone number or email address to GNHAhike@Yahoo.com**

## SUPPORT THE FOOTHILLS TRAIL

Many of us hike frequently on the Foothills Trail, South Carolina's own long distance mountain trail, running 77 miles from Oconee State Park to Table Rock plus a 14 mile spur to Caesar's Head. The Foothills Trail Conference, the volunteer group that manages and maintains the Trail, is offering a \$5 introductory membership to GNHA members.

Normally \$15 per year, membership includes a subscription to the thrice-yearly newsletter, the opportunity to join other members on nature hikes and service trips, and discounts on guidebooks, maps, T-shirts and caps.

In addition, you can meet other members at two always-enjoyable annual events, the Spring picnic and the Fall meeting, a two-day retreat featuring catered meals, hikes, workshops and great speakers. Join now and support the work of the FTC as it strives to protect and maintain a priceless resource, which belongs to us all.

Send your name, address, phone number, email address and a check for \$5 to:

**Foothills Trail Conference**  
**PO Box 3041**  
**Greenville, SC 29602**

# HIKE SCHEDULE

## JANUARY 2011

### JANUARY 1 - NEW YEARS CELEBRATION

#### HAPPY NEW YEAR CELEBRATE NEW YEAR'S DAY at PARIS MT. STATE PARK

#### !!Annual GNHA New Year's Day Extravaganza at Paris Mountain State Park!!

Meet at Sulfur Springs Shelter # 5 at 10:00 AM We will do two "mystery hikes" ( to be announced) while our chefs extraordinaire Tom and Bev Parlier and Diane Whitt prepare our feast. Drive 0 - Park Admission : Park Pass or \$2.00 (\$1.25 senior)

Bring a can of your favorite vegetables for the pot and bring an extra can to donate to our local food bank. Also corn bread or a dessert to share. You will use your can for a soup bowl but do bring a spoon!! Hope to see you there!!

### SUNDAY, JANUARY 2 HOLIDAY WEEKEND NO HIKE SCHEDULED

### SATURDAY, JANUARY 8

**MTN BRIDGE WILDERNESS AREA - In and out.**  
Beginning at Camp Spearhead we'll hike the Mountain Bridge Passage (#23), mostly upgrade to Upper Gap. Then we will descend to Pinnacle Pass Tr. (#20) & Oil Camp Creek where we'll have lunch. Start our return with an 'invigorating' 400 ft ascent to the gap. From there mostly downgrade to the trailhead. Several creek crossings. Even at a moderate pace this will be challenging hike for some. Call for details.

M: 8 EG: 1800 R: VS  
Drive RT: 35 miles 2.00  
Leaders: Ron & Sharon Tel: 676-9177

### SUNDAY, JANUARY 9

#### SWAMP RABBIT TRAIL !NOTE CHANGE IN MEETING PLACE!

We will go south from Furman towards downtown on the Trail. Plan on about a 4 miles total hike.

We will park at Publix, and then car pool to the Duncan Chapel Road parking area near the Trail.

M: 4 EG: 200 R: M  
Leaders: Bo and Suzy Tel: 458-8332

---

### SATURDAY, JANUARY 15

**MOUNTAIN BRIDGE PASSAGE.** Start at the Former Camp Spearhead and follow the Mountain Bridge Passage over Campbell Mountain and down to Oil Camp Creek for lunch. Return via Lake Wattahoo.

M: 10 EG: 2200 R: VVS  
Drive RT: 60 \$3.00  
Leader: Andy Tel: 292-9118

---

### SUNDAY, JANUARY 16

#### TABLE ROCK – MILL CREEK FALLS

This hike begins on a well-graded section of the Palmetto Trail. We will then follow a spur trail on rocky terrain to the base of beautiful Mill Creek Falls.

M: 3.5 EG: 600 R: MS  
Drive RT: \$2.50  
SC State Park admission: \$2.00 or \$1.25  
Leader: Mary Tel: 288-3323

---

### SATURDAY, JANUARY 22

#### LOOKING GLASS ROCK

This is an in & out hike from Fish Hatchery Rd. There is a steady climb with frequent switchbacks to the top of the rock. Lunch is at the rock face with beautiful views of the Pink Beds, Blue Ridge Parkway and the surrounding mountains. We will visit another overlook prior to reaching the top which is equally good or better than the top.

M: 6 EG: 1700 R: S  
Drive RT 100 miles \$5.50  
Leader: Dean Tel: 232-0738

---

### SUNDAY, JANUARY 23

#### JONES GAP – RAINBOW FALLS

Start up Jones Gap Trail, cross river on bridge, then climb steep trail to Rainbow Falls, and return.

M: 5 EG: 1000 R: MS  
Drive RT 40 miles \$2.00 + State Park admission \$2.00 or \$1.25  
Leader: Joe Tel: 201-1521

---

---

## SATURDAY, JANUARY 29

### HIKE #1

#### UPPER AND LOWER WHITEWATER FALLS

We will begin at the upper Whitewater Falls trail, descending to hike along the river to lower Whitewater Falls and back to Bad Creek parking area. Shuttle required.

M: 7, EG: 600 R: MS

Drive RT: 120 miles \$6.

Leaders: Don and Jean Tel: 834-1600

---

## SUNDAY, JANUARY 30

### NOTE CHANGE IN MEETING PLACE

#### PARIS MTN. – MOUNTAIN CREEK TRAIL TO LAKE

Meet at the Sulphur Springs parking area. This hike will begin on the Mountain Creek Trail, loop around Lake Placid and return.

M: 3.5 EG: 100 R: E

Drive 0 + \$2.00 (\$1.25 seniors) State Park admission

Leader: Traudel 268-8928

---

## FEBRUARY 2011

---

## SATURDAY, FEBRUARY 5

### HIKE #1

#### CASE CAMP-SENIARD RIDGE LOOP

#### NOTE EARLY DEPARTURE AT 8:00 A.M.

Starting at the Case Camp Trailhead on FS 475B we will go West on the Case Camp Trail to the Blue Ridge Parkway. We will cross the Parkway and take the MTS Trail, Pisgah Ridge Trail, and a connector trail South to the Graveyard Fields Parking Area. We will return on the Blue Ridge Parkway (which will be closed to traffic) and the Seniard Ridge Trail. There should be tremendous ice cycles on the granite walls along the Parkway and possibly snow on the ground. There should be excellent mountain views from the Parkway and close up views of Looking Glass Rock from the Seniard Ridge Trail.

M: 10 EG: 2545 R: VVS

Drive RT: 130 miles \$6.50

Leader: Sim Tel: 803-840-6274

email: [simwrightjr@msn.com](mailto:simwrightjr@msn.com)

### HIKE #2

#### NOTE CHANGE IN MEETING TIME: 9:30 TABLE ROCK ½ WAY OVERLOOK OR LESS

This is an up and down the same easy route so there will be opportunities to rest and relax and await the more determined if you prefer. 3 to 4+ mile hike with 1000' maximum making it an easy to moderately strenuous hike.

M: 4+ EG: 1000' R: E to MS

Drive RT :50 miles \$2.50 + State Park admission \$2.00

Leaders: Fran & Peter Tel: 297-8572

---

---

## SATURDAY, FEBRUARY 12

#### TABLE ROCK - PINNACLE MTN –PALMETTO TRAIL

Hike from Table Rock Education Center on Pinnacle Mtn. trail to petroglyphs for lunch. Then follow Palmetto Trail to the Barn and then a short walk along the road to our cars.

M: 13 EG: 3000 R: VVS

Drive RT: 50 \$2.50 + State Park Adm. \$2.00

Leader: Dolores Tel: 295-0538

---

## SUNDAY, FEBRUARY 13

#### DUPONT -STONE MOUNTAIN RAMBLE

Starting at Guion Farm Access Area, we'll hike a series of trail segments leading to the Stone Mountain Trail where we will enjoy a break and views on Stone Mountain's granite cliffs. We'll return using parts of several trails on the east side of Sky Valley Rd., back to the Guion Farm Access.

M: 6 EG: 1100 R: MS

Drive RT: 90 \$4.50

Leader: Joe Tel: 201-1521

---

## SATURDAY, FEBRUARY 19

### HIKE #1

#### JONES GAP - HOSPITAL ROCK, PRETTY PLACE & RAINBOW FALLS

We will hike along the ridge of Jones Gap to Hospital Rock, then to Camp Greenville and Pretty Place. Descend by Rainbow Falls into Jones Gap. A real work out with great views.

M: 10 EG: 1700 R: VVS

Drive RT 40 miles \$2.00?

Leader: Steve Tel: 292-1147

### HIKE #2

#### PARIS MOUNTAIN – BIG LOOP

#### !NOTE CHANGE IN MEETING PLACE!

Meet at the first parking area past the kiosk on the entrance road to Paris Mountain State Park.

Hike from Lake Placid via Sulphur Springs campground, Mountain Lake, Firetower, Kanuga trails to North Lake, then return via Brissy Ridge and Sulphur Springs and back to the cars.

M: 10 EG: 1000 R: S

Leader: Mike Tel : 244-5030

---

---

**SUNDAY, FEBRUARY 20**

**JOCASSEE GORGES**

This hike begins on the top of Sassafras Mountain where we will pause for a magnificent view at a new overlook. Then we will follow the Foothills Trail to the ruins of the Old Cantrell Homestead. Along the way we will cross over Hickorynut Mtn., the second tallest peak in South Carolina.

M: 4 EG: 600 R: M  
Drive RT 80 miles \$4.00  
Leader: Mary Tel: 288-3323

---

**SATURDAY, FEBRUARY 26**

**HIKE #1**

**NOTE LATE DEPARTURE FROM UNIVERSITY SQUARE – 9:30 AM LAKE JULIA LOOP**

We will start at the Fawn Lake parking area on Reasonover Rd and follow the Reasonover Creek Trail to Lake Julia. We will return via the Camp Summit Road and the Mine Mountain Trail.

Distance: 6 miles EG: 500 Rating: M  
Drive RT : 70 miles (\$3.50)  
Leaders: Paul and Barbara Tel: 284-6728

**HIKE #2**

**SASSAFRAS MT FROM HWY 178**

Begin at trail head of Foothills Trail where it crosses Hwy 178. Climb to top of Sassafras Mt on Foothills Trail. Go down to the parking lot and eat lunch at the new overlook which has a wonderful view. Come back the same way.

M: 9 EG: 2000 R: VS  
Drive 80 miles RT \$4.00  
Leader: Dean Tel: 232-0738

---

**SUNDAY, FEBRUARY 27**

**RAVEN CLIFF FALLS OVERLOOK**

A beautiful hike to see the falls from across the valley, and return.

M: 5 EG: 400 R: M  
Drive RT 55 miles \$3.00 + State Park admission \$2.00 or \$1.25  
Leader: Kathleen Tel: 244- 0696

---

**MARCH 2011**

---

**THURSDAY, MARCH 3**

**GNHA BOARD MEETING**

**6:30-8:15 pm**

**SYMMES BRANCH LIBRARY**

**1508 PELHAM RD GREENVILLE 29615**

---

---

**SATURDAY, MARCH 5**

**HIKE #1**

**BURRELL'S FORD TO ELLICOTT ROCK AND RETURN.**

Come walk the wild and scenic Chattooga off-season. A riverside trail with a little history thrown in and maybe a gentle climb to finish off. One stream crossing.

M: 9 miles. EG: 1000 R: MS  
Drive RT: 80 miles. \$4 .00.  
Leader: Alan Tel: 989-8999

**HIKE #2**

**TABLE ROCK – PINNACLE MTN – PALMETTO TRAIL LOOP**

Hike from Table Rock Education Center on the Pinnacle Mtn. Trail to the Petroglyphs for lunch. Return on the Palmetto Trail to the Barn and then a short walk on the road to the parked cars.

M:13 EG: 3000 R: VVS  
Drive RT: 50 miles \$2.50 + State Park Admission of \$2 (\$1.25 senior)  
Leader: Dolores Tel:295-0538

---

**SUNDAY, MARCH 6**

**TABLE ROCK - CARRICK CREEK PLUS**

From Table Rock State Park we'll hike up Carrick Creek, take a side trip up the new Pinnacle Trail to the overlook, then return to finish the Carrick Creek loop. A lovely club favorite.

M: 4 EG: 600 R: M  
Drive RT: 50 miles \$2.50 plus \$2.00 park admission  
Leader: Bob Tel: 313-0422

---

**THURSDAY, MARCH 10**

**ANNUAL MEETING**

**7:00 PM**

**GNHA ANNUAL MEETING at GREENVILLE TECHNICAL COLLEGE**

**The auditorium location has been changed to the ROBERT W LEACH (UNIVERSITY TRANSFER BUILDING)**

**SPEAKER: John Garton- An expert on Herpetology**

---

---

**SATURDAY, MARCH 12****HIKE #1****GREEN KNOB & MT. HARDY****NOTE EARLY DEPARTURE AT 8:00 A.M.**

Starting at the Parking Lot on at the MTS Trail crossing on NC 215, South on the MTS, then the Green Mountain Trail to Green Knob. To return, we'll backtrack to the MTS Trail, cross it and follow an unnamed trail to Mt. Hardy. From Mt. Hardy we return to the start on the unnamed trail and the MTS Trail. Excellent mountain views from Green Knob, Mt. Hardy, and along the Green Mountain Trail.

**This is a wilderness hike limited to 10. Contact the leader to reserve a place.**

M: 10.7 EG: 2230 R: VVS

Drive RT: 140 miles \$7.00

Leader: Sim Tel: 803-840-6274

email: [simwrightjr@msn.com](mailto:simwrightjr@msn.com)

**HIKE #2****CHATOOGA RIVER & EAST FORK**

We'll pick up the Foothills Trail near the top of Fish Hatchery Road and hike 3.5 miles to the river, then go upstream and circle back on East Fork Trail. Grand dining room on sandbar. Short shuttle required

M:8.5 EG:400 R:M

Drive RT 150 Miles \$7.5

Leader Mike Tel 8598468

---

**SUNDAY, MARCH 13****DAYLIGHT SAVING TIME BEGINS. SET YOUR CLOCKS AHEAD AN HOUR OR HIKE ALONE !****PARIS MOUNTAIN****KANUGA TRAIL TO NORTH LAKE****!NOTE CHANGE IN MEETING PLACE!**

Meet at the top of the road, at the trail sign. We will take the Fire Tower trail to the new Kanuga trail to North Lake. After circling North Lake, we will return via the Pipsissewa and Brisse Ridge trails.

M:6 EG: 600 MS

Leader: Trudy Tel: 292-6575

---

**SATURDAY, MARCH 19****HIKE #1****CAESARS HEAD - MTN BRIDGE WILDERNESS AREA - LOOP.**

We'll hike from the Ranger Station down Frank Coggins (#15) including the loop, across Cold Spring Connector (#7), down Cold Spring Branch (#3) to and up Bill Kimball (#5), past the face of El Lieutenant, then return via #3, #7 & #15. Many wet creek crossings, slick areas; some scrambling. Moderate pace. This is a challenging hike. [Call for details.](#)

M: 7.5 EG: 1500 R: S

Drive RT: 70 miles \$3.50

Leader: Ron Tel: 676-9177

---

---

**HIKE #2****NOTE CHANGE IN MEETING TIME: 9:30****PARIS MOUNTAIN - BRISSY****RIDGE/PIPSISSEWA/NORTH LAKE****!NOTE CHANGE IN MEETING PLACE!**

Meet at Sulfur Springs Parking area and we will car pool to the top. We will hike on the new part of Brissy Ridge trail to Pipsissewa trail and around the North Lake, return by the same route.

M: 6 EG: 900 R: MS

Drive RT 0 Miles \$0 + park admission \$2.00

Leader: Fran & Peter Tel: 297- 8752

---

**SUNDAY, MARCH 20****FAWN LAKE TO BRIDAL VEIL FALLS, DUPONT**

We'll hike a combination of trails in DuPont State Park with a stop at Bridal Veil Falls. Fawn Lake parking area to Bridal Veil Falls via Air Strip trail, return via Laurel Ridge and Mine mountain.

M: 6 EG 700 R: MS

Drive RT 70 miles \$3.50

Leader: Joe Tel: 201-1521

---

**SATURDAY, MARCH 26****JOCASSEE GORGES, TOXAWAY RIVER, WINTERGREEN FALLS**

Enter Duke Power Preserve from Frozen Creek Road, walk to Toxaway River, then follow the river upstream to Wintergreen Falls. Numerous side trips with bushwhacking, and swimming opportunities for the more adventurous.

M: 11 EG: 1500 R: VS

Drive RT 110 \$5.50.

Leader: Chris Tel: 467-9144

---

**SUNDAY, MARCH 27****DUPONT - WATERFALL BONANZA**

Come and view three magnificent waterfalls in Dupont State Forest. We will hike to Triple Falls, High Falls, and the covered bridge. Then on to Hooker Falls used in the movie "Last of the Mohicans."

M: 5 EG: 700 R: MS

Drive RT 70 miles \$3.50

Leader: Dennis Tel: 270-8249

---

**APRIL 2011**

---

**SATURDAY, APRIL 2**

**HIKE #1**

**SATURDAY APRIL 2, 2011**

**TAMASSEE KNOB BEAVER SWAMP**

We will start at the foot of the East Side of Tamassee Knob, hike a side trail leading up to the Foothills Trail and into Oconee State Park. From there we climb to the top of Tamassee Knob to enjoy the view. The return is a neat bushwhack down the flower filled east side into a one-time Beaver infested valley whence we return to the cars. M: 6 - 7 EG: 1000 R: MS/S

Drive RT: 100 miles \$5.00

Leader: Peter Tel: 297-8572

**HIKE #2**

**GREEN RIVER GAME LANDS - In and out.**

A nice hike on the Green River Cove Trail. Excellent views of the river and several sets of rapids. Descend to the river's edge for lunch on the boulders. Perhaps we'll be entertained by kayakers who frequent this set of rapids. Return by the same route, starting with an ascent. [Call for details.](#)

M: 7 EG: 1000 R: MS

Drive RT: 70 miles \$3.50

Leaders: Ron & Sharon Tel: 676-9177

---

**SUNDAY, APRIL 3**

**NOTE CHANGE IN MEETING PLACE**

**PARIS Mt. - SULPHUR SPRINGS LOOP**

**!NOTE CHANGE IN MEETING PLACE!**

Meet at Sulfur Springs parking area, Paris Mt. State Park. The first section of this very pretty trail is mostly uphill with one steep section. A nice rest at the top of the mountain and you will be refreshed for an easy walk back down through the woods to the parking lot. A very nice hike close to home.

M: 4.5 EG: 800 R: MS

Drive 0. State Park admission \$2.00 (\$1.25 seniors)

Leader: Mike Tel: 322-4621

---

**SATURDAY, APRIL 9**

**SAM KNOB LOOP.**

From Hwy 215, we will hike the MTS to the Devil's Courthouse spur then continue to Sam Knob. A steep but short climb rewards with a 360 degree panoramic for peak spotting. Oooh!

Return by Flat Laurel Creek. Four stream crossings.

M: 10. EG: 2000 R: VS

Drive RT: 140 miles. \$7

Hike Leader: Alan Tel: 989-0999

---

**SUNDAY, APRIL 10**

**PETROGLYPHS - THE SHORT ROUTE - PALMETTO TRAIL +**

We will start our hike near the Palmetto Trail 5 - mile marker and head west; then we will pick up a logging road and head north up a ridge to the Petroglyph site. There are about 600 petroglyphs on this outcrop and excellent views. Return on same route. Moderate pace.

M: 5 EG: 1100 R: MS

Drive RT 50 miles \$2.50

Leader: Joe Tel: 201-1521

---

**SATURDAY, APRIL 16**

**HIKE #1**

**\*\*\*\*NOTE THIS IS AN OVERNITE TRIP ON FRI-SAT APRIL 15-16\*\*\*\***

**SMOKIES - RAMSEY CASCADE TRAIL** Follow a cascading mountain stream in the northern Smokies Natl. Park to spectacular waterfalls. A 2000 foot climb makes this a strenuous hike, but well worth the effort. Maybe we'll stop for supper on the way home. Plan to leave Friday night and stay in motels to get an early start on the trail Saturday morning.

Call leaders for info. M: 8 EG: 2000 R: VS

Drive RT 220 Miles \$11

Leaders: Bill and Lynne Tel 244-3456

**If you plan to participate, contact Bill or Lynne soon, because they are going to reserve rooms at a nearby motel and space is limited.**

**HIKE #2 (1 day only)**

**ART LOEB- NORTH SLOPE LOOP**

This hike begins and ends at Davidson River Campground, at moderately strenuous hike with some rocky areas on the trail.

M: 6 EG: 800 R: MS

Drive RT 100 miles \$5.00

Leader: Bev Tel: 828-883-9278

---

---

**SATURDAY, APRIL 23**

**HIKE #1**

**CROWDERS MT. STATE PARK**

(Near Gaffney)

**Meet at 8.30 a.m. at Earthfare - SEE NOTE on Page 1.**

We will take the Rock Top Trail which is steep and rocky, and scramble over the large rocks at the top, proceed to the overlook at the tower for lunch, then return by the Back Side trail.

M: 5 EG: 700 R: S

Drive RT: 160 miles \$8.00

Leader: Emaline

---

**SUNDAY, APRIL 24**

**EASTER SUNDAY**

**NO HIKE SCHEDULED**

---

---

**SATURDAY, APRIL 30**

**HIKE #1**

**MAX PATCH Plus CHERRY CREEK WILDFLOWERS**

**Note: 7:30 a.m. departure**

This has been an all time favorite with our club, on part of the AT. Fabulous views and wildflowers in abundance make it well worth the drive. Trailhead is the Cherry Creek parking spot on Harmon Den Road.

M: 10 EG: 1600 R: VS

Drive RT 190 miles \$9.50

Leader: Mike Tel:244-5030

**HIKE #2**

**PANTHERTOWN WATERFALL BONANZA**

We will start at the east entrance to Panthertown and hike to Devil's Elbow. Will hopefully visit 14 waterfalls in the valley!

M: 8 EG:1800 R: VS

Drive RT 130 \$6.50

Leader Glenn Tel: 859-8160

**! HAPPY HIKING!**