

Tuesday Vigorous Hikers
2010 Completed Hikes

Tuesday, December 28, 2010 - "Arlington Triangle" circuit. We'll meet at Bluemont Park in Arlington, in the parking lot next to the bike trail, located at 601 N. Manchester Street (corner of Manchester and Wilson Blvd) at 8:30 AM. (Note: Parking in the lot is limited to two hours, so parking on Manchester Street beyond 8th Rd is recommended.) From the parking lot, we'll follow the Four Mile Run and W&OD bike trails to the Mount Vernon trail. We'll then turn upriver on the Mount Vernon and continue past the airport to Teddy Roosevelt Island. After making a circuit around the island, we'll then follow the Custis trail back to the W&OD and return Bluemont Park. Total length of the hike will be about 18.5 miles at a very fast pace, with negligible elevation change.

Leader: Tom Kloster twk07@comcast.net

Tuesday, December 21, 2010 – Getting Ready for Christmas Dinner. (PATC Map 10) From the Rt. 600 Hazel River crossing below Sperryville we will head up the Hazel River, White Rocks, Hazel Mtn., and Meadow Spring trails to the AT. We will go south a bit on the AT and return via Hanna Run, Catlett Spur, and Sam's Ridge trails to the parking area. Approximately 17 miles and 4000 feet elevation gain. Short cut alternatives are available.

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

Tuesday, December 14, 2010 - Dickey Ridge Trail to Jenkins Gap Overlook and On. (PATC Map 9) Beginning in Front Royal take the Dickey Ridge Trail and the AT out to Jenkins Gap overlook. Return on the AT to US 522. Requires a short car shuttle. About 16 miles and 3000 feet ascent.

Leader: Ken Newberry kennewberry06@yahoo.com, 540-984-9536

Tuesday, December 7, 2010 - Massanutten Loop. (PATC Map G) This loop hike will be on the west side of Massanutten Mountain between Woodstock and Edinburg Gaps starting at Little Fort Recreation Area on the Wagon Road, Massanutten Loop, Peter's Mill Run Road and Green Mountain Trails. Total distance is 16.2 miles with an elevation gain of 3000 feet. There are several short cut options.

Leader: Mina Goodrich LarryMina@peoplepc.com, 304-876-2159

Tuesday, November 30, 2010 – GWNF Great North Mountain, WV: Tibbet Knob, Long Mountain, & Big Schloss. (PATC Map G) Beginning at Wolf Gap Recreation Area, we climb Tibbet Knob and then bushwhack up Long Mountain to check out the rock formations and the PATC Mountaineering Section's new climbs. See http://www.potomacmountainclub.org/index.php?option=com_content&task=view&id=126&Itemid=109. If time permits, we will also climb Big Schloss after returning to Wolf Gap; about 15 miles with 4000 feet of ascent.

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

Tuesday Nov. 23, 2010 – Rock Creek Park and D.C. – An H-hike in the Nation's Capital. (PATC Map N) This was an eye-opener for many of you last year. With some differences from then, we will travel around 20 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 a lot 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.

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

Tuesday, November 16, 2010 - Buck Hollow-Mary's Rock-Oventop SNP. (PATC Map 9) From US-211 we'll take the Buck Hollow Trail and Meadow Springs Trail to the AT, take the AT north to the Pass Mountain Trail. Where the Pass Mountain Trail turns toward US-211 we'll take the abandoned Oventop Trail eventually ascending to the cars by old roads and guesses. About 14 miles and 3600 feet of elevation gain.

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

Tuesday, November 9, 2010 – Robinson Mtn. Skyland and Around. (Vigorous, fast paced hike, Rated H, PATC Map 10) From the Old Rag parking lot we will go up Rt. 600 to the PACT owned property and bushwhack through it to the former upper Old Rag parking lot. From there we will go up the Fire Road going over Robertson Mtn. trail on our way to Skyland. We will come back from Skyland via the Passamaquoddy Trail, AT, Nicholson Hollow, Indian Run and Corbin Mtn. trails. Approximately 18 miles and 4100 feet elevation gain. Numerous short cut alternatives are available.

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

Tuesday, November 2, 2010 - Bear Wallow Three Top Mudhole Gap. (PATC Map G) From the Signal Knob parking lot hikers will take the Tuscarora heading west across Three Top before descending briefly on the Massanutten Trail to Mudhole Gap and the Sidewinder Trail back to the Tuscarora. 16 miles with about 3000 feet of elevation gain.

Leader: David Saah davidm.saah@gmail.com, 703-352-4685

Tuesday, October 26, 2010 – Conway River Over and Back - PACT Map 10, Vigorous Hikers, Rated H, Fast Paced: 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, 540-661-0150

Tuesday, October 19, 2010 - Massanutten Mountain - Fast paced circuit hike will be on the west side of Massanutten Mountain between Woodstock and Edinburg Gaps starting at Little Fort Recreation Area and continuing on the Wagon Road, Massanutten Loop, Peter's Mill Run Road and Green Mountain Trails. Total distance is 16.2 miles with an elevation gain of 3000 feet. There are several short cut options. PATC Map G.

Info: Mina Goodrich (larrymina@peoplepc.com) 304 876-2159

Tuesday, October 12, 2010 - Shenandoah National Park, North District (PATC MAP 9) Starting at Jordan River parking we will take the Jordan River Trail, Mount Marshall Trail, the AT, and the Bluff Trail back to Jordan River parking. Optional side trip on Big Devils Stairs. Without the option, 16.5mi and 3300ft. elev. gain.

Leader: Ken Newberry kennewberry06@yahoo.com (540 984-9536)

Tuesday, October 5, 2010 – Central SNP - White Oak Canyon/AT/ Skyland Big Meadows Horse Trail/Cedar Run Trail loop (PATC 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 mi., 4427 ft. INFO: Barry Winkelman (cfarer@hughes.net) 301-934-3944

Tuesday, September 28, 2010 - Morgan Run - Fridley Gap GWNF. (PATC Map H) From Cub Run Road we'll take the Morgan Run Trail to the Massanutten South Trail and turn south to the Fridley Gap Trail. From there we'll do a figure 8 using the Fridley Gap Trail, Massanutten South Trail and Cub Run Road, the returning to the Morgan Run Trail and the cars. About 17 miles and 4000 feet of elevation gain.

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

Tuesday, September 21, 2010: Conway River Over and Back - PACT Map 10, Vigorous Hikers, Rated H, Fast Paced: 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, 540-661-0150

Tuesday, September 14, 2010 - Harpers Ferry Vigorous Hike - We will hike three states around Harpers Ferry and end with Ice Cream in downtown Harpers Ferry.

Info: Tom Kloster twk07@comcast.net

Tuesday, September 7, 2010 – Central District, Shenandoah National Park, VA: Three Peaks Hike. 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 (before 9 pm).

Tuesday, August 31, 2010 - Knob Mountain Neighbor Mountain Circuit PATC Map 9. Starting at Jeremy's Run parking, hikers will take Jeremy's Run to Knob Mountain and do a clockwise circuit at Knob Mountain Cutoff Trail, the AT, and Neighbor Mountain with a stopover at Elkwallow for lunch. Splashdown on the return at Jeremy's Run. This appears to be about 18 miles with about 4000' of elevation gain.

Leader: David Saah davidm.saah@gmail.com or 703.352.4685

Tuesday, August 24, 2010 - Pennsylvania AT and Sunset Rocks. PATC Map 2-3. We'll hike about 16-17 miles in Michaux State Forest in Pennsylvania on the AT, Dead Woman Hollow, Blueberry, Sunset Rocks, and various unmarked trails. Interesting rock scrambling (optional). **Leader:** Duncan Thomson (Duncanjt@verzon.net) (703) 527-2349.

Tuesday, August 17, 2010 - Great Views on Massanutten North. Visit Buzzard Rock, Buzzard Rock and Fort Valley Overlooks and Signal Knob via the Buzzard Rock, Massanutten, and Tuscarora Trails. A short, easy shuttle will be used. About 16 miles and 3500' ascent. Ref. PATC Map G.

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

Tuesday, August 10, 2010 - Thornton & Piney Rivers.— (Vigorous, fast, Hike Rated H - North SNP, 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 and ice cream 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. We will have to coordinate parking to use three small areas along Rt. 612.

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

Tuesday, August 3, 2010 - George Washington National Forest, Great North Mountain (PATC Map F). Starting at Bucktail Parking, we will climb Bucktail Cutoff Trail to Halfmoon Trail and over to Halfmoon Lookout. Down German Wilson to Bucktail Trail. Continue on Capon Trail to Waites Run Road. Return on Pond Run (Tuscarora Trail) to Halfmoon and down Bucktail Cutoff. Approximately 17 miles and 3500 ascent.

Leader: Mike Moran mjm.9406@cox.net

Tuesday, July 27, 2010 - 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 Spottswood Dining Room. After lunch we will descend via Dark Hollow Falls Trail and the Rose River Fire Road. At the trailhead, we will cool down in a swimming hole in the Rose River. About 16 miles with 3000' of ascent.

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

Tuesday, July 20, 2010 - Browntown - Map 9, SNP Browntown Trail to AT, North Marshall, Jenkins Gap, Compton Gap and back by way of Lands Run Gap Rd. 17.5 mi/2500'

Leader: Ken Newberry kennewberry06@yahoo.com 540 984-9536.

Tuesday, July 13, 2010 - Little Devils Stairs - Vigorous fast pace hike in the northern section of Shenandoah National Park (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 17.6 miles, with 4300 ft. of climb.

Leader: Tom Kloster twk07@comcast.net

Tuesday, July 6, 2010 - Jordan River, Mt Marshall and Return - Northern SNP Circuit Hike: PACT Map 9. We'll do a fast paced 16 mile hike starting and ending on the Jordan River Trail. Other trails on the hike include the Bluff, AT and Mount Marshall with an out and back on the Big Devil Stairs Trail. Approx. elevation gain is 3000ft.

Leader: Mina Goodrich (304 876-2159), LarryMina@peoplepc.com

Tuesday, June 29, 2010 - Central SNP – Pine Hill Gap, Hot Mtn, Short Mtn and Around (Rated H, Vigorous, fast Hike). We will start at the parking area off Rt. 681 and go down the road, up Pine Hill Gap trail and take an abandon trail out to top of Hot Mtn. From there we will bushwhack down across Short Mtn Trail, up to the peak of Short Mtn, and on to the Short Mtn Trail. We will then proceed up Hazel Mtn, Catlett Mtn and Hannah Run trails and to Skyline Drive. We will return via the Hazel Mtn and Broad Hollow trails to the start. Approximately 18 miles and 3900 feet elevation gain. Numerous short cut alternatives available.

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

Tuesday June 22, 2010 - Central SNP. The hike for Tuesday 6/22/10 will be in the central section of Shenandoah National Park (PATC Map 10). We'll begin with an ascent of the Rose River Fire Road to the Rose River Loop Trail and then to the AT at Fishers Gap via the Skyland Big Meadows horse trail. From there, we'll go south on the AT to the Lewis Falls Trail, past Lewis Falls, then crossing the AT to descend Rapidan Fire Road near Big Meadows Wayside. From the Rapidan fire road, we'll follow Upper Dark Hollow Trail back to Rose River Fire Road and back to the cars. This circuit is about 18 mi. with 4300 ft. of climb.

Leader: Tom Kloster (twk07@comcast.net)

Tuesday, June 16, 2010 - Central SNP -- AT Out and Back, Thornton Gap to Stony Man. Non-stop great views on this two-way tour of several central district big peaks with 18 mi. and about 4500 ft. of ascent.

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

Tuesday June 8, 2010 -Great North Mountain (PATC map F). We will start at the Little Stony Creek Parking lot. Up Stony Creek Trail then SE on Tuscarora Trail to Racer Camp Hollow Trail and Old Mail Path Trail down to Wilson Cove Trail. Then take the Tuscarora Trail (pond Run Section) and back on Little Stony Creed trail to parking lot. There are short cuts if needed. About 19 miles with 4600 ft. of elevation gain.

Leader: Ken Newberry kennewberry06@yahoo.com 540 984-9536.

Tuesday, June 1, 2010 - Massanutten Mountain (North): Strickler, Duncan, Jawbone 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 scramble up Strickler Knob.

Then we will move onto Peach Orchard Gap where we will scramble to the top of Duncan Knob. And finally we will head for Jawbone Gap, where we will scramble to the knob above the gap before looping back to the beginning; about 18 miles with 4000 feet of ascent.

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

Tuesday May 25, 2010 - 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 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. 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 two weeks in advance. A non-paddling option will be available. **Leader:** Barry Winkelman (cfarer@hughes.net) 301-934-3944

Tuesday May 18, 2010 - Potomac Heritage Trail Hike. The Potomac Heritage Trail is a 20 mile r/t hike along the Potomac River. We will start at Turkey Run Park and go to Teddy Roosevelt Island back to Cabin John Bridge and return. **Leader:** Lou Hurwitz (lou.nutshell@hotmail.com) 703- 623-9619

Tuesday May 11, 2010 - Great Falls, Maryland, Billy Goat Hike (Vigorous Hike). We will hike Billy Goat Trails A, B, and C along the Potomac River. Sections B & C will be hiked first. After a stop at the Great Falls Overlook we will continue West along the River Trail, a rich floodplain forest, and return on the Gold Mine Loop and Valley Trails. About 15 miles with about 1.5 miles of scrambling over rock and boulders on Section A. **Leader:** Mike Moran (mjm.9406@cox.net) 703-281-4630

Tuesday May 4, 2010 - Buck Hollow and On, Central SNP (fast paced). This will be a 18 mile circuit hike starting at Rt 211 on the Buck Hollow trail up to Catlett Mtn and Hazel Mtn and returning via White Rocks trail and Buck Ridge trail. PATC Map 10 Optional short cuts available.

Leader: Mina Goodrich (LarryMina@peoplepc.com) 304 876-2159

Tuesday April 27, 2010 - Trillium Hike - This is our annual trillium hike in the G. Richard Thompson Wildlife Management Area in Virginia (Map 8). We'll ascend the Ted Lewis Trail and go north on the AT with a loop hike to the lake before returning to the AT south and back to the Ted Lewis Trail for about 15 miles.

Leader: Mina Goodrich (LarryMina@peoplepc.com)

Tuesday April 20, 2010 - Thompson Hollow to Mathews Arm, North and Back (vigorous fast paced hike). We will be in the northern section of Shenandoah National Park (PATC Map 9). Parking at the end of VA 630 out of Bentonville, we'll start on the Thompson Hollow Trail, turning right on the Overall Run Trail to the Beecher-Overall Connecting Trail. From there we'll ascend to the Matthews Arm Campground on the Heiskell Hollow Trail. From Matthews Arm, we'll follow the Elkwallow Trail to turn north on the AT and then back to the starting point on the Overall Run Trail. This circuit is about 16 miles with about 3000 ft of climb.

INFO: Tom Kloster (twk07@comcast.net)

Tuesday, April 13, 2010 - Central SNP – Old Rag Giant Laurel Take 2. Having been unsuccessful on our first attempt, we have enlisted the assistance of a local resident, David Cox, to guide us to the giant laurel. Beginning at White Oak Canyon parking area, we will bushwhack up an Old Rag west ridge behind David's house. After locating the giant laurel, we will return to the parking area via area trail options; up to 12 miles with 5000 ft. of ascent including 3 miles of tough bushwhacking. A non-bushwhacking alternate hike will probably be available. **Leader:** Dave Green, (dkgreenva@hotmail.com) 703/536-5189.

Tuesday, April 6, 2010 - Massanutten Mountain -- North Half, GWNF - 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. New -- additional later start for shortest 18 mile option! **Leader:** Bob Livezey 301/320-4679 (bobbilbo@msn.com)

Tuesday March 30, 2010 - Annual Fairfax County's Cross County Trail (CCT) Hike – (A vigorous fast paced hike) We will start from Silverbrook near Lorton at 7:00 a.m. and hike to Rt. 193, the Georgetown Pike Parking lot next to Difficult Run. About 36 miles with 1200 ft elevation. The leaders will position a car at the Georgetown Pike parking lot to return hikers to the start upon completion of the hike. More information on this hike will be at <http://groups.google.com/group/Vigorous-Hikers> the week before the hike. Prior to these hike and bike events we will coordinate positioning of cars at both ends. The hike will start at the south end and bikers at the north end.

Leaders: Bob Livezey (bobbilbo@msn.com) and Gene Whitaker (genewhit@gmail.com)

Tuesday, Mar. 23, 2010 - AT Roller Coaster to Fishers Hill Loop This hike is an out and back starting at Rte. 7 and going about 10 miles or so south on the AT to Fishers Hill before returning to Rte. 7. Those who complete the entire out and back will have done 6600' of climbing and 20 miles. We will have hikers go out 3 1/2 hours out before turning around, so all can participate. A good training hike for upcoming hiking events and trips.

INFO: David Saah 703.352.4685 (davidm.saah@gmail.com)

Tuesday Mar. 16, 2010 - Central SNP - White Oak Canyon/AT/ Skyland Big Meadows Horse Trail/ Cedar Run Trail loop (PATC 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 mi., 4427 ft. **INFO:** Barry Winkelman (cfarer@hughes.net) 301-934-3944

Tuesday Mar. 9, 2010 - AT - Dry Run. 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 3 waterfalls on Dry Run and a great view from Lost Cliffs. Returning south to Swift Run Gap by the AT and Saddleback Mountain T Trails. From there we'll do an out and back to Hightop for the view. About 17 miles and 3500 feet of elevation gain.

INFO: Duncan Thompson (703) 527-2349 (Duncanjt@verizon.net)

Tuesday March 2, 2010 - Buck Hollow/Ridge, Central SNP. (Vigorous, fast, rated H Hike).-- Beginning at the Buck Hollow parking area off Rt. 211 (N38 39.492 W78 16.916) 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 18.5 miles and 4200 feet elevation gain. Several shortcut options are available.

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

Tuesday, Feb. 23, 2010 - Central SNP -- Leading Ridge/Hannah Run/Nicholson Hollow/Crusher Ridge -- 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. Approx. 17 miles and over 4000' of elevation gain. Options available to shorten the hike. **INFO:** David Saah (davidm.saah@gmail.com) 703.352.4685

Tuesday, Feb. 16, 2010 - Central SNP -- AT Out and Back, Thornton Gap to Stony Man. Non-stop great winter views on this two-way tour of several central district big peaks. Cool off from Valentine's Day with 18 mi. and about 4500 ft. of ascent. **Leader:** Bob Livezey, bobbilbo@msn.com or 301/320-4679.

Tuesday, Feb. 9, 2010 - Potomac Heritage Trail - The Potomac Heritage Trail winds for 10 miles along the Potomac River, through steep, rocky hill sides, forested stream valleys and years of history. For centuries, Native Americans lived and traded along this route. Captain John Smith explored the area in 1608. George Washington envisioned this part of the Potomac as the beginning of a "great avenue into the Western Country." The river was the dividing line between the North and South during the Civil War. Quarries, mills, and farms along the Potomac helped create a strong local economy and provided material for the development of Washington, D.C. Today, the area serves as a haven for wildlife and outdoor recreation, preserved within the George Washington Memorial Parkway.

We will go from the Turkey Run Park parking lot to Roosevelt Island or Cabin John bridge and return. 16 or 20 miles.

INFO: Lou Hurwitz (lou.nutshell@hotmail.com)

Tuesday, Feb. 2, 2010 - Staunton River and On - Central section of Shenandoah National Park (PATC Map10). Parking at the end of VA 662 out of Wolfstown, we'll climb the Staunton River Trail all the way to the AT via the Fork Mountain, Laurel Prong and Mill Prong trails. We'll hike south on the AT to the Laurel Prong Trail and follow it and the Cat Knob and Jones Mountain trails back to the Staunton River Trail and back to the cars. This circuit is about 20 miles with about 4500 ft of climb. A shorter circuit of 15 miles with approximately 3000 ft of climb is available by turning left on the Laurel Prong Trail from the Fork Mountain Trail and continuing the circuit on the Cat Knob Trail.

INFO: Tom Kloster (twk07@comcast.net)

Tuesday, Jan. 26, 2010 - Little North Mountain - PACT Map F. We will start at the High Head parking, Fr 92. We will take the Little Sluice Mt. Trail to a right turn on the Three Ponds Trail and do a side trip to White Rock Cliff. We will continue on the Little North Mt. Trail to the Views, four overlooks, and then turn back to the Cedar Creel Trail to Bread Road Trail then a left turn back to parking. 17 mi. and 3100 ft. elev. gain.

INFO: Ken Newberry. kennewberry06@yahoo.com

Tuesday, Jan. 19, 2010 - Massanutten Mountain - Signal Knob Circuit Hike - A 15-18 fast paced hike with approximately 3000 feet of elevation gain. Info: Mina Goodrich (LarryMina@peoplepc.com) 304 876-2159

Tuesday, Jan. 12, 2010 - Northern SNP -- Kibler Knob/Three Sisters/Neighbor Mountain Bushwhack: Beginning at Jeremys Run trailhead on VA 611, we will ascend the ridge west of Green Hollow and follow it to the top of Kibler Knob. From there we will descend and then climb Three Sisters and follow the route of an abandon fire trail to Neighbor Mountain. Depending on trail

conditions and the time remaining, we will return to the trailhead via Neighbor Mountain, Jeremys Run, or Knob Mountain Trails; up to 17 miles with 4000 ft. of ascent including 4 miles of bushwhacking. A non-bushwhacking alternate hike will probably be available. **INFO:** Dave Green, (dkgreenva@hotmail.com) 703/536-5189.

Tuesday, January 5, 2010, Central SNP – Pine Hill Gap, Hot Mtn, Short Mtn and Around (Rated H, Vigorous, fast Hike). – To work off a couple of those holliday pounds we will start at the parking area off Rt. 681 and go down the road, up Pine Hill Gap trail and take an abandon trail out to top of Hot Mtn. From there we will bushwhack down across Short Mtn Trail, up to the peak of Short Mtn, and on to the Short Mtn Trail. We will then proceed up Hazel Mtn, Catlett Mtn and Hannah Run trails and to Skyline Drive. We will return via the Hazel Mtn and Broad Hollow trials to the start. Approximately 18 miles and 3900 feet elevation gain. Numerous short cut alternatives available.

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