

GREENVILLE NATURAL HISTORY ASSOCIATION

P.O. BOX 26892
GREENVILLE, SC 29616

MAY – AUGUST 2010

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 & 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	Ron & Sharon Blake 676-9177 willriver@bellsouth.net
Vice Pres.	Bev Parlier 828-883-9278 rokclmbr@citcom.com
Treasurer	David Morris 982-1622 Dmorris_email@bellsouth.net
Secretary	Mike Wolfhard 244-5030 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	803-469-4909
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

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.

GNHA tries to limit its impact on the environment by using email as much as possible. We want to send you the Hiking Schedule by email..

If you don't already get the schedule by email, PLEASE send your email address to GNHAHike@Yahoo.com with a note to move you to our email delivery list. THANKS

HIKE REPORTS

Please submit hike reports and photographs electronically to Andy Heman at ajheman1@yahoo.com for consideration for posting on the club 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.	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

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.

If you join after Oct 30, 2010, you will be paid up thru Jan 2012.

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 November 1, since we mail Directories to paid-up members each December. 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 that the e-mailing is intended 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

MAY 2010

SATURDAY, MAY 1

MAX PATCH via CHERRY CREEK

NOTE: 7:30 a.m. departure..

This is an all time favorite with our club, the AT and connecting trails. Great views and wildflowers in abundance make it well worth the drive and effort. Trailhead at Cherry Creek turnout.

M: 10 EG: 1600 R: VS

Drive RT 190 miles \$9.50

Leader: Mike

Tel: 244-5030

NOTE –NC DOT has announced that I40 west from Asheville has been reopened .

SUNDAY, MAY 2

PINK BEDS-PISGAH

An easy hike on the Pink Beds Trail that has been re-routed around the beaver dam. We will look for the rare Swamp Pinks which should be blooming.

M:5 EG:200 R:M

Drive RT 120 miles \$6.00

Leader : Bev Tel: 828-883-9278

SATURDAY, MAY 8

LAKE JOCASSEE – JUMPING OFF ROCK

Hike begins in the Eastatoe Valley. We'll walk along Cane Creek, then take dirt and gravel road to ridge top. Jumping Off Rock is a rock cliff with great views of Lake Jocassee and surrounding mountains of N.C. and S.C.

M: 9 EG: 1100 R: S

Drive RT: 85 miles \$4.50

Leader: Ann Tel: 864-468-4664

SUNDAY, MAY 9

HOLMES STATE FOREST

We will hike a new trail as well as the demonstration trail over the mountain. This is a wonderful wildflower hike with Giant Trillium, Mayapple, Solomon's Seal, etc.

M: 5 EG: 800 R: MS

Drive RT 80 miles \$4.00

Leader: Jane Tel: 299-0779

SATURDAY, MAY 15

HIKE #1

SMOKIES - RAMSEY CASCADE TRAIL

Follow a cascading mountain stream in the northern Smoky Mountains National Park to these spectacular falls. A 2000 foot climb makes this a strenuous hike, but well worth the effort. How about stopping for supper on the way home!

M: 8 EG: 2000 R: VS

Drive RT 230 miles \$11.50

Leaders: Peter & Fran Tel: 297 8572

HIKE # 2

NOTE CHANGE IN MEETING PLACE

Meet at Earthfare (SEE PAGE 1)

PALMETTO TRAIL - ENOREE PASSAGE

Easy to moderate with very little elevation change. Hike from Macedonia Lake parking area to footbridge over Enoree River and return.

M: 6 EG: 100 R: M

Drive RT 80 \$4.00

Leader: Margaret Tel: 864-576-4064

NOTE !

HIKERS SHOULD CARPOOL FROM EARTHFARE, AND MEET LEADER AT EXIT 44 ON I-26 (HWY. 49 TOWARD LAURENS)

SUNDAY, MAY 16

HIDDEN FALLS

Hike from the parking lot at the end of Horse Bone Rd. near Oconee State Park to Hidden Falls and back.

M: 4 EG: 500 R: M

Drive RT: 100 \$5.00

Leader: Joe Tel: 864-201-1521

SATURDAY, MAY 22

HIKE #2

PISGAH - PINK BEDS LOOP /BARNETT BRANCH

A mostly flat hike through a mountain bog on the Pink Beds Loop that will include a 2-mile round trip on Burnett Branch to a lunch spot (an elevation gain of about 300 ft on this leg). We will complete the Pink Beds Loop. Enjoy Rhody tunnels, bubbling creeks and some mountain views. May be wet in places due to weather and beaver activity. Moderate pace.

M: 7.5 EG: 500 R: MS

Drive RT: 120 \$6.00

Leaders: Ron & Sharon Tel. 676-9177

SUNDAY, MAY 23

PARIS MOUNTAIN

KANUGA TRAIL TO NORTH LAKE

Meet at Sulfur Springs parking area at 1:30 and carpool to the top. 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 Brissey Ridge trails.

M: 5.5 EG: 600 MS

Leader: Mike Tel:322-4621

SATURDAY, MAY 29

HIKE #1

ROCKY BOTTOM to LAUREL CREEK

From the Rocky Bottom parking lot we'll hike the Foothills trail to Laurel Creek. We will turn around at a falls. Virgin stands of hemlocks can be seen.

M: 9.4 EG: 1200 R: MS

Drive RT 80 \$4.00

Leader: Steve Tel:292-1147

HIKE #2

DUPONT LOOP - Fawn Lake Access

We will hike to Bridal Veil Falls via Mine Mountain and various trails. After a short stop at the base of the falls we will continue to Lake Julia for lunch. Our return to the trailhead will be on the Reasonover Creek Trail. This hike ranks as

strenuous but should be a snap for anyone accustomed to MS hikes. Moderate pace.

M: 8 EG: 1100 R: S

Drive RT: 70 Miles \$3.50

Leaders: Ron & Sharon Tel. 676- 9177

SUNDAY, MAY 30

BAD CREEK TO LOWER WHITEWATER FALLS

Hike from Bad Creek across Whitewater River Bridge to the Foothills Trail, then take a spur trail back into this scenic river gorge to view the beautiful lower falls.

M: 5 EG: 800 R: MS

Drive RT 115 \$6.00

Leader: Bob Tel:313-0422

JUNE 2010

SATURDAY, JUNE 5

HIKE #1

FOOTHILLS TRAIL to HILLIARD FALLS

NOTE: EARLY DEPARTURE AT 8:00AM

From Duke Energy's Bad Creek parking area, we will follow the Foothills Trail to Hilliard Falls for lunch and return by the same trail.

M: 11 EG: 2400 R: VVS Drive RT: 110 miles \$5.50

Leader: Andy Tel: 292-2118

HIKE #2

PITCHER PLANTS OF BIG GREEN.

Enter at East entrance of Panthertown and cross green creek and another no name creek and on to top of Big Green to check out the rare pitcher plants. Eat lunch on cliff face and return down the mountain and valley to make a loop.

M:7 R:MS (two stream crossings and a steep faint trail down Big Green)

Drive RT: 130 miles \$6.50

Leader: Glenn Tel: 859-8160

SUNDAY, JUNE 6

SATURDAY, JUNE 12

PANTHERTOWN VALLEY - THE OTHER COLD MOUNTAIN PLUS

Starting at the East entrance, we will hike to Schoolhouse Falls, Jawbone Falls, and Riding Ford Falls; around Devil's Elbow and over Shelton Pisgah Mt. to Cold Mt. and High Bethel Altar. We will return down Little Green Creek to the trail back. Beautiful waterfalls and outstanding mountain views from Shelton Pisgah & Cold Mts.

M: 9 EG: 2500 R: VVS

Drive: 140 miles \$7.00

Leader: Sim Tel: 803-840-6274

SUNDAY, JUNE 13

SATURDAY, JUNE 19

CARVERS GAP NORTH (Grassy Ridge Bald) and SOUTH (Roan High Knob Lookout)

Two moderate hikes for the price of one! From Carvers Gap, north of Burnsville NC, we will hike both north and south on the AT.

Grassy Ridge Bald is 2.8 miles north, on a trail through one of best Catawba rhododendron displays in the country (plus abundant flame azalea).

Roan High Knob is 2.8 miles south to a spectacular viewpoint. Each leg has an elevation gain of about 700 feet.

M: 11 EG: 1400 R:VS

Drive RT about 260 \$13

Leader: Heinz Tel 246-5101

SATURDAY, JUNE 26

HIKE #1

NOTE EARLY DEPARTURE 8AM

CHARLIE'S BUNION

A favorite hike! Start at Newfound Gap in the Smokies and hike along the Appalachian Trail to Charlie's Bunion which has one of the most

spectacular views in the park. Almost sheer cliffs drop more than 1000' into Greenbriar section.

Outstanding view of Mt. LeConte to the west.

Denudation of area was probably a result of 1925

fire. Lunch here. Return by the same route. We

will stop for dinner on the way home

M: 8 EG: 1100 R: S

Drive RT 230 miles \$11.50

Leader: Anne Tel: 242-1767

SUNDAY, JUNE 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

JULY 2010

SATURDAY, JULY 3

WINTERGREEN FALLS & GRASSY CREEK

We will hike Dupont from Lake Imaging to Wintergreen Falls for lunch, and then return by Thomas Cemetery and Grassy Creek

M: 8 EG: 600 R: MS

Drive RT: 70 miles \$5.50

Leaders: Paul and Barbara Tel. 864-284-6728

SUNDAY, JULY 4

NO HIKE

THURSDAY, JULY 8

GNHA BOARD MEETING

Thursday July 8, 2010 at the Symmes Branch of Greenville Library on Pelham Rd., from 6:30 PM to 8:30 PM.

SATURDAY, JULY 10

BULL PEN ROAD TO ELLICOTT ROCK VIA BAD CREEK TRAIL.

A ridge walk through The Orphan Strip, down to a white sand beach on the Chattooga with a little history at Ellicott Rock, the trisection of NC, SC and Georgia.

M: 6 EG: 700 R: MS

Drive RT: 120 miles \$6

Leaders: Diane Tel: 246-2305

Alan Tel: 989-0999

SUNDAY, JULY 11

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

SATURDAY, JULY 17

HIKE #1

TENNENT MOUNTAIN, IVESTER LOOP VIA MTS

From FS road 816 we hike to Tennent Mtn, then down to Ivester Gap on the Art Loeb trail. We will complete the loop via Graveyard and MTS trails.

Great views.

M: 7 EG: 1100 R: MS

Drive RT 125 \$6.50

Leader: Linda Tel: 878-9269

HIKE#2

CLAWHAMMER COVE RASPBERRIES

We will hike up Clawhammer Cove Trail to the mother lode of raspberries! Then down Twin Falls trail to Avery Creek trail for a nice loop Bring your containers.

M:5 EG 660 R:M

Drive RT 115 miles \$3.50

Leader: Bev Tel: 828/883-9278

SUNDAY, JULY 18

NOTE CHANGE IN MEETING PLACE

Meet at new Belmont Fire Station,
701 Fork Shoals Road near Mauldin.

Directions to meeting place: From I-85 S take exit 46B (Augusta Rd/SC291). Continue on 291 to Old Augusta Rd, turn left, left on Fork Shoals Rd. at Li'l Cricket Store. Meet at trailhead behind the new Belmont Fire Dept.

LAKE CONESTEE NATURE TRAILS

Explore the new and old trails of this nature park so close to home.

M: 4 to 5 EG: 0 R: E

Drive RT 0

Leaders: Claude and Josee Tel: 915-8541

SATURDAY, JULY 24

CEDAR ROCK - JOHN ROCK LOOP

Starting at the Pisgah Fish Hatchery, we will hike over Butter Gap, around and up to the top of Cedar Rock Mt., and we will continue over John Rock. Outstanding mountain views from the top of Cedar Rock Mt. and John Rock.

M: 9 EG: 2700 R: VVS

Drive: 110 miles \$5.50

Leader: Sim Tel: 803-840-6274

SUNDAY, JULY 25

NOTE CHANGE IN MEETING PLACE PARIS MTN. – MOUNTAIN CREEK TRAIL TO LAKE PLACID

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 State Park admission \$2

Leader: Traudel 268-8928

SATURDAY, JULY 31

HIKE #1

BLUE HOLE FALLS, OCONEE CO.

Blue Hole Falls on Cedar Creek is a 75 foot drop, with a sluice at the bottom. Unless it has been raining, the pool at the bottom of the falls is clear blue.

A nice short hike for a hot day, with an opportunity for a cooling swim. Accessing the falls requires a creek crossing in knee deep water, and skirting a narrow ledge on the side of the falls.

M: 1 EG: 200 R: Not rated- read last sentence of description above.

Drive RT 120 miles \$6.00

Don Tel: 834-4600

Janette Tel: 864) 859-6120

Sat. July 31, con't

HIKE #2

DUPONT LOOP - Fawn Lake Access

We will hike to Bridal Veil Falls via Mine Mountain and various trails. After a short stop at the base of the falls we will continue to Lake Julia for lunch. Our return to the trailhead will be on the Reasonover Creek Trail. This hike ranks as strenuous but should be a snap for anyone accustomed to MS hikes. Moderate pace.

M: 8 EG: 1100 R: S

Drive RT: 70 Miles \$3.50

Leaders: Ron & Sharon Tel. 676- 9177

AUGUST 2010

SUNDAY, AUGUST 1

SATURDAY, AUGUST 7

CHATTOOGA RIVER CROSSING AND SWIMMING BONANZA

We did this hike for the first time last year and it was good. Exciting, interesting and not very strenuous. We park cars at Sandy Ford and Earle's Ford and wade across the river at Earle's Ford and walk to the famous Dick's Creek Swimming Hole and then on to Sandy Fork where we wade back to our cars. There is a short (3mile) shuttle. If too much water we'll not cross the river – call for update.

M: <5 (swim as far as you can in the hour for lunch) EG: <200

R: M

Drive RT: 130, \$6.50

Leaders: Peter & Fran Tel: 297-8572

SUNDAY, AUGUST 8

HIKE TO SEE THE GREEN RIVER NARROWS

The hike in is 2 miles (gentle downgrade) on a typical good quality trail (Pulliam Creek Trail). Then down a very steep informal trail for about 1/8 mile (hand and knees scrambling at bottom). At the river, scramble upstream about 1/4 mile over large boulders to the spectacular drops and rapids that are the site for the Annual Kayak Race.

A nice video of the 2008 race is:

<http://www.youtube.com/watch?v=6J6ch3T9A7I>

M: 5 EG: 1500 R: MS

Drive RT 60 \$3.00

Leader: Dennis

Tel: 270-8249

SATURDAY, AUGUST 14

HIKE #1

NOTE 8 AM START

SHINING ROCK VIA ART LOEB

(Wilderness hike limited to 10. Call Leader.)

We will start at the intersection of Sam's Knob Rd. and the Art Loeb Trail. We will take the Art Loeb Trail to Shining Rock where we will enjoy lunch and a great view. Return will be via the Ivester Gap Trail to Ivester Gap and then the Art Loeb Trail back to the cars.

M: 10.5 EG: 1900 R: VS

Drive RT: 125 miles, \$6.50

Leader: Dean Tel: 232-0738

SUNDAY, AUGUST 15

PISGAH - TWIN FALLS

This is a moderate and very pretty hike along Avery Creek via the Avery Creek and Buckhorn Gap trails to the Twin Falls Trail where two waterfalls converge. Several creek crossings on logs with hand rails. Return to cars on same trail (or via loop trail).

M 4 EG: 400 R: M

Drive RT 100 miles \$5.00

Leader: Joe Tel: 201-1521

SATURDAY, AUGUST 21

HIKE #1

CHATTOOGA RIVER & EAST FORK

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

M:8.5 EG:400 R:M

Drive RT 150 Miles \$9

Leader Mike Tel:859-8468

HIKE #2

MOUNTAIN BRIDGE WILDERNESS

Start where the Naturaland Trail (#14) crosses US 276 and hike north via Frank Coggins (#15) to start of Rim of the Gap (#6). Rim of the Gap to John Sloan Connector (#21). John Sloan to Pinnacle Pass Trail (#20). Pinnacle Pass to Naturaland Trail (#14). Naturaland Trail to US 276.

M: 10 EG: 2000 R: VS

Drive RT 55 miles \$3.00

Leader: Lance Tel: 244-1021

SUNDAY, AUGUST 22

PARIS MOUNTAIN

KANUGA TRAIL TO NORTH LAKE

Meet at Sulfur Springs parking area at 1:30 and carpool to the top. 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 Brissey Ridge trails.

M: 5 EG: 600 MS

Leader: Susie Tel: 458-8332

SATURDAY, AUGUST 28

HIKE #1

**GRAVEYARD FIELDS TWO WATERFALLS
AND SWIM.**

We hike the Upper Falls and around Graveyard
Ridge to the Lower Falls to finish with a swim in
the pool at the base of the falls to cool off or for the
thrill of it.

M: 6+ miles EG: 500 R: M.

Drive RT: 140. \$7

Leaders: Peter r & Fran Tel: 297-8572

HIKE #2

SHINING ROCK/CREEK TRAIL

NOTE: 7:30AM DEPARTURE

Wilderness hike limited to 10. Please call leader if
you plan to go.

From Big East Fork parking area we hike up the
Old Butt Knob Trail to the top of Shining Rock, for
lunch. We return via Shining Creek Trail.

Spectacular views along the way. Be prepared to
pick lots of blueberries.

M: 9 EG: 2600 R: VVS

Drive RT 150 \$7.50

Leader: Dolores Tel: 295-0538

! HAPPY HIKING!