



GREENVILLE NATURAL HISTORY ASSOCIATION INC.

P.O. BOX 26892

GREENVILLE, SC 29616

JANUARY-APRIL 2012

*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 for the latest hike photos, hike reports, club discussions and other information.

Officers

President Bev Parlier 828-883-9278
rokclmbr1@yahoo.com

Vice Pres. Diane Whitt 313-1048

Treasurer David Morris 982-1622
Dmorris_email@bellsouth.net

Secretary Sue Haack 967-7940

Board Members:

Joe Hayden 201-1521
Sim Wright 803-840-6274
Dale Hamann 235-9709
Trudy Bruns 292-6575
Keith Block 963-2917
Fran Spicer 297-8572
Lynn Scoggins 268-4308
Alan Toney 989-0999
Peter Taylor 297-8572

Web Master

Andy Heman 292-9118

Yahoo Groups Coordinator

Laura Arnold
GNHAHike@Yahoo.com

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

GNHA is now on Facebook and Meetup.com.

Hike Reports and photos should be submitted to Andy Heman at ajheman1@yahoo.com, for possible inclusion in the website.

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.
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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.	
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

Hike & Drive distances are in miles. **Elevation Gain** is in feet.

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 per person fee. Consider an Annual Pass as an alternative.

Annual Dues are \$5.00 payable January 1.

Membership runs from January 1.

Please pay on time to avoid membership lapse and the need for reinstatement on the mailing roster.

Your membership status is shown on the address label of each mailed Schedule, if you receive one. It is also shown on the address label for the Annual General Meeting announcement and the Directory. Dues are not pro-rated but if you join after October 1 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.

Attention David Morris – Treasurer.

Send in any address changes before December 1, since we mail Directories to paid-up members each January. If you have an email address the Schedule will be emailed to you unless you ask specifically for a hard copy by snail-mail. Remember we e-mail to conserve our trees.

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

FROM THE PREZ-----Winter! Crisp hikes with no bugs, or snakes! Bare trees with big views! Oh, what you can see! Icicles and snow! The ****SPECIALITY**** hike on this schedule will be a snow hike. I don't know when or where it will be, that depends on the snow. Maybe at John Rock in Pisgah, DuPont, Summey Cove, or Jones Gap. Be sure to check Yahoo groups for snow hike information when snow is in the forecast. Don't forget our annual meeting, on March 22.

See you on the trails--Bev

"Life is not measured by the number of breaths we take, but by the moments that take our breath away."

JANUARY 2012

SUNDAY, JANUARY 1

THREE UPS, THREE DOWNS, AND NO LEVEL BITS

NOTE: EARLY DEPARTURE AT 8:30 A.M.

Not a typical Sunday hike, but a strenuous workout for those wanting to start the New Year on the right (and left) foot. The Ups are Coontree East, Pressley Cove and Perry Cove (Ouch!). The Downs are Bennett Gap, Maxwell Cove and Coontree West (Nice!). No leaves on the trees equal great mountain views. An alternate 'toughie' may be chosen dependent on prevailing weather and trail conditions.

M: 10 EG: 2400 R: VVS

Drive RT: 100 miles \$5.00

Leader: Alan Toney Tel: 864-989-0999

SATURDAY, JANUARY 7

HIKE #1

PARIS MOUNTAIN

A moderate but scenic hike close to home for a delightful way to enjoy a crisp January day. We'll meet at Publix @ 8:30 AM so we can carpool through the gate at Paris Mt. Those with park passes (needed per car), please bring them. Otherwise, the fee is \$2.00 per person. Starting at Sulphur Springs Picnic Area, we will hike NW around Mountain Lake on the Sulphur Springs loop, connect with the Brissy Ridge Trail, lunch in the Buckhorn Lake area and continue on the Brissy Ridge Trail down to the start. Join us!

M: 6 EG: 800 R: MS

Drive RT: 10 miles \$.50

Leaders: Diane and Chuck Lawrence Tel: 246-0235

HIKE #2

CASE CAMP-SENIARD RIDGE FIGURE 8

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

Form carpools at University Square Shopping Center and meet leader at Pisgah Ranger Station on US 276 about 1 mile north of the intersection of US 276 and US 64 at 9:00 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. Also, 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: 2515 R: VVS

Drive RT: 130 miles \$6.50

Leader: Sim Wright Tel: 803-840-6274 Email: simwrightjr@msn.com

SUNDAY, JANUARY 8

ASHMORE HERITAGE PRESERVE LAKE HIKE

This charming hike offers a great view of a waterfall and a walk around a mountain lake. We will continue on a section of the Mountain Bridge Trail to view several other waterfalls.

M: 4, EG: 400, R: M

Drive RT: 35 miles, \$2.00, Return: 5:00 pm

Leader: Bud and Judy Slaker, Tel: 288-4226

SATURDAY, JANUARY 14

HIKE #1

**BLUE RIDGE ELECTRIC CO-OP PASSAGE
OF PALMETTO TRAIL**

Begin at Palmetto Trailhead on Highway 178. Hike in about 4 miles across the ridge on top of Horse Mountain and as further on as we want to go. Come back the same way. Lunch somewhere on ridge. Spectacular winter views from ridge.

M: 8 EG: 1500 R: S

Drive RT: 70 miles \$3.50

Leader: Dean Rainey Tel: 232-0738 Email: sdeanr@bellsouth.net

HIKE #2

GREEN RIVER GAME LANDS

This hike will start at the end of Big Hungry Road where we will access the Long Ridge Trail, Bear Branch Trail, Pulliam Trail and end up on the Green River Cove Trail. Lunch will be on the rocks along the scenic Green River. We will return by Green River Cove, Bluff, Turkey Gut, and back onto the Long Ridge Trail. return the same way we came.

M: 9 EG: 2200 R: VS

Drive RT: 75 miles \$3.50

Leader: Keith Block Tel: 864 640-1774 Email: Kblock708@gmail.com

SUNDAY, JANUARY 15

**PARIS MTN - MTN CREEK TO LAKE
PLACID LOOP**

NOTE CHANGE IN MEETING PLACE

Meet at the Sulphur Springs parking area. This hike will begin on the Mountain Creek Trail, loop around Lake Placid and return. This is a good hike for "Beginners" to start on.

M: 3.5, EG: 100, R: E

Drive RT: 0, State Park admission \$2.00 (\$1.25 Seniors)

Leader: Traudal Scheumann, Tel: 268-8928

SATURDAY, JANUARY 21

HIKE #1

**PISGAH - BUCKWHEAT KNOB TO
COONTREE**

Start at the Cradle of Forestry in the heart of the Pisgah Forest. Ascend to Buckwheat Knob. Trail follows ridge then joins Coontree Loop where we descend to Coontree Picnic area. Who knows, maybe we'll see snow! Shuttle required.

M: 7 EG: 800 R: MS

Drive RT: 110 miles \$5.50

Leader: Ed Marsh Tel: 864 414-3486 Email: marshpeople9296@att.net

HIKE #2

SASSAFRAS TO DRAWBAR CLIFFS

From the Sassafras Mt parking lot we will hike east on the Foothills Trail to Drawbar Cliffs. Great winter views. We will lunch there, and perhaps check out the nearby petroglyphs, and then return the same way.

M: 9 EG: 1000 R: S

Drive RT: 85 miles \$4.25

Leader: Bev Parlier Tel: (828)883-9278 Email: rokclmbr1@yahoo.com

SUNDAY, JANUARY 22

**CAESARS HEAD - RAVEN CLIFF FALLS
OVERLOOK**

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

M: 4, EG: 400, R: M

Drive RT: 55 miles, \$3.00 + State Park admission \$2.00 (\$1.25 Seniors), Return: 5:30 pm

Leader: Kathleen Mass, Tel: 244-0696

SATURDAY, JANUARY 28

HIKE#1

CHATTOOGA-EAST FORK

Moderate hike along the E. Fork of Chattooga River from Walhalla Fish Hatchery to the main course of the river and return. Lunch at a large campsite on the Chattooga Trail. Banjo music is doubtful. Optional short stroll around the fish hatchery.

M: 5.5 EG: 500 R: M

Drive RT: 120 miles \$6.00

Leaders: Don/Jean Arthur Tel: 834-1600

HIKE #2

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 Wattacoo.

M: 10 EG: 2200 R: VVS

Drive RT: 60 miles \$3.00

Leader: Andy Heman Tel: 292-9118

SUNDAY, JANUARY 29

SASSAFRAS MTN - OVERLOOK TO HICKORY NUT MTN

Starting at the Overlook, we will hike the Foothills Trail to the old Cantrell place. The more energetic hikers, will continue on and over Hickory Nut Mountain for a spectacular view of Table Rock and Caesars Head.

M: 4, EG: 600, R: M

Drive RT: 80, \$4.00, Return: 6:00 pm

Leader: Mary Simms Gregory, Tel: 288-3323

Co-leader: Anne Martin, Tel: 235-0002

FEBRUARY 2012

SATURDAY, FEBRUARY 4

HIKE #1

COFFEE POT LOOP IN PISGAH EARLY DEPARTURE AT 8:00 A.M.

Begin at North Mills River Recreation Area off of Hwy 280. Take Trace Ridge Trail up to intersection with Spencer Gap Trail. Either continue up Trace Ridge to the Beaver Dam Overlook on Blue Ridge Parkway or wait at the intersection. Lunch either at intersection or at overlook on parkway. Retrace back to intersection with Spencer Gap Trail and take that trail back to cars. Great winter views off of the ridge on Trace Ridge Trail and always a great view from Beaver Dam Overlook. Nice walk along river coming back on Spencer Gap Trail.

M: 8.3 EG: 1600 (inc. Beaver Dam Overlook)

R: S

Drive RT: 110 miles \$5.50

Leader: Dean Rainey Tel: 232-0738 Email: sdeanr@bellsouth.net

HIKE #2

SQUIRREL GAP - CANTRELL CREEK LOOP

From Turkey Pen trailhead we hike on these trail: South Mills River, Pounding Mill, Squirrel Gap, Cantrell Creek, and South Mills River back to the trailhead.

M: 10 EG: 1500 R: VS

Drive: 100 miles RT \$5.00

Leader: Lance Renault Tel: 244-1021

SUNDAY, FEBRUARY 5

UPPER WHITEWATER FALLS & MORE

The hike will start on the Foothills Trail on NC 281 (just south of the entrance to Whitewater Falls parking area), and go toward Sloan Bridge to three overlooks providing a spectacular view of Lake Jocassee. We will return and cross back over NC 281 and follow the Foothills Trail to the overlooks of Upper White Water Falls and return the same way. This hike offers two destinations with beautiful views.

M: 5, EG: 800, R: MS

Drive RT: 100 miles, \$5.00, Return: 6:30

Leader: Joe Hayden, Tel: 201-1521; Asst Ldr: Terri Shaluy, Tel: 282-9099

SATURDAY, FEBRUARY 11

HIKE #1

WINTERGREEN FALLS & GRASSY CREEK FALLS

We will start from the Lake Imaging parking area of the DuPont State Forest, stop for lunch at the beautiful Wintergreen Falls, and then return by Thomas Cemetery and Grassy Creek Falls.

M: 9 EG: 900 R: MS

Drive RT: 75 miles \$3.75

Leaders: Paul Serridge Tel: 864-284-6728

HIKE #2

PARIS MOUNTAIN-THE WHOLE SHEBANG (Meet at the first Parking Lot on the right after you go through the gate to Paris Mountain State Park)

We will hike on most of the trails; including the Lake Placid, Mountain Creek, Sulphur Springs, Brissey Ridge, Kanuga, and Northern Lake Loop Trails.

M: 12 EG: 1200 R: VS

Drive RT: 0 miles

Leader: Ann Sullivan Tel: 864-468-4664

SUNDAY, FEBRUARY 12

DUPONT – THOMAS CEMETERY TO WINTERGREEN FALLS

Hike from Guion Farm Access via Hickory Mtn Rd, White Pine Trail and Thomas Cemetery Rd to the old Thomas Cemetery. Return by Tarklin Branch Rd and Sandy Trail to visit Wintergreen Falls.

M: 5.5, EG: 200, R: M

Drive RT: 84, \$4.00, Return: 6:30 pm

Leader: Bob Griffin, Tel: 313-0422

SATURDAY, FEBRUARY 18

HIKE #1

TURKEY PEN RAMBLE

We will hike an alternate way to S. Mills River. We will then go up Pounding Mill to Squirrel Gap Trail and over to Mullinax Trail. We will then follow another alternate way back to S.Mills River Trail, and back to the start.

M: 8 EG: 1500 R: S

Drive RT: 120 miles \$6.00

Leader: Bev Parlier Tel: 828-883-9278 Email:

rokclmbr1@yahoo.com

HIKE #2

BURRELL'S FORD TO HWY 281,

FOOTHILLS TRAIL

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

Form carpools at University Square Shopping Center and meet leader at Holly Springs gas station at the intersection of SC 11 and US 178 at 8:45 A.M.

Enjoy the winter views off the Foothills Trail. Meet at Hwy 281 Foothills Trail parking area and shuttle to Burrell's Ford. Hike up Medlin Mountain, a dry, pine ridge, to Fish Hatchery Rd., and then in a lush, heath section by the East Fork of the Chattooga River to Sloan Bridge. After lunch, hike to Round Mt. with views along the way toward Jacks Creek gorge north and Jocassee Gorges south back to Hwy 281, and cross the NC/SC state boundary.

M: 12 EG: 1800 R: VVS

Drive RT: 110 miles \$5.50

Leader: Cathy Foster Tel: 864-202-5062

SUNDAY, FEBRUARY 19

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 hike north up a ridge to the Petroglyph site. There are about 600 petroglyphs on the outcrop and excellent views. Return via the same route.

M: 5, EG: 1100, R: MS

Drive RT: 50 miles, \$2.50, Return: 6:00 pm

Leader: Joe Hayden, Tel: 201-1521

SATURDAY, FEBRUARY 25

HIKE #1

HIGH BETHEL ALTAR, COLD MOUNTAIN, PANTHERTOWN VALLEY

Start at East entrance Panthertown, go down to Little Green Cr, up creek with much rock hopping, on up to High Bethel where we will lunch. After eating, we will go down a small cliff with "water cut steps" to use with rope backup, follow cliffs and overhangs, then do a little bushwhacking to a steep downhill where holding on to Rhodo's will be required, and follow small stream back to car. This will require a short shuttle.

Rated S as there is some tough bushwhacking.

M: 5.5 EG: 1200 R: S

Drive RT: 120 miles \$6.00

Leader: Glenn Allen Tel: 859-8160

HIKE #2

COLDSPRING BRANCH-COLDSPRING CONNECTOR-FRANK COGGINS-NATURALAND TRUST-GUM GAP-RAVEN CLIFF FALLS LOOP

Starting at the Raven Cliff Falls Parking Lot on US 276 we will do a loop hike in the Mountain Bridge Wilderness Area of South Carolina using the trails in the hike title.

M: 10.5 EG: 3200 R: VVS

Drive RT: 55 miles \$2.75 + State Park Admission \$2.00

Leader: Lance Renault Tel: 244-1021

SUNDAY, FEBRUARY 26

TABLE ROCK STATE PARK - PALMETTO TRAIL IN & OUT

Hike from the Pavilion along the Palmetto Trail and return the same route; a good "beginner hike."

M: 4, EG: 400, R: M,

Drive RT: 50 miles, \$2.50, State Park admission

\$2.00 (\$1.25 Seniors), Return: 5:00 pm

Leader: Bud & Judy Slaker, Tel: 288-4226

MARCH, 2012

**THURSDAY, MARCH 1
GNHA BOARD MEETING
6:30- 8:15 PM**

**SYMMES BRANCH LIBRARY
1508 PELHAM RD., GREENVILLE, SC**

SATURDAY, MARCH 3

HIKE#1

CHATTOOGA RIVER LOOP

Starting at the Fish Hatchery Road, we'll follow the Foothills Trail south to the Burrell's Ford Road, and then go upriver on the Chattooga Trail to a beautiful and hopefully sunny beach for lunch. Then in another half mile we'll turn onto the East Fork Trail and ascend it to the cars at the hatchery. Short shuttle required.

M: 8.5 EG: 800 R: MS

Drive RT: 110 miles \$5.50

Leader : Mike Despeaux Tel: 859-8468 Email:
mikedespeaux@charter.net

HIKE #2

TURKEY PEN 'CLIMB AND ROCK HOP' SPECIAL

From Turkey Pen trailhead, we'll start with a stiff climb over Sharpy Mtn, down Wagon Road Gap to the S. Mills River, then rock hop our way up Cantrell Creek to Squirrel Gap, down Pounding Mill, returning on Mullinax. A good workout with an interesting variety of trails and profiles.

M: 10 EG: 2400 R: VVS

Drive RT: 100 miles \$5.00

Leader: Alan Toney Tel: 864 989 0999

SUNDAY, MARCH 4

**PARIS MTN – NORTH LAKE LOOP
NOTE CHANGE IN MEETING PLACE**

Meet at Buckhorn parking area. Hike Fire Tower, down Kanuga, around North Lake and return via Pipsissewa and Brissy Ridge trails.

M: 5, EG: 600, R: M

Drive RT: 0, State Park admission \$2.00 (\$1.25 Seniors)

Leader: Mike Kaplan, Tel: 322-4621

SATURDAY, MARCH 10

HIKE#1

MOONSHINE FALLS

Starting at Asbury Camp Trail Head and hike to Moonshine Falls through Caesars Head Park. After viewing the falls, we would cross Matthews Creek by way of the cable crossing and continue on the Asbury Trail, Outpost Trail/Mulligan Trail to parking. There are numerous stream crossing.

M: 8 miles EG: 1600 R: S

Drive RT: 40 miles \$2.00

Leader: Pam Knutson Tel: (864) 616-4750 Email:
knutsonquality@gmail.com

HIKE #2

TAMASSEE KNOB - VIA THE PALMETTO TRAIL (OCONEE CONNECTOR)

We will start at the Oconee Station Trailhead and head north and west toward Oconee State Park. We will then bear northeast another 2.1 miles to Tamassee Knob for lunch and enjoy beautiful views of the Blue Ridge Mountains. Return by the same route. Please call if you have any questions.

M: 10 EG: 1500 R: VS

Drive RT: 90 miles \$4.50

Leaders: Ron & Sharon Blake Tel: 676-9177

SUNDAY, MARCH 11 (Daylight Savings Time Begins)

DUPONT – TURKEY KNOB ROAD – POPLAR HILL LOOP

From Fawn Lake Access, we will hike along Reasonover Creek Trail, Turkey Knob Rd around Poplar Hill Loop and return by same route. The mature Poplar Tree stand is spectacular during this season.

M: 5.5, EG: 400, R: M

Drive RT: 70 miles, \$3.50, Return: 6:30 pm

Leader: Joe Hayden, Tel: 201-1521

SATURDAY, MARCH 17

HIKE#1

ART LOEB-NORTH SLOPE

This hike begins and ends at Davidson River campground in Pisgah NF. Great late winter views. It is a moderately strenuous hike with some rocky areas along the trail.

M: 6 EG: 800 R: MS

Drive RT: 100 miles \$3.00

Leader: Bev Parlier Tel: (828)883-9278 Email: rokclmbr1@yahoo.com

HIKE #2

PANTHERTOWN VALLEY LOOP

NOTE: EARLY DEPARTURE AT 8:00 A.M. Form carpools at University Square Shopping Center and meet leader at Commuter Parking Lot on north side of US 64 about .1 mile west of intersection with US 178 north of Rosman, NC. at 9:00 A.M.

Starting at the East Entrance we will hike to Warden Falls, Blackrock Mt., Salt Rock, Big Green Mt., Little Green Mt., and under Schoolhouse Falls. Beautiful waterfalls and excellent mountain views.

M: 12 EG: 2800 R: VVS

Drive RT: 140 miles \$7.00

Leader: Sim Wright Tel: 803-840-6274 Email: simwrightjr@msn.com

SUNDAY, MARCH 18

FALLS CREEK FALLS

Trail begins with a steep climb from Falls Creek Road near Palmetto Bible Camp. Close up view of the falls, one of the Mountain Bridge Area's most spectacular waterfalls will be your reward.

M: 3.5, EG: 1000, R: MS

Drive RT: 50 miles, \$2.50, Return: 5:00 pm

Leader: Ted Ford, email: stanleyford5@aol.com

THURSDAY, MARCH 22

ANNUAL MEETING

7:00PM

GNHA ANNUAL MEETING AT
GREENVILLE TECHNICAL COLLEGE
J. VERN SMITH LIBRARY, TECHNICAL
RESOURCE CENTER-AUDITORIUM
BUILDING #102

SPEAKER: Stan Starnes will talk on his rim-to-rim one day hike at the Grand Canyon in 2008.

SATURDAY, MARCH 24

TABLE ROCK

Come and conquer Table Rock. A steep climb of about 2000 ft on the regular trail. Splendid view of Caesar's Head and the reservoir from the top where we will have lunch and rest before our descent.

M: 7 EG: 2000 R: VS

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

Leader: Soonja Smith Tel: 288-5797

SUNDAY, MARCH 25

MOONSHINE CAVE & FALLS

This hike will begin in the Asbury Hills Methodist Camp and includes a two-wire cable crossing over Matthews Creek. The highlights of this hike are the waterfalls and Old Moonshine Cave.

M: 6.2 miles, EG: 500, R: MS

Drive RT: 40, \$2.00, Return: 6:00 pm

Leader: Trudy Bruns, Tel: 292-6575

SATURDAY, MARCH 31

HIKE#1

DUPONT FOREST FOUR WATERFALLS

From Hooker Falls parking lot, we will view Hooker, Triple, High and Bridal Veil Falls, then Lake Julia and return to cars.

M: 8 EG: 1000 R: S

Drive RT: 70 miles \$3.50

Leader: Glara Burge Tel: 864 982 3371

HIKE #2
PISGAH-DEVIL'S COURTHOUSE/PILOT
MT.

Hike from Devil's Courthouse to Pilot Mtn and back on the MTS and Art Loeb Trails.

M: 8.5 EG: 2400 R: VVS

Drive RT: 125 miles \$6.00

Leader: Keith Block Tel: 864 640-1774 Email:
Kblock708@gmail.com

APRIL 2012

SUNDAY, APRIL 1

JONES GAP STATE PARK – RAINBOW
FALLS

Start at the Ranger Station on the Jones Gap Trail, cross the river, and hike a steep ascent to Rainbow Falls and return by the same route.

M: 5, EG: 1000, R: MS

Drive RT: 40 miles, \$2.00, Return: 6:00 pm

Leader: Reg and Helene Paterson, Tel: 967-3618

SATURDAY, APRIL 7

HIKE#1

CROFT PASSAGE OF THE PALMETTO
TRAIL

We will begin at the Hunington Road trail head and hike to the Television Antenna on Johnson Lake road. Will need someone to meet Hikers and bring them to Spartanburg.

M: 6.5 EG: 300 R: M

Drive RT: 40 miles \$2.00

Leader: Dianne Whitt Tel: 864-474-3022

HIKE #2

MOUNTAINS TO SEA, DEVIL'S
COURTHOUSE, AND SAM KNOB

From Hwy 215, we'll climb the MTS up to Devil's Courthouse then take the Little Sam trail to Sam Knob, returning on Flat Laurel Creek trail to the cars. Super views from Sam Knob.

M: 8 EG: 1400 R: S

Drive RT: 150 miles \$7.50

Leader: Alan Toney Tel: 864 989 0999.

SUNDAY, APRIL 8
EASTER - NO HIKE SCHEDULED

FRIDAY, SATURDAY, & SUNDAY APRIL 13-15

LINVILLE GORGE-TABLE ROCK
CAMPOUT

We will car camp at the base of Table Rock in Linville Gorge. Bring all water needed. We will chose our route to fit the wishes of the participants. Shortoff? Down into the Gorge? Call hike leader to reserve your spot as this is a wilderness area and spaces are limited.

M: ? EG: ? R: ?

Drive RT: 220 miles \$11.00

Leader: Chris Lane Tel: 864-467-9144 Email:
hikerlan@bellsouth.net

SATURDAY, APRIL 14

HIKE#1

WHITESIDE MT – DEVIL'S COURTHOUSE

One of our prettiest hikes. A moderate walk up the Mt with a side trip to Devil's Courthouse where we will probably eat lunch. Splendid views really make this a worthwhile trip.

M: 5 EG: 800 R: MS

Drive RT: 130 miles \$6.50

Leader: Ann Leo Email: annleo@charter.net

HIKE #2

PILOT MOUNTAIN AND DANIEL
RIDGE FALLS

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

From Gloucester Gap in the Pisgah National Forest we will climb to the top of Pilot Mountain for a great 360 degree view. We will descend to Farlow Gap for lunch and continue to the Daniel Ridge Trail. Short shuttle.

M: 9 EG: 2600 R: VVS

Drive RT: 120 miles \$6.00

Leader: Andy Heman Tel: 292-9118

SUNDAY, APRIL 15

EASTATOE GORGE

A beautiful wildflower hike with rapids through a natural sluice called: "The Narrows." Great scenery from a viewing platform.

M: 6, EG: 600, R: MS

Drive RT: 80, \$4.00, Return: 6:30 pm

Leader: Mary Simms Gregory, Tel: 288-3323

Co-leader: Anne Martin, Tel: 235-0002

SATURDAY, APRIL 21

HIKE#1

GREEN RIVER COVE TRAIL

A nice hike along the Green River as it goes from slow/shallow to fast whitewater. Intersect with Pulliam Creek Trail for final descent to river. Lunch on boulders by river. There may be kayakers for entertainment.

M: 7 EG: 1000 R: MS

Drive RT: 70 miles \$3.50

Leader: Dale Hamann Cell: 386 3855 Email:

dasaham@charter.net

HIKE #2

YELLOW MOUNTAIN

The trail traverses three very beautiful mountains: Cole, Shortoff, and Yellow. The most spectacular 360 degree panoramic vista may be seen from the top of Yellow Mountain. Climb 300' to Cole, plus 400' to Shortoff, lose 450' into saddle, up to Goat Knob, down to Yellow Mountain Gap, with 1000' ascent to Yellow Mountain summit.

M: 10 EG: 2500 R: VVS

Drive RT: 180 miles \$9.00

Leader: Dolores Flores Tel: 295-0538

SUNDAY, APRIL 22

UPPER AND LOWER WHITEWATER FALLS

Hike will start on the Foothills Trail on NC 281 to the overlook of the Upper White Water Falls for a spectacular view before descending and following the White Water River to the Lower Whitewater Falls. Return to the Bad Creek parking area.

Shuttle required.

M: 7, EG: 600, R: MS

Drive RT: 120 miles, \$6.00, Return: 7:00 pm

Leader: Joe Hayden, Tel: 201-1521

SATURDAY, APRIL 28

HIKE#1

LAKE JULIA LOOP

NOTE LATE DEPARTURE TIME: 9:30 AM

We will start at the Fawn Lake parking area on Reasonover Rd. and follow the Reasonover Creek Trail to Lake Julia. (Note: long stepping-stone crossing over creek.) We will return via the Camp Summit Road and the Mine Mountain Trail.

M: 6 EG: 500 R: M

Drive RT: 70 miles (\$3.50)

Leaders: Paul and Barbara Serridge Tel: 284-6728

HIKE #2

MT. MITCHELL TO DEEP GAP

NOTE: EARLY DEPARTURE AT 7:30 A.M.

Come walk the high country on the spine of the Black Mountain range. Spectacular views. Prepare for changeable weather and lots of ups and downs.

M: 7 EG: 3000 R: VVS

Drive RT: 180 miles \$9.00

Leader: Glara Burge Tel: 864 982 3371

SUNDAY, APRIL 29

NINE TIMES PRESERVE

This hike is on property recently preserved by The Nature Conservancy. Hike will start on a newly opened trail that includes a view from a granite face loaded with wild Yucca plants blooming in season. Finally, we will drive over and walk the spring wild flower trail.

M: 4-5, EG: 700, R: M

Drive RT: 65 miles, \$3.25, Return: 6:00 pm

Leader: Mary Simms Gregory, Tel: 288-3323

Co-leader: Anne Martin, Tel: 235-0002

"Life is either a daring adventure-or nothing." -
H.Keller
