

THE TENNESSEE EASTMAN HIKING & PADDLING NEWS

April, 1998

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NEXT TWO MONTHS AT A GLANCE			
Apr. 9	TEHCC Steering Committee Meeting, B-310, Rm 114	E	J. Mayo
Apr. 10	2-Day Trip: Canoe/Camp/Trout Fishing - CANCELLED	E	G. Luttrell
Apr. 10	Paddle Trip: Chattooga Section IV	IV-V	M. Morrow
Apr. 11	ATC Trail Skills Workshop: Shook Branch	M	J. DeLoach
Apr. 18	AT Hike: Indian Grave Gap - Nolichucky River	M	S. Wilson
Apr. 18	Paddle Trip: South Toe River	II-III	E. Montgomery
Apr. 18	Third Saturday Maintenance Project	Worthwhile	E. Oliver
Apr. 25	Day Hike: Ramsey Cascades (Smoky Mountains)	M	R. Colberg
Apr. 25	Day Hike: Bad Branch	M	G. Luttrell
May 2	Spring Wildflower Hike: Buffalo Mt.	E	J. DeLoach
May 9	Paddle Trip: Bluestone River, WV (2 Days)	II+	T. Dougherty
May 9	AT Hike: Groseclose, VA to VA 42	M-D	B. Stowell
May 9	Paddle Trip: Nolichucky Gorge	III-IV	D. Fuller
May 10	Paddle Trip: Doe or Watauga Gorge	IV-V	M. Morrow
May 9	TEHCC Steering Committee Meeting, B-310, Rm 114	E	J. Mayo
May 14	Canoe School Classroom Instruction		B. Dayvolt
May 16	Canoe School River Trips (2 Days)	II	B. Dayvolt
May 16	Damascus AT Days		
May 23	AT Hike: Mt Rogers HQ - Groseclose, VA	M-D	B. Stowell
May 30	AT Hike: Spivey Gap - Sams Gap	D	N. Dotson

TEHCC Members Complete First Aid and Delayed Help Certification

Steve Perri reporting

Nine members of the club completed formal training in Standard First Aid and Delayed Help through the American Red Cross. The Red Cross was very accommodating by offering the classes together as one package in one evening course, albeit a 4.5 h course. The club organized a session 3 years ago for First Aid and CPR, but that certification had expired. These two courses together are very

complementary. The basics of First Aid are applied in the Delayed Help course, but key decisions are made based upon a number of additional circumstances. Primarily, what to do since the anticipated assistance by any medical personnel would be expected to be much longer than 30 minutes. Key decisions need to be made regarding getting help, utilizing resources for shelter or care, frequency of follow up monitoring of an injury and how to transport the injured person if necessary.

Overall, it was extremely valuable to have the basic training for First Aid whether a situation arises at home, in the office, on the road, or in a remote location. I'd like to schedule another class in late April or in May to provide an opportunity for those who would like to receive training since they couldn't make the first class. We need about 5 more people. So if you're interested, please let me know and I'll sign you up. Those certified in this class were: Richard Colberg, Garry Luttrell, Ted Malone, Adair and Bill Murdoch, Stan Okrasinski, Steve Perri, Bill and Derrick Stowell. Congratulations!

TEHCC to Co-Host Appalachian Trail Skills Workshop, April 11

Joe DeLoach Reporting

This is a first-ever for our Club and TEHCC. This workshop is especially geared for those who have done little or no Trail maintenance in the past but would like to do so. Those are the kind of people we need! We'll work on the Trail around Watauga Lake, a section that is easy to get to and always needs some maintenance. Morgan Sommerville from ATC will teach the workshop, so we'll be learning from an expert. Since preregistration for the class is required, please contact Joe if you'd like to participate or for more details.

Backpacks for Scouts Donated by TEHCC

G. S. Luttrell Reporting

Last fall, we started collecting backpacks to give to some low income scouts of Eagle Post 49. Several backpacks were given to the scouts and Scout Leader Ivan Fillers sent a note of thanks to the Hiking Club for helping. Thanks to those of you who donated a backpack!

SCHEDULED HIKES / ACTIVITIES

AT Hike: Elk Garden (VA600) to Grayson Highlands, Rescheduled for Late May

Leader: Kathy McDavid, Rating: Moderate

I will try to reschedule for either May 23rd or 30th.

AT Hike: Indian Grave Gap to Nolichucky Expeditions, April 18

Leader: Steve Wilson, Rating: Moderate

This is a pleasant hike of over six miles mostly downhill ending at the Nolichucky River. Highlights should be Curley Maple Gap Shelter and the views of the river. With some good weather, this hike should be very pleasant and enjoyable. This hike was originally scheduled for April 11, but the date had to be changed due to business travel. Bring lunch, water and appropriate clothing. Meet at the parking lot between McDonald's and Burger King in Colonial Heights at 8:00 a.m.

Third Saturday Special Project, April 18, 1998

Leader: Ed Oliver, Rating: Easy-Moderate

We will most likely work on the piers and/or the bridges in Laurel Fork Gorge on this third Saturday trip. This is dependent on having decided on the bridge designs by then. If we don't work on the bridges, we will finish removing any blowdowns that are left on our section of the trail. Contact Ed Oliver if you can help on this project. Plan to meet in the parking area between Burger King and McDonald's in Colonial Heights at 8:00 a.m. Let me know if you want to meet me at some other location.

Day Hike: Ramsey Cascades, Smoky Mts, April 25

Leader: Richard Colberg, Rating: Moderate

(8 mi Round Trip, 2200 ft Elevation Gain).

At 90 ft, Ramsay Cascades is the highest waterfall accessible by trail in the Smokies. (It's also on the near side of the Park to Kingsport.) We'll start at the Greenbrier trailhead, walk along the Middle Prong of the Little Pigeon River (1.5 mi old road) and hike up Ramsay Prong (2.5 mi trail, rocky in places with some stream crossings). Along the way, we'll pass through old cove forest with several near-record-size trees and, hopefully, see many wildflowers. After seeing the falls, we'll return the way we came. Bring appropriate clothing, lunch and water. Meet in the parking lot between McDonalds and Burger King in Colonial Heights at 7:45 a.m. for an 8:00 a.m. departure. Drive is approximately 1-1/2 hr each way. Call hike leader for more information.

Day Hike: Bad Branch, April 25

Leader: Garry Luttrell, Rating: Moderate

Bad Branch State Nature Preserve is located near Whitesburg, Ky; and, was opened for hiking last year. It's a mile hike to a 60 ft. waterfall, then 3.1 mi. and 1000 ft. climb to High Rock. The preserve has stream pools and riffles, boulder-strewn creek edges, wet rock faces, talus areas, sandstone cliffs, open woodland, and the state's only known pair of nesting ravens. Call for more details.

Spring Wildflower Hike: Buffalo Mountain - Lady Slipper Loop, May 2

Leader: Joe DeLoach, Rating: Easy

We have been taking our spring wildflower hikes to moist woods which feature flowers such as trilliums, Dutchman's Britches, and iris. This year, we'll head for a dry woods but the display should be just as nice. In late April and early May, Buffalo Mountain above Johnson City has one of the most profuse blooms of pink lady slippers anywhere. We once counted over 200 along the trails. There are also flame azaleas in bloom that time of year. We'll walk along the designated Lady Slipper Loop, which is only about 1/2 mile from the parking area. For those who wish, we'll continue to the crest of the mountain at the White Rocks, which has fine views towards Roan and Holston Mountains. We'll take our time and enjoy the flowers, and the hike should be suitable for all ages. Plan to meet at 9:00 a.m. in the parking lot between Burger King and McDonald's in Colonial Heights. Bring water and lunch. Please contact Joe for more information.

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AT Section Maintenance and Special Projects

- **Feb 19 and 21: AT Maintenance (Ed Oliver Reporting)**

On Thursday (2/19/98) and Saturday (2/21/98) George and Eric Osborne cut blowdowns on the Appalachian Trail between the Nolichucky River and a point about 1/2 miles trail north of Temple

Hill Gap. George reported that several blowdowns had already been cut. This section is clear of blowdowns. Several trees came up by the root ball and left fairly large holes in the trail. It will take a team of people at least a day to repair the damage to the sidehill trail.

- **Feb 21: AT Maintenance (Ed Oliver Reporting)**
On Saturday, February 21, 1998 Frank Oglesby, Tim McClain, Patricia Lopez, and Neil Dotson cut all the blowdowns on the Appalachian Trail between Low Gap and McQueens Gap on Holston Mountain. They reported that the blowdowns were about what you would expect in a normal winter.
- **Feb 21: AT Maintenance (Ed Oliver Reporting)**
On Saturday, February 21, 1998 Bill Cook, Carl Fritz, and Ed Oliver cut the blowdowns from the Appalachian Trail between Damascus and a point about 1/2 miles trail south of the intersection with the Backbone Rock Trail. We met Joe DeLoach and Frank Williams coming from McQueens Gap. We were glad that we did not have to cut the blowdowns that the crew had cut near Damascus the previous weekend. The section that we cut had several blowdowns. However, it was only slightly worse than for a normal winter. This was not true of the section near Damascus that was cut the previous Saturday.
- **Feb 21: AT Maintenance (Joe DeLoach Reporting)**
Joe DeLoach, Rachel Monderer, Darrol Nickels, and Frank Williams removed all the blowdowns between McQueen's Gap and a point about 1/2 mile south of the Backbone Rock Trail, where we met the group coming south from Damascus who had cleared from there on back. The blowdowns weren't too bad, typical winter. The Abingdon Gap Shelter was fine.
- **Feb 21: AT Maintenance (Bill Stowell Reporting)**
Bill Stowell, Derrick Stowell, Brian Fakes, and Rodney Umberger cleared blowdowns in Laurel Fork Gorge. We started at Hampton and cleared blowdowns to where the first bridge used to be. We then drove to Dennis Cove. We cleared blowdowns from there down the AT to the falls and on to where the blue blaze from the shelter comes in. We hiked back the blue blaze by the shelter. Additional work needed: 1. Clear blowdowns on the blue blaze to the shelter. 2. Clear blowdowns from blue blaze to the middle bridge and cross creek and clear to the lower bridge site. 3. Repair concrete walk below falls around the rock face. 4. Repair holes in trail from Hampton to the AT washed out by the flood. 5. The tree at the intersection of the trail near the falls is pulling the new relocated trail down hill. This tree should be cut to stop the slide.
- **Feb 21: AT Maintenance (Ted Malone Reporting)**
Jeff Sirola, Steve Perri, Ted Malone cut blowdowns out from Indian Grave Gap to Curley Maple Gap. Most of our blowdowns were small limbs but we had lots of them. It took us 8 hours to get to the shelter from Indian Grave Gap (a four mile trip). Most of that time was spent clearing the first mile and a half. One rootball needs to be filled in or the trail moved uphill some, about half way between IGG and the shelter. One blowdown remains on this section. It's a half mile south of the shelter, a 30" dia hemlock with the top of the tree about head high and not enough clearance to go under. Fred Hoilman cut steps to help climb over. Fred says he will go back later with a larger saw and cut it out. Some limbs had fallen on the shelter but otherwise was in good shape. LuAnn had purchased a shovel and rake two years ago and placed them at the shelter. They are still there. Her idea was that hikers would use the shovel to help dig cat holes. Seems to have worked. The two log bridges need hand rails.
- **Feb 22: AT Maintenance (Ed Oliver Reporting)**

On Sunday, Feb. 22, 1998 George Osborne cut blowdowns from the Appalachian Trail from Iron Mountain Gap to the rock outcropping about 2.7 miles trail north of Iron Mountain Gap. He reported several blowdowns, especially the tops of poplar trees. He also found snow several inches deep.

- **Feb 26: AT Maintenance (Collins Chew Reporting)**

Collins Chew, Earl Brown, Ray Hunt, Darrol Nickels, and Frank Williams worked to clear the lake side of Pond Mt. We completely cleared trail from Shook Branch to Pond Mtn. We left blowdowns for Sierra Club trips. We notched a big log on the Shook Branch side to make a step. A dirt root ball would fall on the AT if a tree were cut through. Lost a saw trail south of Pond Flats - 2nd switchback.

- **Feb 28: AT Maintenance (Bill Stowell Reporting)**

Bill Stowell, Derrick Stowell, Bill Murdock, Brian Fakes, and Joey Wilson hiked in from Dennis Cove and cut trees to the shelter. We then continued on the blue blazed trail to the AT and on to the former middle bridge. We crossed the creek and cut to where the lower bridge was. The trail is now clear from Denis Cove to Hampton including the blue blazed trail, and the trail to the water source. There is a large tree across the stream trail south of the middle bridge site. With a little pulaski work and a hand rail this could be made into a temporary bridge.

- **Feb. 28: AT Maintenance (Ed Oliver Reporting)**

Ted Malone and John Kiefer cut the blowdowns between Devil's Creek Gap and No Business Knob Shelter. Bill Berry had removed most of the blowdowns that he could get with a bow saw. Ted reported that there are two root balls that will need pulaski work.

- **Feb. 28: AT Maintenance (Ed Oliver Reporting)**

Carl Fritz and Ed Oliver cut the blowdowns between a point about 1/2 miles trail south of Tenn. 91 and Turkey Pen Gap. We met two day hikers (Charles Moore and Janet Fisher) who volunteered to help. Needless to say, we did not refuse their offer for help. The blowdowns were not very bad. We maintained three vistas on this section. Five of the bog bridges have weak or broken planks which will need to be replaced. (Webmaster's note: access to the A.T. at Turkey Pen Gap has been CLOSED).

- **Feb 28: AT Maintenance (Steve Perri Reporting)**

Steve Perri, Jeff Sirola and J.P. Burnham parked vehicles at each of the trail at US 421 and Tenn. 91 and hiked trail south from Low Gap. We encountered a nominal amount of downed trees expected from a normal winter. Notable for me was the vast amount of briars on the trail for later work. The shelter is in good shape with the exception of requiring trash removal.

- **Feb 28: AT Maintenance (Garry Luttrell Reporting)**

I drove to the parking area at the end of Roaring Fork, and hiked to Stan Murray Shelter, back to Overmountain Shelter, then a short distance toward Yellow Mtn. to check trail conditions. Put new logbooks in shelters and carried out trash. The paint on the roof of Overmountain Shelter is peeling off. Blazing is badly needed through this whole area. Placed Hiking Trail Only sign at the gap.

- Mar 1: AT Maintenance (Ed Oliver Reporting)**
 Jim and David Mann, Dustin Dishner, Tony Rodriguez, and Ed Oliver cut the blowdowns between Watauga Dam Road and Watauga Dam on March 1. There were lots of blowdowns and tangles of rhododendrons on this section.
- Mar 6: AT Maintenance (Ed Oliver Reporting)**
 On Friday, March 6, Collins Chew, Bob Harvey, John Kiefer, and Ed Oliver cut all the blowdowns between Watauga Dam and Watauga Lake Shelter. Many hardwood trees were down on this section of trail. The blowdowns are removed. However, there are two, three to four foot holes in the trail where rootballs came up. These areas need work with a pulaski to put a trail in around the holes. Hikers can go off trail and get around the holes at this time. Several places along the trail on this section need some tread repair.
- Mar 14: AT Maintenance (Joe DeLoach Reporting)**
 Joe DeLoach, John Kiefer, Jeff Siirola, Frank Oglesby and John Thompson cut blowdowns from Campbell Hollow Rd to Bitter End. We may have set, or at least tied, the record for most car shuttles on one trip. The plan was for Jeff, John T., and Joe to be dropped off at Campbell Hollow Road (definitely didn't want to leave a car there), start cutting blowdowns, and meet Frank and John K. who would park the cars at Bitter End and work in that direction. We ran into one bad tangle coming down into Sugar Hollow, but otherwise it wasn't bad. We were delighted when we ran into John and Frank on Big Pine Mountain, much closer to the Campbell Hollow side. But, they had parked at Walnut Mountain Road instead of Bitter End, and Frank's saw had malfunctioned (though they had cleared everything in that stretch). We were concerned about the vehicles at Walnut Mountain Road, but they were OK. When we got there, John T. drove Joe's truck on to Bitter End, where he and Frank declared that they'd had enough and left the other three of us to finish up.
- Mar 14: AT Maintenance (CB Willis Reporting)**
 Bob Spencer, Waymon Mumpower and CB Willis checked out FS 230 prior to the scheduled maintenance trip on the 18th. We found we could access the trail from Cherry Gap and exit at Low Gap from hwy 107. We made it to Unicoi Mt Overlook but only skiers had gone on toward Indian Grave Gap. We drove back around by IGG and to Deep Gap so we found we can access our trail with a 4WD.
- Mar 15: AT Maintenance (Bill Stowell Reporting)**
 Bill and Derrick Stowell, Brian Stubblefield, Authur Smith, Jerry Stiles, and Brad Johnson worked to clear blowdowns in Pond Mt Wilderness. This is the second Sierra Club trip to clear their adopted section. Brian will report the first trip seperately. We cut 8-10 blowdowns completing this section. The section from Hampton to Pond Flats is clear. There are three blowdowns above head level that will have to be dealt with in the future.

Hike Trip Reports

South Beyond 6000 Finishers

G. S. Luttrell Reporting

Two TEHCC members, Gether Irick and Don Baker, completed climbing all the 40 South Beyond 6000 peaks by approved routes in December, 1997. Their ascent records were approved by two committee members; and, to recognize their accomplishment, they will be presented a certificate and a patch. Congratulations Gether and Don!

Hike Report: Poor Valley to Rich Valley, VA (USFS 222 to VA 42), February 28

Collins Chew Reporting

This hike was scheduled for last month but was changed for snow, and on 2/28 was substituted for the longer hike scheduled on Garden Mtn. The day was really beautiful and was of tee shirt temperature. Views through the bare trees were great. The recent heavy snow produced brought many limbs down on the trail with several massive blowdowns in Poor Valley. The cultural difference between Poor Valley (only hunting cabins) and Rich Valley (beautiful farmland) (based on the geology) is incredible and the fossils on Brushy Mountain were interesting. Hikers were Kent and Nancy Wilson, Susan Greenwood, Owen Holbrook, Steve Woody, and Collins Chew.

Hike Report: Hurricane Campground to the South Fork of the Holston River, March 7

Bill Stowell Reporting

The group met at Burger King and left at 8:00a.m. Despite the threat of rain the weather turned out to be great. This is a pleasant section to hike with some nice views and moderate climbs. The trail was in good shape with few blowdowns. We hiked in two groups: Ed Oliver, Bill and Derrick Stowell in one, and Kent and Nancy Wilson, Hugh and Lynn Thompson, Phylis and Biscuit Cairnes in the other.

Hike Report: MRHQ to the South Fork of the Holston River, March 14

Bill Stowell Reporting

Bill and Derrick Stowell, Shelton Thompson, Hugh and Lynn Thompson, Rolla Wade, Phyllis Cairnes, Biscuit, Mary Ellen Ress, and Steve Woody hiked from Mount Rogers HQ to the south fork of the Holston River. This was a 7.7 mile hike. Although it was windy, it turned out to be a pleasant day. This was a fast moving group as we started at 9:30 and were at the cars by about 12:30. This section has the new AT shelter near MRHQ which is a log structure and will have a solar heated shower. This is a nice section with some good views along the way.

**To Submit an article for
the newsletter, contact:**

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