ON THE COVER
Hiking on extraordinarily scenic Roan Mountain, as hundreds will be doing during the 35th meeting of the Appalachian Trail Conference (see page 13). Photo by Mark Carroll. Inside: Indian paintbrush (castilleja coccinea) on Big Bald, also near the Tennessee–North Carolina line and on the hike schedule. Photo by Valerie A. Long.

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Interested in volunteering for A.T. environmental-monitoring projects? E-mail Matt Stevens at <mstevens@appalachiantrail.org>. Other A.T. volunteer opportunities are noted at <www.appalachiantrail.org/volunteer>.
Remembering Keith Shaw

Ironically, I first met Keith Shaw of Monson, Maine (obituary, January/February 2005), while staying down the road at the “Pie Lady’s” house. There seemed to be an unspoken competition between the two hostels, and Keith had approached me in town, soliciting in his unabashed (though harmless) manner. I can’t explain why I didn’t stay at his hostel; as word had it, that was the quintessential Appalachian Trail town experience. Nevertheless, I did visit the Shaw’s outfitter shop—inside a modest shed behind the hostel—and accepted a prearranged delivery of supplies in the 100-mile wilderness. Keith showed up in his old station wagon precisely on schedule, along with a surprise ham-and-mayo sandwich for each of us. That was Keith’s way, I was learning.

Passing through Monson again in 2003, I found myself at another hostel, again not the Shaws, and afterward it occurred to me that I was perhaps avoiding the experience. I wasn’t sure why. Maybe it was a sense that their self-described boarding-home environment would be ill-suited for a restful night’s sleep. Nevertheless, I did visit the Shaws’ outfitter shop—inside a modest shed behind the hostel—and accepted a prearranged delivery of supplies in the 100-mile wilderness. Keith showed up in his old station wagon precisely on schedule, along with a surprise ham-and-mayo sandwich for each of us. That was Keith’s way, I was learning.

The real reason I at last decided to stay at Shaw’s—in October 2004—was a certain sense that a legend along the Appalachian Trail was advancing in years. Given that I don’t pass that way very often, this might be my last chance to put stigmas behind and finally embrace the experience.

Entering the home (“Knock first, then walk in,” read a note on the door), I was somewhat surprised by the image of Keith sitting at one end of the long wooden table in the kitchen. He still showed his feisty way with his greeting and easy conversation, but his appearance was of a man further along the path of life. He drew supplemental oxygen from a canister by his side. Nevertheless, he was still somewhat active and very much a part of the business, explaining house rules in his slightly detached manner—somehow whimsical and no-nonsense at the same time—and showing off his recently expanded outfitters shop, now in a larger shed, a veritable storefront.

Keith and his wife, Pat, were gracious hosts, and the aromas of dinner and, in the chill air of autumn’s morning, breakfast, were about as legendary as the food itself. Keith had regaled us with stories of both meals the evening before, rattling off the items on the menu with obvious delight as we salivated and—he surely hoped—succumbed to the urge to pay up and pig out.

The Shaw boarding home had only three guests that night, and I was the sole occupant of the bunk room upstairs. So much for stigmas; the evening was calm and contemplative, and I awoke feeling well-rested the next morning.

After my visit, I didn’t think much about Keith Shaw leaving us anytime soon. Although my stay at his guest home had come with a certain sense of closure, the hospitality and kindness, indeed the vitality, I discovered there left an enduring impression. I had been looking forward to my next visit, whenever I might walk that North Woods way again.

Brett Tucker
North Providence, Rhode Island

A friend and I thru-hiked in 1977, and we stayed in Shaw’s Boarding Home in September. We were among the earliest
to have stayed there. In 1978, word got out, and the number increased.

In 2003, I thru-hiked for my second time, and again I met Mr. Shaw. It was quite a feeling to see him again and experience some of the same things more than a quarter-century later.

Finding out that I stayed there in 1977, Mr. Shaw and I had a conversation about “the old days.” I could sense the pride in him that someone had come to visit him so many years later. He reminded me of how the Trail went right by his place back then and now is a couple miles out of town.

The ride in his Chevrolet to the Trailhead is the memory I will hold of him from my second hike. Just as he was dropping us off, two more hikers were heading into Monson. “Come on—get in—I’m heading back,” he said to them, and off they went. I wouldn’t be at all surprised if he gave rides to hikers in his very last days.

Seeing the news of his passing, I feel saddened but also very lucky to have known him. I don’t think he realized just how much he has changed so many hikers’ lives.

Cliff Weinhold
Shillington, Pennsylvania

What’s in a name?

The main problem with the ATC is its lack of outreach. I never heard of the ATC until I hiked from Damascus to the Hudson River in 2001, and I was born and raised in the Berkshires!

Does the ATC have any direct-contact programs with the general public? Does the ATC have any displays/shows that are open to the public? Are ATC functions only open to ATC members?

Get out there and get known!

Rick Amaral
Washington, D.C.

ATC functions, programs, offices, and visitors center (in Harpers Ferry) are all open to the public.

continued on page 6
A new governing body...

continued from page 5

expertise that will help us expand our base of support, forge new partnerships, and develop creative new programs.

Just look at the backgrounds of our nominees: a volunteer-services consultant, an attorney with nonprofit management experience, a vice president of one of our longtime corporate partners, two former National Park Service officials, an environmental attorney, a professor of outdoor recreation, an investment banker, an experienced manager in both the private and nonprofit sectors, and an expert in organizational effectiveness and communication. Those are among the skills and experience ATC will need in the coming years. Perhaps as important, ten fresh pairs of eyes will be looking at what we do and suggesting ways to be more effective.

One trait is shared by all members of the incoming board and the outgoing one—a deep caring for the Appalachian Trail and a strong desire to contribute to its protection and long-term stewardship. That is one characteristic that will never change.

We hope to see many of you at the biennial meeting in Johnson City.

Brian T. Fitzgerald is chair of ATC; Dave Startzell is executive director.

If it does not change what we do and who we are, but it lets nonmembers and others better understand what we do and who we are, then I say, “Go for it”! You have my vote.

Tom Hurd
Blackwood, New Jersey

I read the Web-site information about the Board’s approval of the name change just a week after having finished reading Larry Anderson’s biography of Benton MacKaye.

That confluence gave me more to think about in connection with the name change. While I was reading the biography, one of the things I was looking for was anything about the naming of the ATC. My feeling, after I finished the book, was that it sort of came about accidentally. MacKaye and others needed to get together to talk about the Trail project. They called a conference of interested parties. The conference was about the Appalachian Trail, so they referred to it as the Appalachian Trail Conference. And then they started meeting regularly under that moniker. At least that’s how it looks to me all these years later.

For my part, I really do now like being a member (well, as of July) of the Appalachian Trail Conservancy.

Kurt A.T. Bodling
Millersville, Pennsylvania

It’s very logical. One of the things the A.T. most needs now is protection of the buffering lands and expansion of connecting trails, all related to land acquisition.

James P. Lynch
King George, Virginia

In my opinion, the final choice of a new name for the Appalachian Trail Conference was a good one. It seems to me it now may be appropriate, in certain instances, to present ourselves as follows: Appalachian Trail Conservancy, a Coalition of Volunteers.

That would acknowledge that the word “coalition” was a contender in some of the earlier discussions and also speak to both our mission and who we are.

Harold Croxton
Abingdon, Virginia

It’s true, as some have written in: A new name will sound awkward for a while, but it has also sounded pretty awkward for all these years, saying, “The next conference of the Conference is in 2005.”

Ted Ragsdale
Atlanta, Georgia

The Board has made its decision, and that’s that. There did not seem to be a compelling reason for this change, other than the hope for additional, and more sizeable, contributions through the organization’s fund-raising, or development program. “Conference” reflects, to me, the intent of the organization, which was a coalition of like-minded clubs that organized themselves around the principles of establishing and maintaining “an” Appalachian Trail. Today, ATC seems to dictate more and more complex rules and policies that affect—and burden—primarily the individuals who maintain the Trail and its connecting side trails. I think that this has occurred mostly due to the unfortunate but necessary involvement with federal agencies under the aegis of the National Trails System Act and its amendments. I wonder, though, what would happen if the ATC ever told the NPS “no” when another new set of policies and rules are required of the volunteers in order to bring us in line with federal management dictates. It’s hard for me to imagine the federal government telling us to “go away,” particularly since they have no infrastructure to do what we do. The name “Appalachian Trail Conference” fits its mission and function and still should. An Appalachian Trail Conservancy seems to be an organization whose primary purpose is to raise funds and to tell its volunteers what to do and when. I believe that the ATC would be nothing without the maintaining clubs; if they pulled out of the ATC, what would...
that organization do? This is not to say that the ATC serves no good purpose; it does. However, the change in name seems to imply a subordination of the individual clubs to the direction of the new “parent” when, in fact, the “children” gave birth to the parent.

Don White
Richmond, Virginia

I do not think a name change will reach out and grab someone and get them to join just because you changed Conference to Conservancy. If we need more members, then we need to do a better job of recruiting them, not spend precious resources to effect a cosmetic name change that is sexier or has more cachet. I do not recall this being put to a membership vote. Why weren’t we, the members, polled? The ATC will soon be another Sierra Club, too political for its own good.

Roger Williamson
Upper Saddle River, New Jersey

The question of a membership vote was answered this way when the decision was announced on the Web site: A vote of the ATC’s 33,000 members was carefully considered but ultimately viewed as an impractical next step by a majority of the Board. ATC’s bylaws have no provision for a vote of the entire membership, so any action would have to wait until the biennial meeting in July 2005, which history indicates less than 4 percent will attend. Given the careful planning and analysis that went into considering the name change, combined with the strategic imperative to begin raising the organization’s profile with the 80th anniversary, the Board is confident the new name will help better position the organization for years to come. Moving forward, we are interested in getting members to share their ideas on how best to make the transition to the new name and raise awareness of ATC’s broad conservation work. Only by working together from the inside out can we identify the best ways to recruit new members and volunteers.

Community outreach

The November/December issue made me think about how to communicate to your public. [Brian T.] Fitzgerald and [Dave] Startzell mention local communities, while Robert Rubin discusses cooks and diners. I suggest bringing them together more often in somewhat informal scenes. Maintainers could invite a couple of locals to be spectators and perhaps workers. The locals can then see the work of A.T. volunteers and their accomplishments. Perhaps some of the locals can describe to the volunteers some of the “good works” they have done for A.T. hikers. Some of the maintainers could trek to the locals’ store and see what their complaints about hikers are all about. The maintainers could voice the complaints of hikers. Multiply this somewhat personal and informal activity by many, many maintainer groups and local communities, and you won’t run out of potential participants for many years.

The same could be true of the large project, like the new sidehill campsites. The locals do not have to be ignorant of what you do, and the maintainers do not need to be ignorant of the many good works of the locals.

Sho Maruyama
Falls Church, Virginia

Contrary view on roadless-rule position

A letter from Charlie Huppuch in the January/February ATN states that the Clinton-era roadless-area rule closes national forest areas to “recreation access,” is “political” in character, and disallows “scientifically based forest management.” All three claims are wrong.

The roadless areas affected are open to hunting, fishing, hiking, biking, horseback riding, outdoor cooking, birdwatching—even to football, Frisbee, and kite flying. Recreational opportunities abound on those roadless areas and are not denied by the rule.

Nor is the Clinton-era roadless rule political. It was produced through a process in which the manager of the national forests (the U.S. Forest Service) asked the owners (U.S. citizens) how they wanted these lands managed. The overwhelming answer from the owners was that they wanted the roadless rule in place.

Finally, and most importantly, Huppuch abuses the term “scientific.” Science deals with what does happen, not with what should happen. Science cannot answer such questions as, “What is the nature of justice?” or “Who should I marry?” or even “What ought to be my favorite color?” Questions like those may be extraordinarily important or numbingly trivial, but they are not scientific: They cannot be answered by experiments, observation, and reasoning, so they fall outside of the domain of science. Similarly, science has nothing to say about how a parcel of land should be managed—it can only talk about the likely effects of any particular management prescription. In exactly the same way, science cannot tell you whether a home should be painted yellow or black, although it can tell you the likely heating bills for a yellow home versus a black home.

Dan Styer
Professor of Physics
Oberlin College, Oberlin, Ohio

Clarification

Two lines of type were inadvertently dropped in the January/February ATN from the article about the change in ATC’s name. Here is the complete paragraph:

After the meeting, Southern Vice Chair Marianne J. Skee said, “I was initially skeptical of the need to change the historic name and spend the time and effort to do so. But, as I reflected on the increasing complexity of ATC’s responsibilities, I became convinced that ‘Appalachian Trail Conservancy’ conveyed our role far better to those who were not ‘members of the choir.’ ATC does far more than confer and coordinate.”
Fifteen nominated for 2005-2007 Board of Directors

A majority of the Board of Managers, ATC’s governing body since 1928, represented three Trail regions, but all the new directors will represent the membership as a whole. Their hometowns range from Memphis, Tennessee, in the west to Gatineau in Quebec (near Ottawa) in the north to the Washington suburbs in the east to Sarasota, Florida.

ATC members meeting July 4 in Johnson City, Tennessee, will be asked to elect the slate developed over the last six months of 2004 by a committee led by Vice Chair Marianne J. Skeen and including Vice Chair Thyra Sperry, former Vice Chair Peter Richardson, former Regional Representative Kevin Peterson, former Development Director Amy E. Owen, and Richard Judy, executive director of EarthShare of Georgia.

Officers and directors elected then will serve for the next two years, meeting four times a year at rotating locations along the Trail.

The slate of nominees is:

**Chair:** Brian T. Fitzgerald of South Duxbury, Vermont. A hydrologist with the Vermont Agency of Natural Resources, he is responsible for protecting and restoring the state’s rivers through the regulation of hydroelectric projects and water withdrawals and the removal of dams. He has served for fourteen years on the Board of Managers, the last four of those as chair of the conference, and has led the organization during the accelerated strategic-planning effort and the initial implementation of that November 2003 plan. Prior to his terms as chair, he served as New England vice chair and presided over the Trail and Land Management Committee for eight years, during which a number of important policies for Trail management were developed. A past president of the Green Mountain Club, he enjoys hikes on the A.T. and in the northeastern mountains and paddling on the region’s lakes and rivers.

**Vice Chair: J. Robert (Bob) Almand** of Suwanee, Georgia. During a long career with Bank of America, Almand was a project manager specializing in change management following business restructuring. As a member of the Board of Managers since 1999, he has been heavily involved in strategic planning and implementation efforts. He has chaired the Board’s Publications Committee for four years. A past president of the Georgia Appalachian Trail Club, he is president of the club-affiliated Len Foote Hike Inn, an avid hiker, and an active Trail maintainer with both the local club and regional Trail crews.

**Secretary: Roger L. Moore** of Raleigh, North Carolina. An associate professor in the department of parks, recreation and tourism management at North Carolina State University, Moore’s major research and scholarly interests lie in the areas of outdoor recreation and natural resources management. Specialized interests of this 1973 thru-hiker focus on outdoor recreation behavior, trails and greenways, partnerships, and volunteerism. He has been successful in seeking grants from a variety of agencies and private sources to support his university research and in publishing the results of those studies in respected journals. He has served on a variety of boards and advisory panels for outdoor recreation-oriented organizations.

**Treasurer: Kennard R. (Ken) Honick** of Sarasota, Florida. As a CPA and tax partner in an accounting firm, Honick has considerable experience with financial management and estate planning. He has advised ATC on planned giving, chaired the Board’s Finance Committee for two years and the Membership and Development Committee for four years, and served as treasurer for six of his eight years on the Board of Managers. He has been a strong advocate of ATC’s strategic reorganization. He has section-hiked the A.T. once and is making progress on a second end-to-end hike.
Directors

Barney Brannen of Lyme, New Hampshire. As a practicing attorney with a master’s of business administration, Brannen brings a broad range of skills and experience. He serves as special assistant attorney general for the state of Vermont, representing both the state and private clients in civil litigation. As the Democratic nominee for the U.S House of Representatives from New Hampshire in 2000, he organized volunteers and raised funds for that campaign. He recently served as executive director of a start-up nonprofit organization designed to pioneer market-oriented solutions to environmental challenges. He maintains a section of A.T., has hiked the 4,000-foot peaks of New Hampshire, and enjoys mountain-biking and cross-country skiing.

Goodloe E. (Geb) Byron, Jr., of Middletown, Maryland. Founder and president of Potomac Investment Services, Byron has extensive experience in investment banking, asset management, and capital generation for both private and not-for-profit ventures. He served on the Appalachian National Scenic Trail Advisory Council in the 1980s and has served as an at-large member of the Board of Managers since late 2003. He has long-standing family ties to the A.T.: As members of Congress, both his parents were strong supporters of federal appropriations for A.T. land acquisition, and the bridge carrying the Trail across the Potomac river is named for his late father. He is a hiker, runner, and climber.

Vicki Clark of Memphis, Tennessee. Currently a volunteer services consultant, Clark has spent the past twenty years building capacity in nonprofit organizations, including volunteer, membership, and leadership-development groups. She served eleven years as vice president for the Points of Light Foundation and has trained volunteers and consulted with a broad range of organizations, including museums, universities, civic groups, urban-literacy groups, VISTA, United Way, the Association of African American Museums, and the Association of American Foresters. She has consulted internationally in Russia and Venezuela and has private-sector experience in employee relations and publishing.

Robert E. Durham of Atlanta, Georgia. Durham is managing director and regional manager of Lehman Brothers, Inc. He is interested in land-protection efforts and creative financial solutions to achieve those goals. He brings experience in investment banking, financial management, and fund-raising for both nonprofit and for-profit ventures. He is a triathlete and climber and aspires to section-hike the A.T.

Rol Fessenden of Freeport, Maine. A twenty-three-year employee of L.L.Bean, Inc., he is now senior vice president for supply chain and manufacturing. He has both U.S. and international experience in retail operations and marketing. A Peace Corps veteran with training in mathematics and geology, Fessenden brings a breadth of experience to management decisions. His nonprofit board experience has included organizational strengthening and restructuring as well as endowment creation. He is an avid outdoorsman.

Jen Hunter of Gatineau, Quebec, Canada. As vice president for leadership in the customer success department at Tomoye Corporation, Hunter works with a variety of corporations and government agencies in both the United States and Canada to strengthen organizational effectiveness and communication. She is a trained facilitator and works toward organizational change designed to deliver business results. She has a strong commitment to conservation and land preservation.

Destry Jarvis of Hamilton, Virginia. Currently a conservation and recreation consultant, both with his own firm and with Booz Allen Hamilton, this 1995 biennial-meeting keynote speaker is involved in research, contracting, and policy development with a variety of federal agencies and national nonprofit conservation organizations. Jarvis has nonprofit management experience with the National Recreation & Park Association, Student Conservation Association, Conservation Fund, and National Parks Conservation Association. His government service from 1993 to 2001 included stints as senior advisor to the assistant secretary of the interior for fish, wildlife, and parks and assistant director of the National Park Service, responsible for external affairs. He has served on a variety of nonprofit boards.

Kevin (Hawk) Metheny of Gorham, New Hampshire. As backcountry management specialist for the Appalachian Mountain Club, Metheny, a member of the Board of Managers since 2003, brings professional trail- and resource-management training and expertise to the Board. He was instrumental in developing...
Nominations are now in order for honorary membership in the Appalachian Trail Conference—an award intended to recognize, while the person is still living, long-term, extraordinary service to the Trail and the Conference, soon-to-be Conservancy.

Forty-seven men and women have been accorded that status since the Board of Managers established it as the organization’s highest honor in the late 1960s.

Since this award can be conferred only at a general membership meeting, those wishing to nominate someone for it should do so now—in time for deliberations to occur before the July 2 opening session of the 2005 meeting in Johnson City, Tennessee.

The nomination should state the type of contribution made, the years of service in behalf of the Trail project, and any other information that might be of interest to the selection committee, which will pass its recommendations on to the Board’s executive committee.

Among other criteria for the honor is a Board policy—soon to be part of the bylaws—that “the service performed shall have had an inspirational or exemplary effect because of its special quality/character or innovative aspects, rather than be service of conventional nature but performed in a superior manner…. If the nominee's service has been mainly within a particular club, that must have had either regional implications or must bear upon the Trail as a whole, or upon the club's relationship to the Conference.”

Nominations should be sent by April 1 (or as close to that date as possible) to Dave Field, Chair, ATC Honorary Membership Committee, 191 Emerson Mill Road, Hampden, ME 04444. Other members of the committee are Assistant Secretary Arthur Foley and Board member Steve Wilson.
 Arrests made in Jefferson Rock vandalism incident

Two West Virginia men have been charged with defacing Jefferson Rock with paint and graffiti in what officials call the worst case of vandalism in the history of the 60-year-old Harpers Ferry National Historical Park. A third man has been charged with hindering the police investigation of the Christmas-week incident.

The large shale rock is a historic landmark along the Appalachian Trail above the town of Harpers Ferry. It was named after President Thomas Jefferson, who visited the area in 1783 and praised its perch-top views of the town, the confluence of the Potomac and Shenandoah rivers, and the Maryland and Virginia mountains beyond.

A federal grand jury in late January indicted Robert Owen Hopkins, Jr., 20, Steven Nicholas Hopkins, 18, and Nicholas Brian Vlachos, 22, on varying felony counts related to the vandalism. If convicted, the Hopkins brothers each face a maximum of five to fifteen years in prison and fines ranging up to $500,000. Vlachos, charged with hindering the investigation, faces a maximum of five years imprisonment and a fine of $125,000 if convicted.

All three gave addresses in a ridgetop subdivision near the A.T. across the Shenandoah River from the overlook.

"Damaging a place of such significance as Jefferson Rock by spray-painting it is a tragedy visited not just on an object, but also on our history," said U.S. Attorney Thomas E. Johnston, who is prosecuting the case. Johnston added that his office, the National Park Service, and the Harpers Ferry Police "do not take this felony offense lightly and are determined to bring individuals who commit these kinds of crimes to justice."

Jefferson Rock was cordoned off for almost two months. Although it is still visible to Trail hikers and passersby, the top of the rock has been covered with canvas to prevent further, weather-related damage.

Restoration efforts began almost immediately to remove much of the thick paint from the surface so the rock now has a pink tint covering the top, according to Donald W. Campbell, park superintendent.

The crevices pose another problem, prompting conservators to work in a laboratory environment with a number of chemicals on other shale samples to see what works best. As the weather improves, workers will continue on-site restoration of the rock, Campbell said.

Previously, the rock had not been moved or altered since the late 1850s when it was propped up on sandstone pillars to allay fears by townspeople that it might fall down the adjacent cliff.

Protected Jefferson Rock to right of Trail. Potomac River is at upper left. (ATC Photo)
A three-judge panel of the Commonwealth Court of Pennsylvania rejected efforts by the Appalachian Trail Conference and the Blue Mountain Preservation Association (BMPA) to overturn the preliminary approval in November 2002 by the Eldred Township supervisors of plans to build a $25-million drivers' club and road course adjacent to the Trail in a rural area near Smith Gap.

Contrary to an opinion filed by the state earlier in the case, the judges ruled that the Pennsylvania A.T. Act and state constitution do not impose on the township “an affirmative duty...to enact legislation providing for noise regulation in or near the trail.” The developer's faulty estimates of sound impacts from the high-performance-car resort were at the heart of the ATC case, but the appellate court upheld the common pleas court in saying that, if the Alpine Rose operations violate noise limits, the township can enforce them then.

Although the groups' litigation efforts have yet to be successful, officials pointed out that their opposition during the three-year, $136,000 battle resulted in a recently enacted zoning ordinance for the township, election of a former BMPA president to the board of supervisors, greater sound barriers around the track at ground level, rejection of sound systems and nighttime lights and operations, and a requirement that sound from the track not be more than five decibels above the ambient background noise level.

The appeals court did tell the lower court to clarify exactly where sound measurements would be taken as part of the enforcement of that limit. The Trail winds above the resort property, slightly below the ridgeline and out of sight of it.

Trail-community leaders were discussing what steps to take next; an appeal of the supervisors' October 2004 final approval of the resort plans was pending before the same lower court in Monroe County.

ATC and BMPA had argued that approval of the development plan, even with conditions, is contrary to a township's affirmative duty under the state constitution and the Pennsylvania Appalachian Trail Act to protect the Appalachian Trail's “natural, scenic, historic, and esthetic values.” ATC sound experts showed in 2003 that the potential noise from the resort would have far greater impact on the experience of hiking the Trail (not to mention living nearby) than the developer asserted.

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**Solitude in the Smokies?**

Thirty-nine percent of the 65,989 backcountry "camper nights" recorded by permits last year in the Great Smoky Mountains National Park were on the Appalachian Trail. The park, bisected by the Trail, is the most visited of the traditional national parks. Looking for solitude there? Officials suggest weekdays between August 15 and February 28 (except October)—off the A.T.
The Appalachian Trail is one of this country’s premier long-distance hiking trails and is among the most extraordinary recreational icons of America. With all but nine miles of the Trail corridor in public ownership, stewards of the A.T. are turning more focus to protecting the environment of the A.T. lands and the experiences they provide. To reflect the evolving needs for a full range of conservation work, our programs strive to educate others and ourselves about responsible use and management of the A.T., preserving the Trail’s natural and cultural treasures, and keeping the spirit of volunteerism strong and central for the next generations.

The conference theme is Remembering Our Past, Preserving Our Future. ATC is building on its rich past of eighty years of Trail protection and stewardship to enhance the ability of the organization to meet the growing challenges of preserving the unique Appalachian Trail experience amid the increasing complexity of the modern world. The “new look” of ATC will be the key presentation of the general meeting Saturday evening, and a new Board of Directors will be elected Monday. The week also will include entertainment from musical and comedic artists with a special Southern flair and excursions to the fun and scenic sights of the southern highlands of southwest Virginia, northeast Tennessee, and western North Carolina. Join us to make and renew friendships, learn new skills, and enjoy the southern Appalachians! It will be a historic meeting unlike any you might have attended before.

The Southern Highlands 2005 Steering Committee invites you to participate in a conference that has been entirely planned and implemented by volunteers who are members of these A.T. clubs: Smoky Mountains Hiking Club, Tennessee Eastman Hiking and Canoeing Club, Carolina Mountain Club, Nantahala Hiking Club, Georgia Appalachian Trail Club.

SCHEDULE AT A GLANCE

Friday, July 1
Registration from 2:00 pm.
Low-key entertainment in evening

Saturday, July 2
Registration all day; workshops, hikes, excursions
Evening: General meeting—story-telling and celebration of ATC history and future plans

Sunday, July 3
Registration all day; hikes, workshops, excursions
Evening: Folksinger John McCutcheon (tickets)

Monday, July 4
Morning: Appalachian Trail Conservancy membership meeting
Afternoon: short hikes, workshops, excursions
Evening: barbeque and bluegrass
(Directions to various fireworks options)

Tuesday, July 5
Daytime: Hikes and excursions
Evenings: entertainments, slide shows, etc.

Wednesday, July 6
Daytime: Hikes
Evenings: entertainments, slide shows, etc.

Thursday, July 7, and Friday, July 8
Hikes
ON-CAMPUS ACCOMMODATIONS

Check-in: The conference begins Saturday, July 2. However, you may register and check in from 2 p.m. to 10 p.m. Friday, July 1. Check-in on Saturday, July 2, and Sunday, July 3, is from 8 a.m. to 10 p.m.; on Monday, July 4, from 8 a.m. to noon.

Dormitories: Housing will be available at several university dormitories. Dormitories available for attendees are air-conditioned. Single registrants will be assigned a roommate unless single occupancy is requested and the higher single rate is paid. Requests for adjacent rooms will be honored whenever possible. One adult accompanied by not more than three (3) children will be required to pay the double-occupancy rate for two (2) persons. Maximum occupancy is four (4) per room, with two beds per room. In the latter cases, two (2) twin-sized beds per room are provided for two (2) occupants. Additional occupants (maximum 2) must bring a sleeping bag for use on the floor. The fire code prohibits cots, mattresses, or additional beds being added to the rooms. Rooms are typical for a university, with such features as twin beds (long), desk, and closets. A limited supply of linen packages (200 maximum) is available, as an optional part of the registration package. It consists of 2 sheets, 1 pillow case, 1 pillow, 2 bath towels, 2 washcloths, 1 hand towel, and a bed spread. The cost for a linen package is $12 per person per stay. Guests may bring their own linen supplies or sleeping bags as a lower-cost alternative. Guests may also bring their own laptop computers for Internet access from their rooms.

Campus apartments: On-campus apartments are also available to conference attendees. Those are available with air conditioning and consist of a kitchenette area and private bathrooms. Please bring your own cooking utensils. They will be filled by attendees staying for the majority of the conference on a first-come, first-served basis. After those are filled, additional requests will be assigned to a/c dormitories.

Keys/check-out: A dormitory access card and room key will be issued after registration check-in and after you have been given your assigned dormitory. No more than two keys per dormitory room will be issued. Conference participants will receive their room keys and building cards from the on-duty ETSU resident assistant (RA) and need to return those same keys and cards to the RA at the designated residence hall/apartment. There is a charge of $25 for each for a lost access card and lost keys will cost you $40 each. Check-out on the last day of July 8 needs to be completed by 9:00 a.m.

TENT AND RV CAMPING

RV camping on campus: ETSU does not offer any on-campus tent camping. Sites on campus for self-contained RVs are available in a shaded parking lot across the street from Sherrod Library (see campus map for details). No hook-ups or showers are available. Reservations for on-campus RV camping must be made and confirmed as part of your conference registration.

Tent and RV camping off campus: Three nearby public campgrounds have showers and other amenities. In general, they are anywhere from 8 to 18 miles from the campus. Reservations need to be made well in advance and are separate from the meeting-registration package here. You are responsible for making these reservations. Contact with the campgrounds by phone should be made early to ensure reservations for the Fourth of July holiday weekend.
1. KOA: 15 miles from campus, just off I-81 at Exit 63 (airport exit); (423) 323-7790/(800) 562-7640, or <www.bristolptoaka.com>. Office hours: 8-10 a.m. and 3-7 p.m. Seventy-three RV hookups and about 100 tenting areas; some in fields, some in woods.

2. Woodsmoke: 8 miles from campus, just off I-26 at Exit 23; (423) 743-2116. Best time to call is during evening hours. Twenty-nine RV hookups; about 25 tenting areas, all in woods. Not as much space as KOA or Grandview.

3. Grandview Ranch and RV: 18 miles from campus. Leave I-26 at Exit 23 to Route 107. Office, (423) 743-3382; home, (423) 725-4266; or <www.grandview-rv.com> (e-mail: grande@preferred.com). Twenty-three RV hookups (may be more). Large field for tenting—could take about 100, maybe more. Limitation may be the number of showers (8) and toilets (8).

**OFF-CAMPUS HOUSING**

Motels, hotels, and bed-and-breakfasts are located nearby. We have special arrangements for a block of discounted rooms at the Carnegie Hotel, (423) 979-6400, and reduced rates at the Erwin Holiday Inn Express, (423) 743-4100. Contact the individual establishments for information about facilities, availability rates, and distance from campus. Those and other accommodations can be found on our Web site or the Johnson City Chamber of Commerce Web site, <www.johnsoncitychamber.com> or by telephone, (423) 461-8000. Bed-and-breakfasts can be found on the Web at <www.bbonline.com/Tenn.>

**MEALS**

Meals will be served from the D.P. Culp University Center Dining Services. The meals are provided by Aramark Food Service with individual chef stations: It is not a traditional university cafeteria. More details regarding meals can be found at its Web site, <www.etsudining.com>. Meals begin with dinner on Friday, July 1, and end with breakfast on Friday, July 8. Food for trail lunches can be accommodated as part of your reservation plan and will be available at breakfast time in the private dining room. Trail lunches need to be preordered with food service, so please provide that information on your reservation form. On Monday, we will be serving a BBQ dinner with a vegetarian option and providing evening entertainment. The BBQ fare consists of pulled pork, chicken, rolls, mashed potatoes, and cole slaw. The vegetarian fare consists of the salad-bar selections, sautéed vegetables from salad bar, and vegetarian pasta. Meal times in the dining room are: breakfast, 6:30-10 a.m.; lunch, 11 a.m.-1 p.m.; dinner, 5-7 p.m.

Snacks, soft drinks, and coffee will be available in the Java City Express bar and on the holiday weekend from 7 to 9 p.m. Java City is also equipped with six computers, for attendees to access e-mail and the Web.

**CONFERENCE ACTIVITIES**

Registration will begin on Friday, July 1, and continue until noon Monday, July 4. Some local entertainment will also be available to all conference attendees on Friday evening. The opening meeting for all participants will be on Saturday evening from 7:30 p.m. until about 9 p.m. This meeting will feature welcomes and a special recap of ATC history as well as the unveiling of its new “look.” Sunday evening will feature a ticketed entertainment option (see below). The Monday-morning membership meeting will feature the election of the ATC Board of Directors and possibly action on bylaws amendments and resolutions. It is open to all conference-goers, but only ATC members may vote. (See the May/June ATN for more information on voting.)

Hikes, excursions, and workshops are scheduled throughout the week. Hikes are scheduled from Saturday through Friday. No hikes or excursions are scheduled during the membership meeting. Workshops will be presented Saturday through Monday.

**YOUTH ACTIVITIES**

A limited program will be available for children ages 6–12 if sufficient preregistered requests are received. Daily (8 a.m.–5 p.m.) activities will be provided Saturday through Monday. The fee per child per day is $15.

**ENTERTAINMENT**

Folksinger John McCutcheon, in concert on Sunday evening, July 3, will perform his own songs as well as traditional Appalachian classics. McCutcheon plays hammer dulcimer, guitar, banjo, autoharp, and fiddle. Preregistrants can reserve tickets, and tickets will be sold at registration while space is available.

On Monday evening, the Appalachian Trail Bluegrass Band will perform. Other entertainment will include storytelling, music, and slideshows.

**SILENT AUCTION**

We will host a silent auction the weekend of the meeting. Items will be available to bid on during the daytime hours. Minimum bids will be required, and payments will be accepted only by cash or check.

**EXHIBITS**

The Appalachian Trail Conference, A.T. maintaining clubs, other nonprofit organizations, artists, and equipment representatives will provide exhibits and/or merchandise sales on campus at the D.P. Culp University Center through Monday.

**2,000-MILER RECEPTION**

The Appalachian Long Distance Hikers Association (ALDHA) will host an informal reception for all A.T. thru- and section-hikers on the ETSU campus. Enjoy refreshments and fellowship with other end-to-enders. The time and location will be posted in the D.P. Culp University Center.

**EMERGENCY NUMBERS**

In the event of an emergency, participants can be contacted at the Culp University Center during the daytime at (423) 439-4286 (8 a.m. to 4:30 p.m.) or through Public Safety personnel, who can then relay information to the registration desk or to housing staff. Other emergency-contact information:

- Public Safety: (423) 439-4480 (24 hours a day)
- For Medical Emergencies: 911 (24 hours a day)
- For nonemergency medical needs: Johnson City Medical Center can be reached at (423) 431-6111; it is located at 400 North State of Franklin Road.

**ALCOHOL, PETS**

No alcohol or pets are permitted anywhere on campus.

**DISCLAIMER**

Hiking and other activities involve risk. Those signing up for
activities are responsible for their own safety and must assume the risks and liabilities. Officers and representatives of ATC, sponsoring clubs, the university, and activity leaders shall not be liable for any injuries, loss, or damage to persons and/or property, direct or consequential, arising out of any activity or related transportation.

**Hiking Program**

The hikes committee has worked hard to provide 57 hikes to a variety of interesting and scenic areas. Many hikes listed in the schedule are repeated, to allow greater flexibility in choosing your favorites, and hikes are available each day. Their difficulty level ranges from easy to strenuous.

More than 150 miles of the Appalachian Trail are featured in a series of section-hikes from Virginia 42 to Max Patch in North Carolina. Additional hikes are available at other locations, including Linville Gorge, Mt. Mitchell, nearby waterfalls, and parks. Several hikes will feature settings nationally famous for their historical importance and scenic quality.

The hikes are presented first in a table format to permit you to see at a glance the days that each hike is available and to provide basic information to help you select from the list. A written description of each hike follows the table. Study the hike information and ratings before registering, in order to select a hike suitable to your abilities. It is likely to be hot and humid in southwest Virginia, northeast Tennessee, and North Carolina—conditions that will require you to drink plenty of water and may affect the mileage you can hike.

Departure time and place: Please be at the designated “Hiking Parking Lot” at least fifteen minutes before the scheduled departure time. Hikers will have time to eat breakfast in the dining hall and are expected to return in time for dinner, depending on the speed of the hikers in the group. It is possible that participants on longer hikes some distance from Johnson City may not get back in time for dinner, so you may want to plan accordingly. Supplies for making trail lunches will be available during breakfast (see “Meals” above).

Drivers are needed for all hikes. Carpools will be formed to minimize traffic. Please indicate a willingness to drive (on your registration form and when you reconfirm your reservation upon check-in at the conference). If a hike has insufficient drivers, it will be cancelled. For car shuttles operated as crossovers, other hikes are designed to provide accommodation changes. Passengers will be assessed a fee to cover the expenses of the drivers. To calculate the fee, divide the round-trip driving mileage for the excursion in the table of hikes, and multiply this mileage by 8¢. Round the result up to the nearest dollar. Please bring exact change.

Some “point-to-point” hikes will require car shuttles and operate as crossovers, which will require a key exchange. Please have a second key to your vehicle, so that key swaps can be made at the beginning of the hike. Crossover hikes will be used extensively on the A.T. to minimize run-around times, which can be quite lengthy. Crossover hikes can typically save an hour of driving at both the beginning and the end of the hike.

**Do-it-yourself hikes:** If scheduled hikes do not meet your needs, volunteers at the hikes desk will have maps, guidebooks, and other information so that you may plan your own. Advance orders of maps and books from the “Ultimate A.T. Store” [(888) 287-8673 or <www.atctrailstore.org>] are encouraged.

On the week before and after the meeting, sponsoring clubs may have additional hikes available to attendees. For more details, visit individual club Web sites for information and hike-leader contacts.

**First Aid:** Hike leaders will be carrying first-aid kits, but you are responsible for your own first aid, rain gear, etc. Please bring your own supplies. Do not underestimate the difficulty of the mountains and the effect of hot, humid weather. Bring plenty of water—typically at least a quart of water for every five miles of hiking. Be prepared!

**A.T. hike series and other hikes:** You will notice several opportunities to complete long, continuous sections of the A.T. during the conference by choosing hikes that follow each other down the table of hikes on subsequent days. Those hikes, numbers 1 through 36, may be longer and more strenuous, with a faster pace than other hikes to allow hikers to return to campus in time for dinner. It is possible that you will miss dinner if the hike goes slowly and if it is a long drive from campus. In addition to the series of hikes designed to help hikers accumulate A.T. miles efficiently, several hikes are long due to limited access by roads or side trails. Other hikes are designed to provide opportunities to view wilderness areas, waterfalls, or balds.

**How to read the table of hikes:** This table lists and tells much about the hikes offered at the 2005 ATC meeting. The first 36 hikes are on the A.T. in sequence from just north of I-81 in Virginia to just south of Hot Springs, N.C., to Max Patch. They step through the sections, so that you may put together a longchain by going down one line on each subsequent day—excluding Monday, when the membership meeting is held. Each hike is offered three times, so there are several opportunities to do six sections in sequence if you wish to start anywhere in the total section. We also offer hikes in Cumberland Gap National Historical Park (CGNHP) and Grayson Highlands State Park (GHSP). They vary from relatively easy to quite strenuous and long. Most of the longer hikes will require a car at each end of the section. This can be accomplished by dividing into two groups and swapping keys when you reach the middle. This will allow twice as many hikers on the trip as if you only hike in one direction. The hikes are limited to 20 people in each direction, except in wilderness areas, where the group size is limited to 10 in each direction. If the limit is not exceeded and enough cars are taken, one or more cars may be spotted at the finish, and all can return together to the starting point. Parking may be limited at some trailheads.

The remaining numbered hikes are nonsequential sections of the A.T., places of relatively short hikes for Saturday and Monday afternoons, and a few at other times for those not interested in longer hikes.

A.T. indicates that all or much of the hike is on the A.T. The title lists the starting and ending points and may mention places of special interest or wilderness areas. It also gives the hike distance and an estimate of difficulty (more closely estimated by checking distance and elevation gain). The rough estimate of the total time required assumes roughly 50 mph in vehicles and 2-mph hiking pace, plus a one-hour lunch. Adjustments were made, based on the distance on interstate highways or dirt roads and hike steepness, but the estimates are still only approximations.
The following codes are used for the hike type:

**S**–Shuttle; may be operated as an end-to-end, crossover (C/O), or key-exchange hike. That depends on the number of participants, the length of the shuttle, and the discretion of the hike leader. Hikers who sign up for these hikes should be amenable to another hiker driving their car to or from the trailhead.

**Loop**–Return to cars by a different route.

**I/O**–Return to cars by retracing the path.

**H/A**–Handicap-accessible.

Elevation gain shows the total climbing in feet. For A.T. hikes, the first number is north to south; the second, south to north. (Titles are listed north to south.)

Drive miles from ETSU campus to north or south end of hike. The difference in those numbers is often the distance of the shuttle, but, in some cases (example, hike 2), the routes will split before the trailhead. The shuttle distance will almost always be longer than the hike distance.

**Book/Map**–The hike leaders will have directions and maps. A.T. guides and maps include the Appalachian Trail Guide to Southwest Virginia and the Appalachian Trail Guide to Tennessee–North Carolina (new edition of the book and completely redone maps being printed this month). Non-A.T. hikes are covered by local park maps or topographic maps. Most hikes are also covered in Higlhd Trails, authored by Kenneth Murray and available at amazon.com and other outlets.

Hikes are numbered and shown by the day (Sat, Sun, etc.) and date. The hikes are numbered sequentially, with the prefix H for hike, date, and then the number followed by the departure time. A blank indicates the hike is not offered that day.

<table>
<thead>
<tr>
<th>Hike Title</th>
<th>Distance, Difficulty, Trip Time</th>
<th>Type</th>
<th>Elev. gain (feet)</th>
<th>Drive (miles)</th>
<th>Book-Map</th>
<th>Sat 7/2</th>
<th>Sun 7/3</th>
<th>Mon 7/4</th>
<th>Tues 7/5</th>
<th>Wed 7/6</th>
<th>Thu 7/7</th>
<th>Fri 7/8</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.T.- Va. 42 to Great Valley, U.S. 11 and I-81; 11.8 miles; strenuous, 11 hr.</td>
<td>S</td>
<td>SB or NB 2,300</td>
<td>N 94 S 81</td>
<td>SW Va. A.T. Guide</td>
<td>H201 7:00a</td>
<td>H501 7:00a</td>
<td>H701 7:00a</td>
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<tr>
<td>A.T.- Great Valley, U.S. 11 to Va. 16 at Mt. Rogers HQ; 11.8 miles; strenuous, 10 hr.</td>
<td>S</td>
<td>SB 2.300 NB 1,500</td>
<td>N 81 S 79</td>
<td>SW Va. A.T. Guide</td>
<td>H302 7:30a</td>
<td>H602 7:30a</td>
<td>H802 7:30a</td>
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<tr>
<td>A.T.- Va. 16, Mt. Rogers HQ to South Fork Holston River, Va. 670; 7.9 miles; moderate, 9 hr.</td>
<td>S</td>
<td>SB 800NB 1,500</td>
<td>N 79 S 90</td>
<td>SW Va. A.T. Guide</td>
<td>H203 8:00a</td>
<td>H503 8:00a</td>
<td>H703 8:00a</td>
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<tr>
<td>A.T.- Va. 670 to Dickey Gap, Va. 16 and 650; 6.7 miles; moderate, 9 hr.</td>
<td>S</td>
<td>SB 1.800 NB 1,000</td>
<td>N 90 S 88</td>
<td>SW Va. A.T. Guide</td>
<td>H304 8:00a</td>
<td>H604 8:00a</td>
<td>H804 8:00a</td>
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<tr>
<td>A.T.- Dickey Gap, Va. 16 and 650 to Va. 603; 8.5 miles; moderate, 10 hr.</td>
<td>S</td>
<td>SB 1.500 NB 1,300</td>
<td>N 88 S 95</td>
<td>SW Va. A.T. Guide</td>
<td>H205 7:30a</td>
<td>H505 7:30a</td>
<td>H705 7:30a</td>
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<tr>
<td>A.T.- Va. 603 to Massie Gap, GHSP (Lewis Fork Wilderness); 10.3 miles; strenuous, 11 hr.</td>
<td>S</td>
<td>SB 2.300 NB 1,000</td>
<td>N 86 S 100</td>
<td>SW Va. A.T. Guide</td>
<td>H306 7:00a</td>
<td>H606 7:00a</td>
<td>H806 7:00a</td>
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<tr>
<td>A.T.- Massie Gap to Elk Garden, Va. 600 (Summit, Mt. Rogers; Lewis Fork Wilderness); 8.6 miles; moderate, 10 hr.</td>
<td>S</td>
<td>SB 1,200 NB 1,500</td>
<td>N 100 S 85</td>
<td>SW Va. A.T. Guide</td>
<td>H207 7:30a</td>
<td>H507 7:30a</td>
<td>H707 7:30a</td>
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<tr>
<td>A.T.- Elk Garden, Va. 600, to Summit Cut, U.S. 58; 6.9 miles; moderate, 8 hr.</td>
<td>S</td>
<td>SB 1,000 NB 2,300</td>
<td>N 85 S 90</td>
<td>SW Va. A.T. Guide</td>
<td>H308 8:00a</td>
<td>H608 8:00a</td>
<td>H808 8:00a</td>
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<tr>
<td>A.T.- Summit Cut, U.S. 58, to U.S. 58; 11.3 miles strenuous, 9 hr.</td>
<td>S</td>
<td>SB 1,600 NB 2,600</td>
<td>N 61 S 51</td>
<td>SW Va. A.T. Guide</td>
<td>H209 7:30a</td>
<td>H509 7:30a</td>
<td>H709 7:30a</td>
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<tr>
<td>A.T.- U.S. 58 to Damascus, Va.; 5.6 miles; easy, 9 hr.</td>
<td>S</td>
<td>SB 1,000 NB 1,200</td>
<td>N 51 S 46</td>
<td>SW Va. A.T. Guide</td>
<td>H310 8:00a</td>
<td>H610 8:00a</td>
<td>H810 8:00a</td>
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<tr>
<td>A.T.- Damascus, Va., to Low Gap, Tenn.; 14.8 miles; strenuous, 10 hr.</td>
<td>S</td>
<td>SB 3,200 NB 1,700</td>
<td>N 46 S 37</td>
<td>Tenn.- N.C. A.T. Guide</td>
<td>H211 7:30a</td>
<td>H511 7:30a</td>
<td>H711 7:30a</td>
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<tr>
<td>A.T.- Low Gap to Cross Mtn.; 6.5 miles; moderate, 7 hr.</td>
<td>S</td>
<td>SB or NB 1,800</td>
<td>N 37 S 30</td>
<td>Tenn.- N.C. A.T. Guide</td>
<td>H312 8:30a</td>
<td>H612 8:30a</td>
<td>H812 8:30a</td>
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<tr>
<td>A.T.- Cross Mtn. to Watauga Dam Rd. (Big Laurel Branch Wilderness); 15.8 miles; strenuous, 10 hr.</td>
<td>S</td>
<td>SB 2,600 NB 3,900</td>
<td>N 30 S 22</td>
<td>Tenn.- N.C. A.T. Guide</td>
<td>H213 7:30a</td>
<td>H513 7:30a</td>
<td>H713 7:30a</td>
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<tr>
<td>A.T.- Watauga Dam Road to U.S. 321, Shook Branch; 4.2 miles; easy, 6 hr.</td>
<td>S</td>
<td>SB 300 NB 500</td>
<td>N 22 S 21</td>
<td>Tenn.- N.C. A.T. Guide</td>
<td>H314 9:00a</td>
<td>H414 1:00p</td>
<td>H614 9:00a</td>
<td>H814 9:00a</td>
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<td>Hike Title</td>
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<td>Drive (miles) N, S</td>
<td>Book-Map</td>
<td>Sat 7/2</td>
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<tr>
<td>A.T.- U.S. 321 to Dennis Cove (Laurel Fork Falls, Pond Mtn. Wilderness); 9 miles; moderate, 6 hr.</td>
<td>S</td>
<td>SB 2,600</td>
<td>N 21</td>
<td>S 23</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H215</td>
<td>8:30a</td>
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<tr>
<td>A.T.- Dennis Cove to Walnut Mtn. Rd.; 13.6 miles; strenuous, 9 hr.</td>
<td>S</td>
<td>SB 3,000</td>
<td>N 23</td>
<td>S 44</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H316</td>
<td>8:00a</td>
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<tr>
<td>A.T.- Walnut Mtn. Rd. to U.S. 19E (Elk River, Jones Falls); 10.2 miles; moderate, 8 hr.</td>
<td>S</td>
<td>SB 1,500</td>
<td>N 44</td>
<td>S 36</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H217</td>
<td>9:00a</td>
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<tr>
<td>A.T.- U.S. 19E to Carvers Gap, Humph Mtn.; 13.7 miles; strenuous, 9 hr.</td>
<td>S</td>
<td>SB 5,000</td>
<td>N 35</td>
<td>S 50</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H218</td>
<td>7:30a</td>
<td>H318</td>
<td>7:30a</td>
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<tr>
<td>A.T.- Carvers Gap to Hughes Gap, side trail to Roan High Bluff; 4.6 miles; moderate, 6 hr.</td>
<td>S</td>
<td>SB 900</td>
<td>N 50</td>
<td>S 41</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H219</td>
<td>8:30a</td>
<td>H519</td>
<td>8:30a</td>
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<tr>
<td>A.T.- Hughes Gap to Iron Mtn. Gap, Tenn. 107, (Little Rock Knob); 9.1 miles; moderate, 7 hr.</td>
<td>S</td>
<td>SB 2,000</td>
<td>N 29</td>
<td>S 21</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H320</td>
<td>8:30a</td>
<td>H620</td>
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<td>A.T.- Iron Mtn. Gap, Tenn. 107, to Indian Grave Gap (Unaka Mtn.); 10.8 miles; strenuous, 8 hr.</td>
<td>S</td>
<td>SB 3,000</td>
<td>N 21</td>
<td>S 22</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H221</td>
<td>8:30a</td>
<td>H521</td>
<td>8:30a</td>
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<tr>
<td>A.T.- Indian Grave Gap to Nolichucky River; 8.3 miles; moderate, 6 hr.</td>
<td>S</td>
<td>SB 1,100</td>
<td>N 22</td>
<td>S 20</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H322</td>
<td>8:30a</td>
<td>H622</td>
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<td>A.T.- Nolichucky River to Spivey Gap; 11.2 miles; strenuous, 8 hr.</td>
<td>S</td>
<td>SB 3,300</td>
<td>N 20</td>
<td>S 30</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H223</td>
<td>8:30a</td>
<td>H523</td>
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<td>A.T.- Spivey Gap, U.S. 19W, to Sams Gap, U.S. 23 (Big Bald); 13.3 miles; strenuous, 9 hr.</td>
<td>S</td>
<td>SB 3,600</td>
<td>N 30</td>
<td>S 36</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H324</td>
<td>7:30a</td>
<td>H524</td>
<td>7:30a</td>
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<tr>
<td>A.T.- Sams Gap, U.S. 23, to Devil Fork Gap; 8.5 miles; moderate, 7 hr.</td>
<td>S</td>
<td>SB 1,400</td>
<td>N 36</td>
<td>S 31</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H225</td>
<td>8:30a</td>
<td>H525</td>
<td>8:30a</td>
<td>H725</td>
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<td>A.T.- Devil Fork Gap to Jones Meadow (Firescald Relo); 12.6 miles; strenuous, 9 hr.</td>
<td>S</td>
<td>SB 2,700</td>
<td>N 31</td>
<td>S 62</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H226</td>
<td>7:30a</td>
<td>H626</td>
<td>7:30a</td>
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<tr>
<td>A.T.- Jones Meadow to Allen Gap; 7.4 miles; moderate, 7 hr.</td>
<td>S</td>
<td>SB 800</td>
<td>N 62</td>
<td>S 51</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H227</td>
<td>8:30a</td>
<td>H527</td>
<td>8:30a</td>
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<tr>
<td>A.T.- Allen Gap to Tanyard Gap (Rich Mtn.); 8.8 miles; moderate, 7 hr.</td>
<td>S</td>
<td>SB or NB 2,200</td>
<td>N 51</td>
<td>S 51</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H328</td>
<td>8:30a</td>
<td>H628</td>
<td>8:30a</td>
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<tr>
<td>A.T.- Tanyard Gap to Hot Springs, N.C. (Lovers Leap); 6.9 miles; moderate, 6 hr.</td>
<td>S</td>
<td>SB 700</td>
<td>N 51</td>
<td>S 55</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H229</td>
<td>8:30a</td>
<td>H529</td>
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<tr>
<td>A.T.- Hot Springs, N.C., to Garenflo Gap; 6.6 miles; moderate, 7 hr.</td>
<td>S</td>
<td>SB 2,300</td>
<td>N 55</td>
<td>S 63</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H330</td>
<td>8:30a</td>
<td>H630</td>
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<tr>
<td>A.T.- Garenflo Gap to Lemon Gap; 7.6 miles; moderate, 9 hr.</td>
<td>S</td>
<td>SB 2,700</td>
<td>N 63</td>
<td>S 75</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H231</td>
<td>8:30a</td>
<td>H531</td>
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<td>A.T.- Lemon Gap to Max Patch Rd. (Max Patch); 6.6 miles; moderate, 9 hr.</td>
<td>S</td>
<td>SB 1,600</td>
<td>N 75</td>
<td>S 71</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H332</td>
<td>8:00a</td>
<td>H632</td>
<td>8:00a</td>
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<tr>
<td>A.T.- Hampton to Dennis Cove (Laurel Fork Falls, Wilderness); 3.7 miles; moderate, 5 hr.</td>
<td>S</td>
<td>SB 800</td>
<td>N 21</td>
<td>S 23</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H233</td>
<td>1:00p</td>
<td>H433</td>
<td>1:00p</td>
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<tr>
<td>A.T.- U.S. 19E to Yellow Mtn. Gap (Hump Mtn.); 10.5 miles; strenuous, 8 hr.</td>
<td>S</td>
<td>SB 3,200</td>
<td>N 36</td>
<td>S 48</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H234</td>
<td>8:00a</td>
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<tr>
<td>A.T.- Yellow Mtn. Gap to Carvers Gap (Grassy Ridge); 7 miles; moderate, 7 hr.</td>
<td>S</td>
<td>SB 2,100</td>
<td>N 48</td>
<td>S 50</td>
<td>Tenn.-N.C. A.T. Guide</td>
<td>H335</td>
<td>8:30a</td>
<td>H635</td>
<td>8:30a</td>
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</table>

S=Shuttle; Loop=Return to cars by a different route; I/O=Return to cars by retracing the path; HA=Handicap-accessible
<table>
<thead>
<tr>
<th>Hike Title</th>
<th>Distance, Difficulty, Trip Time</th>
<th>Type</th>
<th>Elev. gain (feet)</th>
<th>Drive (miles) N, S</th>
<th>Book–Map Type</th>
<th>Elev. gain (feet)</th>
<th>Drive (miles) N, S</th>
<th>Sat 7/2</th>
<th>Sun 7/3</th>
<th>Mon 7/4</th>
<th>Tues 7/5</th>
<th>Wed 7/6</th>
<th>Thu 7/7</th>
<th>Fri 7/8</th>
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<tbody>
<tr>
<td>A.T. – Carvers Gap to Grassy Ridge and return;</td>
<td>3.4 miles; easy, 5 hr.</td>
<td>I/O</td>
<td>SB or NB 1,200</td>
<td>50</td>
<td>Tenn. N.C. A.T. Guide</td>
<td>H236 10:00a</td>
<td>H436 1:00p</td>
<td>H736 10:00a</td>
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<tr>
<td>Rhododendron Gardens, Roan High Bluff;</td>
<td>3 miles; easy, 4 hr.</td>
<td>I/O</td>
<td>SB or NB 500</td>
<td>52</td>
<td>Tenn. N.C. A.T. Guide</td>
<td>H437 1:00p</td>
<td>H537 10:00a</td>
<td>H837 10:00a</td>
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<tr>
<td>Bays Mtn. Park, Kingsport, to Laurel Run Park</td>
<td>3 waterfalls; 7.8 miles; moderate, 7 hr.</td>
<td>I/O</td>
<td>SB 800 NB 1,300</td>
<td>N 30 S 50</td>
<td>Park Guide</td>
<td>H738 9:00a</td>
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<tr>
<td>Sand Cave, CGNHP;</td>
<td>9 miles; moderate, 9 hr.</td>
<td>I/O</td>
<td>SB or NB 1,500</td>
<td>87</td>
<td>Park Guide</td>
<td>H539 7:30a</td>
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<tr>
<td>Devil's Bathtub, Va.;</td>
<td>9 miles or less; moderate, 7 hr.</td>
<td>I/O</td>
<td>SB or NB 1,300</td>
<td>42</td>
<td>Tenn. N.C. A.T. Guide</td>
<td>H340 8:30a</td>
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<tr>
<td>Grandfather Mtn.;</td>
<td>11.6 (or other) miles; strenuous, fee, 9 hr.</td>
<td>S or</td>
<td>SB or NB 2,500 +/-</td>
<td>N 55 S 65</td>
<td>Park Guide</td>
<td>H341 8:00a</td>
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<td>H541 8:00a</td>
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<tr>
<td>(A.T.) Grayson Highlands SP (Va.) loop;</td>
<td>11 miles; strenuous, 9 hr.</td>
<td>Loop</td>
<td>SB or NB 1,500</td>
<td>100</td>
<td>SW Va. A.T. Guide</td>
<td>H342 8:00a</td>
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<td>H542 8:00a</td>
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<tr>
<td>Guest River Gorge, rail to trail;</td>
<td>12 miles; moderate, 9 hr.</td>
<td>I/O</td>
<td>SB or NB 300 +/-</td>
<td>65</td>
<td>Topo</td>
<td>H343 8:00a</td>
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<td>H744 8:00a</td>
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<tr>
<td>Holston Mtn. Trail (some A.T.);</td>
<td>12.5 miles; strenuous, 8 hr.</td>
<td>S</td>
<td>SB or NB 1,500</td>
<td>N 30 S 26</td>
<td>Tenn. N.C. A.T. Guide</td>
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<tr>
<td>Iron Mtn. Trail, Tenn.;</td>
<td>&lt;20 miles; as you choose.</td>
<td>S or</td>
<td>SB or NB 2,000 +/-</td>
<td>N 30 S 38</td>
<td>Tenn. N.C. A.T. Guide</td>
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<tr>
<td>Buffalo Mtn. Park, Johnson City;</td>
<td>6 miles; moderate, 4 hr.</td>
<td>I/O</td>
<td>SB or NB 1,300</td>
<td>5</td>
<td>Park Guide</td>
<td>H246 1:00p</td>
<td>H446 1:00p</td>
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<tr>
<td>Little Stony Creek Falls, Va.;</td>
<td>6 miles; easy, 7 hr.</td>
<td>I/O</td>
<td>SB or NB 800</td>
<td>68</td>
<td>Topo</td>
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<tr>
<td>Mt. Mitchell, N.C., highest peak in East;</td>
<td>optional distances, easy to strenuous, &gt;5 hr.</td>
<td>I/O</td>
<td>Opt.</td>
<td>80</td>
<td>Topo</td>
<td>H548 7:30a</td>
<td>H748 7:30a</td>
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<tr>
<td>Virginia Creeper, rail to trail;</td>
<td>optional distances, easy (+), &gt;3 hr.</td>
<td>I/O</td>
<td>SB or NB little</td>
<td>N 47 S 85</td>
<td>Topo</td>
<td>H249 1:00p</td>
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<tr>
<td>Warriors Path SP, Tenn., Devils Backbone;</td>
<td>6.5 miles; moderate, 5 hr.</td>
<td>I/O</td>
<td>SB or NB 500</td>
<td>35</td>
<td>Park Guide</td>
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<tr>
<td>Linville Gorge and Falls, Wilderness, Bynum Ridge; 5 miles; moderate, 6 hr.</td>
<td>I/O</td>
<td>SB or NB 1,000</td>
<td>60</td>
<td>Park Guide</td>
<td>H351 8:00a</td>
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<tr>
<td>Table Rock, Hawksbill (Linville Gorge Wilderness);</td>
<td>5 (+5) miles; moderate, 6 hr. (+2 hr.)</td>
<td>I/O</td>
<td>SB or NB 2,000 + (1,000)</td>
<td>70</td>
<td>Park Guide</td>
<td>H552 8:00a</td>
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<td>Steele Creek Park, Bristol, Va.;</td>
<td>options, 3+ hr.</td>
<td>I/O</td>
<td>Opt.</td>
<td>25</td>
<td>Park Guide</td>
<td>H253 1:00p</td>
<td>H453 1:00p</td>
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<tr>
<td>Rogers Ridge, Va./Tenn./N.C.;</td>
<td>12 miles; strenuous, 10 hr.</td>
<td>I/O</td>
<td>SB or NB 2,800</td>
<td>55</td>
<td>Topo</td>
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<tr>
<td>Margarette Falls;</td>
<td>2.5 miles; easy, 4 hr.</td>
<td>I/O</td>
<td>SB or NB 1,400</td>
<td>35</td>
<td>Topo</td>
<td>H255 1:30p</td>
<td>H455 1:30p</td>
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<tr>
<td>Rock Creek Falls;</td>
<td>5 miles; moderate, 4 hr.</td>
<td>I/O</td>
<td>SB or NB 1,000</td>
<td>17</td>
<td>Topo</td>
<td>H256 1:00p</td>
<td>H456 1:00p</td>
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<tr>
<td>Gentry Creek Falls, creek crossings;</td>
<td>5 miles; moderate, 6 hr.</td>
<td>I/O</td>
<td>SB or NB 900</td>
<td>55</td>
<td>Topo</td>
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</table>
Hike Descriptions


3. A.T. Hike. Distance of 7.9 miles from Mt. Rogers NRA headquarters to South Fork Holston River. Features: South Fork Holston River, Mt. Rogers NRA headquarters with small museum, Partnership Shelter, old manganese mines.


5. A.T. Hike. Distance of 8.5 miles from Dickey Gap to Va. 603. Features: Comers Creek Cascade.


8. A.T. Hike. Distance of 6.9 miles from Elk Garden to Summit Cut. Features: magnificent views from open fields of Whitetop Mountain (5,520 ft.) and Buzzard Rock.


14. A.T. Hike. Distance of 4.2 miles from Watauga Dam Road to U.S. 321. Features: Cross Watauga Dam and view lake, trail in woods; see major Appalachian thrust fault from dam; Watauga Lake Shelter.


17. A.T. Hike. Distance of 10.2 miles from Walnut Mountain Road to U.S. 19E. Features: Elk River, Jones Falls, open fields around Bishop Hollow.


19. A.T. Hike. Distance of 4.8 miles from Carvers Gap to Hughes Gap or from Roan High Bluff to Carvers Gap. Features: old "Hack Line" carriage road to former Cloudland Hotel, Roan High Knob Shelter (highest shelter on the entire A.T. at 6,285 ft.).


22. A.T. Hike. Distance of 8.3 miles from Indian Grave Gap to Nolichucky River. Features: Curly Maple Gap Shelter.


24. A.T. Hike. Distance of 13.3 miles from Spivey Gap to Sams Gap. Features: Big Bald (5,516 ft.), a spectacular, open, grassy bald, and High Rocks with good views, Bald Mountain Shelter (off the A.T.).

A.T. Hike. Distance of 12.6 miles from Devil Fork Gap to Jones Meadow. Features: spectacular views from High Rocks, Firescald Knob, White Rock Cliffs, Blackstack Cliffs, and Jones Meadow; Flint Mountain and Jerry Cabin shelters.

A.T. Hike. Distance of 7.4 miles from Jones Meadow to Allen Gap. Features: Trail mostly in woods with open Jones Meadow and firetower on Camp Creek Bald side trail, Little Laurel Shelter.

A.T. Hike. Distance of 8.8 miles from Allen Gap to Tanyard Gap. Features: Rich Mountain Firetower (3,643 ft.) about 0.1 mile on side trail with great views, Trail mostly in woods, Spring Mountain Shelter.


A.T. Hike. Distance of 6.6 miles from Hot Springs to Garenfroo Gap. Features: views of gorges of French Broad River and Spring Creek, Deer Park Mountain Shelter.

A.T. Hike. Distance of 7.8 miles round-trip from Garenfroo Gap to Lemon Gap. Features: Trail mostly in woods, Bluff Mountain (4686 ft.), Walnut Mountain Shelter.

A.T. Hike. Distance of 6.6 miles from Lemon Gap to Max Patch Road. Features: Magnificent views from open fields on Max Patch (4,629 ft.), Roaring Fork Shelter.

A.T. Hike. Distance of 3.7 miles from Hampton to Dennis Cove. Features: spectacular Fork Lauren Falls and gorge, Potato Top, old railroad grades, Pond Mountain Wilderness Area, beaver dams and ponds.

A.T. Hike. Distance of 10.5 miles from U.S. 19E to Yellow Mountain Gap. Features: spectacular open balds of The Hump, Little Hump, and Yellow Mountain Gap area; Overmountain Victory Trail.

A.T. Hike. Distance of 7 miles from Yellow Mountain Gap to Carvers Gap. Features: spectacular open balds of Grassy Ridge (6,189 ft. on 0.5-mile side trail), Jane Bald, and Round Bald; Overmountain Shelter; Stan Murray Shelter.

A.T. Hike. Distance of 5.4 miles. Features: beautiful open balds of Grassy Ridge (6,189 ft.), Jane Bald, Round Bald.

Rhadodendron Gardens, Roan High Bluff. Distance of 3 miles. Features: Views and extensive natural rhododendron gardens (late for blossoms), views, spruce-fir forest.

Bays Mountain Park, Kingsport, Tenn., to Laurel Run Park, Hawkins County, Tenn. Distance of 7.8 miles. Features: firetower, pretty streams with several waterfalls.


Devils Bathtub, Jefferson National Forest, Va.; 9-mile loop. Features: Devils Fork Creek with several fords, interesting Devils Bathtub pool, sandstone cliffs with coal seams.

Grandfather Mountain, N.C. Private property developed for enjoying nature and scenery. Many facilities and trails. One difficult hike utilizes several trails to cross from Blue Ridge Parkway to Invershield on other side; 11.6 miles; fee.


Guest River Gorge, Jefferson National Forest, Coeburn, Va. Distance of 12 miles round-trip. Features: old railroad grade with wide trail of gentle downhill grade in gorge of rushing Guest River, to its mouth at the Clinch River.

Some A.T.) Holston Mountain Trail, Tenn. Distance of 12.5 miles. Features: trail through woods on crest of Holston Mountain. The last 3.0 miles are on A.T. from Double Springs Shelter along crest of Cross Mountain.

Iron Mountain Trail, Tenn. Distance of up to 20 miles. Feature: ridgeline of Iron Mountain from U.S. 421 to south and to north to Damascus, Va.

White Rocks Loop, Buffalo Mountain Park, Johnson City. Distance of 6 miles. Feature: loop trail with views of Johnson City and mountains from White Rocks, city park at north-eastern end of Buffalo Mountain, just south of city.

Little Stony Creek Falls, Jefferson National Forest, Va. Distance of 6 miles round-trip. Features: two nice waterfalls in gorge with sandstone cliffs along the sides.

Mt. Mitchell, Black Mountains, N.C. Distance: as you wish, with much climbing. Feature: Mt. Mitchell (6,684 ft.) Trail is above 6,000 ft. for three miles, with several distinct peaks.

Virginia Creeper Trail, Jefferson National Forest, Va. This is a 34-mile former railroad grade from Abingdon, Va., to the North Carolina line near White Top, Va. A number of short, easy hikes may be combined into longer ones.

Devils Backbone Trail and Fall Creek Loop, Warrior’s Path State Park, Tenn. Distance of 6.5 miles round-trip. Features: rocky trail along spectacular cliffs over Ft. Patrick Henry Lake.

Linville Falls and Gorge, Pine Gap and Bynam Ridge Trails. Distance of 5 miles. Features: views of falls and Linville Gorge Wilderness Area; descend to river in gorge.

Hawksbill and Table Rock Mountains. Distance of 5 miles on two hikes. Features: steep trail to top of spectacular cliffs overlooking Linville Gorge Wilderness Area and much of western North Carolina.

Steele Creek Park, Bristol, Tenn. Distance as desired; probably about 10 miles. Features: level lakeside trail and/or steep trail over knobby shale hills.

Rogers Ridge Horse Trail. Distance of 12 miles round-trip. Features: open, grassy ridge at almost 5,000-ft. elevation with fine views and benchmark at corner of Virginia, Tennessee, and North Carolina.

Margaret Falls. Distance of 2.5 miles round-trip. Feature: falls.

Rock Creek Falls. Distance of 5 miles round-trip. Feature: falls.

Gentry Creek Falls. Distance of 5 miles round-trip. Features: falls and several fords.
Workshops

Please read details before registering. Note the times: Workshops vary in length of time (45 minutes; 1 hour, 45 minutes; 2 hours, 45 minutes; and 3 hours, 45 minutes). Some workshops are repeats and are noted as such. Most workshops will take place at the D.P. Culp University Center, and rooms and times will be posted at the registration tables. Copies will be placed in the registration packets. If there are cancellations, changes, or additional workshops, a list will be near the registration tables and also in your packet.

Saturday, July 2

8:15–12:00 Chainsaw Maintenance
Dennis Helton, USFS Lead Instructor
Spend four hours learning the fine points of chain saw maintenance from a world-class pro. Bring your saw, tools, accessories, and ideas.

1:15–3:00 Land Protection along the A.T.—What Is It and How Is It Done?
David Ray, Southern Appalachian Highlands Conservancy, and Bob Williams, ATC
Real-life situations will be used to illustrate land-protection issues. We will discuss the definition of protection, examine the toolbox, and consider funding issues. Subtopics will include A.T.-corridor conservation attributes, viewed analysis, landowner outreach, conservation-buyer programs, and the role of government agencies and community groups.

1:15–3:00 Rare, Threatened, and Endangered Species on the A.T.
Kent Schwarzkopf, NPS A.T. Park Office (ATPO)
More than 2,000 occurrences of rare, threatened, or endangered species and plant communities are in the A.T. corridor. Review the volunteer natural-heritage monitoring program for the A.T., the priorities set for protecting those various species, and the actions that have already occurred.

1:15–2:00 Wolf Creek Restoration Project
Terry Bowerman, USFS
Partial reconstruction of a 1900 upland Appalachian community to expand hiking, biking, horseback riding, etc., by converting old roads to trails; to improve wildlife habitat for nature-watching and for rare golden winged warblers; and to develop an interpretive program describing the community history, land use, forest ecosystems, and Forest Service management.

1:15–4:00 Organizational Sustainability
Vicki Clark, Volunteer Services Consultant
Developing sustainable solutions increases the capacity of an organization to achieve its mission. This workshop provides an understanding of the meaning of sustainability and its core components; permanent infrastructure; expanding or building systems; multiyear focus; community participation; and empowerment.

1:15–3:00 Assessing the Appalachian Trail
David Reus, ATPO, and Matt Robinson, ATC
In 2004, the ATC began the ambitious project of assessing the condition of the entire Appalachian Trail. Learn about the information being collected, how GPS is streamlining the process, and who is using it. After learning the principles behind the assessment process, we’ll go outside for a demonstration.

1:15–5:00 Effective Club Meetings—For Club Leaders and Members
Nancy Walters, USFS
This fast-paced course will help current and prospective club leaders learn how to plan and run meetings. Topics include publicity, agenda-building, meeting management (including managing dialogue and staying on track), and logistics. Learn to get the most out of your group’s diversity and actually enjoy a productive meeting!

1:15–3:00 Lightweight Stove-Construction Workshop
Don Desrosiers
Are you trying to get your pack weight down or even go “ultra-light”? Cut the weight of your stove to less than an ounce by building several working stoves in different styles from recycled materials that use a variety of fuels.

2:15–3:00 The Southern Appalachians Initiative—A 5,000-Mile Trail Network
Jeffrey Hunter, AHS
Discussed will be the Southeastern Foot Trails Coalition (SEFTC) effort to create a 5,000-mile connected network of trails in the nine-state region. Take a virtual hike of this network; discuss the goals and challenges of this undertaking.

3:15–5:00 Forest Fires: Why and What’s to be Done
Dick Bury
Why are there large fires recently, who is responsible, where and why are they most severe? Should fires be extinguished quickly? Can fires be kept smaller by thinning the forest with controlled burning or by cutting and removing trees?

3:15–5:00 Identifying and Managing Exotic Plants on the A.T.
Kent Schwarzkopf, ATPO, and Andy Brown, Southern Appalachian Man and the Biosphere Project (SAMAB)
Invasive exotic-plant species are a major threat to endangered and other native species along the A.T. Review the identity of the worst plant invaders, the volunteer program to monitor them in the southern Appalachians, and the initial steps taken to control them.

3:15–5:00 Exploring Our Future: Preservation with Change
Mary Merrill, Volunteer Services Consultant
Trends affecting volunteer membership organizations and the need for strengthening leadership, engaging volunteers, and adapting to change. Preserve what you stand for and why you exist, while changing what you’re doing and how you’re doing it. Participants will determine their vision for the future and how to move from vision to action.

3:15–5:00 Archaeology and History Along the A.T.
Don Owen and David Reus, ATPO, et al.
Presentations by archaeologists and historians who have studied prehistoric and historic sites along the Appalachian Trail, featuring a freed black community in the mountains of central Virginia, significant cultural resources in central and southwest Virginia, and the history of the Trail itself.

3:15–5:00 Appalachian Clogging and Old-Tyme Dance
Amanda Grau, ATC
Basic clogging footwork and steps; partner and circle dancing.
The Overmountain Victory National Historic Trail
Paul Carson, Superintendent, OVNHT
An orientation on the Overmountain Victory National Historic Trail, which is administered by the National Park Service and being developed into a 330-mile-long nonmotorized pathway through four states. This talk will discuss on-going efforts and current opportunities for hiking and partnerships.

Sunday, July 3

8:15-10:00 Appalachian Trail Museum Symposium
Bill O’Brien and Larry Luxenberg, ALDHA
A conversation with the earliest living thru-hiker, Gene Espy of Macon, Ga. Gene will share stories and show some of the equipment he carried on his solo northbound thru-hike in 1951. Questions and answers will be followed by a status report on the fledgling Appalachian Trail Museum.

8:15-10:00 Appalachian Treasures
Lenny Kohm, Appalachian Voices
This slide show and discussion features the beauty of Appalachia along with disturbing shots of coal-mining sites; voice recordings recounting the struggles of life in a coalfield; and traditional music of Appalachia. This will leave a lasting impression of the culture and heritage of Appalachia, as well as the devastation caused by mountaintop-removal coal mining.

8:15-11:00 The Courage to Lead
Vicki Clark, Volunteer Services Consultant
Leadership is accomplishing tasks and reaching goals through the efforts of other people. True leaders see life and community as a whole, and they then lead on issues, principles, vision, and mission. This session examines the facilitative-leadership model and explores five key skills used by effective leaders.

8:15-10:00 Finding Cold Mountain
Danny Bernstein, Carolina Mountain Club (CMC)
Shining Rock, Tanawha, Catawbaoochee, Little East Fork. The locations in the novel Cold Mountain are real. What has happened to these places since the Civil War? What are these areas like today? Who lives there now, and how can you hike the Cold Mountain destinations? Come trace the Cold Mountain journey, set in western North Carolina.

8:15-12:00 Accessibility and the A.T.
Peter Jensen et al., ATC
Discussed will be the accessibility guidelines applicable to the A.T. and its facilities, the legal background, and how it affects the USFS and Trail guidelines. Examples of how guidelines can be applied to the A.T. and its facilities while maintaining a natural setting.

Geologic History of the A.T.
Brad Van Diver, CMC
The Appalachians are similar to the Urals, Alps, and Himalayas in that each range resulted from convergence of tectonic plates that collided with a continental collision. Using maps and pictures, you will see Appalachian mountain-building and some of the resulting rocks, structures, and landscapes the A.T. hiker may encounter.

10:15-12:00 Treadways That Last
Ted Ragsdale, Georgia A.T. Club
The essence of trail wear, some popular false notions about making trail wear more durable, and techniques for preventing trail wear that have stood the test of time.

10:15-12:00 Endangered Services, Responsible Behaviors, Hikers, and Respect
Stacy L. Mikkelsen-Boone, ALDHA
The Appalachian Trail is changing. What is the relationship between the Trail community, owners of businesses, and the hikers themselves? Discussed are the views of owners and hikers, what a few organizations are doing to maintain the “spirit” of the Trail, and what others can do to preserve the positive.

10:15-12:00 Monarchs, Milkweeds, and Mountains
Laurey Masterton
Sample a variety of snack foods, get recipes, and plan for a weekend’s worth of fun things to eat on the trail. Laurey, of Laurey’s Catering (and formerly an Outward Bound instructor), will lead this workshop. Come prepared to sample—and share your favorites, too.

Wildflowers of the Southern Appalachian Mountains
Elisabeth Fei, CMC
A brief introduction to common, and some not-so-common, wildflowers you may find along the southern Trail.

11:15–12:00 Trail Roundup Discussion
Moderators: Liles Creighton, Supervisor of Trails, Potomac A.T. Club, and Bob Proudman, ATC
A resolution passed at the 2003 biennial meeting called for a roundtable discussion among Trail-club officials at this meeting. Discussed will be how the clubs carry out and financially support Trail maintenance and construction on their assigned sections, how the work is done and to what design, and their relationships with ATC, ATPO, and their other partners.

11:15–12:00 A.T. Shelters: Where are They Headed?
Tom Johnson and Frank Turk, PATC
Shelters sprout along the A.T. in all flavors, from the extravagant to the mundane. What should we be building? Discuss design, amenities, and techniques. Targeted toward club volunteers engaged in, and responsible for, shelters.

Avian Issues in the Southern Appalachians
Curtis Smalling, Audubon Society
The southern Appalachian region is home to a diverse array of birds, including a high number of migrants and species of conservation concern. This presentation looks at the birds, habitats, challenges, and opportunities in conservation in the region.

Wildflowers of the Southern Appalachian Mountains
Repeat of W212.
1:15–4:00 Fund-raising is Friend-Raising! What Does that Mean?  
Karen Kinney, ATC  
Ever wonder what fund-raisers really do? Come and chat with Karen Kinney, ATC’s director of development, to learn about its membership and development efforts. Gain tips on how to craft and implement your own “friend-raising” plan.

4:15–5:00 Outdoor Gear Repair  
David Schilling, ATC  
Outdoor equipment and clothing cost too much to replace, so it gets ripped or a zipper fails. Learn field-friendly techniques for keeping your gear in great condition. Bring your broken stoves, tents, sleeping bags, etc.!

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Monday, July 4

1:15–3:00 Moldering Privy Designs and Results  
Moderator, Pete Irvine, USFS  
A panel of designers, builders, and maintainers with multiuse results. How successful is the system, and what should be the design and use emphases in the future?

1:15–3:00 Environmental Monitoring and the Appalachian Trail  
Matt Stevens, ATC, and Andy Brown, SAMAB  
The A.T. is called a “continental transect,” perfect for determining what influences the natural environment along the Eastern Seaboard. Understand the merits of environmental monitoring along the A.T. corridor; discuss the efforts underway and potential programs. Some hands-on monitoring activities.

1:15–2:00 Appalachian Light—Photographing the World’s Oldest Mountains  
David Ramsey, Appalachian Photographer  
A program on the natural heritage and beauty of the southern Appalachian Highlands and a primer on digital photography in the great outdoors.

1:15–3:00 Volunteer Recruitment for Large Trail-Construction Programs  
Mark Stanfill, Cumberland Trail Conference  
Focus on how the Cumberland Trail Conference is building the Cumberland Trail through two of its larger programs, Spring Breakaway and the BIG DIG. Discuss the benefits and challenges involved in coordinating volunteer programs and provide ideas for your organization and how you can get involved.

1:15–2:00 Developing Your Trip-Leadership Skills  
Matt Davis, ATC  
Covered will be things that hike leaders, maintenance leaders, and all A.T. enthusiasts should know before venturing out. Attendees will discuss and share their ideas for pretrip planning, risk management, safety and dealing with emergencies, knowing your group, and available training.

1:15–2:00 Volunteer Recruitment and Motivation  
David Schilling, ATC  
Views of community service are changing within our society. We’ll learn quick, easy, and cheap techniques for attracting new volunteers to the Trail and your club, as well as explore what drives and inspires existing volunteers and how we can tap into their collective energy.
1:15–5:00 **Field Trip to the Gray Fossil Site**
Larry Bristol, East Tennessee State University
The 4.5- to 7-million-year-old Gray fossil site is the only Miocene-era fossil site in the Appalachian area. It is unique in several ways, containing many tapir fossils, the two largest teleoceras rhinoceros skeletons, the oldest red panda fossils, and a newly found weasel. After the discussion and viewing of fossils, the nearby site will be visited.

2:15–3:00 **Challenge Your Club!**
Dave Wetmore, CMC
We have found that challenge programs (peak- and trail-bagging) both stimulate current club members and attract new ones. Discuss the design and administration of challenge programs in the southern Appalachians.

2:15–5:00 **The Greatest Good**
U SFS
Two-hour movie and discussion describing and celebrating 100 years of U.S. Forest Service land management, reflecting on the past, and preparing for the future.

2:15–3:00 **A.T. Diversity**
David Schilling, ATC
Is there one particular type of A.T. user or supporter? Not even close! Here, we'll use games and activities to highlight the differences in all of us, and how we can use these differences to our advantage in getting things done on the Trail. Come prepared to have fun!

2:15–4:00 **How Can Technology Solve Trail-Management Problems?**
Steve Wilson, Tennessee Eastman Hiking Club and ATC Board of Managers
Effective communications have always been paramount to good Trail management, from coordinating volunteers to recording accomplishments and needs. We will share success stories of what challenges are being met with information technologies (e.g., Web tools, GIS, FMSS, etc.) and discuss ideas for addressing unmet challenges.

3:15–4:00 **Winter Backpacking and Camping**
Matt Davis, ATC
Why winter is a great time to be outdoors (including a top-ten list), what you'll need to enjoy your trip, and good places to go along the A.T. in winter.

3:15–5:00 **Sharing Habitat with Wildlife of the A.T. Corridor**
Matt Stevens and Val Stori, ATC
Learn to recognize tracks and signs of some common wildlife species and how it helps us assess the health and value of the home habitats of larger mammals on and near the A.T. corridor. Included is a good bit of field work, after some indoor time.

3:15–5:00 **Titling at Windmills: How Should We Respond to Wind Energy?**
J.T. Horn, ATC
Participants will learn about the wind-energy industry and what its growth means for the Appalachian Trail, including windfarm requirements and impacts on land and wildlife. Also discussed are the benefits of renewable energy on climate change, acid deposition, and other environmental threats facing eastern forests.

3:15–5:00 **Recreational Liability and the A.T.**
Chuck Sloan, Attorney, and Bob Proudman, ATC
What is your “duty of care” as a trip leader? Can you or your club be sued for a real or alleged failure in maintaining the Trail? Review the principles of negligence, existing protections for volunteer trail maintainers, and several real lawsuits.

3:15–5:00 **East Coast Greenway: Urban Alternative to the Appalachian Trail**
Tony Barrett and Karen Votava, East Coast Greenway Alliance
The East Coast Greenway Trail is being developed to link the 25 major Eastern Seaboard cities. It parallels the A.T. physically and conceptually but also serves as a distinct complement. Learn about this new route for walkers and cyclists to discover the richness of our eastern landscapes and heritage.

3:15–5:00 **Long-Distance Hiking for the 45 and Older Set**
David Ryan, Author
Learn why the A.T. is the ideal setting for someone older than 45 seeking an extraordinary adventure. Learn what to expect and how to prepare and succeed. David Ryan thru-hiked the Trail at the age of 50 and wrote Long Distance Hiking on the Appalachian Trail for the Older Adventurer.

Excursions

The Southern Highlands offer a wide variety of off-Trail attractions: America's largest home, arts and crafts, caving, country music, NASCAR, you name it. The following are some of the more popular destinations close to Johnson City. Some excursions, such as caving and rafting, are active trips. Others, such as the arts-and-crafts tour, are less active. Most excursions will be offered more than once, and additional excursions may be added to the program. Check our Web site, <www.southernhighlands2005.org>, for updated information.

**Car Pools:** Drivers are needed for all excursions except the Asheville arts-and-crafts tour. Van transportation will be provided for that outing. Car pools will be formed to minimize traffic. Please indicate a willingness to drive (on your registration form) and when you reconfirm your reservation upon check-in at the conference. If an excursion has insufficient drivers, it will be cancelled. Passengers will be assessed a fee to cover the expenses of the drivers. (To calculate the fee, find the round-trip driving mileage for the excursion in the listing and multiply this mileage by 8c. Round the result up to the nearest dollar. Please bring exact change.)

**Fees:** Fees listed below are based on the latest available information for adult rates. In most cases, they are 2004 rates; 2005 rates may be slightly higher. All rates have been adjusted to include incidental expenses, including the admission fee for the excursion leader and gas and parking for the conference vans, if used. Any further adjustment will be handled when you check in at registration.

**Do-it-yourself excursions:** Information on other destinations will be available to plan your own excursion.

Note: Lunch is not included in the excursion, unless specifically indicated.

**Saturday, July 2**

**Asheville Arts and Crafts Tour** • $10 • 9 a.m.–5 p.m.  • Van (125 miles round-trip)–The Asheville area has become a mecca for artists and crafts people, who display their work at a number of venues in and around town. We'll visit the Asheville Art Museum, the Folk Art Center, and a number of the better craft galleries. Van transportation will be provided for this excursion.
Birthplace of Country Music Alliance (BCMA) Museum • Donation • 1 p.m.–5 p.m. • (50 miles round-trip)—BCMA is a nonprofit group dedicated to the music and culture of the Southern Highlands and the role the region played in the development of country music. Its museum tells that story.

Biltmore House and Estate • $40 • 9 a.m.–5 p.m. • (125 miles round-trip)—Visit America's largest home, and see 60 rooms of 19th-century splendor and the “downstairs” operation that kept it all going. Enjoy the gardens, and sample Biltmore’s best at the winery. The tour will be led by a fellow hiker who is also a trained guide.

Bristol Caverns • $11 • 1 p.m.–5 p.m. • (60 miles round-trip)—A gentle walk along a paved, lit walkway leads you among the stalagmites and stalactites, some larger than tree trunks, in this limestone cave.

Bristol Speedway Tour • $6 • 9 a.m.–1 p.m. • (50 miles round-trip)—A “must” for NASCAR fans, this tour will take you through the “pits” and show you how a NASCAR race happens. Maximum 20 people. The excursion will be canceled if a NASCAR event is occurring at the speedway.

Cumberland Gap National Historical Park and Cave Tour • $8 • 9 a.m.–5 p.m. • (200 miles round-trip)—Explore Cumberland Gap National Historical Park, along the famous route west through the mountains. Enjoy a two-hour, moderately strenuous cave tour led by park rangers. The walk through the cave is a mile long and involves negotiating 183 steps.

Dollywood • $42.20 • All day • (250 miles round-trip)—The Smoky Mountains’ premier theme park, with rides, country music, and exhibits on mountain living. We’ll tell you how to get there and more about the attractions, but there will be no leader. Pay at gate, not with preregistration.

Dollywood's best at the winery. The tour will be led by a fellow generation that kept it all going. Enjoy the gardens, and sample Biltmore’s best at the winery. The tour will be led by a fellow hiker who is also a trained guide.

E7 Roan Mountain State Park • $4.50 • 1 p.m.–4 p.m. • (55 miles round-trip)—See a spectacular display of rhododendrons at the base of 6,285-foot-high Roan Mountain and enjoy the temperate rain forest of “Cloudland.”

Tweetsie Railroad • $27.50 • 9 a.m.–3 p.m. • (125 miles round-trip)—Enjoy a train ride through North Carolina’s oldest theme park. Take the chair lift to Miners’ Mountain, and pan for gold. Live entertainment at the saloon and on the train.

Monday, July 4

Birthplace of Country Music Alliance (BCMA) Museum • Donation • 1 p.m.–5 p.m. • (50 miles round-trip)—Repeat of E202.

Bristol Caverns • $11 • 1 p.m.–5 p.m. • (60 miles round-trip)—Repeat of E204.

Fourth of July Fireworks • Free • 8:30 p.m. • (50 miles round-trip)—We’ll enjoy the fireworks in one of the nearby towns or from the top of Roan Mountain. Details to be provided when you check-in.

Jonesborough Historical District • $13 • 1 p.m.–4 p.m. • (16 miles round-trip)—Repeat of E413.

Nathaniel Greene Museum • Donation • 1 p.m.–4 p.m. • (64 miles round-trip)—A museum commemorating Nathaniel Greene, one of George Washington’s generals.

Roan Mountain State Park • $4.50 • 1 p.m.–4 p.m. • (55 miles round-trip)—Repeat of E317.

Tuesday, July 5

Asheville Arts and Crafts Tour • $10 • 9 a.m.–5 p.m. • Van (125 miles round-trip)—Repeat of E201.

Biltmore House and Estate • $40 • 9 a.m.–5 p.m. • (125 miles round-trip)—Repeat of E203.

Bristol Caverns Wild Tour • $22 • 9 a.m.–3 p.m. • (60 miles round-trip)—A more active way to see the caverns, this three-hour “off walkway” tour is led by a trained guide. It involves climbing, using the undeveloped portions of the cave. You will need a good-sized flashlight and will get muddy and wet, so dress appropriately, and bring a clean change of clothing. You may also want to bring a snack and some water.

Cumberland Gap National Historic Park and Cave Tour • $8 • 9 a.m.–5 p.m. • (200 miles round-trip)—Repeat of E208.

Dollywood • $42.20 • All day • (250 miles round-trip)—Repeat of E209.

Jonesborough Historical District (JHD)/Nathaniel Greene Museum—JHD • $13 • Museum, donation • 9 a.m.–3 p.m. • (75 miles round-trip)—Soak up local history with a tour of Jonesborough, the Revolutionary War capital of the State of Franklin, and a museum commemorating Nathaniel Greene, one of George Washington’s generals.

Natural Tunnel State Park • $14 • 9 a.m.–3 p.m. • (100 miles round-trip)—Repeat of E315.

Rafting the French Broad River • $60 • 8:30 a.m.–5 p.m. • (110 miles round-trip)—Day-long introduction to rafting with one of our sponsors, Nantahala Outdoor Center (NOC), is suitable for all. Lunch is included. Wear your bathing suit, and enjoy a dip in the river. For the more adventurous, arrange your own day-long raft trip on the Nolichucky River (about $85) through one of the deepest gorges in the East by contacting NOC, (800) 232-7238 or <www.noc.com>, directly.
1. **Complete a separate form for each adult and child.**
   Make copies (both sides) as needed. Please print neatly or type. Note that all costs are per person. Forms must be postmarked not later than June 1, 2005.

   **Name:**
   **Address:**
   **City:**
   **State:**
   **ZIP Code:**
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   **Day telephone:**
   **Night telephone:**
   **Emergency telephone:**
   **E-mail address:**
   **Sex (M/F):**
   **Age:**

2. **Name Tag:** Indicate the exact information you want on your name tag:
   **Name:**
   **Affiliation:**

3. **Check if wheelchair access is required.**
   Please describe any physical or medical conditions that will require special accommodations:

4. **Lodging:** Place an X in the appropriate box for the date and type of lodging desired. Enter the total cost in the Total Cost column. If you have a preference for a roommate or adjacent lodgers, enter the name(s) in the spaces provided. A roommate will be assigned if you select a double room and do not specify a roommate. The cost for a child 12 or under in a room with two adults is $5; a child in a room with one adult requires the double fee. A limited number of air-conditioned apartments will be assigned to attendees staying the majority of time during the conference, on a first-come, first-served basis. Linen packages are also available as an option for the first 200 requesters at $12/person per stay.

   **Roommate Request:**
   **Adjacent Room Request:**

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   * These will be filled on a first-come, first-served basis. After these are filled, additional requests will be assigned to AC dorms.
   ** $16.00 max for 2 or more persons

   Total $ |

5. **Meals:** Each meal may be ordered separately. Place an “X” in the box for the date and type of meal ordered. Enter the total cost in the Total column. Meals for children ages 4–11 are half the adult rate. Meals for children age 3 and under are free. The BBQ dinner will accommodate two options for selection and includes the evening entertainment.

   **Check if vegetarian meals are requested.**

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   * Insert A for BBQ option or B for vegetarian option

   Total $
**Southern Highlands 2005 souvenir T-shirts** will be available for sale at the conference. Please mark below if you are interested in purchasing one, and circle your size choice. This selection does not mean that you are obligated to purchase a T-shirt.

- **No**
- **Yes**
- **Size:** **S** **M** **L** **XL** **XXL**

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**Hikes, workshops, and excursions:** Enter the activity code in the box. Please indicate with a (D) next to the hike or excursion number if you can drive for a requested hike or excursion. Youth program: $15/day/child.

<table>
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<tr>
<th>Activities</th>
<th>Sat 7/2</th>
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**Release Form:** Participation in Southern Highlands 2005 meeting activities is voluntary. In consideration of permitting me to participate in these activities, and fully recognizing the hazards to which I will be exposed, by signing below, I hereby release all claims against the Appalachian Trail Conference, its affiliated clubs and members coordinating this meeting, the university, and the activity leaders for any personal injury, death, or property damage arising out of or in any way connected with such activities, including without any limitation any acts or omission caused in whole or in part by their negligence. This applies to activities on or off campus.

Signature: __________________________ Date: __________________________

**Costs:** Enter the costs below for lodging, meals, and activities. Registration forms postmarked on or before May 1, 2005, qualify for early registration. Registration fees are waived for children aged 11 and under. One check or money order may cover more than one registration, but please send the individual forms and check together.

Please make check or money order payable to:

GATC/Southern Highlands 2005

Mail to:
Southern Highlands 2005 Registration
P.O. Box 464032
Lawrenceville, Georgia 30042-4032

**Refund Policy:** All cancellations and requests for refunds must be in writing. Persons or families canceling will be refunded in full, less one registration fee. No refunds will be made after June 1, 2005.

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**6 MARCH–APRIL 2005 28**
ATC honored by Forest Service at centennial gathering

The Appalachian Trail Conference, the National Ski Patrol, and the Rocky Mountain Elk Foundation were recipients this winter of Centennial Awards in the volunteer leadership category for “making significant contributions to the work of the Forest Service that will help carry [it] forward into the next century.”

All together, thirty awards—some posthumous—were presented in eleven categories at the January 6 close of a week-long Centennial Congress, the opening event of the agency’s year-long celebration of its hundredth year. Executive Director David N. Startzell accepted the plaque for ATC.

The actual anniversary is July 1, and ATC plans to note it as part of its thirty-fifth membership conference—not only because more than forty percent of the Trail is on national-forest land, but also because of eighty years of association between the agency and ATC. Chiefs of the U.S. Forest Service (first employer of Benton MacKaye) and occasionally forest supervisors served on the governing body of ATC from 1925 until 1941.

The award itself incorporates slate from Grey Towers, about twenty miles north of the A.T. at Delaware Water Gap in Milford, Pennsylvania, home of Gifford Pinchot, first USFS chief.

One of the posthumous awards went to Bob Marshall (1901–1939), a Forest Service friend of MacKaye who was active in Trail affairs in the South until they and six others split off to form The Wilderness Society. At earlier, regional gatherings, the American Hiking Society, of which ATC is a member, and corporate supporter Recreational Equipment, Inc. (REI), were honored, too.

Accessibility regulations for forests open for comment

The Forest Service is seeking public comment until mid-April on two “interim directives” it said are intended “to ensure that new or reconstructed developed outdoor recreation areas on national forest system lands are developed to maximize accessibility [for the physically handicapped], while recognizing and protecting the unique characteristics of the natural setting.”

More than 40 percent of the Appalachian Trail crosses national-forest lands, and Appalachian Trail Conference officials have been involved for many years in federal deliberations on accessibility rules for trails.

The proposed Forest Service Outdoor Recreation Accessibility Guidelines (FSORAG) would apply to new or altered constructed features including many of those located at campsites, picnic areas, overlooks, and the routes connecting those facilities. The Forest Service Trail Accessibility Guidelines (FSTAG) would apply only to trails that are new or altered, managed for hiker/pedestrian use, and connect either directly to a trailhead or to a currently accessible trail. The Federal Register notice can be read on the Internet at <www.fs.fed.us/recreation/programs/accessibility/>. Comments must be received in writing by April 18, 2005. Other background on this matter can be found at <www.appalachiantrail.org/protect/issues/>. 
Georgia’s Hike Inn lauded for environmental aspects

The Len Foote Hike Inn, about midway between Amicalola Falls State Park’s visitor center and the southern terminus of the Appalachian Trail on Springer Mountain, has been recognized by the U.S. Green Building Council and by the National Wildlife Federation for its environmentally friendly practices.

The backcountry lodge is owned by the Georgia State Parks System but operated by the nonprofit Appalachian Education and Recreation Services, which is affiliated with the Georgia Appalachian Trail Club.

The council’s “Gold LEED (Leadership in Energy and Environmental Design) certification shows our guests that we are on the leading edge of sustainable practices on a national level,” says Hike Inn Education Manager Heather McKee. “It’s a tribute to our use of solar power, composting toilets, vermiculture, rainwater catchment systems, and other resource conservation techniques.”

Backyard wildlife-habitat certification from the NWF required the Hike Inn to document its efforts to attract wildlife through a variety of means, including water and food sources as well as protective habitat. “We will share the characteristics that got us certified, such as bat boxes and butterfly host plants, in order to teach our guests how to implement the same techniques at home,” says McKee.

Two side trails lead to the inn from the Approach Trail to and from Springer. More information is available at www.hike-inn.com.

In Memoriam

Samuel W. Waddle

Samuel W. Waddle of Chuckey, Tennessee, a World War II Army veteran and caretaker of Jerry Cabin Shelter on the North Carolina-Tennessee line since the late 1970s as a Carolina Mountain Club volunteer, died February 1 at Johnson City Medical Center. He was 83.

From the backyard of his 100-acre farm, Mr. Waddle could see the dip in the ridge between Ball Mountain Lookout and Round Knob where the unusual shelter is located, but the ten-mile drive to it would take him an hour in his jeep.

Built from the foundation of an old cattleman’s home, the stone shelter once had a reputation as perhaps the dirtiest on the Trail. But, Mr. Waddle—an Appalachian Trail Conference life member and honorary life member of the Appalachian Long Distance Hikers Association—cleaned up the area and “renovated” it with such touches as a nonfunctioning telephone and light and a plastic curtain in winter, as protection against the wind. The shelter also boasts a fireplace with a mantel and a good supply of firewood.

Mr. Waddle also was known for his deep attachments to A.T. hikers and highly organized files of shelter registers, scrapbooks, letters, and photographs related to them. He also was active in Pleasant Hill United Methodist Church as a Sunday-school teacher, speaker, and building-committee member.

He is survived by his wife of 61 years, Zella, two sons, four grandchildren, two great-grandchildren, two brothers, and five sisters.
The Appalachian Trail Conference (ATC) has been awarded a $35,000 grant from the Weyerhaeuser Company Foundation to help purchase acreage and relocate a portion of the Appalachian Trail back to the 246-acre, mountaintop Osborne farm, where it had been decades ago. This historic route of the A.T. offers panoramic views of Shady Valley, Tennessee, and beyond to Mt. Rogers in Virginia.

The grant to ATC was recommended by Weyerhaeuser’s Kingsport, Tennessee, pulp and paper complex, located nearby. The complex produces the “uncoated free-sheet” paper that is used in copiers, faxes, and computers. Employees at the complex choose projects that will be funded by the foundation. “The Appalachian Trail is nature at its very best, and this project intersects with our goal to make sure our forests are sustainably managed and here for future generations,” said Charlie Floyd, vice president and mill manager for the Kingsport complex. “Weyerhaeuser is very happy to work with the ATC to preserve this acreage that is enjoyed by many visitors, hikers, and families each year. We especially appreciate that this area of the Trail will now be accessible to persons with disabilities.”

“We are delighted to receive this significant gift from the Weyerhaeuser Company Foundation,” said Morgan Sommerville, ATC regional director. “As a primitive footpath, the A.T. has very few places that can meet accessible standards. The combination of gentle grades, convenient parking, and outstanding views on the Osborne farm is unique along the A.T. We knew we could not pass up this opportunity for an accessible trail, while helping to preserve a working farm, protect the headwaters of Shady Valley, and work with the Forest Service to provide sustainable forestry and a diverse environment.”

About one-half of the property is open grassland, and the other half is hardwood forest. The new route provides a half-mile long accessible path to the vistas at the summit of the farm and accessible trailhead parking at Tenn. 91. Also on the property are a rare cranberry bog, one of the southernmost such bogs in the Appalachians, and potential bog-turtle habitat.

The ATC and the U.S. Forest Service had been interested in acquiring the mountain top tract for more than two decades. ATC bought it with the assistance of the Tennessee Chapter of The Nature Conservancy in September 2001 and resold it to the Forest Service for inclusion in the Cherokee National Forest (see January/February ATN).

Weyerhaeuser employs 700 persons in Tennessee at locations in Kingsport, Ridgefields, Brownsville, Cleveland, Antioch, Knoxville, and Pulaski, as well as three locations in Memphis.

—Julie Judkins
April = Aveda Earth Month = An ATC Opportunity

For the entire month of April, Aveda stores and salons throughout New England, New York, New Jersey, and Pennsylvania will be encouraging customers to support with time and money the Appalachian Trail Conference’s programs to protect rare, threatened, and endangered species along the Trail (see January/February ATN).

ATC is one of about a dozen groups selected to benefit from an annual “Earth Month” campaign by the developer of more than 300 personal-care and beauty products.

ATC members are encouraged to support the Aveda events and exhibits—and tell their friends! A complete list of stores and salons can be found at <www.aveda.com>.

A special poster for the salons and a parallel T-shirt for anyone are being developed.

In his book, Bowling Alone: The Collapse and Revival of American Community, Robert Putnam asserts that we Americans are more disconnected as a society—from each other, our friends, our family, and our neighbors—than ever before. We belong to fewer organizations, meet our neighbors less often, and get together with friends and family less frequently. We even “bowl alone” instead of joining leagues.

Assuming that premise, we are even more grateful that so many of you have joined the ATC family as members and supporters. More than 35,000 currently support the work we together undertake in behalf of the Appalachian Trail. In fact, 10,374 of you have joined in just the last twelve months. Our hope is to continue to grow those numbers so that the Trail can be protected and preserved for many generations to come.

The Trail can provide for many “connecting” experiences. Hiking the Trail is often a solitary experience, but there are always people to meet while journeying, staying in the shelters, or visiting a town near the Trail for food, conversation, or getting mail. Many relationships, including marriages, have been made on the Trail!

Connecting with one of the thirty Trail-maintaining clubs (if you haven’t already) is another way to be in touch personally with the Trail. As I have listened to many maintainers tell their stories of dealing with blowdowns, building bridges or steps, etc., I have been struck by their camaraderie, as well as their desire to involve even more folks in this important work.

But, how do we connect 35,000-and-growing numbers of you with each other and with us in more meaningful ways?

One way is to invite you personally to consider attending this year’s biennial conference, scheduled for July 1 through July 8 in Johnson City, Tennessee, at East Tennessee State University. It is our membership meeting, too. Our southern clubs have been planning a wonderful experience for you and your family, and I urge you to carefully explore the materials in the middle of this edition of the ATN. This meeting will also be historic for ATC, as we celebrate our 80th anniversary and the future of our organization, as well as honor the past.

Over the next year, the membership and development staff will be examining other ways to be more connected to you, from how we redesign our section of the Web site to how we communicate with you on a regular basis.

To start, let me tell you about the members of our team and how you can contact them:

Rob Shaw, a native of West Virginia, is the membership and individual-giving manager. His work is helping us to create and implement better member communications and policies to ensure we listen to you. His e-mail address is <rshaw@appalachiantrail.org>.

Anna Mumaw, a 24-year veteran of ATC, is the membership services coordinator. Anna works with our member database, helping to keep your records accurate and responses timely. Her e-mail address is <amumaw@appalachiantrail.org>.

Katherine Edelen has been with ATC for five years and now is the foundation and corporate relations manager. Her work helps ATC identify and obtain grants and partnerships for our headquarters and regional offices and programs. Her e-mail address is <kedelen@appalachiantrail.org>.

Sarah Cargill is the newest member of our team as our development assistant. She is assisting us in many membership and development areas. Her e-mail address is <scargill@appalachiantrail.org>.

We hope you will continue to contact us with your ideas, concerns, and questions. We also hope to see you in Johnson City in July!

Karen Kinney can be reached at <kkinney@appalachiantrail.org> or (304) 535-6331.
First, I was delighted to receive a January/February issue of ATN. It used to get awfully cold and lonely out here during the winter months, when we had to wait from November until March for a magazine.

But, second, why does it have to be totally serious? Where was the “Ministry of Funny Walks”? Where were the “Reflections”? Those are the things I save until last, the best parts. Felix is a really gifted writer.

Third, you wasted our money on consultants who changed the name from Conference to Conservancy. I paid my life-member dues to belong to the Appalachian Trail Conference. I thought that meant my lifetime, not the lifetime of the organization. It wasn’t broken and didn’t need fixed. Now, we’ll have to build another organization to protect and encourage the Trail clubs, since you’ve moved away from hands-on trail protection. I’ve long thought we were getting away from our mission by buying so much land. Now, you’ve made it official.

Leslie Booher
Halifax, Virginia

First, “Reflections” are back (we just ran out of space last time). Second, a clarification: The consultants did not change the name, the Board of Managers did. The consultants were hired to research what the name meant to people and provide advice on whether it was a barrier or a conduit to increasing volunteers, members, partners, and other supporters. Nothing about the mission has changed except the way we try to explain it to new people and how actively we seek new support from them.

continued from page 7

Fifteen nominated . . .

continued from page 10

Additional nominations for the Board of Directors—through a petition signed by at least 50 ATC members—can be made until June 4, 2005. Petitions should be sent to the attention of David N. Startzell, executive director, at the ATC offices in Harpers Ferry, West Virginia.

No Board positions are compensated beyond travel expenses.

All votes in Board elections must be cast in person at a membership meeting. Individual members have one vote, and Trail-maintaining organizations have between four and thirty votes, depending on the length of their Trail section.

Letters . . .

continued from page 7

January edition too serious

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But, second, why does it have to be totally serious? Where was the “Ministry of Funny Walks”? Where were the “Reflections”? Those are the things I save until last, the best parts. I endure the business talk, so that I can get to the meaty stuff, the real stuff. Felix is a really gifted writer.

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continued from page 34

Memorial gifts

November-December 2004

Shin Aizeki—by Kristin Nelson, Doug and Sara Olson, Patricia Stark
Harold D. Almond—by Elizabeth Almond Ford
Will Beard—by Amanda Beard and Anne Allen-Beard
S. E. Bell, Sr.—by Virginia Bell
Red Bender—by Ruth B. Moeller
Herbert R. Coleman, Jr.—by Robert C. Adkisson, Rebecca Beamer, Janie Blassinghame, Michael Brewer, Beth Ewing, Hugh Green, Rick Hancock, Malcolm B. Higgins II, Martha Holmes, Reese and Melinda Lukei, Ellis and Marti Malabak, Mario D. Mazzarella, Alan and Phyllis Neumann, Karl and Melva Price, James B. Robertson, Nina Rountree, Rosanne Scott, Greg Seid, Mike Squire, Patricia D. Strong, Cheryl and Joe Zebrowski
Harold Crate—by Robert C. Adkisson, Rebecca Beamer, Janie Blassinghame, Michael Brewer, Beth Ewing, Hugh Green, Rick Hancock, Malcolm B. Higgins II, Martha Holmes, Reese and Melinda Lukei, Ellis and Marti Malabak, Mario D. Mazzarella, Alan and Phyllis Neumann, Karl and Melva Price, James B. Robertson, Nina Rountree, Rosanne Scott, Greg Seid, Mike Squire, Patricia D. Strong, Cheryl and Joe Zebrowski
Chris Deffler—by Edwin and Margaret Deffler
Roger Dixon—by Charles and Jill Dixon
Dick Grevé—by Edward and Sue Smith
Frank Hancock—by Joseph H. Bourdow
Walter K. Hoffman, M.D.—by John and Jean Fisher
Andrew Kingery—by William D. Kingery, Jr.

Dr. O. W. Lacy—by Richard E. Slimak
Michael A. Manes—by Kevin Burd
Ann McDuff—by Larry McDuff, Paul Wagner
Frank Oglesby—by Raymond F. Hunt, Jr., Donald W. Kreh
Vernon G. Vernier—by John P. Orr, Helen M. Russell
Gregory S. Walthall—by Ursula L. Carlton, Deborah, Edward and Dorothy Yevich

Notable gifts

November-December 2004

$10,000-$24,999
F.M. Kirby Foundation, Inc.—general support
The Lyndhurst Foundation—conservation planning

$2,500-$4,999
Coille Limited Partnership, LP—matching employee’s gifts

$1,000-$2,499
Bank of America—matching employees’ gifts

$500-$999
Altria Group—matching employees’ gifts
American Backcountry—general support
Georgia Appalachian Trail Club—general support
Philip Morris Companies, Inc.—matching employees’ gifts

Prudential—matching employees’ gifts

continued on page 34
Letters . . .

continued from page 33

Correcting the flow(s)

On reading “Drowned Lands” in the September/October 2004 issue, I was taken back to my crossing of the sod farm by the Wallkill River on a 100-plus-degree day. The author writes that the Wallkill “reaches the Hudson,” but it does not: This river has the distinction of flowing into a creek (the Rondout), which then does empty into the Hudson.

Also, the Wallkill is referred to as “one of the few north-flowing rivers in the United States,” but there are many such, from the Allagash to the Willamette. It also might be of interest that this section from the Allagash to the Willamette. It “reaches the Hudson,” but it does not: This river has the distinction of flowing into a creek (the Rondout), which then does empty into the Hudson.

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Vincent R. Clephas
Rhinebeck, New York

‘Go out there’

The temperature [in mid-December] is getting respectfully cold, and I think back on the many times I’ve done some winter camping and how really comfortable it was, nestled in a warm sleeping bag with the wind chill below zero just on the other side of a thin layer of nylon. Tenting material (almost as good as being lulled to sleep by raindrops pattering on the nylon). I would lay there in the bag, letting the thoughts go where they may, knowing things were secure. Just outside the tent was the WhisperLite with a pot filled with water, ready for breakfast without having to trudge to the stream in the morning. The pot would be left to freeze overnight. In the morning, it was a simple matter to place the frozen pot on the stove and let the heat melt the ice back to water. In well more than forty years of winter camping, this ritual never failed me.

Of course, some may be aghast at this; they may claim the water would become toxic from the metal pot. Well, maybe so, but don’t we boil water for soup in a metal pot? Today, I’m closer to 79 years of age than 78 and am still very active in mountaineering and camping. Although I’ve thru-hiked the A.T. well more than three times, the Long Trail twice, and sections of the Pacific Crest Trail, today I would not dare attempt a trail of great distances. Yet, every March I do get a severe illness known as Springer Fever. But, there are many memories of the A.T. to carry me through these golden years.

All I want to say to any lover of the outdoors is, “Go out there, hike the A.T. or whatever trail you fancy. And, don’t be just a fair-weather camper. Do some adventures in the winter. Not only will you be surprised how much less crowded the trails are, your golden years will be much better for it. Whatever obstacle confronts you in life, you can always think back to the ruggedness and stamina needed for winter camping and know you can better whatever life throws at you.”

Lou Le Blanc
Woonsocket, Rhode Island

2007 calendar submissions

The deadline for submissions of slides and other transparencies for the 2007 Appalachian Trail Conference wall calendar is Wednesday, June 1, 2005.

The ATC calendar features a mix of photographers, most of whom are Conference members and hikers who don’t make their livings as professional photographers. The 2006 calendar will be available for sale by May of this year. The rules are simple:

- ATC will accept duplicate 35mm slides or other-sized transparencies for the selection process but will need the original for reproduction. Color prints and digital files, however beautiful, cannot be used and will be returned.
- Each photographer is limited to 36 submissions.
- The scene must be horizontal.
- The scene should show the footpath or be shot from the footpath or, if taken from a distance, be of a recognizable landmark in the Trail corridor or management zone. Please identify the scene’s location as specifically as possible and the month of shooting on the slide mount. Lack of sufficient identification could disqualify a submission immediately, as would a submission of a scene clearly outside the Trail corridor.
- The transparency must meet the technical production standards of our copublisher, Graphic Arts Center in Portland, Oregon.
- A letter with the submissions should state that they are for the 2007 calendar and provide the name, address, and daytime telephone number of the photographer; the identities of any persons shown; and a detailed description of each scene submitted, including its location and the month of the year it was taken.
- The package should be sent to: Calendar Editor, Appalachian Trail Conference, P.O. Box 807 (799 Washington Street for non-USPS submissions), Harpers Ferry, WV 25425-0807.
- All selections should be made by mid-August, and ATC makes every effort to return all slides as soon as possible after that. Photographers whose slides are selected will be paid $200 per image—after signing release forms and obtaining releases from any identifiable persons in the shots—and the photographer of the cover picture will be paid an additional $50. Selected slides will be held until the calendar is printed in the spring of 2006.
“Skywalker”

by Emily Kimball

As I walked down the Trail, looking back at Barbara’s waving hand growing smaller and finally disappearing from view, I realized I was going solo now. It felt a little strange being out there alone. I was more aware of my vulnerability.

After hiking ten miles, I arrived at Hogback Ridge Shelter on the Tennessee-North Carolina line and began to set up my tent. Startled by a loud, thumping sound, I looked up and saw a tall, thin man in ragged cut-offs and holey T-shirt, a stringy yellow/white ponytail hanging from his black leather cap, which was tipped at a jaunty angle. He had clear blue eyes, several days’ growth of beard, and only a few teeth.

“My, you’re a quiet one,” he said. “Didn’t hear ya at all. I’m Skywalker. Who are you?”

“I’m Tooth,” I replied.

“Glad to meet you, Tooth. Can I get you some water at the spring?”

“No, thanks. I want to check it out myself after I get my tent up.”

His manner seemed pleasant and nonthreatening. He appeared scruffy and reminded me of the people we used to call tramps that my mother gave food to from our back porch.

As Skywalker came back from the spring, he set down his water jug, an old liquor bottle, and leaned his lanky frame toward me. “I’ve been on the Trail for a month now, been trying to hike the whole thing. Started in 1992 but ran out of money and had to get off. Haven’t seen many people this year. Gets lonely. Guess I’ll start my supper now; I’m starving.” He moved up the path toward the shelter.

A few minutes later, he was back. “Can I trouble you for a bit of fuel? Wood won’t start, and I’m outta that now. All my equipment is second-hand. I’m poor white trash from the swamps of southern Florida. Family never had nothing. Picked up my backpack at a yard sale, my tent and sleeping bag at a thrift shop. Don’t need no fancy stove. Wood fire’ll cook it.”

My tent up, I walked up to the fire ring. “What’s for supper?” I asked.

“Rice—that’s pretty much what’s always for supper. Got some nice spices, though—curry powder, onion flakes, and this gray mixture another hiker gave me.” In a few minutes, he came over with his badly misshapen, blackened pot, “Here, try some.” I took a taste, blowing on it first.

“Yup, that’s good. Like the flavor,” I told my new friend.

“What are you cooking?” he asked.

“Natureburger—lots of different grains combined. It’s a vegetarian hamburger.”

“Never heard of that.”

“I’ll cook you one,” I said, placing two patties in my oiled frying pan.

Skywalker walked to the edge of the woods and said, “I’m going to visit a friend down from Big Butt Mountain. You want to hear a story...? It was winter ’93, and I was holed up in Jerry Cabin near Big Butt Mountain. Been there for three days, almost froze to death. The wind was blowing, and the snow coming in. You know that old mailbox in the cabin?” he said, his face lighting up. “He [caretaker Sam Waddle] keeps candy bars in it for hikers. I decided to hike down to the next gap in the snow. Thought I was on the trail, but turned out I had come off the mountain into Horseshoe Creek Hollow.

“I was walking along in the bottom when I came upon a farmer. ‘Hi,’ this man called to me. ‘Where you going?’ I told him I had been at Jerry Cabin and had strayed off the Trail. He asked if I would like a cup of hot coffee. ‘Yes,’ I replied, so he brought me to his house. Then, he asked me why I didn’t stay in his barn for the night.

“The room in the barn turned out to be heated and had a TV and little kitchen. I couldn’t believe it. I spent the night, and, the next morning, he said, ‘Why don’t you stay a few days? I’ll feed you, and you can work for me.’ So I did, and a few days turned into a few weeks, and a few weeks turned into a month. Yes, a whole month I stayed there..., and, by then, the worst of the cold weather had passed.

“So that’s my friend who I aim to visit. Gotta get an early start tomorrow. It’s about 13 miles from here.”

“I’m almost out of money,” he continued. “Down to my last $30. He might know some farms that need tobacco-pickers or some odd jobs done. That’s how I make it in between. At home in Florida, I work for a carpet-laying company. Work’s slow in summer, so I hit the Trail, but I’ll go home in a few months and lay carpet.”

The natureburger was cooked, and I handed it to him. “Hm-
m-m-m-m, tastes kind of like fried cornbread. Thanks, Tooth.”

In the morning when I emerged from my tent, Skywalker was already up. “Hey, Tooth, I’ve got some water boiling for oatmeal. Let me fix you some. Got raisins in it, too.”

“That’d be swell, Skywalker.” We sat together enjoying our oatmeal, and then he packed up his meager belongings and was on his way.

Once again, I was reminded of the magic of the Appalachian Trail. Where else can you share your natureburger with such a colorful vagabond and then have him cook you breakfast?

Emily Kimball, a 2,000-miler from Richmond, Virginia, finished a decade of hiking the Trail in 2001, ten days before her seventy-first birthday.

Keeping company with the ‘avatar tree’

by E. Jeffery Coons

I came across the “avatar tree” three years ago during a late-fall backpacking trip. It is located on the Trail at Bly Gap as one crosses from Georgia into North Carolina. I was with my son and a friend and his son, and we planned to spend the night at Bly Gap.

The avatar tree—more commonly known as “the tree at Bly Gap”—is positioned squarely in the middle of the Trail. When I first came upon it, I was drawn to its odd shape—somewhat animal-like, with its branches appearing like antlers of some mythical creature. It seemed ancient.

As the two boys approached, they immediately threw off their backpacks and began climbing up on the creature’s back and up into the limbs.

From our campsite, the tree was in plain view. We settled in and watched the sun set over tomorrow’s ridgeline. The slight breeze we had throughout the day died away. It got very still.

In the twilight, as the stars began materializing, the boys continued to relax within the cradles of the tree limbs. It was one of those special evenings in early December—the weather was cool but comfortable.

We built a small fire from scavenged dead wood we found in the woods around the gap. As darkness closed in, a light on the horizon made it apparent that a full moon would soon provide ample illumination. The boys were now dark shadows in the limbs, like animals awaiting prey.

We listened to absolute quiet and watched satellites streak across the sky. It was then that something else in the tree moved. The boys catapulted themselves out instinctively, hitting the ground hard.

We spent the next few minutes scanning the tree with flashlights from a safe distance, should a possum or raccoon need to make its escape. Nothing was found to explain the commotion. Stepping back underneath the limbs, flashlights still shining upward, we slowly accepted the mysterious occurrence as just “one of those things.”

After a couple of hours, the incident was forgotten, and it was time to head for the sleeping bag. Sleep came quickly.

I remember awaking to the dismal sound of an owl. I checked my watch and saw that it was 3:30 a.m. The full moon still provided enough light to see that my son had burrowed himself down at the bottom of his sleeping bag, so I slid him back into place without awakening him.

I needed to heed the call of nature and headed toward the woods, leaving the flashlight behind. It is always an eerie feeling to stand in the deep woods in the middle of the night. The senses are keenly aware, and, at the same time, there is a deep serenity.

As I turned back toward the campsite under the tree, I noticed that the moon provided an ethereal backdrop to the tree’s contorted shape. It occurred to me that this tree must have undergone many brutalities of nature for it to end up with such a
shape. The limbs reminded me of the network of veins that filter up through the human brain to communicate with every cell.

I took a deep breath and crawled back into the tent. As I got back into my bag and found a comfortable position, my son whispered, "The tree." I understood.

That night, under the tree, all of us had a profound realization. In comparing our experiences, we all arrived at the same insight from a unique perspective: Something odd, but wonderful, had occurred.

In Hindu belief, an avatar is a deity who descends in incarnate form to Earth. Jeff Coons, who spent his teen years in the shadow of Tray Mountain in northeast Georgia but worked seventeen years after college in northern Virginia, has returned to Alpharetta, Georgia, and weekend treks to the mountains.

Grateful for "Helium"
by David Robinson

I gave myself the trail name "Blaze Orange," because, on my first section-hike, going north on the Trail in Connecticut in May 1997 with rented equipment, carrying almost 50 pounds, I was wearing a shirt that color when I passed two guys going south. A bit later, a northbound hiker caught up with me. He said he had passed some hikers who told him to keep an eye open for an older guy in an orange shirt, that he might need some help.

By 2000, I had my own equipment, no orange shirt but the same name. My pack weight was about 30 pounds, and I was hiking Vermont, New Hampshire, and Maine to complete the West Virginia-to-Maine part of the Trail.

In 2000, other hikers gave a man the Trail name "Helium," because he was just out of the Army, very fit, carried a very light pack, and seemed to just float up the mountains. He had the reputation of being very pleasant and thoughtful.

We met at the north end of Mahoosuc Notch. I had left Full Goose Shelter shortly after noon, after a quick lunch, figuring the rocks in the notch would be dry, and I could get my sixty-five-and-a-half-year-old body the 5.5 miles to Speck Pond Shelter by dark, easily. I got through the notch in two hours and forty-five minutes and was eating a snack when Helium came through. He stood there and blessed out the notch and the diabolical minds that had routed the Trail through it, displaying an admirable vocabulary while not using one word of profanity.

We then chatted and started up Mahoosuc Arm, with me leading. I knew he was a fast hiker and a number of times offered to let him pass, but he said he was taking it easy and was fine with my leading. I had packed my hiking poles, as it was hand-over-hand steep. I found myself going slower and slower and stumbling as I tired. It occurred to me that Helium maybe was hanging back to keep an eye on me, but I figured that was up to him.

It got later and later. We did get to Speck Pond before dark, about 30 minutes before, at 6:30. I quickly set up my sleeping area and started supper. Helium ate a snack and got water. Thinking he would stay at the shelter, I asked if he had enough room. He answered that he guessed he would go on a bit before making camp.

By then, I had rested a bit and could see more clearly what he had been doing. I had made it on my own, but he had been staying near in case the older guy needed help. His quiet presence had been most welcome. I shook his hand and thanked him. I am still grateful.

David Robinson lives in Glastonbury, Connecticut.

Occupied
by Cathy Czachorowski

Many years ago, I was a section-hiker on the Appalachian Trail. Some details of this story have been lost in the aging neurons of my brain: the name and location of the shelter, for example. Perhaps it was in the rockstrewn clearings of Pennsylvania, or maybe it was on the green hillsides of Virginia.

I was euphoric at the start. The pleasant walk followed the A.T. and then went down a side trail to this particular haven under a low ridge. Coming home to the Trail was always a source of great satisfaction. My muscles were uncomplaining, and my full pack seemed reasonably light. I was certainly on my way to desirable lodgings for the night.

No other people were in evidence as the shelter came into view, a circumstance that brought a sigh of relief. There would be no noisy group to deal with, no small talk to make. I had the shelter all to myself.

The lean-to itself was in good repair. It faced onto a small grassy clearing that sloped gently downhill. A metal bear pole stood upright about 100 feet away. I put my pack down, leaning it against the log walls of the shelter and then sitting down myself. The glade that opened before me seemed a likely place to spot deer at dusk or dawn. The bear pole suggested a possible sighting of Bruin.

Turning to the interior, it seemed reasonably clean and looked to be waterproof. The only drawback I could see was a number of wolf spiders lurking in the corners and clinging to the rafters, perhaps ten or twelve of them.

Spiders are not my favorite creatures. I am more comfortable confronting a rattlesnake. I had encountered wolf spiders on other installations of the A.T., in the lean-tos and in the wooden boxes that held the Trail registers. These arachnids are...
rather large, with solid bodies an inch or more long, surrounded by very long legs.

I was not about to let some spiders spoil the enjoyment of my first night out. If you don't bother them, they won't bother you, I thought as I pulled out my sleeping pad and bag and arranged them so I would lie at the front of the shelter. I like to easily see out before I fall asleep.

Dinner was quickly fixed and consumed. Occasionally, I glanced behind into the darkening interior of my temporary home, checking on the whereabouts of my nocturnal cohabitants. None had moved, not even the big one on the beam nearest me. That spider was six inches from tip of leg to tip of leg (even allowing for the natural exaggeration of the passing years).

The butane stove was dismantled with a slight hiss as the canister resealed itself. Bigboy had stayed where he was, apparently unmoved by the activity. Everyone else followed his example: No spider had changed position. I washed my pot, brushed my teeth, and hung the food.

There was still time, with all the chores completed, to relax at the front of the shelter. I breathed a deep sigh of satisfaction. Surely nothing can be better or more enjoyable than another vacation back on the Trail, out in the woods, away from the problems of everyday life, communing with nature.

An added bonus was the unoccupied shelter on this first night out. Solitude is one of the greatest rewards of wilderness travel, a chance to hear your own thoughts without an overlay of noises.

Yet, even as I sat there wrapped in contentment, a slight feeling of unease crept in, a distinct sensation that someone was watching me.

I turned to check on the spiders. None had moved. They clung to their respective positions. I turned back to the clearing, and my mind resumed its wanderings to the hike that lay ahead, a venture that would certainly be enjoyable.

They were interrupted by the uncomfortable feeling of eyes boring into my back. Valiantly, I fought the impulse to take another look at the spiders. It was highly unlikely that any of them had moved. But, it was impossible to recapture my placency, and, within a few minutes, I had to look again. As before, none had moved.

I tried to talk myself into appreciating the advantages of this shelter: I was settled in, the bear pole held my food, it was a good place for possible wildlife sightings.... But, soon enough, I again felt that I was under the intense scrutiny of the wolf spiders. I whirled around. Not one of them had moved as much as a fraction of an inch.

A long sigh of relief escaped me as I sat quietly and watched them. I think that spiders do not blink; certainly, I never saw any of these do that. I looked at them, my eyes roving from spider to spider. It seemed that none of them ever took their beady eyes off me.

Resolutely, I turned away yet again, telling myself that this was silly. I was letting some big bugs get to me, letting them disturb the serenity that I found so rewarding and for which I had waited so long.

This time, I found myself ticking off the disadvantages of moving my camp: having to repack my food and sleeping bag, leaving the shelter just as the gloaming was deepening into dusk, having to find a suitable location in which to set the tent.

It was now impossible. Those very numerous eyes were drilling holes through my T-shirt, through my skin, and into my heart. My body had tensed, and my heart rate had increased. I could not stop myself from spinning to look at the beasts. Breathing heavily, I looked from spider to spider. All glared back balefully.

There is eloquence in silence.

As quickly as possible, my gear was packed. Flashlight in hand, I trekked into the evening, back up the trail to the top of the ridge, away from those horrible eyes. Here I spent the night, grateful to be out of the lean-to and in a spider-proof home.

Amazing creatures, those wolf spiders—victorious over a considerably larger foe, without ever even moving.

Cathy Czachorowski of Torrington, Connecticut, has hiked the A.T. and the Pacific Crest Trail and has her sights set on the Continental Divide Trail.
For Sale

**Story Walking the Appalachian Trail**, by Kathleen M. Gill, presents the A.T. as a linear storybook full of tales of the Trail’s birth, neighbors, and the folklore of the birds and flowers; $16.95 plus $3 shipping (plus sales tax to New York addresses) through <www.thestorywalker.com>


**Complete set** of A.T. maps and guidebooks, plus a Data Book, A Companion, and the Appalachian Trail Workbook for Planning Thru-hikes, from my 2003 thru-hike. All in perfect condition (all but maps were extras); looking to sell them for half price. Maps and guidebooks, $12; Data Book, $3; Companion, $6; workbook, $3. Also, Westwind stove (small brass alcohol stove with three-piece folding aluminum pot stand), fits inside a GSI two-piece lightweight cooking set (hard anodized aluminum boiler, 1.25-quart capacity, with 16-fluid-oz. cup/bowl/lid and mesh carrying bag). Each is $10; $20 for the whole set. Shipping not included. Contact Nancy Neihard, “Mountain Butterfly,” by e-mail, neihard@atg.net, or telephone, (617) 547-2799.

**For Your Information**

**Backpacking Basics Workshop**, April 8-10, 2005. This workshop is designed for the woman who is ready to spread her wings and live self-sufficiently on the trail. Everything you need to know to get a pack on your back and on the trail will be covered: what gear you need and where to buy it (in inexpensively), how to carry the least amount of weight and still be prepared, how to plan trips, first aid and safety, hands-on practice using gear and equipment, food and nutrition, reading maps—the list is endless. Plus, we will work in some time to hike. This 2-night, 2-day workshop will be held at Sunrise Cabin in Mt. Rogers National Recreation Area in southwest Virginia. Price, $130. For details on this workshop and trips offered by Wildside Adventures for Women, go to <www.wildsideadventures.com>, e-mail <info@wildsideadventures.com>, or call (540) 384-7023.

The third **Southeastern Foot Trails Conference** will be held April 28-May 1 at Table Rock State Park, Pickens, S.C., sponsored by American Hiking Society and the National Park Service rivers and trails program. The theme is, “Build Skills and Strengthen Partnerships.” ATC and six Trail-maintaining clubs are coalition members. Featured presenters include Dr. Jeff Marion and Rex Boner of The Conservation Fund. To learn more, visit <www.AmericanHiking.org>.

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**Public Notices**

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**Employment at ATC**
The Appalachian Trail Conference has an immediate opening for a responsible person with solid knowledge of the Appalachian Trail in the Maryland-West Virginia-northern Virginia area to keep the A.T. Harpers Ferry visitors center at ATC headquarters open 9 a.m.-4 p.m. weekdays and holidays through October 31. The work primarily involves assisting visitors (amid thr-hikers, ATC members, and sight-seers) with information, advice, and purchases. The job requires excellent “people skills”—especially patience with crowds—and an ability to operate a cash register. A part-time position with an opportunity to renew employment in future years, it has no benefits attached but does pay $10 an hour. To apply, please send a cover letter and résumé to Information Services Coordinator, Appalachian Trail Conference, P.O. Box 807, Harpers Ferry, WV 25425, or <info@appalachiantrail.org>.

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**Found**
Expensive pedometer on the A.T. between Scott farm (near U.S. 11 in Carlisle area) and south of Darlington Shelter in Pennsylvania. Owner can claim by identifying Vern Graham, <vgraham@pa.net>.

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**Lost**

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**Hiking Partners**
Experienced female section-hiker, 58, looking for female hiking partners who would like to do 1- to 2-week sections of the A.T., north of Damascus, Va., and south of Bennington, Vt. I generally like to do about 10 miles a day, more or less, depending on terrain. Please e-mail Leslie Martin at <4simstrwk@aol.com>.

Male, 67, seeking partner(s) for June/July ‘05 hike of N.H./Maine portion of A.T. Have completed A.T. south of Hanover, N.H. Dobbins McAnutt, 7012 Parkshores Ct., Middleton, WI 53562; (608) 831-5759; <bmcnatt@mymailststion.com>.

Florida gal in her 50s seeking like-minded hikers who have a great spirit and good attitude and enjoy peaceful and quiet hiking. (Let’s leave the talking until meal times.) Prefer to do the southern A.T. sections but will consider other options. Have limited days per section (3-5 days each section). Will do north or south, flexible on dates. Lifetime goal to complete A.T., but also interested in hiking out West. Prefer female partner(s) or small group of mixed hikers. E-mail, <carlyjohn@hotmail.com>.

Section-hiker, Female, 40, seeking partner for Mass. section of A.T., week to 10 days, early June 2005. No pets. E-mail, <4carr@cn.com>.

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Waterfalls along the Elk River in Tennessee are one of the highlights of a recent relocation north of U.S. 19E— and hike 17 of the Southern Highlands 2005 Biennial Conference. Full registration information begins on page 13. (Photo by Robert Harvey)