



GREENVILLE NATURAL HISTORY ASSOCIATION INC.

P.O. BOX 26892

GREENVILLE, SC 29616

SEPTEMBER-DECEMBER 2011

*The aim of Greenville Natural History Association and part of its charter:
"To promote the enjoyment of the outdoors, teach outdoor ethics,
encourage the conservation of air, woods, waters, and wildlife in general"*

Annual Dues: \$5.00 Individual or Family

Patch: \$3.00

GNHA IS ONLINE! Visit your web site at greenvillehiking.com for the latest hike photos, hike reports, club discussions and other information.

Officers

President Bev Parlier 828-883-9278
rokclmbr1@yahoo.com

Vice Pres. Diane Whitt 313-1048

Treasurer David Morris 982-1622
Dmorris_email@bellsouth.net

Secretary Sue Haack 967-7940

Board Members:

Joe Hayden 201-1521
Sim Wright 803-840-6274
Dale Hamann 235-9709
Trudy Bruns 292-6575
Keith Block 963-2917
Fran Spicer 297-8572
Lynn Scoggins 268-4308
Alan Toney 989-0999
Peter Taylor 297-8572

Web Master

Andy Heman 292-9118

Yahoo Groups Coordinator

Laura Arnold
GNHAHike@Yahoo.com

Social Directors

Sharon Blake 676-9177
Emaline Burnette 232-6095

HIKES WILL MEET AT UNIVERSITY SQUARE

SHOPPING CENTER (the shopping center on the west side of POINSETT HIWAY, 2 mi. north of Cherrydale and 1 mi. south of Furman University). Meet on the Publix side of McDonalds.

NOTE THAT hikes heading East or South may meet at the EARTHFARE parking lot on Pelham Road, 0.2 miles west of I-85, Exit #54. Park near Pelham Rd, by the Earthfare sign and SC Bank & Trust.

Saturdays: Leave promptly at 8:30 A.M. unless otherwise noted. Bring water, lunch, and wear suitable clothing, especially sturdy footwear.

Sundays: Leave promptly at 1:30 P.M. unless otherwise noted. Bring water, a snack if desired, and wear suitable clothing, especially sturdy footwear.

Wednesdays: Leave promptly at 8:30 A.M. unless otherwise noted. Bring water, lunch and wear suitable clothing, especially sturdy footwear. The choice of hike will be decided by consensus.

If you wish to do a shorter, slower "Turtles" hike; please call Fran Spicer at 297-8572, or email 29rainbow@bellsouth.net

GNHA is now on Facebook

Hike Reports and photos should be submitted to Andy Heman at ajheman1@yahoo.com, for possible inclusion in the website.

SAFETY! SAFETY!

Each hiker is responsible for his or her own safety.

1. DO NOT attempt any hike beyond your ability.
2. Ask the leader to describe the hike.
3. Unless you are experienced and in good shape, you should consider that any hike over 8 miles is Strenuous.
4. Wear a hunting orange vest or hat during hunting season.
5. Sign in before the hike - add Phone Number in case of emergency.
6. Notify Leader of any injury or illness.
7. Do not hike ahead of Leader without specific permission. Stay with your car group.
8. Offer your car pool driver gas money as suggested by the hike description.
9. Do not bring pets on hikes.

Keeping wild places beautiful is everyone's job.

STROKE RECOGNITION

None of us expect it, but we might as well **be prepared** in case someone on the trail is having difficulty:

Is It a Stroke?

Doctors say a bystander can recognize a Stroke by asking three simple questions -

ASK THE INDIVIDUAL:

- **TO SMILE.**
- **TO RAISE BOTH ARMS.**
- **TO SPEAK A SIMPLE SENTENCE.**

If he or she has trouble with any of these tasks, Call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting.

ENVIRONMENTAL NOTE:

- Hiking and other forms of wilderness travel have shown an increase in popularity during recent years.
 - The **Leave no Trace** ethic becomes more important as wilderness shrinks and its use expands.
 - Most of the trails that we hike are used on a daily basis and maintained only on a quarterly or semi-annual basis.
 - You can help: **Pack out EVERYTHING you pack in.** Ziploc bags are great for this. Orange peels and tissue paper decompose extremely slowly. Paper remains buried only until animals dig it up.
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HEART ATTACK SELF HELP

Read this also it could save your life:

You're driving alone, can't get through to 9-1-1. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest to your home. Unfortunately, you don't know if you'll be able to make it that far. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

HOW TO SURVIVE A HEART ATTACK WHEN YOU'RE ALONE

The person whose heart is beating improperly and who begins to feel faint has only about 10 seconds left before losing consciousness.

These victims can help themselves by:

- **Coughing repeatedly and very vigorously: A deep breath should be taken before each cough, and The cough must be deep and prolonged, as when producing sputum from deep inside the chest.**
- **A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.**

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims may get to a hospital.

Greenville Natural History Association's Hike

Rating System

Hike (miles)	Elevation Gain ft.	
1	200	1
2	400	2
3	600	3
4	800	4
5	1000	5
6	1200	6
7	1400	7
8	1600	8
9	1800	9
10	2000	10
11	2200	11
12	2400	12

Rating: add points from distance and elevation gain

- 0-4 = easy (E)
- 5-8 = moderate (M)
- 9-12 = moderate/strenuous (MS)
- 13-16 = strenuous (S)
- 17-20 = very strenuous (VS)
- 21+ = very very strenuous (VVS)

Example:

M: Distance of hike: 8 miles = 8 points

EG: Elevation gain: 1000 feet = 5 points

TOTAL = 13 Points

R: Rating = Strenuous

Hike & Drive distances are in miles. **Elevation Gain** is in feet.

Please report any corrections to Drive RT, Hike miles, EG, and if equipped with altimeter/GPS, Cumulative EG, with your hike report, however you submit it.

Unless stated otherwise, it is assumed that all hikes will be at a moderate pace (2 miles per hour, more or less).

NOTE: Access to Table Rock, Jones Gap, Paris Mt., other South Carolina State Parks, and the Raven Cliff Falls Trail may require a \$2.00 per person fee. Consider an Annual Pass as an alternative.

Annual Dues are \$5.00 payable January 1.

Membership runs from January 1.

Please pay on time to avoid membership lapse and the need for reinstatement on the mailing roster.

Your membership status is shown on the address label of each mailed Schedule, if you receive one. It is also shown on the address label for the Annual General Meeting announcement and the Directory. Dues are not pro-rated but if you join after October 1 they will cover the following year.

Please make your check payable, and mail it to:

The Greenville Natural History Association

P.O. Box 26892, Greenville, S.C. 29616.

Attention David Morris – Treasurer.

Send in any address changes before December 1, since we mail Directories to paid-up members each January. If you have an email address the Schedule will be emailed to you unless you ask specifically for a hard copy by snail-mail. Remember we e-mail to conserve our trees.

SUPPORT THE FOOTHILLS TRAIL

Many of us hike frequently on the Foothills Trail, South Carolina's own long distance mountain trail, running 77 miles from Oconee State Park to Table Rock plus a 14 mile spur to Caesar's Head. The Foothills Trail Conference, the volunteer group that manages and maintains the Trail, is offering a \$5 introductory membership to GNHA members.

Normally \$15 per year, membership includes a subscription to the thrice-yearly newsletter, the opportunity to join other members on nature hikes and service trips, and discounts on guidebooks, maps, T-shirts and caps.

In addition, you can meet other members at two always-enjoyable annual events, the Spring picnic and the Fall meeting, a two-day retreat featuring catered meals, hikes, workshops and great speakers. Join now and support the work of the FTC as it strives to protect and maintain a priceless resource, which belongs to us all.

Send your name, address, phone number, email address and a check for \$5 to:

Foothills Trail Conference
PO Box 3041
Greenville, SC 29602

HIKE SCHEDULE

FROM THE PREZ---Ahh, Fall! No more heat, summer bugs, and storms! The leaves are changing, and wait--was that a snowflake I just saw? The ****SPECIALITY HIKE**** on this schedule is a dog hike. So, for those of you who tell me you like to come back and re-do a hike with your dog, this one's for you! Remember to check Yahoo groups for emails about upcoming social events and don't forget your gloves for those upcoming crisp hikes!

See you on the trails----Bev

"The mountains are calling and I must go."--J.Muir

SEPTEMBER 2011

SATURDAY, SEPTEMBER 3

HIKE #1

NOTE LATE DEPARTURE FROM UNIVERSITY SQUARE – 9:30 AM LAKE JULIA LOOP

We will start at the Fawn Lake parking area on Reasonover Rd. and follow the Reasonover Creek Trail to Lake Julia. We will return via the Camp Summit Road and the Mine Mountain Trail.

M: 6 EG: 500 R: M

Drive RT: 70 miles (\$3.50)

Leaders: Paul and Barbara Tel: 284-6728

HIKE #2

TURKEY PEN: SHARPY MT. AND POUNDING MILL

Two good climbs for the price of one! We'll climb Sharpy Mt. on the Turkey Pen Gap Trail, then take Wagon Road Gap to the South Mills River and return via Poundingmill and Mullinax. A good workout with river views, stream crossings, and no wading.

M: 9 EG: 2400 R: VVS

Drive RT: 120 miles \$6.00

Leader: Alan Tel: 292-9118

SUNDAY, SEPTEMBER 4

PARIS MTN – SULPHUR SPRINGS TO NORTH LAKE LOOP

NOTE CHANGE IN MEETING PLACE

Meet at Sulphur Springs parking area, Paris Mt. State Park. This hike will start out on the Sulphur Springs trail, transition to Firetower, to Kanuga, to North Lake Loop trails, and return the same way. This hike will be a good work-out close to home.

M: 6 EG: 1200 R: MS

Drive RT: 0 miles State Park admission \$2.00

(\$1.25 Seniors)

Leader: Mike Tel: 322-4621

SATURDAY, SEPTEMBER 10

HIKE #1

ASHMORE HERITAGE PRESERVE - THE ROCK

We will start at former Camp Spearhead. North on the Mountain Bridge Heritage Trail, then onto an unmarked trail to 'High Rock' for a snack & exceptional mountain views. On our return we will hike around Lake Wattacoo where we'll have lunch, then back to the Mountain Bridge Heritage Trail and to our cars. Moderate pace. Questions? Call.

M: 7.5 EG: 1000 R: MS

Drive RT: 35 miles \$2.00

Leaders: Ron & Sharon Tel: 676-9177

HIKE #2

ELEVEN WATERFALLS IN EAST PANTHERTOWN VALLEY

NOTE EARLY DEPARTURE AT 8:00 A.M.

We will hike to upper Greenland Creek from the Cold Mountain (East) Entrance to Panthertown Valley. The hike will follow trails down Greenland Creek and the Tuckasegee River visiting 11 named waterfalls along the way. This is a somewhat rugged hike since it involves exploring waterfalls, some narrow tight trails along the creek and river and one possible wet crossing of the Tuckasegee River if the water is high.

M: 10 EG: 2200 R: VVS

Drive RT: 140 miles \$7.00

Leader: Sim Tel: 803-840-6274 email: simwrightjr@msn.com

SUNDAY, SEPTEMBER 11

PISGAH – TWIN FALLS

This is a moderate and very pretty hike along Avery Creek via Avery Creek and Buckhorn Gap trails to Twin Falls where two waterfalls converge.

Numerous creek crossings on logs with hand rails add to the fun. Return to the parking area via a loop trail. Rd 477 has been repaired allowing access to the trail head.

M: 4.5 EG: 400 R: M

Drive RT: 100 miles \$5.00

Leader: Joe Tel: 201-1521

Asst. Leader: Swanna

SATURDAY, SEPTEMBER 17

HIKE #1

LOOKING GLASS ROCK

Pisgah National Forest, parking lot next to trail head off Fish Hatchery Road, 1 hr 15 min drive from University Square. In and out hike, lunch on top with views.

M: 6.2 EG: about 1700 R: S

Drive RT: 100 miles \$5.00

Leader: Dean Tel: 232-0738

HIKE #2

BLACK BALSAM KNOB, TENNENT MT., SAM KNOB SUMMIT

Park on Forest Service road 816 to Black Balsam Knob off the Blue Ridge Parkway in Pisgah National Forest. Follow the Mountains to the Sea (MTS) trail to the Graveyard Ridge trail to Investor Gap. Return on the Art Loeb Trail over Tennent Mtn. and Black Balsam with an in-out side trip to Sam Knob Summit (approx. 2 miles RT).

M: 10 EG: 1800 R: VS

Drive RT: 150 miles \$7.00

Leader: Keith Cell: 640-1774

SUNDAY, SEPTEMBER 18

PARIS MTN: MTN CREEK TO LAKE PLACID LOOP

NOTE CHANGE IN MEETING PLACE

Meet at Sulphur Springs parking area. This hike will begin on the Mountain Creek Trail, loop around Lake Placid and return. This is a good hike for "Beginners" to start on.

M: 3.5 EG: 100 R: E

Drive RT: 0 miles State Park admission: \$2.00 (Seniors \$1.25)

Leader: Traudal Tel: 268-8928

SATURDAY, SEPTEMBER 24

HIKE #1

PISGAH - PINK BEDS, BEAVER TRAIL

This is a gentle hike on the Pink Beds Trail. Part of the Mt. to The Sea Trail. It is the north section of the loop. The trail is still as pretty as ever.

M: 5 EG: 200 R: M

Drive RT: 120 miles \$6.00

Leader: Peter and Fran Tel: 297-8572

HIKE #2

PISGAH - JOHN ROCK VIA BUTTER GAP/ART LOEB

Counterclockwise loop. Starting at the Fish Hatchery, onto Butter Gap to Art Loeb, around Cedar Rock with lunch near Sandy Gap. Then various trails to John Rock to enjoy the views. We will finish the hike descending on Cat Gap. Some steep, bony sections; scrambling, several creek crossings. Moderate pace. Questions? Call.

M: 9 EG: 1700 R: VS

Drive RT: 110 miles \$5.50

Leaders: Ron & Sharon Tel: 676-9177

SUNDAY, SEPTEMBER 25

REEDY COVE FALLS

This is a recently opened trail off Cleo Chapman Road to the charming and unusual twin falls ...a beautiful new route to an old favorite.

M: 3 EG: 300 R: M

Drive RT: 70 miles \$3.50

Leader: Mary Simms Tel: 288-3323

OCTOBER 2011

SATURDAY, OCTOBER 1

HIKE #1

VIRGINA HAWKINS FALLS

We will drive to Laurel Valley and get on Horsepasture Road to FS Road where we will park and walk to the Falls. Option of lunch at Jumping Off Rock

M: 2.0 EG: 500 R: M

Drive RT: 80 miles \$4.00

Leader: Dianne Tel: 864-474-3032

HIKE #2

JONES GAP - RAINBOW FALLS - PRETTY PLACE - HOSPITAL ROCK

We will hike to Rainbow Falls and on to Pretty Place for lunch, returning via Hospital Rock trail.

M: 8 EG: 1700 R: VS

Drive RT: 40 miles \$2.00 + State Park Adm. \$2.00

Leader: Dale Tel: 864 235 9709

Cell: 864 386 3855

SATURDAY & SUNDAY OCTOBER 1 & 2

BEGINNERS' OVERNIGHT BACKPACK

If you are interested in backpacking but haven't tried it yet, come and join some of GNHA's experienced long-distance hikers in a relatively easy and enlightening overnight hike in Gorges State Park (NC). We will hike 5 miles each way and camp in an "improved" primitive campsite on the Foothills Trail at Toxaway Creek. This is a beautiful area at the north end of Lake Jocassee where the spectacular suspension footbridge spans the Toxaway River. This is not a designated wilderness area, but for logistics reasons we would like to limit attendance to 10 people.

Departure time: 8:30 from the regular meeting place
Hike 5 miles each day.

R: in = moderate; out = moderate / strenuous

Drive RT: 80 miles \$4.00

Call Dolores Flores 295-0538 or Don & Jean Arthur 864/834-1600 for reservations, details, or equipment advice.

SUNDAY, OCTOBER 2

SASSAFRAS MTN OVERLOOK VIA CHIMNEY TOP GAP ACCESS

A new hike! Starting at Chimney Top Gap Access just above Rocky Bottom, SC, hike the Foothills trail to the summit of Sassafras Mountain. Enjoy a beautiful view from the new overlook. This will be a downhill walk back to the cars. Don't miss this one.

M: 5.5 EG: 900 R: MS

Drive RT: 65 miles \$3.25

Leader: Bev Tel: 828-883-9278

Asst. Leader: Joe Tel: 201-1521

SATURDAY, OCTOBER 8

HIKE #1

PALMETTO TRAIL - BLUE WALL PASSAGE

This hike will be through a new nature conservancy and section of the Palmetto Trail. We will hike up to Vaughn Gap on the side of Hogback Mt. This is a dead end trail so we will hike back the same way. The terrain ranges from almost flat to steep ascent.

M: 7 EG: 1500 R: S

Drive RT: 60 miles \$3.00

Leader: Keith Cell: 640-1774

HIKE #2

COLDSRING BRANCH-COLDSRING CONNECTOR-FRANK COGGINS-NATURALAND TRUST-DISMAL-RAVEN CLIFF FALLS LOOP

Starting at the Raven Cliff Falls Parking Lot on US 276 we will do a loop hike in the Mountain Bridge Wilderness Area of South Carolina using the trails in the hike title.

M: 10 EG: 3250 R: VVS

Drive RT: 55 miles \$2.75 + State Park Admission \$2.00

Leader: Lance Tel: 244-1021

SUNDAY, OCTOBER 9

FALLS CREEK FALLS

Trail begins with a steep climb from Falls Creek Road, near Palmetto Bible Camp. Close up view to Falls Creek Falls, one of the Mountain Bridge Area's most spectacular waterfalls will be your reward.

M: 3.5 EG: 1000 R: MS

Drive RT: 50 miles \$2.50 + State Park Adm. \$2.00

Leader: Kathleen Tel: 244-0696

SATURDAY, OCTOBER 15

HIKE #1

FLORENCE NATURE PRESERVE

Small 600 acre treasure surrounded by private property. This jewel is hidden away on the slopes of Little Pisgah Mountain, off the Drovers Road Scenic Byway. This land is owned by Carolina Mountain Conservancy.

EG: 1100 M: 5.3 R: MS

Drive RT: 140 miles \$7.00

Leader Margaret Tel: 864-576-4064

HIKE #2

GRAVEYARD FIELDS/TENNENT MOUNTAIN/IVESTOR GAP LOOP

Beginning at the Graveyard Fields, we will follow the Mountains to Sea Trail west to the Art Loeb Trail, then on to Tennent Mt. and Ivestor Gap. From here we will circle back through the Graveyard Fields on gentle downhill grades. With luck we will catch the leaves turning.

M: 9 EG: 1700 R: VS

Drive RT: 125 miles \$7.00

Leader: Mike Tel: 244-5030

SUNDAY, OCTOBER 16

HIKE #1

CONNEMARA – BIG GLASSY

Carl Sandburg house and grounds in Flat Rock, NC. We will climb Big Glassy Mt., a nice little workout in a peaceful setting. Some may want to tour the house and goat farm and learn some history of this famous Poet Laureate.

M: 3 EG: 400 R: M

Drive RT: 60 miles \$3.00

Leader: Trudy Tel: 292-6575

HIKE #2

JOINT HIKE WITH THE CAROLINA MOUNTAIN CLUB

THE "DEATH MARCH" (BLACK MOUNTAIN CREST TRAIL)

The trail runs from Bowlens Creek Parking Area to the top of Mt. Mitchell and includes 7 peaks with an elevation of over 6000 feet. The hike is great fun with incomparable views, but this hike is very very strenuous. Bring extra water! **You should not even consider this hike unless you are in great shape!** The hike is done as a key swap with hikers starting at Bowlens Creek Parking Area and also at Mt. Mitchell. Hikers **meet at University Square Parking Lot next to McDonalds at 6:15 AM** to form carpools to meet the CMC hikers at the Far End (North End) of the Parking Lot at Westgate Shopping Center off I-240 (take exit 3B) at 7:30 AM to set up the key swap. The information for each direction is shown below.

Northbound (starting at Mt. Mitchell)

M: 12 EG: 3000 R: VVS

Drive RT 190 miles \$9.50

Leader from University Square to Westgate:

Andy Tel: 292-9118

Email: ajheman1@yahoo.com

Southbound (starting at Bowlens Creek Parking Area)

M: 12 EG: 6000 R: VVS

Drive RT 190 miles \$9.50

Leader from University Square to Westgate:

Andy Tel: 292-9118

Email: ajheman1@yahoo.com

*****All hikers must communicate to Andy prior to the day of the hike their choice of hike direction and whether or not their car is available for the key swap.*****

SATURDAY, OCTOBER 22

HIKE #1

PISGAH-SLATE ROCK/PILOT COVE

Starting from Yellow Gap Rd, a gentle climb up Slate Rock Creek to a large rock outcrop on top for lunch. After viewing the fall colors, we will descend on Pilot Cove Trail.

M: 7 EG: 800 R: MS

RT: 130 miles \$6.50

Leader: Bev Tel: 828-883-9278

HIKE #2

JONES GAP-RIM OF THE GAP

From Jones Gap we will ascend the Rim of the Gap trail. The trail, which hugs rock faces and crosses waterfalls, has cable handholds and short ladders for security. Return via Cold Spring Branch and Jones Gap trails.

M: 11.6 EG: 1400 R: VS

Drive RT: 40 miles \$2.00 + State Park Adm. \$2.00

Leader: Dale Tel: 864 235 9709 Cell: 864 386 3855

SATURDAY, OCTOBER 29

HIKE #1

BAD CREEK TO THOMPSON RIVER AND BACK

We cross the Whitewater River and hike along well defined trail to the Thompson River where we lunch. Frequent ups and down contribute to strenuous rating. Beautiful hike at any season.

M: 7 EG 1000 R: MS (9 miles if including Lower WW Falls)

Drive RT: 115 miles \$6.00

Leaders: Ian & Jane Tel: 288-5085

HIKE #2

PILOT MOUNTAIN AND DANIEL RIDGE FALLS

From Gloucester Gap in the Pisgah National Forest we will climb to the top of Pilot Mountain for a great 360 degree view. We will descend to Farlow Gap for lunch and continue to the Daniel Ridge Trail. Short shuttle.

M: 9 EG: 2600 R: VVS

Drive RT: 120 miles \$6.00

Leader: Andy Tel: 292-9118

OCT 29, 2011 BOO!!! THE HALLOWEEN COSTUME PARTY HAS RETURNED!!!!!!
WHERE----ROPER MT ESTATES CLUBHOUSE
TIME---7:00 PM

BRING A LIGHT APPETIZER TO GO WITH THE POT OF WITCHES BREW (CHILI)

IF YOU WOULD LIKE, WEAR YOUR FAVORITE COSTUME FOR THE COSTUME CONTEST!!

DON'T MISS IT, ALL YOUR FAVORITE GOBBLINS WILL BE THERE!!!!

for more info, contact: Sharon 676-9177

SUNDAY, OCTOBER 30

DUPONT - ROCK QUARRY LOOP

From Corn Mill Shoals Access, hike begins on Wilkie trail, left on the new Micajah trail to Buck Ridge Road to Rock Quarry Road. Great views at the top of the quarry. Return by way of the Twixt and Longside trails.

M: 5 EG: 500 R: M

Drive RT: 65 miles \$3.25

Mary Simms Tel: 288-3323

NOVEMBER 2011

SATURDAY, NOVEMBER 5

HIKE #1

EASTATOE GORGE

Starting on SC 178 just past Rocky Bottom is a side trail off the Foothills Trail. A beautiful hike with rapids, the Narrows, and a waterfall. There is now a look-out platform there; then we can go down and hike a short way alongside the river to the Narrows before returning. Great scenery for moderate effort.

M: 6.5 EG: 1000 R: MS

Drive RT: 80 miles \$ 4.00

Leader: Diane Tel: 905-0151

HIKE #2

PRESSLEY COVE-BLACK MT.-CLUB GAP- BUCKHORN GAP-BENNETT GAP LOOP

A strenuous hike with lots of challenging elevation changes around the Avery Creek Basin. There will be a few great views and perhaps some fall colors.

M: 11.2 EG: 3454 R: VVS

Drive RT: 110 miles \$6.00

Leader: Lance Tel: 244-1021

SATURDAY, NOVEMBER 12

HIKE #1

BAD CREEK TO MUSTERGROUND ROAD TO HILLIARD FALLS

We will drive 6.2 miles up Musterground Road in a 4 wheel drive to a spur trail that leads to the Foothills Trail to Hillard Falls. Space will be limited, call ahead for a seat.

M: 4 EG: 500 R: M

Drive RT: 115 miles \$6.00

Leader: Dianne Tel: 864-474-3022

Co-leader: Bev Tel: 828-883-9278

HIKE #2

TABLE ROCK - PETROGLYPHS VIA FOOTHILLS TRAIL & PALMETTO TRAIL

Hike from Table Rock Education Center on Pinnacle Mtn. trail to petroglyphs for lunch. Then follow Palmetto Trail to the Barn and a short walk along the road to our cars.

M: 13 EG: 3000 R: VVS

Drive RT: 50 miles \$2.50 + State Park Adm. \$2.00

Leader: Dolores Tel: 295-0538

SUNDAY, NOVEMBER 13

TABLE ROCK STATE PARK: MILL CREEK FALLS

This hike begins on a well-graded section of the Palmetto Trail. We will then follow a spur trail on rocky terrain to the base of beautiful Mill Creek Falls.

M: 3.5 EG: 600 R: MS

Drive RT: 50 miles \$2.50 + Park Admission: \$2.00 (Seniors \$1.25)

Leader: Reg and Helene Tel: 967-3618

SATURDAY, NOVEMBER 19

HIKE #1

JONES GAP TO DARGAN'S CASCADE

Hike straight up the gorge to lunch beside the pool, then hike back. Great winter views.

M: 8 EG: 1000 R: S

Drive RT: 40 miles \$2.00 + State Park admission \$2.00

Leaders: Ann Tel: 292-8884

HIKE #2

NOV 19 **SPECIALITY HIKE TURKEY PEN DOG HIKE**

Bring your dog and meet the hike leader at Turkey Pen trailhead in Pisgah (call for directions) at 10:00. Your dog must be on leash and be sociable with other dogs. We will hike along S. Mills river as far as everyone wants to go (to the second bridge is 7 miles round trip). You must call the hike leader to reserve your spot--spaces are limited. Don't forget lunch and dog treats!

M: ? EG: Minimal R: Not rated

Leader: Bev Tel: 828-883-9278

HIKE #3

BIG BEND FALLS / CHATTOOGA RIVER

NOTE: EARLY DEPARTURE AT 8:00 A.M.

From the Cheohee Road trailhead on Highway 107 we will hike the Foothills Trail to our shuttle on Burrell's Ford Road. Along the way we'll see Big Bend Falls and King Falls with a side trip to Spoonager Falls.

M: 12 EG: 2500 R: VVS

Drive RT: 140 miles \$7.00

Leader: Cathy Tel: 864-202-5062

SUNDAY, NOVEMBER 20

UPPER WHITEWATER FALLS AND MORE

The hike will start on the Foothills Trail on NC 281 (just south of the entrance to Whitewater Falls parking area), and go toward Sloan Bridge to three overlooks providing a spectacular view of Lake Jocassee after leaf fall. We will return and cross back over NC 281 and follow the Foothills Trail to the overlook of Upper White Water Falls and return the same way. This hike offers two destinations with beautiful views.

M: 4.8 EG: 800 R: MS

Drive RT: 100 miles \$5.00; arrive back in Greenville about 6:25

Leader: Joe Tel: 201-1521

Asst. Leader: Terri Tel: 282-9099

SATURDAY, NOVEMBER 26

HIKE #1

GREENCOVE FALLS AND STILLHOUSE FALLS

Located near Lake Toxaway we will visit 2 separate falls very few people know about. The second falls (Stillhouse) has a fixed rope to help you descend the steep trail.

M: 4 EG: 500 R: M

Drive RT: 135 miles \$7.00

Leader: Glenn Tel: 859-8160

HIKE #2

SASSAFRAS MT. FROM HIGHWAY 178

Begin where The Foothills Trail crosses Highway 178. Climb to top of Sassafras Mt. on The Foothills Trail. Go down to the parking lot and eat lunch at the new overlook which has a wonderful view.

Return the same way.

M: 9 EG: 2000 R: VS

Drive RT: 80 miles \$4.00

Leader: Ann Tel: 864-468-4664

SUNDAY, NOVEMBER 27

WILDCAT FALLS & VICINITY

We will hike to Wildcat Falls and then hike to the overlook above the falls.

M: 3 EG: 200 R: E

Drive RT: 40 miles \$2.00

Leader: Peter and Fran Tel: 297-8572

DECEMBER 2011

THURSDAY, DECEMBER 1

GNHA BOARD MEETING

6:30-8:15 PM

SYMMES BRANCH LIBRARY

1508 PELHAM RD., GREENVILLE, SC

SATURDAY, DECEMBER 3

HIKE #1

DUPONT: FAWN LAKE – BRIDAL VEIL FALLS – LAKE JULIA

From the Fawn Lake parking area on Reasonover Road, we will hike past Fawn Lake to Bridal Veil Falls. Lunch will be at Lake Julia before the hike back on Reasonover Creek Trail. Hiking will be at a relaxed pace.

M: 7 EG: 1000 R: MS

Drive RT: 70 miles \$3.50

Leader: David Tel: 864-982-1622

HIKE #2

TABLE ROCK – BY WAY OF PINNACLE MT.

A steep climb of about 2200 ft. on a 10 mile trail.

We will take the trail up to Pinnacle Mountain, then cut across to Panther Gap and then climb Table Rock. See an unsurpassed view from the top. We lunch overlooking several surrounding counties.

M: 10 EG: 2200 R: VVS

Drive RT: 50 miles \$2.50 + State Park Adm. \$2.00

Leader: Dolores Tel: 295-0538

SUNDAY, DECEMBER 4

JONES GAP STATE PARK: RAINBOW

FALLS

Start on the Jones Gap trail, cross river on new bridge, then climb steep trail to Rainbow Falls and return.

M: 5 EG: 1000 R: MS

Drive RT: 40 miles \$2.00 + State Park admission \$2.00 (Seniors \$1.25)

Leader: Joe Tel: 201-1521

Asst. Leader: Terri Tel: 282-9099

SATURDAY, DECEMBER 10

HIKE #1

WINTERGREEN FALLS & GRASSY CREEK

We will hike Dupont from Lake Imaging to Wintergreen Falls for lunch, and then return by Thomas Cemetery and Grassy Creek.

M: 9 EG: 900 R: S

Drive RT: 75 miles \$3.75

Leaders: Paul Tel: 864-284-6728

HIKE #2

PINNACLE MOUNTAIN

In Table Rock State Park we will hike to Pinnacle Mountain Trail over Bald Rock where we will have great views of the Piedmont. We will return to our vehicles on the same trail.

M: 7.5 EG: 2200 R: VS

Drive RT: 50 miles \$2.50 + State Park admission \$2.00

Leader: Soonja Tel: 288-5797

SATURDAY, DECEMBER 10

GNHA HOLIDAY PARTY

Come celebrate the joy of the season – eat, drink, and be merry.

Roper Mountain Estates Clubhouse, 10 Violet Court, Greenville, SC 29615 6:30 PM.

We'll furnish the plates, cups, and ice and you bring the food and drink of choice.

Hope to see you there!

Call Ginny 675-9040 or Sharon 676-9177 to volunteer for set up and/or clean up or for more information.

SUNDAY, DECEMBER 11

DUPONT – WATERFALL BONANZA

Come and view three magnificent waterfalls in Dupont State Forest. We will hike to Triple Falls, High Falls, and the covered bridge. Then on to Hooker Falls used in the movie “Last of the Mohicans.”

M: 3.5 EG: 700 R: M

Drive RT: 70 miles \$3.50

Leader: Dennis and Joan Tel: 270-8249

SATURDAY, DECEMBER 17

HIKE #1

TABLE ROCK--BASE AND STOOL

We will hike the steep climbers trail to the Stool and then across the saddle to the base of Table Rock. Great views overlooking the watershed! We will do some exploring along the base of the rock.

M: 4 EG: 1100 R: MS

Drive RT: 50 miles \$2.50

Leader: Bev Tel: 828-883-9278

HIKE #2

OIL CAMP CREEK OVERLOOK IN JONES GAP STATE PARK

From the Jones Gap main parking lot we will climb the Rim of the Gap trail to the Oil Camp Creek overlook. After lunch we will return via the Pinnacle Pass trail.

M: 8 EG: 2800 R: VVS

Drive RT: 40 miles \$2.00 + Park Admission

Leader: Andy Tel: 292-9118

SUNDAY, DECEMBER 18

CAESARS HEAD TO ROCK CLIFF FALLS

Visit Cliff Falls, Firewater Falls, and Rock Cliff Falls on the Frank Coggins and Natureland Trust trails. There may be time for sunset at Caesars Head Overlook.

M: 4 EG: 400 R: M

Drive RT: 50 miles \$2.50

Leader: Mary Simms Tel: 288-3323

SATURDAY, DECEMBER 24

CHRISTMAS EVE - NO HIKE SCHEDULED

SUNDAY, DECEMBER 25

CHRISTMAS DAY – NO HIKE SCHEDULED

SATURDAY, DECEMBER 31

NEW YEAR'S EVE

Ring in the New Year at Paris Mt. State Park

Meet at Sulfur Springs Shelter at 10:00 AM

Drive RT: 0 miles Park admission \$2.00

Hike #1 10:00 AM

Destination and distance to be determined at start of hike.

Leader: to be announced

Hike #2 10:00 AM

Starting from Sulfur Springs parking lot, an easier hike for those who want one.

Leader: to be announced

Hobo Stew at Sulfur Springs Shelter after the hikes. Bring a can of your favorite vegetables for the pot and a dessert or corn bread to share with others.

We'll use the empty cans as soup bowls.

Head Cook: Tom 828-883-9278

Assnt: Dianne 864-474-3022

Remember to BYOSpoon!

Note: The Board voted to move our New Year's Hobo Stew to Saturday, New Year's Eve to accommodate those wishing to attend church services or watch football bowl games on Sunday.

"Let the joy of what you LOVE, be what you DO."—Rumi