

Reservations and Cancellation Policy A reservation made to the hike leader is a commitment to attend the hike. If you make a reservation and then must cancel, please do so by 8:00 AM Saturday preceding the hike. All “no-shows” and cancellations made after 8:00 AM Saturday are asked to pay the designated fare for the hike.

Chartered Coach Trips All hikes are coach trips unless otherwise noted. Reservations should be made with the hike leader no later than 10 a.m. Saturday preceding a hike. If the number of reservations does not permit chartering a bus, efforts will be made to arrange carpools.

Suggestions for New Hikers All Wanderbirds hikes are for the entire day and go rain or shine. Generally, drinking water is not available. Hikers should bring lunch and water. Boots are recommended for all hikes. Depending on weather conditions, additional clothing may be necessary. Leaders have the option of refusing to allow improperly dressed persons to hike.

Responsibility Hikers are responsible for their own safety and must assume all risk and liability when hiking with the Wanderbirds. Club leaders and officers shall not be liable for any injuries, loss, or damage to persons or property arising from any hikes, activities, or travel by car or bus.

Membership Dues are \$20 per calendar year, which allows you to vote at membership meetings and attend members-only events. Please notify hike leader or the Vice President of any change in your home address or other data.

Park Fees Shenandoah National Park entrance fees are \$8.00 per bus passenger Mar. thru Nov. and \$5.00 Dec. thru Feb. Golden Eagle or Golden Age pass holders do not pay a fee and are allowed 3 guests. This rule typically allows the bus to enter the park free.

Meeting Place for all chartered coach hikes is 17th and K Streets, NW unless otherwise noted. Bus

departs at 8:00 AM from that location unless specified otherwise. **(VA)** indicates an additional pickup in Virginia (Vienna Metro) and **(MD)** indicates an additional pickup in Maryland (Grosvenor-Strathmore Metro).

Hike Distances We schedule a long hike of 10-13 miles and a moderate hike of 6-9 miles each Sunday. Additional mileage is generally possible with the permission of the leaders for *fit, experienced* hikers at their own risk with the understanding that they will return to the bus by the specified time. ***This option is not for hikers new to the club.*** An easy less than 7 mile hike (self lead) option may be offered if trail permits

Hike Rating Scale

SCORE	LEVEL	DESCRIPTION
0 - 7	EASY	Someone in fair hiking condition; little elevation gain
8 - 13	INTERMEDIATE	Someone in good hiking condition; moderate elevation gain
14 - 18	CHALLENGING	Someone in good hiking condition; significant elevation gain; increased mileage
19 - 23	DIFFICULT	Someone in excellent hiking condition; significant increase in elevation gain; significant increase in mileage
24 - 27	VERY DIFFICULT	Same as DIFFICULT, but with over 15 miles and/or and 3500 feet elevation gain
28 +	EXTREME	Someone in exceptional hiking condition; extreme elevation gain; may involve climbing or technical expertise

Rating Equation can be found at:
<http://www.nwhiker.com/HikeEval.html>

July 2 Doyles River and Jones Run Loops, SNP, VA Both hikes are clockwise loops. All hikers start at Browns Gap and go north on the AT. After a short distance, long hikers turn left to complete Big Run Loop. Moderate hikers continue on the AT to Big Run Overlook where they are rejoined by the long hikers. All hikers turn right to descend Doyle River Trail and then ascend Jones Run Trail. At the AT, they turn right to return to Browns Gap, completing the loops. Estimated miles: 11 (level 22 – difficult) and 8.5 (level 18 – challenging). PATC map 11. Fare: \$20/\$25 plus park fee or pass. Leaders: Annetta DePompa, hikerfool@yahoo.com, 410-535-5171; Chris Bublitz, cbublitz4@comcast.net, 240-687-3390 (VA).

July 9 Appalachian Trail, Caledonia State Park, PA Hiking the beautiful trails south of Pine Grove Furnace, long hikers start their hike off Shippensburg Road at Fegley Road. They follow the AT down to the Rocky Knob Trail, viewing the tall rhododendrons and hemlocks near the Long Pine reservoir on the way and continue to the Dark Hollow Loop Trail to more huge rhododendrons and hemlocks on the Ramble Trail and Conococheague Creek in Caledonia. Moderate hikers go north from Caledonia with a climb on the AT and do a scenic loop on the Dark Hollow/Hosack Trail back through the same rhododendrons and hemlocks and along the same creek to the bus in Caledonia. Hikers wishing to use the Park's pool (fee required) should bring swimming wear. Long Est. miles: 12 (level 15 – Challenging) and Moderate Est. Miles: 8 (level 12 – Intermediate). PATC Map 2-3. Fare: \$20/\$25, swimming fee extra. Leaders: Mike Ollinger, edward_ollieollie@yahoo.com, 301-933-2196; Anna Oldak, anika_o_99@yahoo.com, 301-933-2196 (MD).

July 16 Seneca Creek, MD - Long hikers start at a parking area along Berryville Road and follow the Seneca Creek Greenway Trail. Moderate hikers will join the long hikers' route at the parking lot off of Rt. 28 (Darnestown Rd.). All hikers go north on the trail to the bus at the Park Office parking lot near the Grusendorf Log House. Est. miles: 12.8 (level 17 – challenging) and 10.4 (level 15 – challenging). Extra Long Hikers have the option of adding an additional 3.7 miles, non-led, on the Lake Shore Trail loop around

Clopper Lake. Seneca Creek State Park Map, MD-DNR. Fare: \$20/\$25. Leaders: Jeff Thompson, jefferyathompson@comcast.net, 703-859-0157; Elisa Braver, elisabraver@gmail.com, 202-248-2171 (MD).

July 23 Camp Rapidan - Big Rock Falls, Central SNP This hike includes a ridge walk on the Appalachian Trail, a trip to the historic Camp Rapidan, and a swimming opportunity at Big Rock Falls on the return trip to Milam Gap. Moderate hikers start at Milam Gap, go south on the AT and turn left on the Laurel Prong Trail to Camp Rapidan. There they ascend on Mill Prong Trail to Milam Gap. Long hikers start at Fishers Gap, go south on the AT, and at Milam Gap they reach the beginning of the moderate hike, which they follow for the rest of the hike. Long Est. miles: 11.4 (level 19 – Difficult) and Moderate Est. miles: 7.3 (level 16 – Challenging). PATC Map 10. Fare: \$20/25. Leaders: Kiko Alvarez, kiko_a_c@yahoo.com, 607-279-3455; Susana Mendez, susaname@yahoo.com, 607-279-4363 (VA).

July 30 Antietam Battlefield, MD - Antietam was one of the most decisive battles of the Civil War and also the bloodiest as more men were killed or wounded than on any other day in US military history. Our hike today will cover the major confrontations during the battle on September 17, 1862. Both long and moderate hikes are flexible as to distance with no major elevation gain. The major trails cover over 12 miles and include major attacks and defenses by Union and Confederate soldiers, such as Bloody Lane and the Burnside Bridge. Long Est. miles: 10 (level 13 – Intermediate) and Moderate Est. miles: 8 (level 12 – Intermediate). NPS Map. Fare: \$20/25. Leaders: Jesse Buckwalter, jxjunkmail@gmail.com, 443-852-4094; Pat Fairfax, pafairfax@aol.com, 703-328-1501 (MD).

August 6 South River Falls, Central SNP, VA - Long hikers will start at South River Picnic Area, take AT north to Pocosin Fire Road, to Pocosin Trail, right onto the South River Fire Trail, left onto unnamed fire road and left along South River Falls Trail to the South River Falls. The hikers then ascend trail to South River Parking Area. Moderate hikers start at the picnic area, head directly towards the Pocosin Fire Road, turning

right onto Pocosin Trail, right at South River Falls Trail and join the long hike route. Long Est. miles: 10 (level 21 – Difficult) and Moderate Est. miles: 7 (level 16 – Challenging). PATC Map 10. Fare: \$20/\$25. Leaders: Jaime Iranzo, jaimeiranzo@gmail.com, 301-503-3574; Lindsay Dudbridge, Lindsay dudbridge@gmail.com, 703-731-2070 (VA).

August 13 Gifford Pinchot State Park, York County, PA - This is a relatively flat, mostly wooded, hike around a large lake in Gifford Pinchot State Park. Starting at the Quaker Race Parking Area, moderate hikers do a counterclockwise hike around the lake using the Lakeside Trail. Hikers can add 1-3 miles by adding on the Quaker Race or Pinchot Loops through remote, hillier sections of the park. Long hikers start at the Squire Gratz Road entrance to the Park and take the Mason Dixon Trail clockwise around the lake, joining the Lakeside Trail for the last three miles. Maps: Mason-Dixon Map 5 and Pinchot State Park Map. Long Est. miles: 12 (level 15 – Challenging), Moderate Est. miles: 9 (level 11 – Intermediate). Easy option is available. Fare: \$20/25. Leaders: Bill Peters, billtakoma@aol.com, 301-337-5858; Michael Roehm, miroehm@gmail.com, 301-233-7385 (MD).

August 20 Riprap Hollow, Southern SNP, VA - This hike combines stunning vistas along Calvary and Chimney Rocks, as well as a refreshing dip at a deep spring-fed swimming hole. All hikes end at the Moormans River Overlook, after doing a counterclockwise loop. Moderate hikers start at the Horsehead Mountain Overlook, hike three quarters of a mile south on the Appalachian Trail, turn right onto the Riprap Falls Trail, skirting Calvary and Chimney Rocks, before descending into Riprap Hollow (swimming hole). Hikers then ascend the Wildcat Ridge Trail to the Wildcat Ridge parking area and take a left on Skyline Drive to the overlook. Long hikers begin their hike at Moormans River Overlook and hike north on the AT before joining the beginning of the moderate hike 3 miles later. Extra-long hike options are available. Long Est. miles: 10 (level 19 – Difficult) and Moderate Est. miles: 7 (level 17 – Challenging). PATC Map 11. Fare: \$20/\$25. Leaders:

Kathryn Good, avignon7@aol.com, 571-218-9225; Vicky Hsu, hhueichi@gmail.com, 240-370-7011 (VA).

August 27 Calvert Cliffs State Park and Battlecreek Cypress Swamp, MD - This hike, along wetland areas and sandy hillsides, allows hikers to stroll along the beaches beneath the 50-to-80-foot-high Calvert Cliffs. The cliffs, which contain a treasure trove of fossils, is now off limits for prospecting, but hikers can keep sharks teeth and shells found on the beaches. Depending on time availability, hikers may also stroll along the quarter mile boardwalk of the Battle Creek Cypress Swamp's ecological sanctuary, which includes the northernmost, naturally-occurring stand of bald cypress trees in America. There will be a good beach towards the end of the hike for swimming. Est. miles: 11 (level 13 – intermediate) and 6 (level 9 – Intermediate). Maryland DNR Map: Calvert Cliffs. Fare: \$20/\$25. Leaders: Josh Silverman, betula54@msn.com, 703-582-3456; Roslyn Rubin, Roslyn@gmail.com, 703-812-4855 (MD).

September 3 Lake Anna State Park, VA - We will take state park trails through woods, meadows and past abandoned gold mines. Moderate hikers will start at the Sawtooth Parking Lot and take the following trails: Sawtooth, Pigeon Run, Mill Pond, Turkey Run, Big Woods, Glenora and Old Pond to the Lake Anna Beach area. Long hikers will add Gold Hill, Cedar Run and Railroad Ford loops to the moderate hike. Long Est. miles: 13.5 (level 16 – Challenging) and Moderate Est. miles: 10.5 (level 13 – intermediate). Fare: \$20/25. Leaders: Bill Cathey, billcathey@hotmail.com, 202-237-1351; Antonina Nikolova Nikolova.antonina@yahoo.com, 240-838-9389 Swimming fee extra. (VA)

September 10 Trout Pond, Hardy Country, VA Trout Pond, created by massive limestone sink holes, is West Virginia's only natural lake, nestled in a little-visited area of mountains, streams and more sink holes. Hikers start at Trout Run Valley Road and ascend west onto the Long Mountain Trail to the junction with Trout Pond Trail. Moderate hikers turn onto the Trout Pond Trail and continue on Chimney Rock Trail to skirt around Rockcliff Lake in the Trout Pond Recreation Area (TPRA), terminating at the lake

shore near the camping area. Long hikers continue on the Long Mountain Trail, making rights onto Trout Pond Road and Trout Pond Trail, and descend to enter the TPRA from the south. There is swimming at Rockcliff Lake near the end of the hike. Long Est. miles: 12 (level 19 – Difficult) and Moderate Est. Miles: 8.5 (level 13 – Intermediate). PATC Map F. Fare: \$20/\$25. Leaders: Robert Holley, reilex@yahoo.com, 571-247-2172; Laura Heaton, lauraheaton41@gmail.com, 571-217-2592 (VA).

September 17 Tucquan Glen – Conestoga Trail, Lancaster Co, PA - Moderate hikers start at the Tucquan Glen Trail junction at River Road (PA 3017). Following the Glen downstream for 2 miles, they turn left on the Conestoga Trail and ascend The Pinnacles with its panoramic view of the Susquehanna River. Descending the Conestoga to Kelly's Run, they follow Kelly's Run Trail to the Holtwood Arboretum. Long hikers start at the Pequea Campground and follow the Conestoga Trail down Pequea Creek to the Susquehanna, where they turn south (downstream) past the famous Pequea Wind Caves to Tucquan Glen. They then follow the moderate route on the Conestoga to The Pinnacles and up Kelly's Run. Long Est. miles: 9.5 (level 18 – Challenging) and Moderate Est. miles 7.5 (level 16 – Challenging). Fare: \$20/25. Leaders: Rennie Peddie, rennietp@gmail.com, 786-457-3793; George Saxton, George@saxfam.net, 703-855-0876 (MD).

September 24 Prince William Forest, VA (Jamboree) Jamboree hike. All hikers start near the Visitor Center. Moderate hikers make a loop following the Laurel trail, North Valley, Lake One Rd, Mary Bird Branch, Old Black Top Rd, Taylor Farm Rd, South Valley and Laurel trail. Long hikers follow a loop consisting of the following trails: North Valley, Burma Rd, Taylor Farm Rd, High Meadows, South Valley, and Laurel trail. Long Est. miles: 12.5 (level 15 – Challenging) and Moderate Est. miles: 8.5 (level 11 – intermediate). Map: Prince William Forest Park web site. Leaders: Bob Malkowski, bmalkowski@cox.net, 703-731-9983; Jeannie Fautleroy, Jeannie.Fautleroy@outlook.com, 703-851-6592

Summer Schedule

July-September 2017
Volume 84 No. 3

WANDERBIRDS HIKING CLUB, INC.

Washington, DC

We are a Non-profit Club Open to All

www.wanderbirds.org



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