

Using the Schedule

Hikes in the schedule are graded according to difficulty using the table below. Consult the hike leader for a more specific appraisal.

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| E | Easy hike, 2-5 miles. Expect good trails, often old roads |
| EM | Easy to Moderate, 3-6 miles. Expect steeper trails and more hills |
| M | Moderate, 5-8 miles. Trails may be difficult walking in places |
| MS | Moderate to Strenuous. Expect longer hikes with more climbing, perhaps bushwacking |
| S | Strenuous. Expect long hikes and hill climbing with large elevation gains, bushwacking |

Other standard acronym's used in the hike descriptions are:

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| HD | Hiking Distance |
| DD | Driving Distance |
| MRT | Miles Round Trip |

NBATC Response to COVID-19

Please Do Not Join a NBATC Hike If You -or- Anyone in your Household -or- Someone You Recently Met has any Covid-19 Symptoms. Carpools are allowed if you have been fully vaccinated for Covid-19 and have met your waiting period (with the following Restrictions): Wear a face mask, do not use the middle seat, use full car ventilation. Hiking groups are limited to 10 participants. Maintain 6-foot distance between hikers in your group and/or when passing other hikers on the trail. Face masks may be needed in larger group situations when maintaining 6-foot distance is not possible.

RESPONSIBILITY FOR SAFETY

There are certain risks that are inherent in any hike or other club activity. These include, but are not limited to, weather conditions, trail conditions, ticks, wildlife, plant and insect allergens, etc. Each NBATC member, guest, or non-member agrees to accept responsibility for his or her own safety. Adults who are accompanied by minors agree to accept responsibility for those minors. Hike leaders are responsible for hike organization, reasonable instruction and guidance, and proper documentation. Hike participants are responsible for following this reasonable guidance and instruction. By signing the hike sign-up form, each hike participant is affirming that he/she has read and understands these responsibilities.

Before You Go

If you are planning to go on a hike, please call the hike leader at least the evening before the hike. That's not only a courtesy to the hike leader, but also an aid to planning transportation to the trail head. Hiking in each season can require very different types and amounts of equipment, but food, water, and layered clothing are a minimum. If you have any doubt contact the hike leader for more information.

NBATC Hike Meeting Places

Madison Height Goodwill – Next to Lowe’s at the River James Shopping Center on Business-29. Park in the very front, close to the access road.

Boonsboro Shopping Center – On Boonsboro Road. Meet on the Starbucks side of the shopping center.

Buena Vista Food Lion – On US 60 west of downtown Buena Vista. Meet on the side of the parking lot adjacent to US 60.

Lynchburg Kohl’s – Off Wards Road, just before the US 460. Park in front, far from the store.

Forest Square Shopping Center – On Rt 221 in Forest. Meet in front of the Post Office.

Waterlick Plaza – On Timberlake Road (Rt 460 Business). Meet near Wells Fargo Bank.

Other Hiking opportunities

Wednesday Work Hikes - We have work hikes almost every Wednesday. If you are interested in a trail work during the week, please contact Eric Anderson in Moneta at 540-721-1994 (eric.anderson.sml@gmail.com) or Trudy Phillips in Lynchburg at 434-384-4870 (trudyephillips@gmail.com).

Thursday Hikes - For easy-to-moderate hikes, contact Herb Vreeland 434-385-1826. For moderate-to-strenuous hikes, contact Patricia Held at 540-586-1051 (oldenacres@gmail.com).

Friday Hikes - If Friday is a more convenient day to go hiking, call Mary Jane Davis at 434-841-7630 or Laura Jones at 434-221-1797. Hike with the “*Day Flowers.*”

Saturday Work Hikes - We have work hikes almost every Saturday. If you are interested, call Jason Hammer at 434-401-4204 for the meeting place and time.

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| Jan 2022 |
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Sat Jan 01 Hike #6411(M)
A.T. Hike (88 Miler): Bearwallow Gap to Rocky O/L & Return HD:8
Leader:Jim Grondin, 540-425-5588
9:00 AM @ Forest Square Shopping Center - Meet the leader at Peaks Visitor Center at 9:30 and carpool to Bearwallow Gap a (DD:50 MRT, \$3)

Our hike begins at Bearwallow Gap and goes north on the A.T., past Little Cove Mt. Trail and Cove Mountain Shelter. Our destination is a Rocky O/L where we will enjoy lunch before hiking south on the A.T. and back to our cars. There are many wonderful mountain and valley views to see and enjoy on this fun trail. Key-Exchange possible if more than 10-hikers. Please TEXT the hike leader to join his hike.

Sun Jan 02 Hike #6412(S)
Mineshaft Trail to Bearwallow Gap HD:9
Leader:Larry Austin, 540-491-3184
8:00 AM @ Forest Square Shopping Center - Caravan to Peaks Visitor Center to meet hike leader at 8:35 AM (DD:60 MRT, \$3)

After leaving a car at Bearwallow Gap, we will shuttle to the Glenwood Horse Trail (GHT) parking lot off Pico Road. Hike south on the GHT to its junction with the A.T. at Bobblets Gap, then hike north on the A.T. to Bearwallow Gap. There will be some nice views along the way and signs of old iron ore mining sites on the GHT portion of the hike. We will also have wonderful valley/mountain views from two parkway overlooks during our hike.

Sat Jan 08 Hike #6413(S)
Glenwood/Gunter Ridge/Belfast Trail Loop HD:9
Leader:Eric Anderson, 540-721-1994
8:30 AM @ Boonsboro Shopping Center - Carpool will drive to meet leader about 9:15 AM at Petites Gap...BRP, MP 71 (DD:65 MRT, \$4)

We will start our hike at the Belfast trailhead and take the Glenwood Horse Trail to the beginning of the Gunter Ridge Trail. We will then hike up Gunter Ridge, down the Belfast Trail and spend some time at Devils Marbleyard on our way out. We plan to have lunch somewhere near the top of Gunter Ridge. Please contact the hike leader to join the hike and let him know where you will meet the group, so he can plan for the carpool from Petities Gap to the trailhead.

Sun Jan 09 Hike #6414(E)
Percival's Island HD:2 / 6
Leader:Jordan Welborn, 434-209-4935
1:30 PM @ Percival's Island Parking Lot (Local)

We will walk from the Percival's Island parking lot to the end of the trail on the Amherst side and back. It is all blacktop, level, with various views of the James River. If you don't want to walk the full 6 miles you can turn around at any time. All minors must be accompanied by a parent or legal guardian. Please call Jordan to join her hike.

Sat Jan 15 Hike #6415(EM)
Peaks View Park Trails HD:4 / 7
Leaders:Gary Nero, 434-942-5667; Laurel Foot, 434-942-2807
1:00 PM @ Peaks View Park, Ardmore Drive (Local)

Hiker Leaders, Laurel Foot and Gary Nero, invite members and non-members to come out and hike some of the trails in the Bill Foot Recreation Area. We will meet by the red barn off Ardmore Drive. Hike options include an easy 4-miles or moderate 6-to 7-miles with the easy hike partially in the woods and often on paved trail. The moderate hike will be mostly in the woods. Please call Laurel or Gary to sign up for their hike. Hiking Group Limited to 10.

Sun Jan 16 Hike #6416(MS)
(88 Miler) COMBO HIKE: Bearwallow Gap to Jennings Creek on the A.T. HD:7 / 13
Leaders:Wilma Vargas, 908-268-5036; Edward D. Wayland, 434-249-2870
8:45 AM @ Forest Square Shopping Center - Meet other hikers at Peaks Visitor Center at 9:20 (DD:75 MRT, \$4)

88 Miler: Eddie's group will start at Bearwallow Gap and hike 7-miles to Jennings Creek (Moderate). Wilma's group will start at Jennings Creek, turn around at the 1/2 mile point before Bearwallow, then hike back to Jennings Creek...13-miles (Strenuous). Key Exchange Hike.

Sat Jan 22 Hike #6417(EM)
New London Tech Trails HD:5 / 6
Leader:Larry Scott, 434-525-7126
12:00 PM Contact hike leader - Meet at the New London Food Lion parking lot before driving to the trail (Local)

Join us for a walk on the New London Tech Trails. We will be hiking on the 4.3-mile "Orange" trail with the option of also hiking the "Blue" trail for a total of 6-miles. We will meet at the nearby New London Food Lion parking area (12130 E. Lynchburg-Salem Turnpike, Forest VA) and drive the short distance to the Tech Trails parking area. Please call Larry to join his hike.

Sun Jan 23 Hike #6418(MS)
Sprouts Run/Wilson Mountain Loop Hike HD:8
Leaders:Bret Boman, 434-841-0554; Lisa Boman, 434-941-5218
8:30 AM @ Forest Square Shopping Center - Carpool to Peaks Visitor Center then (2171 Solitude Road, Buchanan) (DD:80 MRT, \$4)

We can add to the carpool at the Peaks Visitor Center (arriving about 9:05 AM) then drive to the Trailhead (\$2 Fee: Peaks to trailhead only). This loop hike in Jefferson National Forest south of Cave Mountain Lake involves multiple stream crossings through a very pretty valley and adds some great mountain views before looping back to the start. Highly recommend water shoes (boots) and hiking sticks if the stream is running high. Contact the hike leaders to join their hike.

Sat Jan 29 Hike #6419(MS)
The Cardinal HD:9
Leader:Mike McCormack, 434-384-1944
9:00 AM @ Madison Heights Goodwill - Arrive at Long Mountain Wayside about 9:45 AM and carpool to the trailhead (DD:80 MRT, \$4)

This is a great winter season hike that has not been offered in a few years. The distinctive off-trail hike is challenging but rewarding with beautiful views along the way. Come along and see what is on top of one of the dominant peaks in the Religious Range. (Carpool Fee: \$4 from Madison Heights Goodwill to Hog Camp Gap...\$2 from The Wayside). Call Mike to join the hike and tell him where you will meet the group.

Sun Jan 30 Hike #6420(M)
Otter Creek Trail: Locks, Creek and Tree Trail HD:7
Leader:Mary Beth Nickolich,
8:30 AM @ Boonsboro Shopping Center - or meet at the James River Visitor Center at 9AM (DD:40 MRT, \$3)

Mary Beth will take you on this hike which will include crossing the James River on a foot bridge to view a canal lock from the days of the pre-railroad Kanawa Canal. We will also explore the Tree Trail, then enter Otter Creek Trail following Otter Creek past large rock formations, an old homestead, under the Blue Ridge Parkway and by a CCC constructed rock dam which forms a fishing lake. A hiking stick to keep your balance and/or water shoes are recommended for creek crossings. Please call Mary Beth (252-514-3580) to join her hike

Feb 2022

Sat Feb 05 Hike #6421(M)
Appomattox Surrender Grounds Trail HD:6
Leader:T. C. Harvey, 434-352-8763
9:00 AM Contact hike leader - Kohl's parking area, carpool to the Kroger in Appomattox, off Highway 460 (DD:50 MRT, \$3)

Walk in the gently rolling woods and learn more about this important historical site. Meet at the Lynchburg Kohl's parking lot far from the front of the store to form a carpool, then drive to meet T.C. at the Appomattox Kroger (on Highway 460) near the gas pumps, before we carpool to the trailhead.

Sun Feb 06 Hike #6422(S)
Cove Mountain Loop (88 Miler): Multiple Trail Hike with Amazing Views HD:10
Leaders:Bret Boman, 434-841-0554; Lisa Boman, 434-941-5218
8:30 AM @ Forest Square Shopping Center - Caravan to Peaks Visitor Center at 9:10, caravan to trailhead (DD:78 MRT, \$4)

Starting at Jennings Creek, we will go south on the A.T. and climb Cove Mountain past the shelter to the intersection with Little Cove Mt. Trail. We will take Little Cove Mt. Trail down the mountain with several creek crossings and connect with a "hunter's trail," then hike past a waterfall and climb until we connect with the Glenwood Horse Trail. We will follow the contours of the mountain on Glenwood Horse Trail until it intersects with the A.T., then hike north on the A.T. to our cars. \$2 Fee: if carpooling only from Peaks.

Sat Feb 12 Hike #6423(E)

Adopt-a-Highway HD:3

Leader:Mike McCormack, 434-384-1944

9:00 AM @ Boonsboro Shopping Center - Meet Mike at 9:35 AM at the turn off between the Rt. 501 bridge and Foot Bridge (DD:40 MRT, \$3)

NBATC cleans up litter along a section of US 501 and VA 130 near the A.T. crossing at the Foot Bridge. Please come out and help keep our area free of litter and earn some maintenance hours too! Please call the hike leader to join the Adopt-a-Highway and to let him know where you will meet the group.

Sun Feb 13 Hike #6424(S)

Big Hellgate Loop HD:12

Leader:Herb Vreeland, 434-385-1826

9:00 AM @ Boonsboro Shopping Center - could meet other hikers at the James River Foot Bridge about 9:35 (DD:80 MRT, \$4)

This loop hike will begin at Big Hellgate, follow a trail to Locker Track, go up Balcony Falls Trail, follow a short stretch of the A.T., and down the many switchbacks of the Gunter Ridge Trail to Little Hellgate. Then we will take the Glenwood Horse Trail to the parking area at Big Hellgate. This hike includes a 2500' elevation gain and wonderful views of the James River and surrounding mountains. Please call the hike leader to join his hike and to let him know where you will meet the group.

Sat Feb 19 Hike #6425(MS)

Saddle Gap/A.T./Hercules Quarry (Blue Hole Trail) HD:8 / 9

Leader:T. Upshur, 434-610-8808

9:00 AM @ Boonsboro Shopping Center - Could meet other hikers at the Foot Bridge about 9:35 AM (DD:50 MRT, \$3)

This loop hike takes us up the Saddle Gap Trail connecting with the A.T. north over to the gap, then down the Blue Hole Trail to Hercules Quarry and ultimately back to the starting point. Good views abound! For those interested, a bushwhack can be offered to the very small Blue Hole Quarry to see the beautiful upside down striated boulder which used to hold one end of the central cable across the quarry. Blue slate and locally made brick remnants await.

Sun Feb 20 Hike #6426(S)

Bearwallow Rim Hike HD:10

Leader:Larry Austin, 540-491-3184

8:30 AM @ Forest Square Shopping Center - Peaks Visitor Center at 9 AM, Carpool to meet Larry at Bearwallow Gap (DD:50 MRT, \$3)

The hike will start at the Bearwallow Trailhead of the Glenwood Horse Trail (GHT) off Pico Road near Buchanan. We will follow the GHT north to its junction with the Buchanan Trail about 2.5-miles. We will take the Buchanan Trail to the A.T. about 1.8-miles and head south on the A.T. for 5-miles to Bearwallow Gap. There will be some good views along the A.T. and we will pass by Cove Mountain Shelter. There will be one creek crossing on the GHT and one on the Buchanan Trail. Please text Larry (540-491-3184) to join his hike.

Sat Feb 26 Hike #6427(M)

Foot Bridge to Matts Creek Shelter to Old A.T. HD:7

Leader:Coby Pieterman, 540-586-8464

8:00 AM @ Boonsboro Shopping Center - form carpool and meet Coby and other hikers at the Foot Bridge at 8:30 AM (DD:40 MRT, \$3)

Come out and enjoy this beautiful hike along the James River and Matts Creek. We will hike south on the A.T. to the shelter, then take time to have a snack/lunch while enjoying the view and sounds of Matts Creek. After lunch we will hike north on the A.T. to the intersection with the "Old A.T." and follow that trail to our cars which will take us back to the Foot Bridge. Please call Coby to join the hike and to let her know where you will meet the group. Limit 5-hikers.

Sun Feb 27 Hike #6428(M)

Terrapin Mountain - Lower Trail HD:7

Leader:Mary Beth Nickolich,

8:30 AM @ Boonsboro Shopping Center - Meet Mary Beth at Hunting Creek Baptist Church about 9 AM (DD:40 MRT, \$3)

After parking, we will hike up a road for about 0.5 miles to the trailhead. The rest of the hike is on an old woods road that generally follows the contour along the base of Terrapin Mountain. We will have lunch at Reed Creek, a beautiful trout stream, then turn around and return by the same route. Call Mary Beth at 252-514-3580 to join her hike. Church Address: 15455 Big Island Highway (Hwy 122), Big Island, VA

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Sat Mar 05 Hike #6429(S)
 (88 Miler) Foot Bridge to Saddle Gap to Hercules Road HD:10

Leaders:Bret Boman, 434-841-0554; Lisa Boman, 434-941-5218

8:00 AM @ Boonsboro Shopping Center - Carpool to Foot Bridge...arriving at 8:35 (DD:45 MRT, \$3)

We will start at the Foot Bridge and hike north on the A.T. along side Rocky Row Run, climb to Fullers Rocks and Big Rocky Row (2300' elevation gain). Then take the blue slash trail to Hercules Road after reaching Saddle Gap.

Sun Mar 06 Hike #6430(M)
Read Mountain (Roanoke County) HD:6
Leader:Angelo Mercado, 434-941-9843
8:00 AM @ Waterlick Plaza - Could meet other hikers at the Bedford Wendy's...about 8:20 AM. (DD:80 MRT, \$4)

This is a beautiful hike in Roanoke County's mostly forested Read Mountain Park. The main feature of the park is Read Mountain's summit at Buzzard Rock. The view from the top is one of the best in the Roanoke Valley. Our elevation gain will be about 2550 ft. Please call Angelo to join the hike and to let him know where you will meet the group.

Sat Mar 12 Hike #6431(M)
Apple Orchard Falls HD:4 / 7
Leader:Eric Anderson, 540-721-1994
8:30 AM @ Forest Square Shopping Center - Form caravan at the Peaks Visitor Center about 9:05 and drive to the trailhead (DD:60 MRT, \$3)

If the Parkway is open and the trail is free of snow & ice, we will start at the midpoint below the falls and hike the Apple Orchard Falls and Cornelius Creek Loop clockwise. If the Parkway is closed we will drive down to the trailhead at the end of North Creek Road and hike up to the falls. We may go further, depending on trail & weather conditions. The falls can be especially spectacular when there is a significant ice buildup.

Sun Mar 13 Hike #6432(MS)
COMBO HIKE: at Fortune's Cove HD:4 / 9
Leader:Angelo Mercado, 434-941-9843
8:30 AM @ Madison Heights Goodwill (DD:60 MRT, \$3)

Angelo will lead a wonderful four mile (moderate) hike which includes seven ravines then lead another 5-miles of steep inclines on a second Fortune's Cove trail for those wanting a more difficult (Strenuous) hike.

Sat Mar 19 Hike #6433(EM)
Harkening Hill, Balanced Rock & Johnson Farm HD:5
Leader:Herb Vreeland, 434-385-1826
9:30 AM @ Forest Square Shopping Center - Carpool to Peaks of Otter Visitor Center about 10:00 AM to start our hike (DD:45 MRT, \$3)

Join us for a moderate pace 5-mile hike starting at the Peaks of Otter Visitor Center. We will climb Harkening Hill, go through woodland trails and take a short detour to Balance Rock...a huge boulder balanced on a small rock. After 3.3 miles, we will take the Johnson Farm loop trail to visit the old homestead. Please call Herb (434-385-1826) to reserve your place on his hike.

Sat Mar 19 Hike #6434(S)
Piney Ridge, AT, Sulphur Springs Lollipop HD:13
Leader:Jim Grondin, 540-425-5588
8:30 AM @ Boonsboro Shopping Center - Meet the hike leader at Piney Ridge Trailhead about 9 AM (DD:40 MRT, \$3)

Jim will lead this (Strenuous) 13-mile hike starting at Piney Ridge Trail to the A.T. (1970' elevation gain). Then hike north on the A.T. until it intersect with Sulphur Springs Trail, take Sulphur Springs Trail back to the Piney Ridge Trail, then hike down the Piney Ridge Trail to our cars at the trailhead.

Sun Mar 20 Hike #6435(S)

Smith Mountain Lake HD:10

Leader:Wilma Vargas, 908-268-5036

8:00 AM @ Forest Square Shopping Center - meet hike leader about 8:50 AM at the Westlake Kroger (DD:100 MRT, \$5)

You are invited to explore in the Smith Mountain Lake "West" area. We will climb an APC gravel road with soft ups and downs. Our hike will include some very picturesque views when we enjoy lunch overlooking Smith Mountain Lake. Can meet Bedford carpoolers about 8:25 AM, near the Bedford Wendy's. Call Wilma to Join her hike and let her know where you will meet the group.

Sat Mar 26 Hike #6436(MS)

(88 Miler): Foot Bridge to Fullers Rocks

HD:8

Leader:Coby Pieterman, 540-586-8464

8:30 AM @ Boonsboro Shopping Center - Carpool to Foot Bridge, arrive about 9:05 AM to meet hike leader (DD:55 MRT, \$3)

We will start at the Foot Bridge hiking north on the A.T. and take a scenic walk alongside the flowing waters of Rocky Row Run. Then challenge the mountain's contours as we gain altitude using the 20 switchbacks during our climb. We will enjoy lunch and the amazing river and mountain views from Fullers Rocks, before hiking south on the A.T. to the trailhead. Phone the hike leader to reserve your place on the hike. Limited to 5-hikers.

Sun Mar 27 Hike #6437(S)

Apple Orchard Mountain Circuit HD:11

Leader:Larry Austin, 540-491-3184

8:15 AM @ Forest Square Shopping Center - Meet Larry at Peaks Visitor Center at 8:45 AM, Carpool to Sunset Field (DD:60 MRT, \$3)

This hike will begin at Sunset Field off the Blue Ridge Parkway. The hike will descend down a gated road east of the BRP, past the former Camp Kewanee and hit the Glenwood Horse Trail (GHT). We will take the GHT north to Reed Creek and ascend an old forest road back to the BRP near the entry to the site of a former FAA station on the summit of Apple Orchard Mountain during the Cold War. This section of the A.T. will pass The Guillotine and offer expansive views from Apple Orchard Mt. Please text Larry 540-491-3184 to join his hike.

Natural Bridge Appalachian Trail Club
P.O. Box 3012
Lynchburg, VA 24503

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NBATC is a member of the Appalachian Trail Conservancy, an affiliate of member of the American Hiking Society, and a maintainer of the A.T. from the Tye River to Black Horse Gap.

NBATC Board of Directors

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