

2023 THIRD QUARTER HIKING SCHEDULE

Date	M or W	Leader	Hike Description	Elevation Gain	Mileage/Difficulty	Comments
Jul-3	M	Terry	Dripping Rock/Old AT/Cedar Cliffs	1,150 ft	5.6 miles, moderate;	Additional 1 mile to Cedar Cliffs, out and back; optional
Jul-5	W	Anne	Double loop from Fishers gap, rose river , dark hollow falls	1600 ft	8 miles, moderately strenuous	
Jul-10	M	Jocelyn	Nicholson Hollow to Corbin Cabin Swimming	1,236	8.2 miles moderate	Retrace
Jul-12	W	Anne	Graves mill to bear church rock	2100ft	8.87 miles, moderate	
Jul-17	M	Anne	Campbell falls on Mau Har from 56 and swinging bridge	2000 ft	7.6 mod strenuous	
Jul-19	W	Steve	Thornton river trl, AT, Hull School trl loop	1,600	7.3 miles moderate	old homesteads, Model A
Jul-24	M	Maynard	Furnace Mtn summit fr Blackrock N parking	1,971 ft	7.2 miles; strenuous	retrace; MP85
Jul-26	W	Steve	Jeremys Run from Elkwallow picnic area	1700 ft	go about 4 miles out and then back: 8 miles	lots of stream crossings, could be wet or dry
Jul-31	M	Sandy	North fork Moormans river trail from black rock gap to big branch falls, maybe a bit past	1,000 ft.	7.8 miles, moderate	
Aug-2	W	Maynard	Calvary Rocks from Wildcat Ridge parking		9.0 miles; moderately strenuous	retrace
Aug-7	M	Terry	Swift Run Gap/AT S/High Top Overlook + pool party	1,400 ft.	5.5 miles	pool party at Terry's house
Aug-9	W	Anne	Lewis peak from brown gap parking	1857 ft	9.29 moderate Strenuous	
Aug-14	M	Maynard	AT from Hog Camp Gap to Cole Mtn; Old Hotel Trail	2,024 ft	6.48 miles; moderately strenuous	Loop
Aug-16	W	Jocelyn	ST Mary's Falls/swimming		7.1 miles	Retrace
Aug-21	M	Steve	Spy Rock from Meadows Lane	1,600	6.3 miles moderate	Amazing views
Aug-23	W	Jocelyn	Reed's Gap to Hanging Rock	1,827	8.8 miles strenuous	Retrace
Aug-28	M	Steve	Rocky Mtn trl to Big Run Portaltrl to Big Run Loop shuttle	1700 ft	8.2 Moderately strenuous	
Aug-30	W	Maynard	Doyles River - Jones Run from Browns Gap	2,060 ft	8.1 miles; moderately strenuous	Clockwise loop
Sep-4	M	Terry	Wintergreen waterfall and short rock scramble	1,500 ft.	6.5 miles, moderately strenuous	
Sep-6	W	Maynard	Rapidan from Milam Gap	1,874 ft	7.82 miles; moderate	Counter-clockwise loop
Sep-11	M	Terry	Ivy Creek Overlook/AT S/Frazier Discovery Trail	1,800 ft	6.5 miles, moderate	
Sep-13	W	Sandy	Emerald Pond	1,600 ft	8.4 miles, moderate	swimming hole lunch
Sep-18	M	Bill	TBD			
Sep-20	W	Maynard	Bearfence Mtn from Milam Gap	1,776 ft	9.47 miles; moderately strenuous	retrace
Sep-25	M	Jocelyn	Little Stoney Man to Millers Head	1,300	6.2 moderate	Retrace
Sep-27	W	Anne	Hazel Mt, hazel river, white rock falls and cave loop	2150 ft	9.6 miles strenuous stream crossings	Maybe a dip in swimming hole by falls and cave