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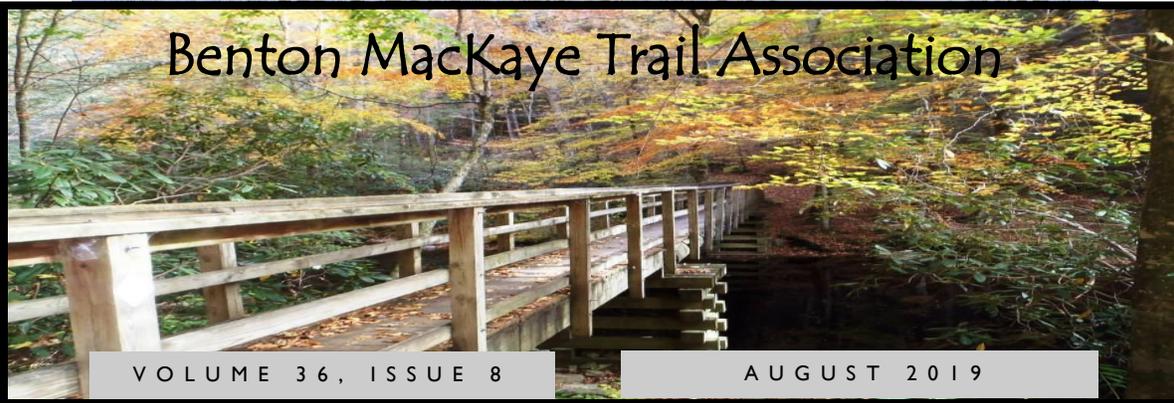


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TN/NC M/C:	Dick Evans
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BMTA Headquarters



Benton MacKaye Trail Association

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AUGUST 2019

President's Column

“There is nothing better than to be headed into the mountains on a clean, fresh day with the sun rising through the trees and good company and good talk and the sense of ease that comes from the knowledge that you are in somebody else’s car and it is not your transmission that is going to get torn out on a big rock.” Patrick McManus

Growing up, Patrick McManus was one on my favorite humorists. His stories of the outdoors never ceased to give rise to a good, hard laugh – straight from the gut. To use an old phrase, McManus never let the truth stand in the way of a good story, embellishing events from his entire life to create the humor that made him a best-selling author. Having driven thousands of miles on bad roads, I can appreciate McManus’ quote from above more than most.

Humor is important in everyday life and it is important to the personal health of every individual. Just as with an individual, humor is important in every organization. I enjoy being able to look back and laugh at an all-night event spent with friends in the Cohutta Wilderness along the Jacks River. I enjoy smiling at myself for getting ‘temporarily bewildered’ in the Citico Wilderness/Joyce Kilmer/Slickrock Wilderness earlier this year. I look forward to a funny story – sometimes even a bit off-color—told over a quick lunch on a Saturday work trip. I laugh at a well-planned practical joke.

Humor, especially in a hard-working volunteer based organization is critical to its health. Humor keeps members energized; it helps make the trail work a bit more enjoyable. It keeps things upbeat. People need to enjoy their day working in the woods and humor helps make this possible. So if you ever find things getting too serious, then tell the one about the Irishman, the Scotsman and the Englishman who gather at the Pub and happen to run into a Welshman. *But you better hide your sheep first.....*

One of our members sent a note recently from Eastside Medical Center in the metro Atlanta area with the catchy title, “Can a walk in the woods really make you happier?” In the newsletter, originally published on Sharecare.com, the author talks of studies that show how a quiet, meditative walk in the woods can relieve stress and calm the mind. Many of our members recognize the benefit of a walk in the woods, but this article was written for journals that cater to metro-area hospitals with readers that may not get out of the city very often.

Continued next page

This 'walk in the woods' is known as Forest Therapy and the basic rules are simple:

- ◆ Turn the phone off or leave it behind.
- ◆ Use all five senses to immerse yourself in the sights and sounds and smells of the forest.
- ◆ Focus on your breathing.

This type of 'therapy' increases one's positive mood and decreases negative stresses -- tension, anger and confusion. So next time you go for a hike, give Forest Therapy a try to relieve the stresses of everyday life! How's that for free medical guidance on the BMT: Humor and Forest Therapy.

In our first President's Columns for 2019, I spoke of a goal of increasing membership in the BMTA by 5% per year – important to secure the long term health of the organization. As of the beginning of July, I have been told that the BMTA has exceeded the 5% growth number for 2019 and that membership is approaching an all-time high. I will have numbers to share with everyone in next months' column.

After a June work trip in Tennessee with 11 volunteers working the Heart of Darkness, I am thrilled to say that Rick Harris led a July work trip on Section 17 with 27 volunteers. I was pleased to work beside two young people, Josh and Lydia, who are both wildland fire-fighters and seasonal employees of the USFS. These two 20-somethings were absolute joys to work with – energetic, knowledgeable. Both had heard of our group through a recent festival in Tellico Plains. Publicity and outreach is paying off. Well done! Let's keep it going.

Till next month.....

August Membership Report

by Darcy Douglas

Our total membership as of this writing is 361. The corporate members are listed below with their websites so you can use their services and let them know you are members, too!

I hope you are getting your newsletter with our new Mail Chimp format. If you know a member who isn't getting theirs, please let me know so I can address it.

Please remember your dues go toward trail maintenance and the equipment used to maintain the trail, so this is a worthy cause! We can't do it without the manpower, but we can't do it without the funds, either! THANK YOU FOR YOUR MEMBERSHIP!!!!

CORPORATE MEMBERS OF THE BENTON MACKAYE TRAIL ASSOCIATION

Black Sheep – Blue Ridge, Georgia — <https://www.blacksheepblueridge.com>

Blue Jeans Pizza and Pasta Factory – Blue Ridge, Georgia — <https://www.bluejeansblueridge.com>

Blue Ridge Brewery – Blue Ridge, Georgia — <https://blueridgebrewery.com>

Faith and Hope Together, Inc. – Copperhill, Tennessee — (423) 599-8234

Flip Flop Burgers – Reliance, Tennessee — <https://www.flipflopburgers.com>

Historic Tapoco Lodge – Robbinsville, North Carolina — <https://tapoco.com>

Korean Alpine Club of Georgia — Georgia

Starr Mountain Outfitters – Etowah, Tennessee — <https://www.starmountainoutfitters.com>



Hikes are planned for Oct 31 — Nov 3. Exact dates & times to be announced.

Halloween Hike
5 Miles / Easy

Yellow Creek Falls
3/4 Miles / Easy

Marina Stroll
3 Miles / Easy

Twenty Mile
3.2 Miles / Easy

Bear Pen Gap
2 Miles / Moderate

Fontana Dam / Lakeshore
3 - 5 Miles /
Moderately Easy

**Annual Meeting &
Awards Banquet**
Featured Speaker
And More!



Non Hiking Tours

Fontana Dam Visitor's Center
Wehrloom Honey
Yellow Branch Cheese &
Pottery

Boat Trip & Hike
5 Miles / Moderate

Nichols Cove
6 Miles / Moderate

Twenty Mile Loop
7.6 Miles / Moderate

Hangover Hike
6 Miles / Strenuous

Fontana Inn—Lookout Rock
5 - 8 Miles / Strenuous

**Tapoco Lodge Toward
Yellow Hammer Gap**
4 - 6 Miles / Moderately Easy

Friday Nite Social
Complimentary
Hors d'Oeuvres
Cash Bar

Don't Miss Out!

BMTA's 2019 Annual Meeting
November 1—3, 2019



For reservations call Fontana Village, 828-498-2211.
To receive your discount -
Mention the Benton MacKaye Trail Association!

Craddock Roots, Rocks and Mud

by Phil Guhl with photos courtesy of Mike Kovitch

There has been a chance of rain every second Saturday of every month this year with one exception: January...and the federal government was shutdown. We have lucked out occasionally, but we have become accustomed to getting wet. This weekend was no different.

I continue to be amazed by your commitment and work ethic! This month I sent the notice out late and we had torrential downpours (again) and what happened? Twenty-four of you turned up and worked your hearts out! It was hard work installing steps on solid rock, putting in cribbing where gravity is not your friend, brushing out over a mile and a half of trail, and last, but definitely not least, removing a gazillion (is this a word??) roots. All of it was challenging and every one of you had the opportunity to roll in the mud. THANK YOU!!!!



To top off the day, our Chuck Bosses (Sue Ricker and Debra Guhl) had pulled-pork sandwiches, orzo salad, cole slaw, potato chips, watermelon, and grapes awaiting us upon our return to the Craddock Center. It was a great day in the woods!

Steps/Cribbing:

Barry Allen (Team Lead) - "The Machine," Mike Kovitch - "Team Photographer," Patrick Ward - "Pat Man," Shane Morrison, Butch Watson, Ed Sullivan, Bob Nelson, Dale Clark and Dave Ricker.

Brushing/Root Removal:

Steve Pruett, Scott Jones, George Owen, Suzanne Andersen - "Jack Hammer," Clare Sullivan, David Lankford, Janice Lankford, Ben Yaun - "Rockbar," Sue Ricker, Debra Guhl, Ken Cissna, Frank Forehand, Rob Herman and Phil Guhl.



Smokies Clean Up Trip

by Dick Evans with photos courtesy of Alicia Getty

Early in the morning of June 26th, 10 BMTA "Stalwarts," well, actually nine "Stalwarts" and one North Carolina Wildlife Officer, assembled at Fontana Marina to take part in the semi-annual work trip to clean campsites along the Lakeshore Trail portion of the Benton MacKaye Trail in the Great Smoky Mountains National Park. Many BMTA friends are surprised to learn that 90 miles of the BMT are in the National Park. We do no trail maintenance in the Park, but instead perform campsite cleaning duties between Fontana Dam and the Bryson City Tunnel on the so-called "Road to Nowhere." This section is more than 33 miles between trailhead access points so it does present an issue of how to do this effectively. While it can be done in a three day/two night overnight hiking trip, carrying tools, trash, etc. for that distance is a major undertaking. However, most of those sites are fairly close to the shore of Fontana Lake and a much more effective trip can be made using boats to access the sites. The fine folks at Fontana Marina allow us to borrow one of their boats with the BMTA paying for the gas. At each site we clear brush around the bear cable systems, clean the fire rings of ashes and do a general trash pickup. The work at each site seldom takes more than 30-45 minutes for three persons so the majority of the day is spent on the water ferrying between sites. Officer Dale Little, of the North Carolina Wildlife Commission, commonly serves as the boat Captain and Margaret Evans usually prepares a meal of fried chicken, potato salad and drinks for the participants. This spring's trip was special in that Dick and Margaret's son, Jason and his family, were visiting and participated in a "final" family event before Jason deployed to the Middle East for a year-long Army assignment. Jim Kriner also accompanied us on the trip.





Smokies Coordinator Larry Dumas had previously cleaned the Lost Cove Campsite, but was unable to get to the Upper Lost Cove Site (actually no longer on the BMT but we clean it anyway). The morning of the boat trip, a fairly brisk wind from the west made us decide to omit the Lower Forney Creek Site, the most easterly site to ensure we could be back at the Marina by the 5:00 PM closing time. Lower Forney is about a six mile round trip from the Tunnel, so it can be reached by foot without too much issue. The campsite at Proctor on Hazel Creek is the most heavily used and we always make sure we have time to clean it. The other sites are not as heavily used and on this trip we ended up skipping the North Shore Campsite to ensure we were able to get to Proctor. To get all the campsites is a trip on the water of about 35 miles length, so boating time is a major concern. Often, each trip is a balancing act to get the most done within the time allowed by the Marina, which does not allow boats out overnight. We continue to explore options to get these trips done by alternate means and often the trip in the fall is a walk-thru with little trash being carried out.

An additional concern is the water level in Fontana Lake which can vary by 50 feet due to flood control issues. The Tennessee Valley Authority, which controls the lake level, does try to keep the lake "full" between Memorial Day and Labor Day. Trying to do shore landings when the lake is down does present a safety issue, as well as present access issues, so we try to do trips during periods of full water. In addition, due to the capacity of the boat, we generally do not announce these trips to the general membership -- as the boat is always filled to the legal limit with local volunteers and the work required just does not warrant large numbers of workers. Having cleared the four most used sites, we made it back to the Marina just a few minutes before closing time. During August, we will probably catch the others with another trip.



Three Days and Two Nights

by Tom Sewell



The handcrafted bridge over Nolan Creek

Three days and two nights I backpacked 26.5 miles of the BMT between the "Tunnel to Nowhere" and Smokemont with seven other members of the Chattanooga Hiking Club.

This section begins with the only portion of the BMT which utilizes a tunnel built for the abandoned Bryson City to Fontana Dam Highway. It's a beautiful structure which has been repurposed for hikers. We spent the first night alongside Nolan Divide Creek without any visits from bears.

Day two was a gorgeous wildflower hike where the BMT trail shares the in-development North Carolina Mountains to Sea Trail. The second night was at Newton Bald. We were afforded perfect weather and 360 degree views of the Smokies: Clingmans Dome, Mt LeConte and Charlies Bunion.

The last day we headed to the Smokemont campground close to US 441 near Cherokee: all downhill with again spectacular spring flower displays.



A large bolder of quartzite which is typical of the rocks in the Smokies near Bryson City.

PINE LOG CREEK TRAIL

by Clayton Webster

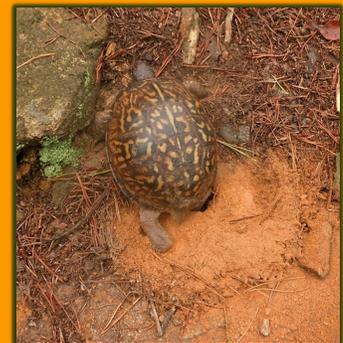
On July 9, 2019, 15 hikers went on a combined Benton MacKaye Trail Association and Over-the-Hill Hiking Group trip, on the five mile Pine Log Creek Trail in Bartow County. Howard Baggett organized the trip for the BMTA and Clayton Webster led the hike. Howard and Clayton are dual members as were four others on the hike.



We were all nice and fresh here at the trailhead, but it was a hot and humid day for our hike on the Pine Log Creek Trail. Organizer Howard Baggett took our group picture.

Pine Log Creek Trail is very deceptive. From the parking lot you would think it is pretty flat, but there is a lot of uphill and downhill on this hike. We hiked the trail clockwise which meant we always turned left at every intersection of the double loop trail. There were seven bridges and several rock hopper streams to cross also. The landscape was varied with dry, rocky ridges, lush mountain laurel and rhododendron lining the streams. The best part of the hike was the wonderful lake at an old rock quarry about half way around the loop.

We only saw one other hiker all day. What we did see was a box turtle laying her eggs in a hole she had dug right in the middle of the trail. We don't think these eggs have a very good chance of hatching out. Critters will find them, and hikers will probably step on them not knowing what is there.



Continued next page

The lake at the old rock quarry makes a great place to eat lunch. It was built by the CCC back in the 1930's. There are a lot of fish in the lake that is strewn with boulders making it a perfect place to eat lunch. We enjoyed tossing a few crumbs from our sandwiches and crackers to watch the feeding frenzy as the fish fought for them.



The still waters of the old CCC built rock quarry lake make reflections quite amazing. This big boulder looks like a giant whale surfacing with its mouth open. In the fall, the colors reflected in the lake are stunning.



A "rocking" lunch!

On one side of the lake were some really rugged rock cliffs. One had a cave in it. It was really great to have this special place all to ourselves for the day. In the past, the stream on the way out has had a lot of geodes in it, but today there was quite a bit of silt in the creek, so we didn't investigate it this time.

On the second half of the hike, we passed by various types of large trees. Earlier in the day we had seen old grown up logging roads from days gone by, but it appears some of the areas were spared.

This is a very nice park for a county facility and it was well maintained. The parking lot has been upgraded and the bridges are nice and well built. Signage is very good at the trailhead and along the way.

Thanks to Howard Baggett for setting up the hike. We were sorry he couldn't hike with us, and look forward to having him back on the trail soon.

TN/NC Work Trip July 27, 2019 Sycamore Creek Section 17a-b

by Rick Harris

We got 'er done. Put 'er in the books. And several newbies joined us, young newbies, relatively speaking. Twenty-seven maintainers (yes, I wrote 27) showed up on this warm sunny summer day to sweat away in the wilds along Sycamore Creek for their exercise of the day and for the benefit of others who hike and backpack this very scenic section of the BMT - from near Whigg Meadow down along Sycamore Creek to the Tellico Fish Hatchery on the Tellico River.

The chainsaw crew of Barry Allen, Josh Martinez and Lydia Atchley Martinez cleared 25 trees from the trail corridor and another 10 or so in the four campsites. Josh works as a paid trail maintainer for the Smokies in the Cades Cove area. He is good, I got to tell you. He, his wife and Barry did a great job clearing all those trees.

Three groups of brushers each cleared a two mile section of the trail with a total of 13 brush cutters and lots of loppers and swing blades. The trail is now in beautiful shape, maybe the best it has ever been.

Afterwards, most of us retired to Buckets & Brews in Tellico Plains for a brewskie, burgers and fries. All the entrees were 30% off, so no one's pocket book was hit too hard. What a great day in the woods and at the restaurant it was.

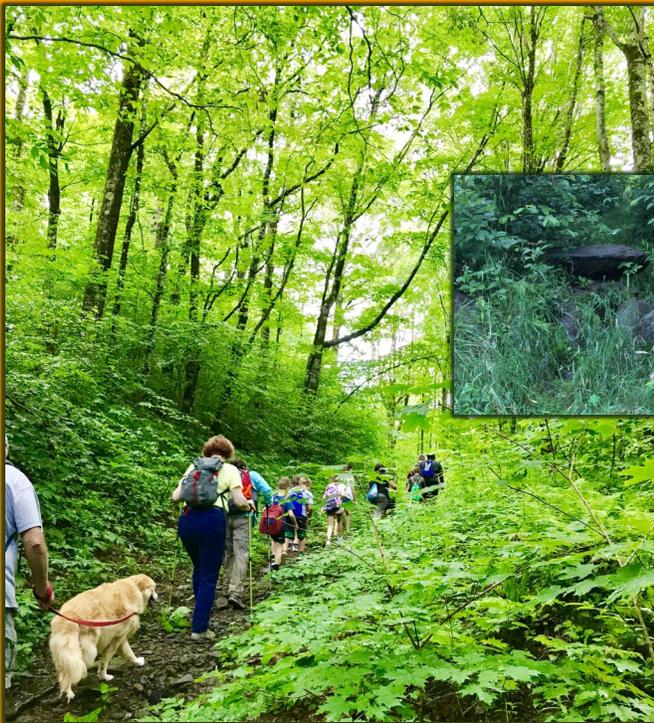
Maintainers for the day included, in no particular order, just the way they signed in: Richard and Brenda Harris, Ken and Phyllis Jones, Kay Herbert, Keith Mertz, Richard Rayburn, Ryan Forbes, Larry Van Dyke, Pam and Kent Mathews (section maintainers and recipients of the Trail Maintainers of the Year), Tom Smith, Clare Sullivan, Steve Bayliss, Josh and Lydia Martinez, John Vincent, Brett Brewer, Phil and Debra Guhl, Joel Lee, Natalie Taliaferro, Lonny Dumas, Shelton Crow, David Watkins, Frank Forehand and Barry Allen (he was late arriving).



Kid and Dog Friendly Hike to Whigg Meadow

by Larry Van Dyke

On July 20, 2019, Larry Van Dyke led 21 hikers 1.6 miles on the BMT from Mud Gap up to Whigg Meadow—and back. Two of the hikers were dogs and half were children (10 children and nine adults). The weather was excellent and the trail was clear. Dick Evans took the lead as the caravan worked its way up the trail to the meadow where all enjoyed a rest, lunch and a history lesson on the area by Rick Harris. The kids especially loved the hike and the beautiful meadow and everyone feasted on wild blueberries. The two hiking dogs reported that it was the most fun they've had in ages.



The caravan works its way up to the meadow.



Dick Evans's grandson enjoys the vista.



Discovering wild blueberries!



Fort Mountain State Park Gahuti Trail Hike

by Larry Dumas

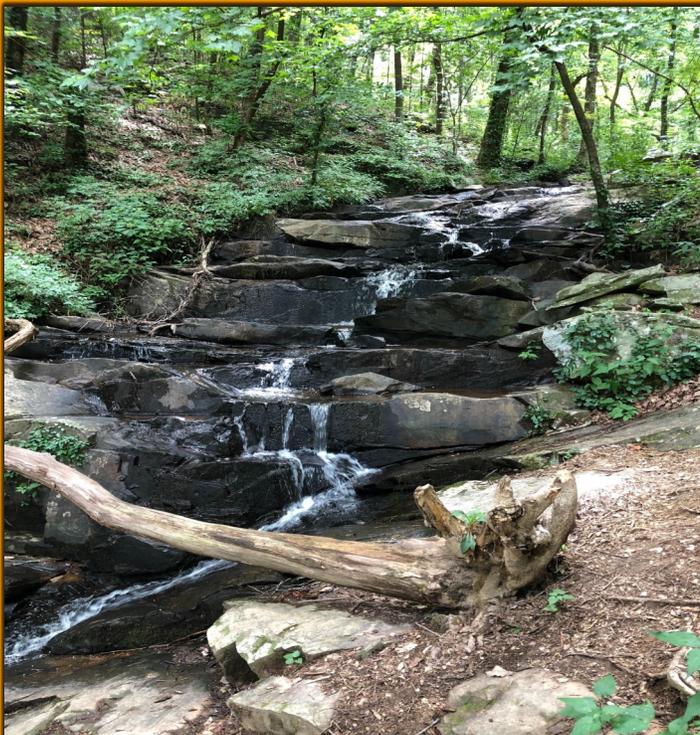
On a cloudy, warm day, three Benton MacKaye Trail Association members joined me on an 8.2 mile hike in Fort Mountain State Park. The Gahuti Trail travels around the edge of the park, passing just below the summits of both Cohutta and Fort Mountains. Ever changing, the trail is both beautiful and challenging. We started the hike at Cool Springs Overlook and went clockwise around the park. We did the hike in five and a half hours. There are four backcountry campsites available for use by permit if you want to camp overnight. The obstacles included uneven surfaces, exposed rock, tree roots, fallen trees, long steep grades and wild animals including bears, but they stayed out of view this trip. Passing a few small waterfalls made nice resting stops for us.



Larry Dumas and Wayne Kueling. Wayne is a member that was on vacation from his home in Ohio.



Wayne, Scott and Daisie at Cool Springs Overlook.



Scott and Daisie Jones.

Sign Installation

by Joy Forehand



For several years there has been an ongoing “competition” between the maintainers on Section 6d and an unknown person who continually blockades the water cutoff with brush, branches and even trees.

A frequent hiker in the area, George Owen believed a directional sign for the spring and the BMT may solve the problem. He asked Marty Dominy to build the sign and Marty designed and built a beautifully carved “three directional” sign that was

The actual installation of the sign was done quickly without problem. The trip to the water cutoff was another matter. Predicting just a 20% chance of rain, the weatherman blew it. The installation crew was at the “half-way” point when the skies opened up. Fortunately, the rain quit by the time they arrived at the water cutoff. Predictably ... yes ... branches once again were blocking the cutoff.

Thanks go out to Frank Forehand, George Owen, Dave and Sue Ricker, Gilbert Treadwell and Ben Yaun!



Cherokee National Forest Resource Advisory Committee Members Needed

Member nominations are being sought for the Cherokee Secure Rural Schools Resource Advisory Committee.

The USDA Forest Service is seeking new members to serve on the Resource Advisory Committee (RAC) for the Cherokee National Forest, under the Secure Rural Schools and Community Self-Determination Act (SRS) <http://www.fs.usda.gov/pts/>. The Cherokee SRS RAC is chartered by the U.S. Department of Agriculture consistent with the Federal Advisory Committee Act and is comprised of 15 members representing a wide array of interests. New members are needed to fill all categories.

SRS RACs provide advice and recommendations to the Secretary of Agriculture through the Forest Service on the development and implementation of special projects on federal lands as authorized under the SRS Act. The Cherokee SRS RAC makes recommendations concerning special projects on Federal land in Cocke and Monroe counties. Under Title II of the SRS Act counties may designate a portion of the SRS funds they receive to projects reviewed by a RAC and implemented on federal land.

Committee members serve four-year terms. Membership is voluntary with no compensation allotted. Members of the Cherokee SRS RAC Committee must be a Tennessee resident. The Cherokee SRS RAC typically meets 1-2 times annually. Meetings last approximately 3-4 hours and are held in a central location. All meetings are open to the public.

Some of the Cherokee SRS RAC projects accomplished in the past include: river cane restoration, providing new trail signs, road maintenance, rehabilitating dispersed campsites, streamside protection work and converting an old fire lookout tower into a public observation site.

RAC membership nominations are vetted by the Forest Service and approved by the Secretary of Agriculture. Individuals may nominate themselves or others by submitting a background information Form AD755, available at: <http://www.fs.usda.gov/main/pts/specialprojects/racs>, or by calling (423) 476-9729.

In addition to Form AD-755 nominees will also need to provide a cover letter stating why they want to serve on the SRS RAC and what they can contribute and a resume showing their experience working successfully as part of a group working on forest management activities. If you would like additional information or need assistance with the application form contact Terry McDonald at (423) 476-9729 or email at: terry.mcdonald@usda.gov.



Cooling Off In Emery Creek

by Ken Cissna



Seven of us walked the two miles or so to the lower two falls on Emery Creek (and back): Suzanne Anderson, Adrianna and Colin Ernest, Colin's friend Perry, Cindy Minick, Ann Redman and your friendly hike leader, Ken Cissna.

It was Monday July 22nd and the weather was perfect: a sunny, cool, dry summer day. Of course, we had numerous water crossings and Colin and Perry got soaked at that first crossing of Holly Creek and took full advantage of all the water, including the pools at the falls.

The only drawback of the hike was that for at least three years, the trail has not been cleared of downed trees. There are now dozens that we had to go under, over, or around, including one new cluster that wasn't there when several of us pre-hiked the trail a week or two earlier.

Amazon Smile Benefits BMTA

If you are going to make purchases from Amazon please use this address: BMTA's unique link is <http://smile.amazon.com/ch/58-1428009>. If you do so, Amazon will direct a small share of your purchases to BMTA. A convenient way to do this is to click on the link and then bookmark that page on your toolbar or wherever you keep hiking links. **Thank you!**

Upcoming Hikes

by Ken Cissna, Hiking Director

BMTA normally schedules a minimum of two hikes per month, one of five to eight miles and moderate difficulty, and one that is shorter and easier. In addition, we have occasional backpacking hikes and more difficult ones that might be called “hardy hikes.” Occasionally we co-sponsor hikes with other organizations. Although more hikes are in Georgia than the other states, you will find hikes in all three BMT states: Georgia, North Carolina, and Tennessee.

If you are interested in leading a hike or have a hike you’d like to see us offer with someone else leading, please contact me at kcissna@usf.edu or 706-636-1741.

The hikes for the next couple of months are listed below. With summer upon us, we are featuring a number of “water hikes” as well as other beautiful opportunities to see the great outdoors. More hikes will be forthcoming, so check the Activities Calendar of the website and next month’s newsletter for updates. Enjoy.

August

August 16 (Friday) Fort Mountain hiking medley: Stone Wall, Tower and Overlook Trail and Lake Trail loop.

3 miles, easy to moderate. State parking pass or \$5 parking fee.

Contact hike leader Larry Dumas at ledumas@hotmail.com

August 19 (Monday) Amadahy Trail. **DOG-FRIENDLY HIKE** (adult humans may bring a leashed dog)

5 miles, easy to moderate along the shore of Carter’s Lake. Lunch at the marine campground.

Contact hike leader Ken Cissna at kcissna@usf.edu

September

September 9 (Monday) Stanley Gap Trail from Deep Gap Parking on Aska Road to Fall Branch Falls.

5.5 miles, moderate. Short Shuttle.

Contact hike leader Evelin Yarns at eyarns@sprynet.com

September 16 (Monday) BMT near Cherohala and Tellico Plains, TN: From Unicoi Overlook/Beech Gap parking (elevation 4,400’) to Whigg Meadow (elevation 4,940’).

5.8 miles, moderate difficulty. We will place a shuttle car at Mud Gap to shorten the return from Whigg Meadow.

Contact Hike Leader Tom Sewell at SewellTom@yahoo.com or text to 706-669-6406

September 17 (Tuesday) Tobacco Pouch to Wildcat Campground.

5.1 miles, primarily moderate with occasional strenuous stretches. About 3.5 hours. Hike starts downhill and includes one high-water stream crossing with ropes. The payoff is a beautiful waterfall and pretty terrain along Wildcat Creek. Good hiking/water shoes and poles recommended.

Contact hike leader Steve Dennison by text at 706-253-3938 or email at sjd50@etcmail.com

September 20 (Friday) BMT: Highway 60 to/from Toccoa River and back. **DOG-FRIENDLY HIKE** (adult humans may bring a leashed dog).

7.4 miles, moderate. Great hike over Toonowee Mountain to the “Jewel of the BMT.” Lunch at the river.

Contact hike leader Ken Cissna at kcissna@usf.edu or 813-310-6084

September 21 (Saturday) BMT: Wilscot Gap to Shallowford Bridge.

This 7.6-mile trek is not the easiest Benton MacKaye Trail section in Georgia, but it is pretty typical of the trail in the peach state. While rated moderately strenuous, this particular trek has the advantage that the leader is getting older (81) and slower and loves little rests on the uphill (or anywhere else he can have them)! The trip begins with the longest, hardest uphill of 1.3 miles with just under 700-ft. elevation climb. We will take that in a slow and modest speed, to top off on Tipton Mountain (3,147'). Lunch will be at the fire tower on Brawley Mountain (3,027'). We will end the hike walking alongside the tumbling Toccoa River for a half mile to our waiting vehicles at Shallowford Bridge. Shuttle involved.

Contact hike leader George Owen evenings between 7-11pm at 706-374-4716.



The deadline for the September Newsletter is September 4. Thank you!