

## **Vigorous Tuesday Hikers 2008 and 2009 Completed Hikes.**

**Tuesday, Dec 29, 2009 - The Arlington Triangle:** Beginning at Bluemont Park on Wilson Blvd., we'll do a circuit hike of 20 mi. on the W&OD, Four Mile Run, Mt Vernon, and Custis Bike trails, with a loop around Teddy Roosevelt Island.

**Leader:** Tom Kloster, 304/535-2576 (before 9 pm) or [twk07@comcast.net](mailto:twk07@comcast.net).

**Tuesday, Dec. 22, 2009 - Great North Mountain-** PATC map F. Beginning at the parking lot for Little Stony Creek Trail,( Three miles East of Wolf Gap recreation area) climb about 1500 ft up to Sugar Knob Cabin. SE on Tuscarora Trail to Racer Camp Hollow Trail, then Old Mail Path trail. Left on Wilson Cove trail, and where it makes a sharp turn to the right do a short 300 ft bush whack to Pond Run Section of Tuscarora, SW to Mill Mountain Trail. About 3 miles to Big Schloss Cutoff Trail then a short walk back on FR 92 to parking. About 18 miles and 3800ft climb.

**INFO:** Ken Newberry [kennewberry06@yahoo.com](mailto:kennewberry06@yahoo.com) phone 540 984 9536

**Tuesday, Dec. 15, 2009 Vigorous Hiker North District, Shenandoah National Park VA, Little Devil Stairs:** Begin with the ascent of stairs, then connecting to the Sugarloaf Trail, then around Elkwallow and AT North, descending the Piney Branch Trail to Hull School Trail and then Keyser Run Fire Rd. Approximately 15 miles and 3500 feet climb. **INFO:** Mike Moran ([mjm.9406@cox.net](mailto:mjm.9406@cox.net) <<mailto:mjm.9406@cox.net>> ) 703/281-4630.

**Tuesday, Dec. 8, 2009 Central SNP Sam's Ridge and Hannah Run:** Tuesday's hike (Dec. 8) will be in the central section of Shenandoah National Park (PATC Map10). From the trailhead, we'll climb Sam's Ridge Trail for 2.2 miles to its intersection with the Hazel Mountain Trail. We'll then travel 3.1 miles on the Hazel Mountain and the Hot Short Mountain trails to the Nicholson Hollow Trail. From there we'll ascend 4 miles via the Hannah Run Trail to the Skyline Drive. We'll then walk 1.1 miles south on the Drive to the Leading Ridge Trail which will quickly take us to the AT. Turning north, we'll hike 2.4 miles on the AT to the Meadow Spring Trail. Turning east on the Meadow Spring Trail, we'll begin our 6 mile descent back to our starting point via the Hazel Mountain and Sams Ridge trails. This circuit is a little over 18 miles in length with approximately 4000 ft of climb.

**INFO:** David Saah, [davidm.saah@gmail.com](mailto:davidm.saah@gmail.com) 703.352.4685

**Tuesday, Dec. 1, 2009 - Central SNP – Bushwhack Up the South Ridge of Old Rag:** Beginning at White Oak Canyon parking area, we will do a short shuttle to begin the 3-mile bushwhack up the south ridge of Old Rag to the abandon Ragged Run trail. From there we will do more bushwhacking to try to locate VA's largest Mountain Laurel ending up at Byrds Nest 1 shelter. Depending on the time remaining, we will return to the White Oak Canyon parking area via Saddle, Weakly Hollow, Robertson Mountain, Old Rag, Meadows, and Whiteoak Canyon Trails; 13 miles with 5000 ft. of ascent including 4 miles of tough bushwhacking. A non-bushwhacking alternate hike will probably be available.

**INFO:** Dave Green, ([dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com)) 703/536-5189.

**Tuesday Nov. 24, 2009 – Rock Creek Park and D.C. – An H-hike in the Nation's Capital:** This will be an eye-opener for most of you. We will travel around 20 miles and ascend almost 3000', 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 around half of the trip near and along Rock Creek. Other parks that will be involved include Melvin Hazen, Glover Archbold, Wesley Heights, Battery Kemble, C & O, Whitehaven, and Dumbarton Oaks. Convenient shortcuts planned. Refer to PATC Map N.

**INFO:** Bob Livezey ([bobbilbo@msn.com](mailto:bobbilbo@msn.com)) 301/320-4679 (before 9 PM).

**Tuesday Nov. 17, N Northern SNP :** From 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, Thorton River and Appalachian Trails. This circuit is about 15 miles in length with approximately 3000 ft of climb. For more details, visit the Tuesday Vigorous Hikers web site at <http://groups.google.com/group/Vigorous-Hikers>  
**INFO:** Duncan Thompson ([duncanjt@verizon.net](mailto:duncanjt@verizon.net)) (703) 527-2349

**Tuesday, Nov. 10, 2009 - Central SNP – Around Pinnacles:** (Vigorous, Fast, H rated hike) From the bottom of Nicholson Hollow Trail we hike to Skyline Drive via Hannah Run Trail. OR bushwhack up Pinnacle Ridge. We will then go down the drive and water line right-of-way to the Pinnacles Picnic area. Down the AT we will return the start via Corbin Cabin Cutoff, Indian Run, and Corbin Mtn trails. Approximately 15 miles and 4000 feet elevation.

**INFO:** Gene Whitaker at [GeneWhit@gmail.com](mailto:GeneWhit@gmail.com) (540-661-0150).

**Tuesday Nov. 3, 2009 - Vigorous Hike:** A circuit hike in the Massanutten Mountains (PATC Map G) starting at Camp Roosevelt on the Stephens, Massanutten Loop and Gap Creek Trails. About 18 miles with 3000 ft. of elevation gain. Info: Mina Goodrich ([LarryMina@peoplepc.com](mailto:LarryMina@peoplepc.com)) 304 876-2159

**Tuesday, Oct 27, 2009 - Hike the AT in PA.** Starting at the MD-PA line, we'll hike north on the AT in an end-to-end to Caledonia State Park - 18.5 miles with about 2500 feet of ascent at a very fast pace.

**INFO:** Tom Kloster ([twk07@comcast.net](mailto:twk07@comcast.net))

**Tuesday, Oct. 20, 2009 - Central SNP-Old Rag Mountain and Corbin Mountain Trail:** From Old Rag Ridge Trailhead we'll climb to the summit and down the Saddle Trail to Old Rag Fire Road. We then climb to Corbin Mountain Trail and descend to Nicholson Hollow and back to the cars. About 15 miles and 3500 feet ascent. **INFO:** Mike Moran ([mjm.9406@cox.net](mailto:mjm.9406@cox.net)) 703-281-4630.

**Tuesday, Oct 13, 2009 - PATC Map 9 (Vigorous , fast H rated hike) North District, Shenandoah National Park, VA-Dickey Ridge AT loop.** Climb Dickey Ridge Trail to AT, then down past Possum's Rest to VA 522. Total of approximately 15 miles with about 3000 feet of ascent.

**INFO:** Mina Goodrich ([larrymina@peoplepc.com](mailto:larrymina@peoplepc.com)) 304 876-2159

**Tuesday, Oct. 6, 2009 - Great North Mountain - Little Schloss – Big Schloss Loop:** Beginning at the Little Sluice Mountain Trail parking area on FS 92, we will climb Little Schloss and then continue northeast to the Tuscarora Trail and loop back on the Mill Mountain Trail to Big Schloss. We will use the Big Schloss Cutoff Trail and FS 92 to complete the loop; 16 miles with 3500 ft. of ascent.

**INFO:** Dave Green, ([dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com)) 703/536-5189.

**Tuesday, Sept. 29, 2009 - Powell Mtn Bearfence Laurel Prong Circuit:** Starting at Hazeltop Overlook hikers will descend Powell Mtn, come up rt. 759 and Meadows School. Crossing Skyline hikers will continue on AT north to Bearfence Trail and the scramble before continuing on the AT to Laurel and Mill Prongs. Hikers will return to Bootens Gap and Hazeltop via the AT south and Skyline Dr. Approx. 18 miles, 4200' of ascent.

**Leader:** David Saah, [davidm.saah@gmail.com](mailto:davidm.saah@gmail.com) ; 703.352.4685

**Tuesday, Sept 22 - Massanutten Hike and Shenandoah Paddle:** Beginning 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 ford the Shenandoah River to pick up kayaks or canoes to paddle back to Bentonville Landing; about 12 miles of hiking with 1500 ft. of ascent and 12 miles of paddling.

**INFO:** Dave Green ([dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com)) 703/536-5189.

**Tuesday, Sept. 15 - Conway River Over and Back:** From Rt. 615 we will take the Devils Ditch Hunter Access Trail to the Conway River Trail and up to Skyline Drive. We will go up the drive a ways and down 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. A short ways back up the Conway River Trail we will turn on the hunter access trail and back to the parking area. 18 Miles and a total of about 4200 elevation gain.  
**Leader:** Gene Whitaker, [GeneWhit@gmail.com](mailto:GeneWhit@gmail.com), 540-661-0150

**Tuesday Sept. 8 - North SNP - Thornton Gap and Hollow Highlights:** From the Pass Mt. Trail head we'll climb to the Butterwood Branch drainage and follow it (easy bushwhack) to Thornton Hollow (thigh-deep wade). We'll then ascend to the Blue Ridge and AT via Thornton River and Hull School Trails, visit Pass Mt. and Mary's Rock, and return via Meadow Spring and Buck Hollow Trails. Very short car shuttle. About 15 miles and 4000' of ascent.  
**INFO:** Bob Livezey ([bobbilbo@msn.com](mailto:bobbilbo@msn.com)) 301/320-4679 (before 9 PM).

**Tuesday Sept. 1 - Little Devils Stairs Circuit:** 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 Keyser Run Fire Road. We'll then head south on the AT to the Thornton River Trail and back to the start via the Hull School trail and the Keyser Run Fire Rd. Total of about 17 miles, with 4500 ft. of climb. **INFO:** Tom Kloster ([twk07@comcast.net](mailto:twk07@comcast.net))

**Tuesday Aug. 25 - Rated H. North GWNF Trout Pond Recreation Area (TPRA) and North Mountain (Vigorous, fast, hike).** – Starting at Fishermans Trail parking in TPRA hikers will work their way to the Trout Pond Trail to 59 turning left for half a mile to North Mtn Trail. Hikers will follow it to the Falls Ridge Trail, turning left on Laurel Run Spur to Stack Rock and North Mtn again. Hikers will take 691 to Long Mtn trail to circle around Rockclife Lake via Trout Pond, Chimney Rock and Rockclife Lake Trails. Swimming possible. Approx. 17 miles, 2800' elevation gain. PATC Map F  
**Leader:** David Saah [davidm.saah@gmail.com](mailto:davidm.saah@gmail.com) (703.352.4685)

**Tuesday, Aug. 18, Bucktail - in the George Washington National Forest, Great North Mountain (PATC Map F):** Starting at Bucktail Parking, we will climb Bucktail Cutoff Trail to Halfmoon Trail out to Halfmoon Lookout, down German Wilson Trail to Capon then swing around to Tuscarora Pond Run Trail and climb to Halfmoon and return back to the trail head via Bucktail Cutoff Trail. About 18 miles with 3000ft climb.  
**Contact:** Mina Goodrich, [larrymina@peoplepc.com](mailto:larrymina@peoplepc.com), (304/876-2159).

**Tuesday, Aug. 11, 2009, Rated H. North SNP - Thornton & Piney Rivers:** (Vigorous, fast, Hike). - 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 elevation. There are short-cut options and a 21 mile long-cut option to some nice view points. We will have to coordinate parking to use three small areas along Rt. 612.  
**Leader:** Gene Whitaker, [GeneWhit@gmail.com](mailto:GeneWhit@gmail.com), (1-540-661-0150).

**Tuesday, Aug. 4, 2009, North SNP - Mt. Marshall Loop.** We'll traverse both the ridge and flanks of Mt. Marshall, accessing the loop via the Jordan River Trail. The Mt. Marshall, Appalachian and Bluff Trails will form the loop, with optional side trips to the Big Devils Stairs viewpoint and Jordan River Falls. 16.5 mi. with 3300 ft. elev. gain without the side trips. Ref. PATC Map 9.  
**Leader:** Bob Livezey, [bobbilbo@msn.com](mailto:bobbilbo@msn.com) or 301/320-4679 (before 9 PM).

**Tuesday, July 28, 2009, Big Meadows Luncheon with Rose River Splash Down:** Beginning at the Rose River trailhead, we will climb the Fire Road and Upper Dark Hollow Trail to President Hoover's Rapidan Camp. Then we will climb Mill Prong Trail and the AT to Big Meadows Lodge for a leisurely luncheon in the

air conditioned comfort of the Spottswood Dining Room. After lunch we will descend via the AT, Rose River Loop Trail and Rose River Fire Road. At the trailhead, we will cool down in a swimming hole in the Rose River; about 17 miles with 3500 ft. of ascent. Very fast pace.

**Leader:** Dave Green, [dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com) or 703/536-5189.

**Tuesday, July 21, 2009,** Northern District-SNP - 17 mile circuit hike on Knob Mountain - Neighbor Mountain trails with approximately 3000 ft. elevation gain. Very fast pace.

**Contact:** Mina Goodrich ([LarryMina@peoplepc.com](mailto:LarryMina@peoplepc.com) ) 304.876.2159

**Tuesday, July 14, 2009,** 20 Mile AT Hike: Starting from where the AT crosses Rt 522 just outside of Front Royal, we'll hike north to Ashby Gap (where the AT crosses Rt 50). The distance is 20 miles with approximately 3400 feet of ascent. Several volunteers will preposition cars at Ashby Gap prior to the start of the hike.

**Contact:** Tom Kloster, [twk07@comcast.net](mailto:twk07@comcast.net)

**Tuesday, July 7, 2009, Caledonia State Park - Pa A.T.** Start hiking on the Ramble trail in Caledonia SP through rhododendrons, then north on the AT, returning on the Rocky Knob, Beaver, and Locust Gap Trails back to the AT and the parking area. About 17 miles with about 2500 feet of elevation gain.

**Contact** Duncan Thompson (703) 527-2349 [duncanjt@verizon.net](mailto:duncanjt@verizon.net)

**Tuesday June 30, 2009, Great North Mt/Wilson Cove, WV.** Starting and ending at Waites Run, circuit mostly follows Tuscarora Trail but also uses Vances Cove, Wilson Cove and Old Mail Path Trails. Highlight is side trip to White Rocks. About 18 miles and 4000' ascent. Ref. PATC Map F.

**Contact:** Bob Livezey, [bobbilbo@msn.com](mailto:bobbilbo@msn.com) or 301/320-4679 (before 9 pm).

**Tuesday, June 23, 2009 At 08:30 A.M. Slice of HAM Hike** – Do you regret missing the Hike Across Maryland (HAM) this year? Or did you partake and now want a second helping? This hike will carve out almost half of the HAM as we go from the I-70 AT parking lot south to the Weverton Rd parking lot, a distance of 19 miles at a very fast pace with about 2500 ft of climb. The hike will be preceded by a short positioning car shuttle to enable the end to end hike.

**Contact:** Tom Kloster, [twk07@comcast.net](mailto:twk07@comcast.net)

**Tuesday June 16, 2009. Triangle of Austin Mtn, AT, and Furnace Mtn Trails.** Starting at rt. 659 in southern SNP, we will climb into the SNP from the west and do a clockwise course over Austin, Big Run Loop Trail, the AT, Blackrock Spur, Trayfoot, Furnace, back to 659 and the start. Est. mileage: 19 miles with 3500 feet of elevation gain.

**Contact:** David Saah, 703.352.4685, [davidm.saah@gmail.com](mailto:davidm.saah@gmail.com)

**Tuesday, June 09, 2009. Three Peaks Hike** - We'll top three big peaks in the Central District, 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. 17 mi. with 5500 ft. elev. gain.

**Contact:** Bob Livezey, 301/320-4679, [bobbilbo@msn.com](mailto:bobbilbo@msn.com)

**Tuesday. June 2, 2009, Central SNP - Robertson Mt and backwards White Oak and Old Rag.** (Vigorous, fast, H rated Hike) From the upper Old Rag parking lot we take the early morning hike up Robertson Mt. and on up to the Skyland Horse Trail and back down White Oak Canyon, up the back side of Old Rag and back down to the parking lot (Several short-cut options available.). Approximately 16 miles and 3800 feet elevation change.

**Contact:** Gene Whitaker, [GeneWhit@gmail.com](mailto:GeneWhit@gmail.com), (1-540-661-0150).

**Tuesday, May 26, 2009 Billy Goat Hike** - At 08:00 A.M. We will hike Billy Goat Trails A,B, and C along the Potomac River with a stop at the Great Falls Overlook then continue along the River Trail. We will return along the Gold Mine Loop and Valley Trails. About 15 miles with 1.5 miles of scrambling over rocks and boulders on Section A. We will meet at the parking lot across from Anglers Inn on MacArthur Blvd.

**Contact:** Mike Moran 703-281-4630 [mjm.9406@cox.net](mailto:mjm.9406@cox.net)

**Tuesday May 19, 2009, Harpers Ferry Tri-state Ice Cream hike.** (Vigorous, fast, Hike). Starting at the AT parking lot on WV Rt 9, we'll hike to the Harpers Ferry area where we'll circumnavigate the town via Loudon Heights and Maryland heights with an ice cream buying opportunity in Harpers Ferry, then return to the parking area via the AT. 17 miles with about 3000 feet of climb.

**Contact:** Tom Kloster at [twk07@comcast.net](mailto:twk07@comcast.net)

**Tuesday, May 12, 2009, 'Vigorous Hikers, Robertson Mountain-Stonyman** -- Start in Weakley Hollow parking at the Nicholson Hollow Trailhead. Proceed up the Weakley Hollow Fire Road and over the Robertson Mountain Trail. Then take the Old Rag Fire Road and Horse Trail crossing Skyline Drive just North of Skyland. Take the Stony Mountain nature trail over Stonyman to the AT.

Return via the Nicholson Hollow Trail to the Indian Run Trail. Take Indian Run Trail South to the Corbin Mountain Trail and the Nicholson Hollow Trail back to parking. Estimated length is 16 miles with 5300' of total climb. Possibilities for shortening the hike include bypassing Robertson Mountain on the outbound leg and returning directly via the Nicholson Hollow Trail.

**Contact Info:** Steve Brown 703/585-3669 or **Email:** [swbmit77@verizon.net](mailto:swbmit77@verizon.net)

**Tuesday May 5, 2009, Thompson Wildlife Management Area VA** - (Vigorous Hikers, fast paced) PATC Map 8. From the parking lot of VA SR 688 we will ascend the Ted Lewis Trail and continue north on the Appalachian Trail on this out and back hike which will allow us to see trilliums, showy orchids and maybe lady's slippers. Approximately 15 miles at a very fast pace.

**Contact:** Mina Goodrich, 304/876-2159, Email: [LarryMina@peoplepc.com](mailto:LarryMina@peoplepc.com)

**Tue. April 28, 2009, Rated H. Central SNP - Broad Hollow-Short Mtn.** (Vigorous, fast, Hike). – Starting at parking area off Rt. 681 we will make a circuit on Broad Hollow, Hazel Mtn, Catlett Mtn., Hannah Run, Short Mtn., and Pine Hill Gap trails. Approximately 18 miles and 3800 feet elevation change.

Leader: Gene Whitaker, [GeneWhit@gmail.com](mailto:GeneWhit@gmail.com), (1-540-661-0150).

**Tuesday, April 21, 2009, Vigorous Hike: Massanutten Mountain -- North Half, George Washington Nat. Forest, VA:** A circuit hike in the Massanutten Mountains starting at Camp Roosevelt on the Stephens, Massanutten Loop and Gap Creek Trails. About 18 miles with 3000 feet elevation gain. A 15 mile option with a 3 mile car shuttle is possible. Ref: PATC Map G.

**Contact:** Mina Goodrich, 304/876-2159, Email: [LarryMina@peoplepc.com](mailto:LarryMina@peoplepc.com)

**Tuesday, April 14, 2009, Vigorous Hike:** Parking at the end of VA 662 out of Wofltown, 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 19 miles with about 3500 ft of climb.

**Contact:** Tom Kloster at [twk07@comcast.net](mailto:twk07@comcast.net)

**Tue. April 28, 2009, Rated H. Central SNP - Broad Hollow-Short Mtn.** (Vigorous, fast, Hike). – Starting at parking area off Rt. 681 we will make a circuit on Broad Hollow, Hazel Mtn, Catlett Mtn., Hannah Run, Short Mtn., and Pine Hill Gap trails. Approximately 18 miles and 3800 feet elevation change.

**Leader:** Gene Whitaker, [GeneWhit@gmail.com](mailto:GeneWhit@gmail.com), (1-540-661-0150).

**Tuesday, April 21, 2009, Vigorous Hike: Massanutten Mountain -- North Half, George Washington Nat. Forest, VA:** A circuit hike in the Massanutten Mountains starting at Camp Roosevelt on the Stephens, Massanutten Loop and Gap Creek Trails. About 18 miles with 3000 feet elevation gain. A 15 mile option with a 3 mile car shuttle is possible. Ref: PATC Map G.

**Contact:** Mina Goodrich, 304/876-2159, Email: [LarryMina@peoplepc.com](mailto:LarryMina@peoplepc.com)

**Tuesday, April 14, 2009, Vigorous Hike:** Parking at the end of VA 662 out of Wolfstown, 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 19 miles with about 3500 ft of climb.

**Contact:** Tom Kloster at [twk07@comcast.net](mailto:twk07@comcast.net)

**Tuesday, April 07, 2009, 'Vigorous Hikers, Massanutten Mountain -- North Half, George Washington Nat. Forest, VA' - Annual Redbud Hike.** Beautiful double figure-eight route flanking Elizabeth Furnace spanning 30.7 miles and about 7500' of ascent. Three shorter options available. Convenient refresh/resupply point at 18 miles. Great training for other Spring long events.

**Contact Info:** Livezey 301/320-4679 or **Email:** [bobbilbo@msn.com](mailto:bobbilbo@msn.com)

**Tue. March 31, 2009 - Rated H. Central SNP - Buck Hollow/Ridge.** (Vigorous, fast, Hike)-- Beginning at the Buck Hollow parking area off Rt. 211 we will climb Buck Hollow Trail to the Meadow Spring Trail and on to the AT, Hanna Run, Catlett Mtn, Hazel Mtn, and White Rocks trails and down the Buck Ridge trail. Approximately 17 miles and 3800 feet elevation change.

**Leader:** Gene Whitaker, [GeneWhit@gmail.com](mailto:GeneWhit@gmail.com), (1-540-661-0150).

**Tues. March 24, 2009 (Rated H) Hike the Roller Coaster:** Hikers will start and end at Snickers Gap, where the AT crosses route 7. Hikers will travel south on the AT for about 9 miles ending up at Fishers Hill loop before returning to Snickers Gap. As an out an back there will be several opportunities to shorten the hike. The total route is about 18 miles and 4600 feet of elevation.

**Contact:** David Saah at [davidm.saah@gmail.com](mailto:davidm.saah@gmail.com) (703-268-0318)

**Tue., March 17, 2009, Vigorous Hike:** From the Meadows Cabin parking area, we'll follow the Upper Dark Hollow trail to the Rose River Fire Rd. From the Rose River Fire Rd, we'll do a 2.2 mile bushwack up the Rose River, passing the Rose River Cascades, to the Rose River Loop trail which we'll follow via the Skyland – Big Meadows Horse trail to the AT at Fishers Gap. We'll then head south on the AT to the Mill Prong Trail and descend to Hoover Camp. From there, we'll follow the Rapidan Fire Rd to the Palatini Trail and back to the parking area via the Doubletop Mt Trail. This circuit is about 15.5 miles with 4000 ft of climb. Very fast pace. PATC Map 10

**Contact:** Tom Kloster at [twk07@comcast.net](mailto:twk07@comcast.net).

**Tuesday, March 10, 2009, Vigorous Hike: CCT VIII.** The eight Annual Cross County Trail Hike is a one-way 36-mile hike along the stream banks and through the woods of Fairfax County will start at "first light" to allow us to finish before sunset. Starting from Lorton it follows Pohick Creek, Accotink and Difficult Run ending at Great Falls Part/Difficult Run Parking Lot. Great training for the big hikes coming up - the Brandyhwine, the Hike Across Maryland, the Redbud, and the Sierra Club's 100K.

**Contact Info:** Mike Moran: 703/281-4630 or [mjm.9406@cox.net](mailto:mjm.9406@cox.net) .

**Tue. March 3, 2009 (Tuesday) - HIKE – Vigorous Hikers**

**Massanutten Mountain (North): Jawbone, Duncan, Strickler Loop** Beginning at Rt. 211 east of New Market Gap, we will climb 3 high points offering spectacular views of the Massanutten. First we will follow the Massanutten Trail to Jawbone Gap and climb to the view above the gap. Then we will follow the Jawbone Gap and Gap Creek Trails to Peach Orchard Gap where we will climb Duncan Knob. Then we will rejoin the Massanutten Trail and follow the new trail to the rock outcrops on Strickler Knob. We will complete the loop with a bushwhack off the west face of Strickler Knob; about 18 miles with 4000 ft. of ascent. Very fast pace.

For more details, visit the Tuesday Vigorous Hikers web site at

<http://groups.google.com/group/Vigorous-Hikers>.

**Leader:** Dave Green, [dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com) or 703/536-5189.

**Tue. Feb 24, 2009. Rated H. Corbin Mt. Trail, Thorofare Mt, and Hanna Run Trail.** (Vigorous Hike). Rated H. Central SNP, PATC Map 10: This circuit starts by ascending Nicholson Hollow Trail to the Corbin Mt. Trail. About 4.6 miles up the trail we will turn and bushwhack up a marked route over "Pinnacle Peak" on Thorofare Mt. and down to the Indian Run Trail. At Corbin Cabin we will turn up the Cutoff Trail and turn north on the AT returning via the Hannah Run and Nicholson Hollow Trails. About 17 miles with 3600 ft of ascent. Several shortcut options are available.

**Leader:** Gene Whitaker, [GeneWhit@gmail.com](mailto:GeneWhit@gmail.com) (Phone; 540-661-0150).

**Tue, Feb 17, 2009 (Tuesday) Rated H. Massanutten Mountain, VA.** (Vigorous Hike). A 15- mile circuit hike with about 3500 ft. of ascent on Massanutten Loop and Green Mountain Trails between Woodstock and Edinburg gaps. Ref: PATC Map G.

**Leader:** Jack Thorsen, [Thorsen4@Juno.com](mailto:Thorsen4@Juno.com) or 703/339-6716.

**Tues. Feb 10, 2009. Rated H. Central SNP and Rapidan WMA: Fork Mountain Circuit.** (Vigorous Hike). Starting at the intersection of Rapidan Fire Road and the Fork Mountain Road, we will circumnavigate Fork Mountain on a series of abandoned and maintained trails and fire roads. Points of interest include Bear Church Rock, Bluff Mountain, the "Stonehenge of the Shenandoahs," Bootens Gap, and Camp Hoover; about 15 miles with 4300 ft. climb.

**Leader:** Dave Green [dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com) or 703/536-5189.

**Tuesday Feb. 3 Rated H. Little Devils Stairs AT Circuit** (Vigorous Hike) PATC Map 9. Climb the Little Devils Stairs trail to the AT via the Pole Bridge and Sugarloaf trails. South on the AT to the Neighbor Mountain trail and back to the start via the Hull School trail and the Keyser Run Fire Rd. Total of 17.4 miles, with 3500 ft. climb.

**Leader:** Tom Kloster [twk07@comcast.net](mailto:twk07@comcast.net) or 304-535-2576 before 9pm

**Co-Leader:** Bob Livezey [bobbilbo@msn.com](mailto:bobbilbo@msn.com) or 301/320-4679.

**Tue. Jan 27, 2009. Rated H. Thornton Gap and Hollow Highlights.** (Vigorous Hike). We'll ascend the Blue Ridge via Meadow Spring and Buck Hollow, visit Mary's Rock and Pass Mt., and return via Thornton Hollow and Butterwood Branch (bushwhack). About 16 miles and 4000' of ascent.

**Leader:** Bob Livezey [bobbilbo@msn.com](mailto:bobbilbo@msn.com) or 301/320-4679.

**Tue. Jan. 20. Vigorous Hikers, Rated H. Northern SNP.** VA. Dickey Ridge. Climb Dickey Ridge Trail to AT, then down past Possum's Rest to VA. 522. Total of 14.6 miles, with 3000 ft. climb. There will be a short shuttle between SNP entrance and AT at Rt. 522. Map 9. To car pool, meet at 7 am at Stone Rd. Park and Ride off I-66 west, exit 52, Centerville.

**Leader** Mike Moran, 703/281-4630 or [mjm@9406@cox.net](mailto:mjm@9406@cox.net).

**Tue. Jan 13, 2009. Rated H. Massanutten Mountain (South) – New Market Gap and Catherine Furnace Loop.** (Vigorous Hike). From the visitor center at New Market Gap, we will follow a new trail along Browns

Run to Roaring Run. Then we will loop through Catherine Furnace and return via Roaring Run, Bird Knob, and Massanutten Mountain South; about 18 miles with 3700 ft. of ascent. For more details, visit the Vigorous Tuesday Hikers website at <http://groups.google.com/group/Vigorous-Hikers?hl=en>.

**Leader:** Dave Green [dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com) or 703/536-5189.

**Tue. Jan 6, 2009. Rated H. Neighbor and Knob Mountains.** (Vigorous Hike). We'll begin and end at Beahm's Gap, circling the Jeremy's Run drainage clockwise and finishing along the AT. Start the 2009 Vigorous Hike season with about 15.5 miles and 4000' of ascent. Bob Livezey [bobbilbo@msn.com](mailto:bobbilbo@msn.com) or 301/320-4679.

**Tue. Dec 30, 2008. Rated H. The Arlington Triangle** (Vigorous Hike). Beginning at Bluemont Park on Wilson Blvd., we'll do a circuit hike of 20 mi. on the W&OD, Four Mile Run, Mt Vernon, and Custis Bike trails, with a loop around Teddy Roosevelt Island.

**Leader:** Tom Kloster, 304/535-2576 (before 9 pm) or [twk07@comcast.net](mailto:twk07@comcast.net).

**Tue. Dec. 23, 2008. Rated H. Central SNP: AT Out and Back, Thornton Gap to Stony Man** (Vigorous Hike). Non-stop great winter views on this two-way tour of several central district big peaks. Earn your holiday dinner with 18 mi. and about 4500 ft. of ascent. Leader: Bob Livezey, [bobbilbo@msn.com](mailto:bobbilbo@msn.com) or 301/320-4679.

**Tue. Dec. 16, 2008. Rated H. Northern SNP: Little Devil's Stairs.** Begin with the scenic ascent of Little Devil's Stairs, then connect to the Sugarloaf Trail, loop around Elkwallow and the AT north, and descend the Piney Branch Trail; approximately 15 mi. with 3500 ft. elev. change. To carpool, meet at 7 am at Stone Rd. Park and Ride off I-66 west, exit 52, Centerville.

**Leader:** Mike Moran, 703/281-4630 or [mjm.9406@cox.net](mailto:mjm.9406@cox.net).

**Tues. Dec. 9, 2008. Rated H. Northern SNP: The Peak and Big Devils Stairs** (Vigorous Hike). Circuit begins at the Mt. Marshall trailhead and climbs to Thoroughfare Gap, where we'll climb and loop over The Peak via abandoned trails. We'll then visit Big Devils Stairs from the Bluff Trail before returning to the trailhead via Harris Hollow; about 15 mi. with 3500 ft. of ascent.

**Leader:** Dave Green, [dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com) or 703/536-5189.

**Tue. Dec. 2, 2008. Rated H. Northern SNP: Overall Run** (Vigorous Hike). Starting at the end of Rte. 630, we'll follow Thompson Hollow Trail to Tuscarora-Overall Run Trail east, viewing the falls en route, then south on the AT to Elkwallow and Heiskell Hollow trails, returning on Overall Run and Thompson Hollow trails; 17 mi. with 3500 ft. of ascent. Ref: PATC Map 9. To carpool, meet at 7 am at Stone Rd. Park and Ride off I-66 west, exit 52, Centerville, or at 8:30 at the trailhead. Leader: Carol Parker, 703/819-8332 (before 9 pm) or [c.christensen@comcast.net](mailto:c.christensen@comcast.net).

**Tue. Nov 25, 2008. Rated H. Central SNP** (Vigorous Hike). Circuit hike of 17 mi. with 3800 ft. of ascent starting at the Meadow Spring parking lot (on Skyline Drive between MPs 33 and 34). We'll hike up to the AT via the Meadow Spring Trail and head south on the AT to the Corbin Cabin Cutoff Trail. Going down the Corbin Cabin Cutoff Trail to the Nicholson Hollow Trail, we'll then hike up the Hannah Run Trail to the Catlett Spur Trail. From the Catlett Spur Trail, we'll head up the Hazel Mountain Trail and back to the parking lot via the Buck Ridge Trail.

**Leader:** Tom Kloster, 304/535-2576 (before 9 pm) or [twk07@comcast.net](mailto:twk07@comcast.net).

**Tues. Nov. 18, 2008. Not Rated. Hike & Bike: Massanutten Mountain and Along Shenandoah River.** We will hike about 8 mi. on the Massanutten ridge via Kennedy Peak, pick up our previously stashed bikes at Rt. 675 and coast 5 mi. down the ridge on the road, turn north and pedal 8 mi. back to our Fosters Landing trailhead.



**Leader:** Cliff Noyes, 540/373-8267 or [hclmnnoyes@yahoo.com](mailto:hclmnnoyes@yahoo.com).

**Tue. Nov. 11, 2008. Rated H. Central SNP: Rose River Bushwhack and Big Meadows Loop** (Vigorous Hike). Circuit begins at the Rose River trailhead. Instead of following the fire road, we will bushwhack along Rose River to see the falls, cascades, and pools on this route. We will then visit Big Meadows before descending to the trailhead via Rapidan Fire Road and Upper Dark Hollow Trail: about 15 mi. with 3500 ft. of ascent.

**Leader:** Dave Green, [dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com) or 703/536-5189.

**Tue. Nov 4, 2008. Rated H. Sugar Loaf Mountain – Double Loop Tour.** (Vigorous Hike). Closer in and shorter for election day, but don't be fooled. We'll utilize most of the Blue and White trails and a piece of the yellow to earn our H, up to 12 miles and at least 3000 ft of ascent. Lots of options.

**Leader:** Bob Livezey [bobbilbo@msn.com](mailto:bobbilbo@msn.com) or 301/320-4679.

**Tue. Oct 28, 2008. Rated H. Hike in SNP.** (Vigorous Hike) Climb Buck Howell and Meadow Spring Trails to AT then South to Corbin Cabin Cutoff, Nicholson Hollow, Hannah Run, Catlet Spur Trails, up Hazel Mountain Trail and down Buck Ridge. 18 miles and about 4000 ft. climb.

**Leader:** Mike Moran, 703/281-4630 or [mjm.9406@cox.net](mailto:mjm.9406@cox.net).

**Tue. Oct. 21, 2008. Rated H. Central SNP: Whiteoak Canyon- Hawksbill - Cedar Run Loop.** (Vigorous Hike) 15 miles, 3800 ft of ascent. Ascend 2400 ft. on the Whiteoak Canyon Trail to its junction with the Limberlost Trail, then south on the Crescent Rock Trail. Crossing Skyline Drive, continue south on the AT toward Hawksbill Gap. Ascend Hawksbill, then descend via the Cedar Run Trail. Meet at Stone Rd Park and Ride Lot (Exit 52 off I-66) at 7 am.

**Leader:** Carol Parker. 703/819-8332 before 9 pm or email [c.christensen@comcast.net](mailto:c.christensen@comcast.net).

**Tues. Oct. 14, 2008. Rated H. Shenandoah National Park** (Vigorous Hike). A 16-mile circuit hike with 3800 ft. of elevation gain on Powell, Meadows School, Appalachian, Laurel Prong and Mill Prong and Neighbor Mountain Trails. Optional climb up Bear Fence Mountain. To car pool meet at Stone Road Metro parking at 7 am. Ref: PATC Map 10.

**Leader:** Jack Thorsen, [Thorsen4@Juno.com](mailto:Thorsen4@Juno.com) or 703/339-6716.

**Tue. Oct 7, 2008. Rated H.** Join me on Tuesday to visit almost all of the great views on the north end of Massanutten Mt. on either side of the Passage Creek gorge as it finds its way out of Fort Valley. The way is easy to describe: We start at the Buzzard Rock trailhead on SR619 and ascend up to and beyond the impressive Buzzard Rock cliffs over the mountain to Shawl Gap. At the Gap we pick up the blue-blazed Tuscarora Trail and stay on it as it first descends to Elizabeth Furnace, then ascends the other side of the valley to eventually descend and rejoin the Massanutten Mountain Trail a couple of miles below Signal Knob. We turn right uphill onto the Massanutten Mountain Trail to visit, in order, Signal Knob, Fort Valley Overlook, and Buzzard Rock Overlook before the descent to the finish at Signal Knob Parking on SR678. If you are at the front of the pack and want a little extra you can add about 2/3rd of a mile out and back to the summit of Meneka Peak as well. All of this is laid out on PATC Map G or the map attached to [email message](#). The distance is close to 16 miles with an estimated 3500' of ascent.

**Leader:** Bob Livezey [bobbilbo@msn.com](mailto:bobbilbo@msn.com) or 301/320-4679 (before 9 pm).

**Tue. Sep. 30, 2008. Rated H. Jones Mountain, Staunton River and AT Circuit** (Vigorous Hike). Circuit begins at the Staunton River Trail trailhead, climbs to Jones Mountain Trail and up to the AT via the Laurel Prong Trail. The circuit then returns to the trailhead via the Mill Prong, Fork Mountain and Staunton River trails; about 19 miles with 3500 ft. of ascent. **Leader:** Tom Kloster [twk07@comcast.net](mailto:twk07@comcast.net) or 304/535-2576 before 9 pm.

**Tue. Sep. 23, 2008. Rated H. Great North Mtn/White Rock Cliff & Little Schloss** (Vigorous Hike). Circuit beginning near Van Buren Furnace climbs the Tuscarora Trail for a view from White Rock Cliff, then descends Little Stony Creek Trail and FR 92 before another climb and view from Little Schloss. The circuit concludes by descending the Bread Road and Cedar Creek Trails; about 18 miles with 3500 ft. of ascent. Leader: Dave Green [dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com) or 703/536-5189.

**Tue. Sep.16, 2008. Rated H. Sleepy Creek Wildlife Management Area, WV** (Vigorous Hike). A 20-mile circuit hike with 1800 ft. of ascent. There is a 15-mile option. Ref: PATC Map L. To car pool meet at Stone Road Metro parking at 7:00 am. Leader: Jack Thorsen, [Thorsen4@Juno.com](mailto:Thorsen4@Juno.com) or 703/339-6716.

**Tue. Sep. 9, 2008. Rated H. Hike Great North Mtn.** (Vigorous Hike) Bucktail Cutoff T. to Pond Run to Waites Run Rd returning on German Wilson T. with view from Half Moon Lookout. 14 miles and 2500ft climb. Leader: Mike Moran, 703/281-4630 or [mjm.9406@cox.net](mailto:mjm.9406@cox.net) .

**Monday Sep 1, 2008. Rated H Hike Massanutten + Canoe Shenandoah (A Labor Day "Tuesday" Vigorous Hiker Event)** - A 12 mile mountain hike plus a 12 mile downriver paddle with some novice-level rapids to enjoy. Choice of 2 person canoes @ about \$60 per canoe or 1 person Kayak @ about \$40. Trailhead is Downriver Canoe Co. at Bentonville Landing just west of Bentonville off Rt 340. Get boats, paddles, PFD's by 8 AM, which will be shuttled upstream for us. Can probably shuttle personal boats at some price reduction off the \$60 or \$40. Hike south via Tuscorora, Massanutten & Indian Graves trails. Ford the thigh-high Shenandoah and paddle back to cars. Leader: Cliff Noyes [hclmnoyes@yahoo.com](mailto:hclmnoyes@yahoo.com) after Aug 17.

**Tue. Aug 26, 2008. Rated H. Great North Mt/Wilson Cove WV.** Starting and ending at Waites Run, circuit mostly follows Tuscarora Trail but also uses Vances Cove, Wilson Cove and Old Mail Path Trails. Highlight is side trip to White Rocks. About 18 miles and 4000' ascent. Ref. PATC Map F.  
**Leader:** Bob Livezey, [bobbilbo@msn.com](mailto:bobbilbo@msn.com) or 301/320-4679 (before 9 pm).

**Tue. Aug 19, 2008. Rated H. Tuscorora Trail in WV.** Secluded pathways along streams and thru wooded hills. This out and back hike from Hawk Campground off Rt 55 allows participants to go at their preferred pace for their preferred distance and is a good opportunity for newcomers to Tues Vigorous Hikes to see if such be "their cup of tea."  
**Leader:** Cliff Noyes, [hclmnoyes@yahoo.com](mailto:hclmnoyes@yahoo.com) or 540/373 8267

**Tue. Aug. 12, 2008. Rated H. Massanutten Mountain. (Vigorous Hike).** A 17-mile circuit hike with 3700 ft. of elevation gain on trails between Runkles Gap and Massanutten Peak. Ref: PATC Map H. Leader: Jack Thorsen, [Thorsen4@Juno.com](mailto:Thorsen4@Juno.com) or 703/339-6716.

**Tuesday. Aug. 5, 2008. Rated H. Massanutten Mountain. (Vigorous Hike).**  
Tuesdays' hike will be an 18-mile circuit hike with 2900 feet of ascent in the Massanutten Mountain on the Sherman Gap, Massanutten Loop and Milford Gap trails. We will be fording the South Fork of the Shenandoah River. Expect to get your hip pockets and if you slip your pack wet. Protect your widgets from water damage. The last mile will be on a country road. Splash down in the Shenandoah River at the end of the hike. There is an option route to avoid the fording if the water is too high. PATC MAP G.  
**Leader:** Jack Thorsen, [Thorsen4@Juno.com](mailto:Thorsen4@Juno.com) or 703/339-6716.

**Tuesday. Aug 19, 2008. Rated H. Tuscorora Trail in WV.** Secluded pathways along streams and thru wooded hills. This out and back hike from Hawk Campground off Rt 55 allows participants to go at their preferred pace for their preferred distance and is a good opportunity for newcomers to Tues Vigorous Hikes to see if such be "their cup of tea."  
**Leader:** Cliff Noyes, [hclmnoyes@yahoo.com](mailto:hclmnoyes@yahoo.com) or 540/373 8267

**Tuesday. Aug. 12, 2008. Rated H. Massanutten Mountain. (Vigorous Hike).** A 17-mile circuit hike with 3700 ft. of elevation gain on trails between Runkles Gap and Massanutten Peak. Ref: PATC Map H. Leader: Jack Thorsen, [Thorsen4@Juno.com](mailto:Thorsen4@Juno.com) or 703/339-6716.

**Tue. Aug 26, 2008. Rated H. Great North Mt/Wilson Cove WV.** Starting and ending at Waites Run, circuit mostly follows Tuscarora Trail but also uses Vances Cove, Wilson Cove and Old Mail Path Trails. Highlight is side trip to White Rocks. About 18 miles and 4000' ascent. Ref. PATC Map F.  
**Leader:** Bob Livezey, [bobbilbo@msn.com](mailto:bobbilbo@msn.com) or 301/320-4679 (before 9 pm).

**Tuesday. Jul. 8, 2008. Rated H. Trout Pond/Great North Mountain, WV (Vigorous Hike).** This 15 mi. hike with 3000 ft. of elev. gain is new to the Tues Vigorous Hike splashdown series. The route begins at the Trout Pond Recreation Area, home to WV's only natural lake, and includes the Long Mountain, Laurel Run, Stack Rock, North Mountain, and Trout Pond Trails ending with a swim in Rockcliff Lake. Opportunities are available to shorten the hike. Ref. PATC Map F. **Leader:** Dave Green, [dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com) or 703/536-5189.

**Tuesday. Jul. Jul. 15, 2008. Rated H. Shenandoah National Park (Vigorous Hike).** A 17-mile circuit hike with 3800 ft. of elevation gain on Knob Mountain, AT, and Neighbor Mountain Trails. Ref: PATC Map 9.  
**Leader:** Jack Thorsen, [Thorsen4@Juno.com](mailto:Thorsen4@Juno.com) or 703/339-6716.

**Tuesday. Jul. 22, 2008. Rated H. Harpers Ferry (Vigorous Hike).** View the confluence of the Potomac and Shenandoah Rivers both Loudon Heights and Maryland Heights on this hike in three states. A hike out and back to Keys Gap along the AT will be included. About 16 miles and 3000 ft. climb.  
**Leader:** Mike Moran, [mjm.9406@cox.net](mailto:mjm.9406@cox.net) or 703/281-4630.

**Tuesday. Jul. 29, 2008. Rated H. SNP: Doubletop/ Hoover Camp.** This vigorous hike will start on the Rapidan Fire Rd., ascending Doubletop Mt. via the Palatini Trail and descending on the Doubletop Mt. Trail. From there we will take the Upper Dark Hollow Falls Trail, Rapidan Fire Rd, and Mill Prong Horse Trail to Hoover Camp, where we will stop for a swim, weather permitting, before heading back on the Rapidan Fire Rd. 17 miles, 3500 Ft. of ascent. Meet 7 AM at Stone Rd. Park and Ride, exit 52 off I-66.  
**Leader:** Carol Parker, [c.christensen@comcast.net](mailto:c.christensen@comcast.net) or 703/819-8332 (before 9:30 pm).

**Tuesday. Jul. 29, 2008. Devil's Ditch, Slaughter, Pocosin Trails - Tuesdays' hike** will be a 14-mile circuit hike with 3100 feet of ascent in the Central District of SNP on the Conway River, Devil's Ditch, Slaughter, Appalachian and Pocosin Hollow Trails. We will visit an old cemetery, old homestead and Devil's Ditch falls. There will be a short bushwhack. PATC Map 10.  
**Leader:** Jack Thorsen , [thorsen4@juno.com](mailto:thorsen4@juno.com)

**Tuesday, June 3, 2008,** North District, Shenandoah National Park, VA  
Circuit includes the AT between Jenkins Gap and Gravel Springs Gap and a decent to the depths of Big Devils Stairs. About 16 miles with 3500 ft' climb.  
**Info:** Dave Green ([dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com) ) 703/536-5189.

**Tuesday, June 10, 2008** . Appalachian Trail, VA - We'll use an easy car shuttle to ride the AT roller coaster from Snickers Gap to Ashby Gap. 14 mi. with 4000 ft. elev. gain.  
**Info:** Bob Livezey, 301/320-4679 Email: [bobbilbo@msn.com](mailto:bobbilbo@msn.com)

**Tuesday, June 17, 2008. Rated H.** Central SNP: Old Rag and Robertson Mountains (Vigorous Hike). We'll ascend Old Rag Ridge Trail, descend Saddle Trail to Weakley Hollow, then go up Robertson Mountain to the ridge. Our return will be via Corbin Mountain and Nicholson Trail; about 15 mi. and 4000 ft. climb.

**Leader:** Mike Moran, 703/281-4630 or [mjm.9406@cox.net](mailto:mjm.9406@cox.net) .

**Tuesday, June 24, 2008. Rated H. -** Central SNP: Rose River Fire Road (Vigorous Hike). This circuit begins with ascent of Rose River Fire Road to Rose River Loop Trail and then to the AT at Fishers Gap. From there, we'll go south on the AT to Lewis Falls Trail, cross the AT to descend Rapidan Fire Road, follow Dark Hollow Falls Trail to Rose River Fire Road, and finish by going back down Rose River Fire Road; about 18 mi. with 4300 ft. elev. changes. **Leader:** Tom Kloster, 304/535-2576 or [twk07@comcast.net](mailto:twk07@comcast.net) .

**Tuesday, June 17, 2008. Rated H. -** Central SNP: Old Rag and Robertson Mountains (Vigorous Hike). We'll ascend Old Rag Ridge Trail, descend Saddle Trail to Weakley Hollow, then go up Robertson Mountain to the ridge. Our return will be via Corbin Mountain and Nicholson Trail; about 15 mi. and 4000 ft. climb.

**Leader:** Mike Moran, 703/281-4630 or [mjm.9406@cox.net](mailto:mjm.9406@cox.net) .

**Tuesday, June 10, 2008 -** Appalachian Trail, VA - Join me on Tuesday for one of the most challenging 14-mile hunks of the AT between south of SNP to New England. Its up and down one hill after another in the beautiful woods of Northern Virginia as we make our way from Rt. 7 to Rt. 50, ending up with an ascent total of close to 4000'. Along the way there are a number of stream crossings, but only two of note: One with a bridge and the other straight forward. See PATC Map 8.

We will do the hike North to South, and obviously we'll need to do a car shuttle. But its an easy 12-mile straight shot, and given the hike length and the ease in getting to the trailheads I expect the day to be no longer than our average Tuesday outing.

**Info:** Bob Livezey, 301/320-4679 Email: [bobbilbo@msn.com](mailto:bobbilbo@msn.com)

**Tuesday, June 3, 2008, Big Devil Stairs in Northern SNP -** Starting at Jenkins Gap we will hike south on the AT to Gravel Springs Gap, then east on the Bluff Trail to Big Devil Stairs Trail. After exploring Big Devil Stairs, we will return to Jenkins Gap via the Bluff and Mt. Marshall Trails. About 16 miles with 3500 feet of climb. Map 9.

When we reach Big Devil Stairs, my intent is to descend the current trail on the east rim above the Stairs to the park boundary and then attempt to climb the abandoned trail in the canyon over the Stairs themselves. I expect this to be a rather challenging bushwhack, but hope to stop for a refreshing dip at the falls. For more details on this climb, see

<http://bp2.trimbleoutdoors.com/ViewTrip.aspx?tripId=6964>,

<http://members.aol.com/RKIrchman/index15.html>, and

<http://www.summitpost.org/canyon/356189/big-devils-stairs.html>.

Others may wish to do an out and back on the current trail or simply relax at the Big Devil Stairs overlook.

**Info:** Dave Green ([dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com)) 703/536-5189.

**Tuesday, May 27, 2008. Rated D.** Great Falls Area in Maryland (Vigorous Hike). This circuit will take Billy Goat Trails A, B, and C, go out to the Mather Gorge overlook, continue on to River Tr., and return on the Gold Mine Loop trail; about 15 mi.

**Leader:** Mike Moran, 703/281-4630 or [mjm.9406@cox.net](mailto:mjm.9406@cox.net) .

**Tuesday May 20, 2008.** Central SNP: Corbin Mt/Hannah Run. PATC Map 10. Circuit begins by ascending Nicholson Hollow Trail, turning off onto Corbin Mt. Trail, to Indian Run to Corbin Mt. Cutoff Trail, then north on the AT, and descending via Hannah Run Trail. About 16 miles with 3400 feet of ascent.

**Info:** Carol Parker 703/819-8332 Email: [c.christensen@comcast.net](mailto:c.christensen@comcast.net)

**Tuesday, May 13, 2008** Shenandoah National Park, VA - We'll top three big peaks in the Central District, 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. 17 mi. with 5500 ft. elev. gain.

**Info:** Bob Livezey, 301/320-4679 Email: [bobbilbo@msn.com](mailto:bobbilbo@msn.com)

**Tuesday, May 06, 2008. Rated H.**

**INFO:** Cliff Noyes ([hclmnoyes@yahoo.com](mailto:hclmnoyes@yahoo.com)) 540/373-8267.

**Tuesday, April 29, 2008** - Woodstock, VA 23 miles with 6000 ft. elevation gain should get us around the big loop from Bucktail Cutoff, along Long Mountain, over Tibbets Knob, and back via Mill and Halfmoon. Early start.

**INFO:** Cliff Noyes ([hclmnoyes@yahoo.com](mailto:hclmnoyes@yahoo.com)) 540/373-8267.

**Tuesday, April 22, 2008** - Central District, Shenandoah National Park, VA - This circuit begins on Skyline Drive at the Hawksbill Gap parking area. South on Skyland-Big Meadows Horse Trail to Rose River Loop Trail, to Dark Hollow Falls and on to the AT via Big Meadows. Return via Hawksbill Summit. 16 mi. with 4,300 ft. of ascent.

**INFO:** Tom Kloster ([twk07@comcast.net](mailto:twk07@comcast.net)) 304/535-2576 before 9:00 p.m.

**Tuesday, April 22, 2008** - Central District, Shenandoah National Park, VA - This circuit begins on Skyline Drive at the Hawksbill Gap parking area. South on Skyland-Big Meadows Horse Trail to Rose River Loop Trail, to Dark Hollow Falls and on to the AT via Big Meadows. Return via Hawksbill Summit. 16 mi. with 4300 ft. of ascent.

**INFO:** Tom Kloster ([twk07@comcast.net](mailto:twk07@comcast.net)) 304/535-2576 before 9pm

**Tuesday, April 15, 2008** - In Great North Mountain we'll climb up to North Mountain Trail from Dillinger Gap on Falls Ridge Trail, detour to see a waterfall and return on Fat Mountain Trail. About a 13-mi. circuit hike with 2700 ft. ascent. Ref: PATC Map F.

**Info:** Jack Thorsen, [Thorsen4@Juno.com](mailto:Thorsen4@Juno.com) or 703/339-6716, and Mike Moran, [mjm9406@cox.net](mailto:mjm9406@cox.net) or 703/281-4630.

**Tuesday, April 08, 2008** - Annual Redbud 50k follows a figure-8 route out of Elizabeth Furnace utilizing (among others ) the Tuscarora and Massanutten Trails on both E and W ridges. Unsupported but can resupply at cross-over. 30+ mi. with 5500+ ft. ascent.

**INFO:** Bob Livezey ([bobbilbo@msn.com](mailto:bobbilbo@msn.com)) 301/320-4679 before 9pm or Cliff Noyes ([hclmnoyes@yahoo.com](mailto:hclmnoyes@yahoo.com)) 540/373-8267

**Tuesday, April 01, 2008** - Central District, Shenandoah National Park, VA

Up Whiteoak Canyon to Crescent Rock Trail, S. to Hawksbill and down Cedar Run. 14 miles, 4500 ft. ascent.

**Info:** Carol Parker (703-819-8332; email [c.christensen@comcast.net](mailto:c.christensen@comcast.net)) . Leaders: Carol Parker and Cliff Noyes. Jointly sponsored with Sierra Club MWROP.

**Tuesday, March 25, 2008** -- We'll follow the trail from Edinburg Gap south to Jawbone Gap and return via parallel trails through Moreland and Taskers Gaps. About 17 mi. with 3000 ft. ascent.

**INFO:** Bob Livezey ([bobbilbo@msn.com](mailto:bobbilbo@msn.com)) 301/320-4679 before 9pm or Cliff Noyes ([hclmnoyes@yahoo.com](mailto:hclmnoyes@yahoo.com)) 540/373-8267

**Tuesday, March 18, 2008** - Central District, Shenandoah National Park, VA

This circuit will climb Sams Ridge Trail to south on Hazel Mt Trail to Hot Short Mt Trail, ascending to Skyline Drive via Hannah Run, south on Drive to Leading Ridge Trail to north on AT. Return via Meadow Spring and Hazel Mt Trails. 18.5 mi. with 4000 ft. of ascent.

**INFO:** Tom Kloster ([twk07@comcast.net](mailto:twk07@comcast.net)) 304/535-2576 before 9pm, or Cliff Noyes ([hclmnoyes@yahoo.com](mailto:hclmnoyes@yahoo.com)) 540/373-8267

**Tuesday, March 11, 2008 At** Fairfax, VA, -- CCT-VII. The Seventh Annual Cross County Trail Hike.

This one-way, 36-mile hike along the stream banks and through the woods of Fairfax County will start at "first light" to allow us to finish before sunset. Starts near Lorton, follows Pohick Creek, Accotink, Difficult Run and ends at Great Fall Park. Great training for the big hikes coming up; the Redbud, Hike Across Maryland, and the Sierra Club's 100K.

**INFO:** Mike Moran ([mjm.9406@cox.net](mailto:mjm.9406@cox.net)) 703/281-4630 or Cliff Noyes ([hclmnoyes@yahoo.com](mailto:hclmnoyes@yahoo.com)) 540/373-8267.

**Tuesday, March 04, 2008 -** Central District, Shenandoah National Park, VA -- Circumnavigate Fork Mountain on a series of abandon and maintained trails and fire roads. Points of interest include Bear Church Rock, Bluff Mountain, Bootens Gap, and Camp Hoover. 15 miles and 5,700' climb.

**INFO:** Dave Green ([dkgreenva@hotmail.com](mailto:dkgreenva@hotmail.com)) 703/536-5189.