

Tuesday Vigorous Hikers
2013 and 2014 Completed Hikes

Tuesday, December 30, 2014 - "Arlington Triangle" hike will use the Four Mile Run, Mount Vernon, Custis and W&OD bike trails, with a circuit around TR Island. Total length of the hike will be about 18.5 miles, with negligible elevation change.

Leader: Tom Kloster twk07@comcast.net

Tuesday Dec. 23, 2014 –Sugarloaf Mt. Triple-Loop Tour, Maryland. Closer in for the holidays. We'll complete 6 of 7 colored trails along with part of the 7th, the Yellow Trail, to total 15 miles and 3000 feet of ascent.

Leader: Bob Livezey bobbilbo@msn.com

Tuesday Dec. 16, 2014 - Swift Run Gap to Simmons Gap and return -Starting at Swift Run Gap we will do a fast paced out-and-back along the Appalachian Trail in the Southern District of Shenandoah National Park to Simmons Gap and return. Since this is an out-and-back early turnabouts are possible based upon trail and weather conditions. (19.5 miles with 4,600' of elevation gain).

Leader: Steve Brown swbmit77@verizon.net

FRIDAY Dec 12, 2014 (substitute hike) –Pocosin Hollow, Bear Fence and Back PACT map 10. Form parking area on 667, up Pocosin Hollow trail and Pocosin Fire Road past the PACT Pocosin Cabin to the AT. Then we will go north on the AT to the Bearfence Trail loop and back to Slaughter Trail and down to Rt. 667 and back to cars. Approximately 16 miles and 3400 feet elevation.

Tuesday Dec 9, 2014 - Canceled due to freezing rain on the roads

Tuesday December 2, 2014 - Canceled due to freezing rain on the roads

Tuesday November 25, 2014 - Potomac Heritage Trail - Start at Turkey Run parking area (C-1) at 8:00am. We will hike to Teddy Roosevelt Island and return traveling next to the beautiful Potomac River. 17 miles with 2,000 feet elevation

Leader: Lou Hurwitz, lou.nutshell@hotmail.com

Tuesday November 18, 2014 – Sam's Ridge/Hannah Run - PATC Map 10. From the trailhead, we'll climb Sam's Ridge Trail to its intersection with the Hazel Mountain Trail. Turning left we will then hike to the Hot Short Mountain trail (turning right) and to the Nicholson Hollow Trail (turning right). From there we'll ascend via the Hannah Run Trail to the Skyline Drive. We'll then walk north on the Drive which will take us to Hazel Mountain Trail at Meadow Spring. We will take Hazel Mountain and Sam's Ridge trails back to our cars. This circuit is 17 miles in length with approximately 5000 ft of climbing. Options available for shorter hike.

Leader- davidm.saah@gmail.com, 703.596.2358

Tuesday, November 11, 2014 – Old Rag Traverse, Central District SNP - Beginning at the Whiteoak Canyon parking area, we will do a short car shuttle to begin a 4-mile bushwhack up the south ridge of Old Rag. We will then do a rare descent of the north ridge via the Ridge Trail. Based on remaining time, we will do some fast paced trail and road hiking to return to the Whiteoak Canyon parking area; up to 13 miles with 5000 ft. of ascent. Less vigorous non-bushwhacking alternatives will be available.

Leader: Dave Green, dkgreenva@hotmail.com, 703-536-5189

Tuesday, November 4, 2014 - Central SNP - Leading Ridge Around and Back. (PATC Map 10). Starting at the access road (669) to Leading Ridge, hikers will complete a tough climb to the AT, head N on the AT and then down Meadow Spring, Hazel Mtn, Catlett Spur, and Hanna Run trails. Hikers will then climb up to the AT via the Nicholson Hollow and Corbin Cabin Cutoff. On the AT they will head N and then back down Crusher Ridge Trail and Rt. 669 back to the cars. 20.4 miles and 5400 feet of elevation gain. Options available to shorten the hike.

Leader: Bart Rhodes retiredrhoades@verizon.net

NOTE: *it is not recommended that Leading Ridge Trail be hiked in the fall or winter because of the thick layer of leaves over roller bearing like acorns.*

Tuesday October 28, 2014 – Fast tour of Rock Creek Park and D.C. Trails. (PATC Map N) This is the 6th annual DC grand circuit. We will travel around 19 miles and ascend over 2000', yet only need to use a handful of city blocks to do it. The rest of the way will be through Washington's beautiful and historic parks, with most of the trip near and along Rock Creek. The rest of the way will utilize some or all of Melvin Hazen, Dumbarton Oaks, Glover Archbold, Whitehaven, Battery Kemble, and Wesley Heights Trails, as well as the C&O Canal tow path. Convenient shortcuts are available.

Leader: Bob Livezey, bobbilbo@msn.com

Tuesday October 21, 2014 - SNP Pass Mountain to Buck Ridge Loop. (PATC Map 10) From the Pass Mtn. Trail parking area off Rt. 211 above Sperryville (after shuttling cars back to the Buck Hollow parking area) we will take the Pass Mtn. trail to the AT, follow the AT south to Leading Ridge trail and then north on SLD to the Hannah Run trail. We'll go down Hannah to the Catlett Spur trail to the Hazel Mountain trail and back to Rt 211 via the Buck Ridge trail. About 17.5 miles and 4000 feet of ascent. **Leader** – Tom Kloster twk07@comcast.net

Tuesday, Oct. 14, 2014 – Caledonia State Park, Pa. : (PACT Maps 1 & 2-3). – We will do a 16-17 mile loop using the AT, a 5 mile section of the old AT and various park trails. Caledonia Furnace, a lily pond and lots of rhododendron lined streams.

Leader: Duncan Thompson, Duncanjt@verizon.net

Tuesday, October 7 , 2014, Pocosin Hollow Trail, Pocosin Trail, South River Road, South River Falls Trail, AT, Slaughter Trail (Central District, Shenandoah National Park PATC Map 10). We will park on the right side of 667 after the bridge across from the trailhead of Pocosin Hollow Trail. We will hike up Pocosin Hollow Trail (becomes Pocosin Trail after crossing Pocosin Fire Road); bear right on South River Road; turn left on South River Falls Trail (loop to AT and South River picnic area); north on AT; right on Slaughter Trail; cross Conway River to Middle River Road to cars. 18.5 mi., 4000.'

Leader: Barry Winkelman (cfarerinc@gmail.com) 301-367-7547

Tuesday September 30, 2014 – GWNF – Elizabeth Furnace Hiking and Bushwhacking. (PATC Map G) Something for everyone. Starting at the Signal Knob parking area, we will do some vigorous hiking in and around Elizabeth Furnace. For bushwhackers, objectives will include Richardson Knob and Buzzard Rock. 12 miles and 3500 feet of ascent with longer and shorter non-bushwhacking options.

Leader – Dave Green dkgreenva@hotmail.com

Tuesday, Sept. 23, 2014 - Up Piney River & Down Thornton River: (PACT Map 9). - Starting at the end Rt. 612 we will go up the AT via Thornton River, Hull School, Fork Mtn., Piney Ridge and Piney Branch trails. After lunch at Elkwallow Wayside we will return using the full length of the Thornton River Trail. Approximately 18 miles and 3500 feet ascent. There are short-cut options. We will have to coordinate

parking to use three small areas along Rt. 612.

Leader: Gene Whitaker, GeneWhit@gmail.com.

Tuesday, Sept 16, 2014 - Browns Hollow Hikers will gather at the Massanuttens Visitors Center and take the connecting trail to the Massanuttens heading toward Browns Hollow. From there hikers will take Browns Hollow to Roaring Run, make an out and back to Catherine Furnace. Hikers will continue on Roaring run to the hill top where we will have lunch. Continuing on, hikers will take the Massanuttens Trail to Birds Knob and back to the Massanuttens and the Visitor Center. Elevation is ca. 3500'; mileage is ca. 17.5 miles. PATC Map H.

Leader: David Saah davidm.saah@gmail.com - 703.596.2358

Tuesday, Sept. 9, 2014 - Staunton River Trail Loop – Central District SNP - (PATC Map 10): We will climb the Staunton River Trail, Jones Mountain Trail, Cat Knob Trail, and Laurel Prong Trail to the AT. We'll then head north on the AT to Milam Gap. We'll descend the Mill Prong Trail through Rapidan Camp and return to the start via the Laurel Prong, Fork Mountain and Staunton River Trails. Approximately 20 miles with 4600 ft of climb. A shortcut is available.

Leader: Steve Brown swbmit77@verizon.net

Tuesday, Sept. 2, 2014 - Mt. Marshall, AT, Bluff Trail, Jordan River Splash down -. (PATC Map 9 Northern District SNP) From Rt. 629 we will ascent up the Jordan River Trail to the Mt. Marshall Trail to the AT where we will head south (we'll have lunch at Mt. Marshall peak) to Gravel Springs Gap. At Gravel Springs Gap we cross the Drive and take the Bluff Trail to the Mt. Marshall Trail, on to the Jordan River Trail with a splash down in the Jordan River Falls on our return. This hike circuit is about 16.5 miles and 3300' ascent .

Leader: Mike Christiani - mike@cptrllc.com

Tuesday, August 26, 2014 - Sleepy Creek WMA. Starting at WV-9 we'll hike south on the Tuscarora Trail to the Devil's Nose. We'll explore the scenic area around the Devil's Nose, then hike and bushwhack along Sleepy Creek. We'll climb up the ridge on an old road to the old Tuscarora Trail and follow it north to the new Tuscarora Trail and the cars. About 15-16 miles and 3300 feet of ascent.

Leader: Duncan Thompson duncanjt@verizon.net, 703-527-234

Tuesday, August 19, 2014 - Nethers, Passamaquoddy, Skyland and Back - Central District SNP. (PATC Map 10) From the Old Rag parking lot we will go up Nicholson Hollow Trail, the AT and the Passamaquoddy Trail to Skyland's back door for a cool relaxing lunch in the restaurant or on the lawn. We will return via the Horse Trail, Old Rag Fire Road, Corbin Mtn., and Nicholson Hollow Trails. Approximately 18 miles and 3300 feet ascent. Short cut alternatives are available.

Leader: Gene Whitaker GeneWhit@gmail.com

Tuesday, August 12, 2014 - Cunningham Falls Catoctin Mtn Parks: PATC Map 5-6. This will be a clockwise circuit of both Cunningham Falls and Catoctin Mtn Parks starting at Cunningham Falls Manor Area/Visitor Center. We will be on the Catoctin Trail most of the morning before descending to Cunningham Falls for a view and then take off for Catoctin Mtn Park including views from Hog Rock, Blue Ridge, Thurmont, Wolf Rock, and Chimney Rock before coming back across rte. 77 past Catoctin Hdqtrs and Cat Rock. Hikers will turn south at the Catoctin Trail to return to the parking lot at the Visitor Center. Total elevation gain will be close to 3500' covering about 17 miles of trails.

Leader: David Saah davidm.saah@gmail.com , 703-596-2358

Tuesday, August 5, 2014 - Cacapon Resort State Park Hike and Optional Swim. Berkeley Springs, WV. We will meet at the nature center and hike 15-16 miles up and down Cacapon Mountain using trails, fire roads, and park roads, with lunch at a beautiful overlook with views of four states. Afterwards, there will be an optional cooldown swim.

Leader: Joan D'Alonzo joandalonzo@gmail.com , 302-530-4202

Tuesday, July 29, 2014 - Austin and Furnace Mtn's. and Doyles River, (PACT Map 11) Starting at Madison Run Road, we will do a clockwise circuit up Austin Mtn., Big Run Loop, the AT north to Doyle River, Jones Run, AT south, to Black Rock and down the Furnace Mtn. trail back to Madison Run. Approximately 19 miles and 3500 feet of ascent.

Leader: Tom Kloster twk07@comcast.net

Tuesday, July 22, 2014 – Around Hazel Mtn. - Central District SNP. (PATC Map 10) Starting at Rt. 600 we'll ascend to the AT via Hazel River, White Rocks, Hazel Mtn., and Meadow Spring trails. We will take the AT to Leading Ridge Trail and turn left to Skyline Drive and return to the start via Hanna Run, Catlett Mtn., Hazel Mtn. and Sam's Ridge trails. About 16 miles with a total of 3600 foot of ascent.

Leader: Gene Whitaker, genewhit@gmail.com

Tuesday, July 15, 2014 - Vigorous Hikers - Big Meadows Luncheon with Rose River Splash Down - Central District SNP. From the Rose River trailhead, we will visit President Hoover's Rapidan Camp before having lunch in the Spottswood Dining Room of Big Meadows Lodge. After lunch we will descend to the trailhead for a splash down in the Rose River; about 18 miles with 2800 feet of ascent with shortcut options

Leader: Dave Green, dkgreenva@hotmail.com - 703/536-5189

Tuesday, July 8, 2014, - City of Frederick Watershed. (PATC Map 5&6) We'll do 16-17 miles in the area between Gambrill and Cunningham Falls State Parks in Maryland using the Catoctin Trail, mountain bike trails, old roads and a few scrambles to the top of rocks.

Leader: Duncan Thompson (duncanjt@verizon.net) (703)527-2349.

Tuesday, July 1, 2014 - Knob Mtn/Neighbor Mtn /AT Loop (PATC Map 9) Starting at Elkwallow picnic area: Jeremys Run to Knob Mt. Cutoff Trail to Knob Mountain Trail, to Neighbor Mt. Trail, lunch at Byrd's Nest, then north on AT to finish. About 18 miles and 4000' of ascent.

Leader: Bob Livezey bobbilbo@msn.com

Tuesday, June 24, 2014 - AT/Sky Meadows. (PATC map 8).Beginning at the AT parking lot on Rte. 601 just north of Rte. 50, we will head south on the AT to Sky Meadows State Park where we will explore the trails and enjoy the views. About 17miles with 3000 ft. of ascent.

Leader: Joan D'Alonzo, joandalonzo@gmail.com , 302-530-4202

Tuesday, June 10 2014 - Central District, Shenandoah National Park, VA: Three Peaks Hike. (PATC Map 10) We'll top three big peaks, all with great views. From White Oak Canyon Parking up Cedar Run to Hawksbill Summit, on to Stony Man via AT, down Old Rag Fire Road to Robertson Mt. Trail, up and over Robertson to complete loop via Weakley and Berry Hollow Fire Roads; about 17 miles with 5500 feet of ascent.

Leader: Bob Livezey bobbilbo@msn.com, 301-320-4679

Tuesday, June 17 2014 - Trout Pond/Great North Mountain, WV. (PATC Map F) Beginning at Trout Pond Recreation Area, home to WV's only natural lake, we will do a figure 8 to the south including Long Mountain, Laurel Run, Stack Rock, North Mountain, and Trout Pond Trails, and end with a refreshing

splashdown in Rockcliff Lake. About 16 miles with 3200 feet of ascent.

Leader: Dave Green, dkgreenva@hotmail.com, 703/536-5189

Tuesday, June 10 – Central District, Shenandoah National Park, VA: Three Peaks Hike. (PATC Map 10)

We'll top three big peaks, all with great views. From White Oak Canyon Parking up Cedar Run to Hawksbill Summit, on to Stony Man via AT, down Old Rag Fire Road to Robertson Mt. Trail, up and over Robertson to complete loop via Weakley and Berry Hollow Fire Roads; about 17 miles with 5500 feet of ascent.

Leader: Bob Livezey bobbilbo@msn.com , 301-320-4679

Tuesday, June 3 2014 - Rocky Mountain/Brown Mountain/Big Run - Southern District SNP. (PATC Map 11) From the mile 76.9 on Skyline Drive we will follow the Brown Mountain Trail to Big Run and Patterson Ridge Trails to Loft Mountain and finish up on the AT and a short stretch of Skyline Drive. Plenty of views and a great creek. 15-16 miles with 3000+ feet of ascent.

Leader: Duncan Thompson duncanjt@verizon.net, 703- 527-2349

Tuesday, May27, 2014 - Around Pinnacles Ridge, Central District SNP. (PATC Map 10) From the Old Rag parking lot we will hike up Nicholson Hollow Trail and the Hannah Run Trail to Skyline Drive. We will then go down the Drive and the AT to the Corbin Cabin Cutoff. We will return down the Corbin Cabin Cutoff, up Indian Run and down the Corbin Mtn. and Nicholson Hollow trails to the parking lot. Approximately 18.3 miles and 4100 feet of ascent. There are shortcut options.

Leader: Gene Whitaker GeneWhit@gmail.com

Tuesday, May 20 2014 - White Oak Canyon PATC Map 10--Starting at the White Oak Canyon parking lot we will climb the White Oak Canyon trail almost to the top before turning left onto the Limberlost trail to access the Crescent Rock trail shortly on the left. Crossing Skyline Drive we will take the trail down to the AT and head toward Fishers Gap. From there we will take the Skyland/Big Meadows trail to the Horse Trail and Cedar Run which will take us back to the parking lot. About 18 miles and 4500 feet of climbing.

Leader: David Saah davidm.saah@gmail.com

Tuesday, May 13-Great Falls, Md. 2014 - On the Maryland side of Great Falls, we will hike Billy Goat A,B, and C along the Potomac River with a stop at the Great Falls Overlook. We will continue west and do a loop around Ford Mine Trail and return on the Gold Mine Loop and Valley trails. Approximately 15 mi. with about 1.5 miles of rock scrambling.

Leader: Mike Moran, mum.9406@cox.net..

Tuesday, May 6, 2014 - Leading Ridge/Hannah Run/Nicholson Hollow/Crusher Ridge, Central District SNP. (PATC Map 10) Starting at the access road (669) to Leading Ridge hikers will complete a tough climb to the AT, follow along Skyline to Hannah Run and take it down to Nicholson Hollow. Hikers will then climb back up to the AT passing Corbin Cabin on the way. Hikers will then descend Crusher ridge down to 669, make a right and head for the parked cars near the Leading Ridge Trail. Approximately 16 miles and over 4300 feet of ascent. Options available to shorten the hike.

Leader: Bart Rhodes retiredrhaodes@verizon.net

Tuesday, April 29, 2014 - AT North from Linden (PATC Map 7) - A fast paced hike on the AT from Linden to Signal Knob and back to Linden with an optional loop to the Thompson Wildlife Management Area. Distance will be 16 miles with about 3000 feet of elevation gain.

Leader: Mina Goodrich, LarryMina@peoplepc.com

Tuesday, April 22, 2014 – Around Neighbor Mtn. & Thornton Hollow, Northern SNP (PATC map 9) :
From Jeremy's Run Overlook on Skyline Drive we will descend the abandoned Jeremys Hollow Trail to Jeremys Run, continue downstream to the Neighbor Mountain Trail. After ascending the Neighbor Mountain Trail, we will finish off the loop with the Hull School, Thornton River and Appalachian Trails. This circuit is about 16 miles in length with approximately 3800 ft of climb.

Leader: Gene Whitaker GeneWhit@gmail.com

Tuesday, April 15, 2014 - Little Devils Stairs, Northern District SNP. (PATC Map 9) Parking at the base of Little Devils Stairs Trail (near the end of SR614), we'll climb Little Devils Stairs Trail to the AT via the Pole Bridge and Sugarloaf Trails. We'll then head south on the AT to the Neighbor Mountain trail and back to the start via Byrds Nest 4, the Hull School trail and the Keyser Run Fire Rd – a total of about 18 miles, with 4200 ft. of ascent.

Leader: Tom Kloster twk07@comcast.net

Tuesday, April 8, 2014 - Annual Redbud Hike, Great North Mountain – GNWF, North Half. (PATC Map G)
Reprising most of the route of the 1989-91 Dogwoods, Fetzer Gap to Gerhard Shelter and a loop back to Cedar Run, about a marathon distance (around 26 miles) and 5000 feet of ascent. Easy logistics and lots of shortcuts to chicken out.

Leader: Mike Christiani mike@cptrllc.com

Tuesday, April 1, 2014 - AT Roller Coaster PATC Map 8 Starting at VA 7 parking lot off of VA 601, we will take the blue-blazed AT access trail and head south (left) on the AT to Fishers Hill Loop and back. This will cover 7 major and minor hills two times for a total accumulation of 6600' and nearly 20 miles. Being an out and back, hikers can choose to limit their distance and elevation levels.

Leader: David Saah, davidm.saah@gmail.com, 703.596.2358.

Tuesday March 25, 2014 – GWNF – Elizabeth Furnace Hiking and Bushwhacking. (PATC Map G)
Something for everyone. Starting at the Signal Knob parking area, we will do some vigorous hiking in and around Elizabeth Furnace. For bushwhackers, objectives will include Richardson Knob and Buzzard Rock. 15 miles and 4500 feet of ascent for bushwhackers and 18 miles and 4000 feet of ascent for non-bushwhackers with shorter options.

Leader – Dave Green dkgreenva@hotmail.com 703.536.5189

Tuesday, March 18, 2014 – Dickey Ridge/Compton Peak - Northern District SNP. (PATC Map 9) From the Dickey Ridge Visitor Center we will hike on various trails to the top of Compton Peak and check out the views. We'll return down the AT to Compton Gap and find an old road leading down to the Lands Run Gap Road (option available). We'll visit a waterfall on our way back up to Dickey Ridge Trail and the cars. About 15 miles with 2500 feet of ascent.

Leader: Duncan Thompson duncanjt@verizon.net, 703- 527-2349

Tuesday, March 11, 2014 - Thompson Hollow to Elkwallow and Back - Northern District SNP. (PATC Map 9) We will park in Thompson Hollow near Bentonville VA. We will climb the Overall Run Trail to the AT and then take the AT South to Elkwallow Gap. We will take the Knob Mountain Cutoff Trail and Knob Mountain Trail North through Matthews Arm to the Beecher Ridge Trail and descend the Beecher Ridge Trail for our return to Thompson Hollow. 18 miles and 4100 feet of ascent.

Leader: Bob Livezey bobbilbo@msn.com

Tuesday, March 4, 2014 - Hike snowed out.

Tuesday, February 25, 2014 – Cedarville State Forest, Brandywine, MD. Easy (flat), but fast (3.5 mi/hr) hike of all the trails in Cedarville State Forest, southern P.G./northern Charles County, MD. 19.5 mi. Negligible elevation. Cedarville State Forest is 15 mi. from Beltway exit 7A. See <http://www.dnr.state.md.us/publiclands/southern/cedarville.asp>.

Leader: Barry Winkelman (cfarerinc@gmail.com) 301-367-7547

Tuesday, February 18, - Hike snowed out.

Tuesday, February 11, 2014 - Maryland Appalachian Trail: The Slice of Ham. (PATC Maps 5 & 6) The HAM is the Hike Across Maryland, held every May in odd numbered years. This end-to-end 19.5 mile, 2500 feet of ascent hike will be a little less than half the HAM on the Maryland AT from the Weaverton Rd parking lot north to the parking lot just over the Interstate 70 footbridge. We'll have cars pre-positioned at trail's end to bring us back to the starting point.

Leader: Tom Kloster twk07@comcast.net

Tuesday February 4, 2014 -- Doubletop - Camp Hoover - Big Meadows, Central District, SNP. (PATC Map 10) Parking at the end of Rt. 645 we will take the Doubletop Mtn. trail over Doubletop and down the 4WD Trail to the Rapidan Fire Road. Going through Camp Hoover we will go up the Mill Prong Trail to the AT and Tanners Ridge horse trail to the Skyline Drive. We will return to the cars using Dark Hollow Falls Trail, Rose River Fire Rd., Stony Mtn. Trail, Rapidan Fire Road, and Upper Dark Hollow Trail. 17.5 miles and 4200 feet of ascent.

Leader: Gene Whitaker GeneWhit@gmail.com

Tuesday, January 28, 2014 - Swift Run Gap to Simmons Gap and return -Starting at Swift Run Gap we will do a fast paced out-and-back along the Appalachian Trail in the Southern District of Shenandoah National Park to Simmons Gap and return. Since this is an out-and-back early turnabouts are possible based upon trail and weather conditions. (19 miles with 4,700' of elevation gain).

Leader: Steve Brown swbmit77@verizon.net

Tuesday January 21 – Hike snowed out.

Tuesday, January 14, 2014 - Bull Run - We'll do two hikes. The first is at Bull Run Mountain for 8-9 miles with a great view, historical ruins, graveyards, and an unusual beech tree. Afterwards we'll drive to Bull Run Battlefield (Manassas) and explore the western side of the battle for 8-9 more miles.

Leader: Duncan Thompson - duncanjt@verizon.net

Tuesday, January 7, 2014 Sulphur Springs to Fetzer Gap - (PATC Map F) From the road off of 713 we will hike up Sulphur Springs and get to the Tuscarora by way of Old Mail and Racer Camp. We will climb down Little North Mountain, cross Cedar Creek and ascend Tea Mountain to get to Fetzer Gap. 17.5 miles, with 3500 feet of elevation.

Leader: David Saah, davidm.saah@gmail.com, 703.596.2358.

Tuesday, December 31, 2013 - Fast tour of Rock Creek Park and D.C. Trails. (PATC Map N) This 5th iteration will allow you to get home early to prepare to celebrate the New Year. We will travel around 18 miles and ascend around 2000', yet only need to use a handful of city blocks to do it. The rest of the way will be through Washington's beautiful and historic parks, with a lot of the trip near and along Rock Creek. Other parks that may be involved, depending on exact route, include Melvin Hazen, Glover Archbold, Wesley Heights, Battery Kemble, C & O, Whitehaven, and Dumbarton Oaks. Convenient

shortcuts planned.

Leader: Bob Livezey bobbilbo@msn.com, 301-320-4679

Thursday, December 26, 2013 - "Arlington Triangle" The "Arlington Triangle" hike will use the Four Mile Run, Mount Vernon, Custis and W&OD bike trails, with a circuit around TR Island. Total length of the hike will be about 18.5 miles, with negligible elevation change.

Leader: Tom Kloster twk07@comcast.net

Tuesday, December 17, 2013 - Pass Mtn., The Pinnacle & Buck Ridge, Northern and Central Districts SNP. (PATC Maps 9 &10) From the Pass Mtn. Trail parking area off Rt. 211 above Sperryville (after shuttling cars back to the Buck Hollow parking area) we will take the Pass Mtn. trail to the AT. After an out-and-back to the top of Pass Mtn. to check out the view we will go down and up the AT to the The Pinnacle. After a short bushwhack down to the Drive we will take Hanna Run, Catlet Spur, Hazel Mtn., and Buck Ridge back to the parking area. (Approximately 18 miles and 4100 feet of total ascent.) Several good shortcuts are available. Returning by the Buck Hollow trail, dotted line on map, gives you a 15 mile hike with 3,700 feet of total ascent.

Leader: Gene Whitaker GeneWhit@gmail.com , 540-748-4973

Tuesday, December 10, 2013 - Thompson Hollow to Elkwall Gap and return. (PATC Map 9) We will park in an established parking area in Thompson Hollow near Bentonville VA. We will climb the Overall Run Trail to the AT and then take the AT South to Elkwall Gap. We will take the Knob Mountain Cutoff Trail and Knob Mountain Trail North to the Beecher Ridge Trail and descend the Beecher Ridge Trail for our return to Thompson Hollow. 16 miles and 4400 feet of ascent.

Leader: Steve Brown, swebmit77@verizon.net, 703-455-1730

Tuesday, December 3, 2013 - Great Views of Massanutten North, GWNF (PATC Map G) We'll visit Buzzard Rocks, Signal Knob, and Fort Valley and Buzzard Rocks Overlooks in that order via the Buzzard Rocks, Tuscarora and Massanutten Trails. A short easy shuttle will be used. About 17 miles and 3500 feet of ascent. Meneka Peak shortcut shaves 2 miles.

Leader: Mike Christiani - mike@cptrllc.com

Tuesday, November 26, 2013 – Jeremys Run/Knob Mtn/AT/Neighbor Mtn loop (PATC Map 9) Starting at Jeremys Run parking: Jeremys Run to Knob Mountain Trail to Knob Mountain Cutoff Trail, lunch at Elkwall picnic area, then south on AT to Neighbor Mountain Trail to Jeremys Run. 18 miles, 4000' elevation.

Leader: Barry Winkelman (cfarerinc@gmail.com) 301-367-7547

Tuesday, November 19, 2013 - Sleepy Creek WMA. Starting at WV-9 we'll hike south on the Tuscarora Trail to the Devil's Nose. We'll explore the scenic area around the Devil's Nose, then hike and bushwhack along Sleepy Creek. We'll climb up the ridge on an old road to the old Tuscarora Trail and follow it north to the new Tuscarora Trail and the cars. About 15 miles and 3400 feet of ascent.

Leader: Duncan Thompson duncanjt@verizon.net, 703-527-234

Tuesday Nov 12, 2013 – Central SNP – Pocosin, Bald Face, Saddleback, and South River with Optional Overnight at John's Rest Cabin. (PATC Map 10) Starting at PATC's John's Rest Cabin, we will explore some of the trails and history in and around the Pocosin Mission, Bald Face Mountain, Saddleback Mountain, and South River Falls. 19 miles and 4200 feet of ascent. Let me know if you want to spend the night before the hike at John's Rest Cabin.

Leader – Dave Green dkgreenva@hotmail.com 703.536.5189

Tuesday, November 5, 2013 -- Browns Hollow/Massanutten Trail. (PATC Map H) -- Starting at the commuter lot at 211, hikers will go south on the Massanutten Trail to Browns Hollow and continue in a clockwise direction through Roaring Run and back to the Massanutten Trail. 15 miles with 3200' of elevation.

Leader: David Saah davidm.saah@gmail.com 703.596.2358

Tuesday, October 29, 2013 - Paw Paw Tunnel, Western Maryland. Starting on the C&O towpath we'll veer off and explore the area south of the tunnel, visiting an abandoned tunnel and bridge of the Western Maryland RR and views of the operating CSX system on old roads and bushwhacking through an open forest. Afterwards we continue east on the towpath and other trails as time permits before turning back and going through the 3700 foot Paw Paw Tunnel. 15+ miles and 2000 feet of ascent.

Leader: Duncan Thompson duncanjt@verizon.net

Tuesday, October 22, 2013 - Wolf Trap to Meadowlark Gardens, and CCT, Northern Virginia. We will start at Wolf Trap Park for Performing Arts and hike the new trail around the park. Then we follow Wolf Trap Run through the woods to Cinnamon Creek and over to Meadowlark Botanical Gardens. Follow Meadowlark Perimeter Trail and over to the WO&D. Return on the CCT Trail and back over to Wolf Trap Park. Approximately 15 miles.

Leader: Mike Moran mjm.9406@cox.net

Tuesday, October 15, 2013 - Sugarloaf Mt. Triple-Loop Tour, Maryland. Closer in and a little shorter than usual, because we'll skip Monocacy River NRMA this year. Instead we'll complete 6 of 7 colored trails along with part of the 7th, the Yellow Trail, to total 14+ miles and 3000 feet of ascent.

Leader: Bob Livezey bobbilbo@msn.com

Tuesday October 8, 2013 - White Oak Canyon/AT/ Skyland Big Meadows Horse Trail/Cedar Run Trail loop, Central District SNP. (PATC Map 10). Meet at the White Oak Canyon parking area at the entrance to Berry Hollow (SR 600-Weakley Hollow Rd.). Ascend White Oak Canyon Trail to left on Limberlost Trail which becomes Crescent Rocks Trail. Cross Skyline Drive to left on AT all the way to Fisher's Gap. Cross Skyline Drive to left on Skyland Big Meadows Horse Trail to right on Cedar Run Trail back to parking lot. 17 miles and 4400 feet of ascent.

Leader: Mina Goodrich, LarryMina@peoplepc.com

Tuesday, October 1, 2013 - Sams Ridge/Hannah Run, Central District SNP. (PATC Map 10) Starting and finishing at Sams Ridge trailhead, hikers will do a clockwise loop of Hazel Mt., Hot-Short, Nicholson Hollow, and Hannah Run trails, Skyline Drive, and again the Hazel Mt. trail. 18 miles and 4400 feet of ascent.

Leader: David Saah davidm.saah@gmail.com, 703-596-2358

Tuesday, September 24, 2013 – The AT, Rt 522 North to Rt 50, Northern Virginia. (PATC Map 8) We'll do an end-to-end hike on the Virginia AT from where it crosses Rt 522 just outside Front Royal north to the parking lot just beyond Rt 50 at Ashby Gap (PATC map 8). We'll have cars pre-positioned at trail send to bring us back to the starting point. The distance will be 20.5 miles with about 3500 feet of ascent.

Leader: Tom Kloster twk07@comcast.net

Tuesday, September 17, 2013 - Sulphur Springs Gap, White Rock Cliff & Little Schloss Circuit, GWNF. (PATC Map F) Beginning near Van Buren Furnace we will climb through Sulphur Springs Gap to enjoy the view from White Rock Cliff. For lunch, we will scramble up Little Schloss for an impressive 360 degree view. We'll then return to the trailhead via Cedar Creek; about 18 miles and 3000 feet of ascent

with short cut options.

Leader: Dave Green 703-536-5189, dkgreenva@hotmail.com

Tuesday, September 10 - Cancelled

Tuesday, September 3, 2013 - Camp Roosevelt to Kennedy Peak, Massanutten North GWNF. (PATC Map G) Starting at Camp Roosevelt we will proceed via the Massanutten Trail over Kennedy Peak to a point 3.5 miles North of Kennedy Peak. We will then reverse course and return to the trailhead by the Massanutten and Stephens Trails. Approximately 15 miles with 2500 feet of ascent.

Leader: Steve Brown swbmit77@verizon.net

Tuesday August 27, 2013 City of Frederick Watershed. (PATC Map 5&6) We'll do 16-17 miles in the area between Gambrill and Cunningham Falls State Parks in Maryland using the Catoctin Trail, mountain bike trails, old roads and a few scrambles to the top of rocks.

Leader: Duncan Thompson (duncanjt@verizon.net) (703)527-2349.

Tuesday, August 20, 2013 - Big Meadows Luncheon with Rose River Splash Down, Central District SNP. (PATC Map 10) From the Rose River trailhead, we will visit President Hoover's Rapidan Camp before having lunch in the Spottswood Dining Room of Big Meadows Lodge. After lunch we will descend to the trailhead for a splash down in the Rose River; about 18 miles with 3100 feet of ascent with shortcut options.

Leader: Dave Green dkgreenva@hotmail.com , 703-536-5189.

Tuesday, August 13, 2013 - Cacapon Resort State Park Hike and Optional Swim. Berkeley Springs, WV. We will meet at the swimming beach area and hike 15-16 miles up and down Cacapon Mountain using trails, fire roads, and park roads, with lunch at a beautiful overlook with views of four states. Afterwards, swimming will be available for cooling down.

Leader: Joan D'Alonzo joandalonzo@gmail.com , 302-530-4202

Tuesday, August 6, 2013 – Leading Ridge/Hannah Run/Nicholson Hollow/Crusher Ridge, Central District SNP. (PATC Map 10) Starting at the access road (669) to Leading Ridge hikers will complete a tough climb to the AT, follow along Skyline to Hannah Run and take it down to Nicholson Hollow. Hikers will then climb back up to the AT passing Corbin Cabin on the way. Hikers will then descend Crusher ridge down to 669, make a right and head for the parked cars near the Leading Ridge Trail. Approximately 16 miles and over 4300 feet of ascent. Options available to shorten the hike.

Leader: Bart Rhodes retiredrhaodes@verizon.net

Tuesday, July 30, 2013 - Austin Mountain, Doyles River, Furnace Mountain Loop, Southern District SNP. (PACT Map 11) From the parking area at the end of VA Rt 663, We'll ascend the at Madison Run Road and Austin Mountain Trail to the AT and hike north to turn on to the Doyles River Trail, then follow the Jones Run Trail back to the AT and back to the cars via the Blackrock and Furnace Mountain trails. 17.3 miles and about 4000 feet of ascent.

Leader: Tom Kloster twk07@comcast.net

Tuesday, July 23, 2013 - AT Out and Back, Thornton Gap to Stony Man, Central District SNP. (PATC Map 10) Non-stop great views on this two-way tour of several central district big peaks with 18.4 miles and about 19 miles and 5000 feet of ascent. We'll stay cool by staying high.

Leader: Bob Livezey bobbilbo@msn.com

Tuesday, July 16, 2013 -Great Falls, MD. Billy Goat trails A, B, and C plus several other trails. Wonderful opportunity for river views, wildlife, and photography from overlook. About 15 miles.

Leader: Mike Moran. mjm.9406@cox.net.

Tuesday, July 9, 2013 - Nethers, Passamaquoddy, Skyland and Around - Central District SNP. (PATC Map 10) From the Old Rag parking lot we will go up Nicholson Hollow Trail, the AT and the Passamaquoddy Trail to Skyland's back door for a cool relaxing lunch. We will return via the Horse Trail, Old Rag Fire Road, Corbin Mtn., and Nicholson Hollow Trails. Approximately 18 miles and 3300 feet ascent. Short cut alternatives are available.

Leader: Gene Whitaker GeneWhit@gmail.com 540-661-0150.

Tuesday, July 2, 2013 - Catoctin Mtn. and Cunningham Falls Parks. (PATC Map 5-6) This will be a clockwise circuit of both Cunningham Falls and Catoctin Mtn. Parks starting at Cunningham Falls Manor Area/Visitor Center. We will be on the Catoctin Trail most of the morning before descending to Cunningham Falls for a view and then take off for Catoctin Mtn. Park circuit including views of Thurmont. Total elevation gain will be close to 3500' covering about 17+ miles of trails.

David Saah davidm.saah@gmail.com 703.596.2358

Tuesday June 25, 2013 - Little Devils Stairs, Northern District SNP. (PATC Map 9) Parking at the base of Little Devils Stairs Trail (near the end of SR614), we'll climb Little Devils Stairs Trail to the AT via the Pole Bridge and Sugarloaf Trails. We'll then head south on the AT to the Neighbor Mountain trail and back to the start via Byrds Nest 4, the Hull School trail and the Keyser Run Fire Rd – a total of about 18 miles, with 4200 ft. of ascent.

Leader: Tom Kloster twk07@comcast.net

Tuesday, June 18, 2013 - Big Meadows Luncheon with Rose River Splash Down. (PATC Map 10) From the Rose River trailhead, we will visit President Hoover's Rapidan Camp before having lunch in the Spottswood Dining Room of Big Meadows Lodge. After lunch we will descend to the trailhead for a splash down in the Rose River; about 18 miles with 3100' of ascent with shortcut options.

Leader: Dave Green, dkgreenva@hotmail.com , 703-536-5189.

Tuesday, June 11, 2013 - Ashby Gap to Dicks Dome, with a side of Sky Meadows (PATC Map 8). From the AT parking just north of Rte. 50, we will head south on the AT to Sky Meadows State Park, where we will explore the trails and enjoy the views. We will then return to the AT and go south to Dicks Dome for lunch, then head back via both the AT and Old AT. About 16 miles.

Leader: Joan D'Alonzo- joandalonzo@gmail.com (302-530-4202)

Tuesday, June 4 2013 - Conway River Over and Back, Central District SNP. (PATC Map 10) We will park in a small area on the left side of 667 about ¼ mile past the bridge across from the trailhead of Pocosin Hollow Trail. We will go on up Rt. 667 to the Conway River Trail and up to Skyline Drive. We will go up the drive a ways and down the Powell Mtn Trail to Rt. 759. Then up Rt. 759 that morphs into the Meadows School Trail, across Skyline Drive and down the Slaughter Trail to the Conway River Trail and back to parking area. 19 Miles and a total of about 4200 feet of ascent.

Leader: Gene Whitaker (genewhit@gmail.com)

Tuesday May 28, 2013 - Potomac Heritage Trail. 16 miles and approx 2000 ft elevation from Turkey Run Park to Teddy Roosevelt Island and return. Can extend up to 20 miles and also shorter options available. Will meet at 8 am at the trailhead.

Leader: Lou Hurwitz 703-623-9619 lou.nutshell@hotmail.com

Tuesday, May 21, 2013 – Massanutten Hike and Shenandoah Paddle (PATC Map G) Beginning at the Downriver Canoe Company at Bentonville Landing on the South Fork of the Shenandoah River, we will climb the Tuscarora Trail and follow the Massanutten Trail south. We will descend the Indian Grave Ridge Trail to Seak Ford Landing where we will eat lunch and pick up the delivered kayaks or canoes to paddle down the Shenandoah back to Bentonville Landing; about 12 miles of hiking with 1500 ft. of ascent and 12 miles of paddling. Check the Downriver Canoe Company website at <http://www.downriver.com> for directions, rental fees, release forms, and water levels. Canoe/kayak reservations will be made by the Leader one week in advance. A non-paddling option will be available.

Leader: Barry Winkelman (cifarering@gmail.com) 301-367-7547

Tuesday May 14, 2013 – Southern SNP Twofer. From Twomile Run Overlook near mp 76 we will do the 10 mile Rocky Mount loop north of the overlook. Then we will go south of the overlook and do a 6 mile out and back on the seldom visited Onemile Run Trail. Great views and pretty streams. 16 miles and 4000 feet of ascent.

Leader: Duncan Thompson duncanjt@verizon.net, 703- 527-2349

Tuesday, May 7, 2013 – Flooded out!

Tuesday, April 30, 2013 – Staunton River Trail Loop – Central District SNP (PATC Map 10) Parking at the end of VA 662 out of Wolftown, we'll climb the Staunton River Trail. Turning left onto the Jones Mountain Trail, we'll ascend to the Cat Knob Trail and follow it to a left on to the Laurel Prong Trail and up to the AT. We'll head north on the AT to the Mill Prong Trail at Milam Gap. Following the Mill Prong Trail down through Rapidan Camp, we'll return to the cars via the Laurel Prong, Fork Mountain and Staunton River Trails. This circuit is about 20 miles with about 4600 ft of climb. A shorter circuit of 15 miles with approximately 2900 ft of climb is available by turning right on the Laurel Prong Trail from the Cat Knob Trail and over to the Fork Mountain Trail for the descent of the Staunton River Trail.

Leader: Tom Kloster twk07@comcast.net, 304-535-2577

Tuesday, April 23, 2013 Annual Trillium Hike VA AT – (PATC Map 8) A fast paced hike on the AT from Linden to Signal Knob and back to Linden with an optional loop to the Thompson Wildlife Management Area. Distance will be 16 miles with about 3000 feet of elevation gain.

Leader: Mina Goodrich LarryMina@peoplepc.com.

Tuesday, April 16, 2013 New Market Gap North – We'll take the Massanutten Connector Trail to the Massanutten Trail over Kerns Mountain and then proceed North to Jawbone Gap. Return via the Gap Creek Trail through Scothorn Gap. Time permitting, there will be an optional out-and-back to ascend Duncan Knob at the Northern end of the hike. Without the option, approximately 15 miles with 3,700 feet of climb.

Leader: Steve Brown swbmit77@verizon.net

Tuesday, April 9, 2013 – Annual Redbud Hike, Massanutten Mountain -- North Half, GWNF - (PATC Map G) Beautiful double figure-eight route flanking Elizabeth Furnace spanning 30.7 miles and about 7500 feet of ascent. Three shorter options available. Convenient refresh/resupply point at 18 miles. Great training for other Spring long events. Additional later start for shortest 18 mile option!

Leader: Bob Livezey bobbilbo@msn.com, 301-320-4679

Tuesday, April 2, 2013 - AT Roller Coaster PATC Map 8: Starting at Rte. 7 parking lot off of rte. 601, we will take the blue-blazed AT access trail and head south on the AT to Fishers Hill Loop and back. This will cover 7 major and minor hills two times for a total accumulation of 6600' and nearly 20 miles. Being an

out and back, hikers can choose to limit their distance and elevation levels.

Leader: David Saah davidm.saah@gmail.com

Tuesday Mar. 26, 2013 - AT – Patapsco State Park -- We'll do about 15 miles depending on conditions.

Leader: Duncan Thompson duncanjt@verizon.net, 703- 527-2349

Tuesday, March 19 – Central District, Shenandoah National Park (PATC Map 10), Pocosin Hollow Trail, Pocosin Trail, South River Road, South River Falls Trail, AT, Slaughter Trail. We will park on the right side of 667 after the bridge across from the trailhead of Pocosin Hollow Trail. We will hike up Pocosin Hollow Trail (becomes Pocosin Trail after crossing Pocosin Fire Road); bear right on South River Road; turn left on South River Falls Trail (loop to AT and South River picnic area); north on AT; right on Slaughter Trail; cross Conway River to Middle River Road to cars. 18.5 mi., 4000'.

Leader: Barry Winkelman (cfererinc@gamil.com) [301-367-7547](tel:301-367-7547)

Tuesday, March 12, 2013 – Frazier Hollow Exploration - Northern District SNP. (PATC Map 9) Beginning at the Piney Branch Lower Trail trailhead, we will do a loop that includes a bushwhack through an old farm complex in Frazier Hollow and some fast-paced trail hiking as time permits; about 15 miles and 3000 feet of ascent with shortcut and non-bushwhack options.

Leader: Dave Green dkgreenva@hotmail.com, 703-536-5189

Tuesday, March 5, 2013 - Around Pinnacles Ridge, Central District SNP. (PATC Map 10) From the Old Rag parking lot we will hike up Nicholson Hollow Trail and the Hannah Run Trail to Skyline Drive. We will then go down the Drive and the AT to the Corbin Cabin Cutoff. We will return down the Corbin Cabin Cutoff, up Indian Run and down the Corbin Mtn. and Nicholson Hollow trails to the parking lot. Approximately 18.1 miles and 4000 feet of ascent. There are shortcut options.

Leader: Gene Whitaker GeneWhit@gmail.com

Tuesday February 26, 2013 - Great Views of Massanutten North, GWNF. (PATC Map G) We'll visit Buzzard Rocks, Signal Knob, and Fort Valley and Buzzard Rocks Overlooks in that order via the Buzzard Rocks, Tuscarora and Massanutten Trails. A short easy shuttle will be used. About 17 miles and 3500 feet of ascent. Meneka Peak shortcut shaves 2 miles.

Leader: Bob Livezey bobbilbo@msn.com, 301-320-4679

Tuesday February 19, 2013 – Alternate, Jordan River, Mt. Marshall, Appalachian, and Bluff Trails Circuit, Northern District, SNP. (PATC Map 9) . 18.5 miles and 3300 feet of ascent.

Leader: Bob Livezey bobbilbo@msn.com, 301-320-4679

Tuesday February 19, 2013 – Smith Mountain Exploration with Optional Overnight at Cliff's House, Central District, SNP. (PATC Map 10) We will meet at PATC's Cliff's House cabin for a day of bushwhacking and abandoned trail exploration in this rarely visited peninsula of the park. Highlights may include Devils Tanyard, Dovel Mountain, Falls Run, and Stony Run. Approx. 10 miles and 3000 feet of ascent. Depending on interest, there will also be a non-bushwhacking option. Let me know if you want to spend the night before the hike at Cliff's House.

Leader : Dave Green dkgreenva@hotmail.com, 703-536-5189

Tuesday February 12, 2013 - Great North Mountain, GWNF. (PATC Map F). Starting at Bucktail Parking, we will climb Bucktail Cutoff Trail to Halfmoon Trail over to Halfmoon Lookout with views of Mill Mountain and Long Mountain. We then continue down German- Wilson, Bucktail and Capon trail to Waites Run Dr returning up Tuscarora Pond Run trail to Half Moon and then down Bucktail Cutoff Trail.

Over 18 miles and 3200 feet of ascent.

Leader: Mike Moran mjm.9406@cox.net

Tuesday February 5, 2013 -- Bull Run Occoquan Trail. Out and back starting at trailhead in Bull Run Park and heading south 10.5 miles to playing fields. About 21 miles and 1000 feet of ascent.

Leader: Steve Brown swbmit77@verizon.net, 703-585-3669

Tuesday January 29, 2013 -- Doubletop - Camp Hoover - Big Meadows, Central District, SNP. (PATC Map 10) Parking at the end of Rt. 645 we will take the Doubletop Mtn. trail over Doubletop and down the 4WD Trail to the Rapidan Fire Road. Going through Camp Hoover we will go up the Mill Prong Trail to the AT and Tanners Ridge horse trail to the Skyline Drive. We will return to the cars using Dark Hollow Falls Trail, Rose River Fire Rd., Stony Mtn. Trail, Rapidan Fire Road, and Upper Dark Hollow Trail. 17.5 miles and 4200 feet of ascent.

Leader: Gene Whitaker GeneWhit@gmail.com

Tuesday Jan. 22, 2013 - AT - Dry Run and South River Falls, Central District, SNP. (PATC Map 10) From Swift Run Gap in Shenandoah National Park we'll go north on the AT to Dry Run Fire Road. From the road we'll do short bushwhacks to 2 waterfalls on Dry Run and a great view from Lost Cliffs. Afterwards we'll hike to a view of South River Falls. Returning south to Swift Run Gap by the AT and Saddleback Mountain T Trails. About 15 miles and 3500 feet of ascent.

Leader: Duncan Thompson duncanjt@verizon.net, 703- 527-2349

Tuesday, January 15, 2013 --Prince William Forest. ([NPS map from web](#)) Starting near the Pine Grove Picnic Area, we will do a counter-clockwise circuit of the Prince William Forest starting on the east side of the park and covering several trails. The two main trails we will do include North Valley and South Valley Trails. The estimated mileage is 18 miles with about 1500 feet of ascent.

Leader: David Saah davidm.saah@gmail.com, 703.596.2358

Tuesday, January 8, 2013 – Jeremys Run/Knob Mtn/AT/Neighbor Mtn loop, Northern District, SNP. (PATC Map 9).Starting at Jeremys Run parking: Jeremys Run to Knob Mountain Trail to Knob Mountain Cutoff Trail, lunch at Elkwallow picnic area, then south on AT to Neighbor Mountain Trail to Jeremys Run. 18 miles, 4000 feet of ascent.

Leader: Barry Winkelman cfererinc@gmail.com, 301-367-7547

Tuesday January 1, 2013 – Hemlock to Fountainhead. In Fairfax County we will start at Hemlock Park in Clifton, VA, following the blue blazes through Bull Run Marina to Fountainhead Park. Out and Back approximately 21.3 miles and 2100 feet of ascent.

Leader: Mandy Shaver thimshel8007@yahoo.com, 703-565-3665