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**BMTA Headquarters**



# Benton MacKaye Trail Association

VOLUME 38, ISSUE 7

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## President's Column Buy a Raffle Ticket Help BMTA's Land Acquisition Fund

When BMTA Vice President and annual meeting planner Joy Forehand asked me what the proceeds from the raffle at November's Annual Meeting and Hike Fest meeting should go to this year, the answer was easy: BMTA's new Land Acquisition Fund (LAF). The purpose of the LAF is to secure funds that will help purchase or more likely contribute to purchasing land that will allow us to move the trail off of dangerous public roads or undesirable private land. The LAF has its own bank account and a mission statement that limits how the money can be used.

Of our 288 miles, only 15 miles (or 5%) are not on protected federal land. Few trails of our length could make that claim. Our biggest problem area, in my opinion, is adjacent to the section for which I serve as maintainer, Fall Branch Falls. We have a three mile road walk from the Toccoa River Restaurant along Stanley Creek Road to where the trail returns to National Forest as it heads up to the Falls. This is a dangerous walk because people drive too fast and there isn't much shoulder available for the hiker to get off the road.

We have another undesirable road walk just a short distance northbound. After the trail leaves the Sisson development at Boardtown Road, we have a 2.6-mile walk along Boardtown and then up Bushy Head Road to where the trail returns to the woods. This isn't as much a problem as Stanley Creek Road, but it's still a road where cars drive. None of us wants to hike on trafficked roads.

In between those road walks, we have a section where the trail cuts through the Sisson development in Cherry Log. For those who don't know, the trail here alternates between some beautiful woodsy areas and the roads in the community. Although walking through private property isn't ideal, many years ago Joe Sisson gave us an easement through the development—and the traffic is slower!—consequently, getting the trail off this section is a much, *much* lower priority.

So, if you choose to purchase a raffle ticket—or two or ten!—100% of your purchase price will go into BMTA's Land Acquisition Fund.

Of course, BMTA is a 501(c)(3) organization, which means that we can accept tax deductible charitable gifts. So, if raffles aren't your thing, you can still give a gift to the Land Acquisition Fund, confident that the money will be used exclusively for buying land or an easement and moving the trail to a safer and more secure location. Donations can be made online on the [Donate Page](#). Put "Land Acquisition Fund" in the "Additional Information/Order Notes" opposite your name. Or, mail a check with that notation BMTA, PO Box 6, Cherry Log, GA 30522.

## 2021 BMTA Annual Meeting

# Raffle



Unicoi Lodge  
2 Nite Stay



Fontana Village  
2 Nite Stay



Fireside Outpost  
2 Nite Stay



Hike Inn  
1 Nite Stay

Proceeds go to  
**BMTA's**  
**Land Acquisition Fund**

Tickets  
\$10 each or 3 for \$25  
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# Georgia Work Trip

by Bob Cowdrick

The June 12<sup>th</sup> BMTA Georgia work day focused on Section 6 – Fall Branch Falls to Weaver Creek Road, a very popular stretch of trail for hikers and families. Patrick (Patman) Ward graciously volunteered to organize and lead the work day and did an outstanding job.

After meeting at the Blue Ridge Home Depot at 8:30AM, four crews were created. They broke into their corresponding crews with each one determined to "Leave a footpath for generations to follow" and were dispatched to their sections.

**Crew 1** - Thirty-three rehabbed and two newly installed water diversions from the top of Fall Branch Falls to the intersection with the Stanley Gap Trail. They also performed over 300 feet of needed tread repair by side-hilling. Stupendous!

**Crew 2** - The saw team of three cleared six blowdowns, of which several were very complex...not your run of the mill two cuts and move on. They had the bonus of a rootball trail restoration project with one of the blowdowns. Great job!

**Crew 3** - Hiked (sort of vigorously) in with brush cutters to the base of Rocky Mountain....cleared undergrowth to the summit and back SOBO on the BMT for about 1/2 mile. The trail is much more pleasant for the many day hikers coming through. Nicely done!

**Crew 4** - Twenty-one water diversions, mostly newly established, on the not so gentle slopes of Weaver Creek up to Scroggin Knob. Your work will certainly help preserve the tread on this section of the BMT. This wonderful crew also lopped some heavy, early summer growth from the parking area to the first campsite SOBO on the BMT...I can assure you our taller hikers are especially thankful for your work. Way to go!

The Twenty-two members and guests expended over 158 volunteer hours of effort! Very commendable!

To our guests and first-time volunteers - we cannot thank you enough for not only supporting the work, but for doing so very cheerfully and with great zest. Please join us again on July 10<sup>th</sup> when we will be working on multiple sections that need our attention.



*Celebrate BMTA's 40th Anniversary!*

**2021 BMTA Annual Meeting & Hike Fest Nov. 11 – 14**

Unicoi State Park & Lodge, Helen, Georgia



**COME EARLY / STAY LATE**

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**For reservations call 800-573-9659.**  
**To receive your discount, use Code 99529!**  
**Mention the Benton MacKaye Trail Association!**

## Strolling in Boling

by Howard Baggett photos courtesy of Suzanne Downing

Nine BMTA hikers had a great hike on a warm, humid day at Boling Park. Looking at the dismal picture of logging at the trailhead, you would never have believed how beautiful a hike we were embarking on. We covered a wide five-mile loop on four different trails with plenty of flowers and wildlife to see. Gary Harmon was inspired to become our poetic minstrel.

### Hikers Melody by Gary Harmon

Howard the gallant leader of the hike,  
 Moves out like a racer on a bike.  
 The team of followers rapid in pace,  
 Anxious to complete the 5-mile race.  
 Time drags on in the heat of the day,  
 And sweat begins to get in the way.  
 Drink lots of water at the first,  
 Electrolytes added quenches thirst.  
 Uphill and downhill causes fatigue,  
 But perseverance prevents critique.  
 Now the creeks required to ford,  
 And bridges to cross are a reward.  
 We finally think the end is near,  
 But are told we are only halfway there.  
 So, the tiredness becomes a norm,  
 But hikers are required to perform.  
 Last bursts of strength are called upon,  
 Not defeated to become a champion.  
 God's beauty all around is the prize,  
 To accomplish without compromise.  
 The goal of the hike is not to win,  
 But finish the race that we begin.



## The Heart of Darkness

by Keith Mertz

On June 26, 15 maintainers gathered at Coker Creek for the Tennessee BMTA Work Trip. Our goal was to log out, brushout and re-blaze sections 16a-b, affectionately known as The Heart of Darkness. This section lies between Sandy Gap and Sled Runner Gap.

The group broke into two teams with one team of 11 shuttled to Beaver Dam Bald and starting at Sled Runner Gap while the second team of four drove to Sandy Gap.

Six blowdowns were cut out by Barry Allen. Andy Meeks, Lynette Linn, Shane Morrison, Patrick Ward and Ken and Phyllis Jones brushed out nearly five miles of heavy undergrowth. WOW! David Watkins and Keith Mertz re-blazed both sections and added sky blue blazes to camping/water sources. Brenda Harris and Ralph Van Pelt did lopping while Tom Sewell and Clare and Ed Sullivan did the all-important shuttling and additional brushing out. Rick Harris installed new signs to water sources/campsites and brushed out trails to water sources. Many thanks to all! A special thanks to the rattlesnake for not striking me and the copperhead the first team saw.

All enjoyed after-work drinks, chips, cookies, watermelon, caramel popcorn and pretzels at Sandy Gap before heading to the nearest car wash.

Participants included: Barry Allen, Brenda and Rick Harris, Phyllis and Ken Jones, Lynette Linn, Andy Meeks, Keith Mertz, Shane Morrison, Tom Sewell, Clare and Ed Sullivan, Ralph Van Pelt, Patrick Ward, and David Watkins.



A rest well-earned!!



## Spend the Night Under the Stars Lake Conasauga

August 9-12, 2021

Day Hikers Are Welcome on the Daily Hikes

BMTA is sponsoring an overnight camping opportunity at the Lake Conasauga Campground. At 3,150 feet above sea level, the nineteen-acre Lake Conasauga is the highest lake in GA. Completed in 1940, it was built by the Civilian Conservation Corps

**The Forest Service Campground** is not reservable but has 31 first-come first-serve sites (no electricity or cell service). It has water available and flush toilets. \$15 fee per day/site. The drive includes approximately 10 miles on dirt road from Gates Chapel Road to the campground. Directions are available on Google maps.

Several BMTAers already are planning to camp at the lakeside campground Monday, Tuesday and Wednesday nights (weather permitting).

**Monday's hike will be a one-mile lake shore hike.** Easy.

**Tuesday's hike will be on the Grassy Mountain (Fire Tower) Trail, Songbird Loop and Lake Shore Trail**  
A total of about 7 miles, moderate. Amazing views are the hikers' reward at the top of the fire tower!

**Wednesday's outing will be on the Chestnut Lead Trail or part of the Upper Conasauga Trail.**  
Strenuous uphill for the last half-mile.

**Thursday—** Depart the campground after a relaxing nite under the stars!

**Please join us as day hikers for one or all of these hikes or  
join us in the campground and hike everyday.**

Sign up for these hikes by **August 6!**

To sign up, contact Hike Leader Mike Pilvinsky, [hikeleaderMP@bmtamail.org](mailto:hikeleaderMP@bmtamail.org) or [Sign Up](#)



**Join Now!**

Use this link to become a BMTA member:

[Membership](#)

## Ride the Water Down

by Clare Sullivan

Hikers enjoyed watching the water release arrive at the Ocoee Whitewater Center prior to our hike down the BMT from Forest Service Road 221 to Thunder Rock/Ocoee Whitewater Center. The huge river rocks were there and eight minutes later they disappeared under water.

Rafters rode the raging waters down from TVA Dam 3. Interesting facts from the 1996 Olympic Kayak and Canoe competitions were shared. Hikers then moved to the cooler shade of the 3.4-mile BMT section. Some chose to add an extra 1.25 miles back to the Whitewater Center. Suzanne Zuckerman kept us informed on songbirds and Carolyn Sewell was a great resource on florals. A few rosebay rhododendron were blooming! We welcomed guest hikers Carol Henige, Sue Stock and Judy and Patrick Iverson.



## Finding a “Lost Creek”

by Ken Cissna with photos by Carolyn Sewell, Tom Sewell and Clayton Webster

There are few hikes any prettier than the Lost Creek Section of the Benton MacKaye Trail. And the group that hiked it on June 21, could not have had better hiking weather—low humidity, warm afternoon—and no rain.

Ten BMTA members (Linda Angelosante, Ken Cissna, Judy Iverson, Pat Iverson, Cindy Minnick, Judy Price, Nancy Sauls, Carolyn Sewell, Tom Sewell and Clayton Webster—and, oh yes, Artie—it was a dog friendly hike and he’s about the friendliest and best hiker dog you’ll ever meet) walked from just up the road from Lost Creek Campground northbound for about three miles, ate lunch and walked back.

We saw a neat fun guy (fungi) sitting on a log and a number of wildflowers were still in bloom. Although Blue Ridge and Ellijay had a lot of rain the previous week, apparently the Reliance area did not. None of us had who had hiked this section previously had ever seen Big Lost Creek so low—let’s just say that our feet stayed dry crossing Little Lost Creek.



## Harris's Make Section Hiking a Family Affair

Three generations of the Harris's embarked on a section hike of the Benton MacKaye Trail. Rick, the patriarch of the family completed a section hike of the BMT in 2012. Heavily into hiking and trail maintenance, Rick is BMTA's TN/NC Maintenance Director and a frequent hike leader for BMTA-sponsored hikes.

Rick's son, David Harris, currently a band instructor in Lima, Ohio, developed a fervent enthusiasm for hiking/backpacking through family outings and the Scouts.

Rick and David have passed that appreciation for the outdoors to David's sons, 13-year-old Benton and 11-year-old Alex. The boys were included on family hikes before they could walk. In fact, it was on a hike to Buck Bald that Alex took his first steps.

Of course, grandfather Rick has introduced them to some of the skillsets of the "maintainer's trade" – the hand saw and crosscut saw. As they trekked to Coker Creek, Benton also found he enjoyed using the axe to help clear a tree from the trail.



Benton exercising new skills.

Initially, David planned to do a solo thru hike of the trail. That quickly changed to a thru hike with his father and then the two thought it would be fun to have David's sons accompany them on some of the sections – no way two young boys would want to do something as rigorous as a series of hikes totaling almost 300 miles.

Although Benton had sprained his ankle the day before, enthusiasm was high as the four backpackers began their journey on May 25. Family matriarch, Granny Harris, accompanied them for a few miles.

By day four, fitness issues and blisters had taken a toll and a much-needed break was taken. The decision was made to switch from a thru hike to a less-grueling series of section hikes and short backpacks. This opened the door to more time for Benton and Alex to stay in touch with their friends from home and to access the Internet world of social media, YouTube, etc.

The boys were doing well, each having developed his own hiking style. Benton covered the ground effortlessly, going the same speed whether travelling uphill, downhill or just cruising along the "flat" -- earning him the trail name of Billy Goat. On the other hand, Alex's trail name, Chattin' and a Chuggin', was the result of finding the secret to get him to "keep up the pace".

At first Alex appeared to tire easily – until the others learned – keep Alex talking. As long as Alex was talking, his hiking speed and spirits were high.



Amanda, David, Benton and Alex making memories!

Best of all, now that the boys have hiked about two-thirds of the BMT, they have a desire to complete a Section Hike of the BMT with their grandfather and father – a big change from their city lives that revolve around YouTube and computers back in Ohio!



David, Benton, Alex and Rick ready to trek!!



Rick, Brenda, Benton and Alex bridging generations.

Alex is interested in small engine repair. An aficionado of YouTube small engine videos, Alex will happily tell you in great detail how to repair a small engine ... down to the size and placement of each and every screw. Moreover, he enjoys fixing small engines for others who haven't a clue as to where to start to get the engine working again.

Benton is the pensive one in the family. His forté is repairing computers/helping others with their computers. Even the teachers at school rely on Benton for help when they have a computer issue.

And Benton has the rare gift of being able to explain computer processes in language anyone can understand. A musician as well, Benton plays both the tuba and the trumpet.

At the same time the boys are enjoying their trek on the BMT, as Scouts, they also have earned the 50-Miler Award and have almost completed the Backpacking and Hiking merit badges.

"Cooking on the trail is one of the skillsets the boys are learning," said David. "If you're going to eat something other than dried fruit and beef jerky, you need to be able to cook ... to cook something you'll eat ... and to cook safely."

One experience in the BMT's Heart of Darkness the hikers won't soon forget – they heard a rustling in the woods. They had disturbed a mother boar and her babies. Fortunately, the boars headed away from the hikers, but the sounds that reverberated through the forest as the boars charged down the mountainside were formidable. "It was like trees crashing everywhere," said Alex. Perhaps not with wild boars in mind, but David's wife Amanda said it best, "They're building memories that will last a lifetime."

As to Benton's name ... it definitely is related to the Benton MacKaye Trail. Besides the BMT being a much-loved/much-enjoyed trail by the entire family, it was on an overnight trek from Farr Gap to Tapoco with his wife, Amanda, that Benton became more than a "twinkle" in his father's eye.



Trail Skills Workshop  
Lake Winfield Scott, Suches, GA  
September 25 & 26, 2021

The Trail Skills Workshop (TSW) is a training event focused on teaching the most current trail construction and maintenance methods applicable for Eastern landscapes. These classes are for new and experienced trail workers. Skilled instructors are provided from the Georgia Appalachian Trail Club (GATC), the United States Forest Service (FS) and the Appalachian Trail Conservancy (ATC). The \$30.00 fee includes: all courses, a T-shirt, 2 nights camping and Saturday BBQ.

Sign up now at <https://forms.gle/5GBSMz5fdKuYnVy1A> to be advised when registration opens in early July. Please direct questions to Jay Dement, [jay@jayDphotos.com](mailto:jay@jayDphotos.com).

## When Hiking in Humidity

by Mike Pilvinsky

On a mostly overcast day in early June I joined a hike which I expected would be an easy five miles. I knew the terrain and had hiked in that area numerous times before. Rain was predicted but didn't scare me. The predicted weather resulted in spotty, intermittent precipitation which was usually more of an annoyance rather than a hindrance. Planning on a leisurely two miles per hour, I expected just two to three hours of walking.

The hike took more than four and a half hours due to the pace, punctuated by frequent stops for water, snacks and points of interest. I was completely ready to finish the hike when we returned to the trailhead. I was soaked with sweat, thirsty and ready to sit down. The humidity had taken its toll.

As I looked back on this "easy (for me) five miles" I realized it had become much more. Not because of the distance, or terrain, but because of the humidity. When we got in the car to leave, the temperature was still only 79 degrees. But the humidity was easily above 90%, especially during the short periods of sprinkling rain. That resulted in a heat index equivalent of 86 degrees or more.

We have to remember during this time of the year, that heat injuries can creep up on any of us. Whenever in doubt if you should hike in hot weather, please consult your physician.

Find more information about the heat index at: <https://www.weather.gov/ama/heatindex>

# BMTA Corporate Members

The Benton MacKaye Trail Association is grateful for the help and support provided by our Corporate Members. When you visit one of these businesses, please identify yourself as a BMTA member and be sure to thank them for their support!



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# Upcoming Hikes and Work Trips

by Tom Sewell, Hiking Director

## Guidelines for Our Hikes

Because hiking in the outdoors is good for one's mental and physical health, we encouraged BMTA members and others to continue hiking during the COVID-19 health crisis *and to do so safely*. Thus, we continued our hiking program during 2020 and 2021.

Due to the availability of COVID-19 vaccines, we have further modified our hiking program:

- ◆ We have resumed allowing shuttle hikes but caution that (a) no hikers should ride with another or have another ride with them if they are concerned about their safety and (b) unvaccinated hikers should not assume that others will want to ride in vehicles with them.
- ◆ Carpooling is permitted but not required.
- ◆ Any potential hiker who is feeling ill or has been exposed recently to a person with an active case of COVID-19 must not come on a hike.
- ◆ Hikes are limited to a maximum of 10 participants in Tennessee and North Carolina and 12 participants in Georgia. Hike leaders may impose lower limits.
- ◆ Masks are optional, but hikers should maintain an appropriate distance from one another.

## July



**July 10 (Saturday) GA Work Trip** Weaver Creek > Boardtown Road. Sections 3, 5, 6 and 7. Logout, brushout and tread repair. For more information contact Bob Cowdric [GAMaintDirector@bmtamail.org](mailto:GAMaintDirector@bmtamail.org).

**July 7 (Wednesday)** Wildcat Creek Trail near Ellijay, GA. Approximately 7.5 miles with stream crossing to Fall Branch Falls Trail to Ammons Falls and return. Some brief strenuous segments. Hiking poles recommended. Trail located in GA Wildlife Management Area and requires a free GA Lifetime Sportsman license for Georgia residents over 65 or obtaining a permit thru GA Department of Natural Resources. Hike Leader Steve Dennison. For more information [hikeleaderSD@bmtamail.org](mailto:hikeleaderSD@bmtamail.org).

**July 12 (Monday)** Cartecay River Loop Trails. Dog friendly hike (adult humans may bring a leashed dog). Moderate 5-6 miles, much of it along the beautiful Cartecay River. Trail located in GA Wildlife Management Area. Involves carrying a free GA Lifetime Sportsman license for Georgia residents over 65 or obtaining a permit thru GA Dept. of Natural Resources. Hike Leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

**July 14 (Wednesday)** Laurel-Snow Trail to Laurel Falls. Moderate 6.1-mile trail out and back in Laurel-Snow State Natural Area near Dayton, TN. Two-hour drive each way from Blue Ridge. Leader will provide link to Google Maps directions from Blairsville, GA to trailhead. Hike Leader Steve Dennison. For more information contact [hikeleaderSD@bmtamail.org](mailto:hikeleaderSD@bmtamail.org).

**July 16 (Friday) BMT:** Hudson Gap to Fowler Mountain and back. Moderate 7.8 miles on the BMT. Co-sponsored with Georgia Forest Watch. Dog friendly hike (adult humans may bring a leashed dog). High clearance vehicles are recommended from Bushy Head Gap to the trailhead. Members only and register early—only six hikers permitted from each organization. Hike leaders: Ken Cissna (BMTA) and Andrew Linker (GFW). For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

**July 17 (Saturday)** Big Frog, Rough Creek, Benton MacKaye Trail loop of FS 221 in TN. This moderately strenuous hike has one significant climb in the morning with three creek crossings after lunch - over 6-miles with a brief gravel road walk to complete the loop. Hike Leader George Owen. For more information contact [hikeleaderGO@bmtamail.org](mailto:hikeleaderGO@bmtamail.org).

**July 19 (Monday)** Four Season Hike Series – Summer: BMT - Hudson Gap, out and back. Dog friendly hike (adult humans may bring a leashed dog). Moderate 4-5 miles. We're going to offer this relatively short and fairly easy hike during each season this year. Best I can offer this season may be heat and humidity, but a good hike for all is guaranteed. Hike Leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).



**July 24 (Saturday) TN Work Trip** Section 16b Heart of Darkness. Annual log out and refresh blazes. Crew Leaders Keith Mertz and Ellie Doughty. For more information contact Keith Mertz, [keithmertz@hotmail.com](mailto:keithmertz@hotmail.com)

## August

**August 9 (Monday)** Coker Creek Falls Parking Lot to TN68, about 7 moderate miles. First 3 miles downhill through the Coker Creek Gorge with impressive waterfalls. Then cross bridge over Coker Creek on BMT and hike 4 mild-moderate miles uphill to TN 68. Meet at TN68 crossing of BMT at 9 AM, north of where TN68 leaves Hiwassee River. We will leave some cars there, then drive to the Coker Creek Falls parking lot. Hike Leaders: Rick and Brenda Harris, 423.253.6358. [harrisri@aol.com](mailto:harrisri@aol.com). Note: Joint BMTA and Cherokee Hiking Club event.

The following two hikes are part of a Campground/Day hikes event at Lake Conasauga in the Cohutta Mountains west of Ellijay and Blue Ridge. Monday-Thursday, August 9-12, with Hike Leader Mike Pilvinsky. **Those people not camping are welcome join them for a day hike but must register by Friday, August 6.**

**August 10 (Tuesday)** Lake Conasauga, Grassy Mountain Tower, Songbird Loop and Lake Shore trail. A total of 7 moderate miles. Amazing views from the fire tower. Hike Leader Mike Pilvinsky. For more information contact [hikeleaderMP@bmtamail.org](mailto:hikeleaderMP@bmtamail.org). **You must sign up by Friday August 6.**

**August 11 (Wednesday)** Lake Conasauga, Chestnut Lead Trail or part of the Upper Conasauga trail. Seven miles with a strenuous last half-mile. Hike Leader Mike Pilvinsky. For more information contact [hikeleaderMP@bmtamail.org](mailto:hikeleaderMP@bmtamail.org). **You must sign up by Friday August 6.**



**August 14 (Saturday) GA Work Trip** Sections 8 a, b, c, d. Logout, brushout and tread repair. For more information contact Bob Cowdrick [GAMaintDirector@bmtamail.org](mailto:GAMaintDirector@bmtamail.org).

**August 16 (Monday)** Emery Creek. Moderate 5 miles. The trail for this in-and-out hike is fairly easy, but 26 stream crossings (a number up to your ankles and two around your knees) and a section of potentially slippery rock toward the beginning and again at the end make it more difficult than it otherwise would be. Holly and Emery Creeks, two lovely waterfalls and a beautiful trail make it worth the trouble. Hike Leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

**August 16 (Monday)** Cohutta Wilderness. Benton MacKaye, Hemp Top and Jacks River Trails. We will start hiking from Watson Gap, enter the Cohutta Wilderness on the BMT, then use the Hemp Top and Jack's River Trails to complete a circle and return over a 2.6 repeat of the BMT to Watson Gap again. About 8.3 miles. Hike Leader Steve Dennison. For more information contact [hikeleaderSD@bmtamail.org](mailto:hikeleaderSD@bmtamail.org).

**August 20 (Friday)** Cohutta Wilderness. Benton MacKaye and Jacks River Trails in the Cohutta Wilderness. Moderate 8-mile hike through forest of hemlocks and rhododendrons. Requires a 5-mile drive on a USFS road to Dally Gap. Hike Leader Steve Dennison. For more information contact [hikeleaderSD@bmtamail.org](mailto:hikeleaderSD@bmtamail.org).

**August 20 (Friday)** BMT from Reliance, TN, to the Lost Creek Campground and back, 8 miles. This hike parallels the beautiful Big Lost Creek through a deep limestone gorge with rippling cascades and lovely waterfalls. The rating is moderate due to the length of the hike, only two hills. We'll cross the cool creek to eat lunch at the campground. Water shoes are a must for three creek crossings both ways. We'll return a slightly different trail with magnificent views of rock formations. There's ice cream at the Hiwassee Outfitters store at the end of the hike. Hike Leader Clare Sullivan. For more information contact [hikeleaderCS2@bmtamail.org](mailto:hikeleaderCS2@bmtamail.org).

**August 27 (Friday)** BMT Highway 515 to Weaver Creek and return. Dog friendly hike (adult humans may bring a leashed dog). Easy 5 miles. Mostly along dirt roads. Two "rock hopping" stream crossings could get your feet wet depending on stream levels and recent rainfall. Hike Leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).



**August 28 (Saturday) TN Work Trip** Section 13e. Annual logout and refresh blazes. For more information contact Steve Bayliss, [stevebayliss801@gmail.com](mailto:stevebayliss801@gmail.com).

**August 28 (Saturday) TN Work Trip** Section 13d. Annual logout and refresh blazes. For more information contact Anne Anderson, [ahander@aol.com](mailto:ahander@aol.com) or Mary Alton [Al-tongd@aim.com](mailto:Al-tongd@aim.com).

**August 30 (Monday)** Amadahy trail at Carter's Lake. Easy/moderate 4-5-miles if you go out to the "boat/hike campground." This will be a leisurely hike. Hike Leader Steve Dennison. For more information contact [hikeleaderSD@bmtamail.org](mailto:hikeleaderSD@bmtamail.org).

## September

**September 10 (Friday)** Gahuti Lite: Five Intersecting Trails Loop at Fort Mountain State Park. Dog friendly hike (adult humans may bring a leashed dog). About 5 moderate miles. Highlights include cascading creeks, a long-distance view and a lakeside walk. Ends with a moderate uphill walk. Hike leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).



**September 11 (Saturday) GA Work Trip** Sections 8 e, f, g, h. Logout, brushout and tread repair.

For more information contact Bob Cowdrick [GAMaintDirector@bmtamail.org](mailto:GAMaintDirector@bmtamail.org).

**September 12-17 (Sunday-Friday)** Campout at Fall Creek Falls State Park. Hike each day, Monday – Thursday. Reserve your campsite now. Rick and Brenda Harris will be in campsite A30. You may also opt to reserve a room in the lodge if open by then (being rebuilt) or reserve a cabin. They go quickly.

September 13 (Monday) we will hike trails at the State Park.

September 14 (Tuesday) we will hike to Virgin Falls.

September 15 (Wednesday) we will hike at Burgess Falls.

September 16 (Thursday) we will hike to Cummins Falls and swim below the falls (online permit required).

Leaders Rick and Brenda Harris [harrisri@aol.com](mailto:harrisri@aol.com). Note: Joint BMTA and Cherokee Hiking Club event.



**September 25 (Saturday) TN Work Trip** Section 16c-d. Annual logout and refresh blazes. For more information contact Rick Harris [harrisri@aol.com](mailto:harrisri@aol.com).

## Generational Fun!!!



Sean (with Silas) and Alicia Frommeyer, Karen and David Naquin and Gwen Frommeyer in front.

**The deadline for the August Newsletter is Wednesday, August 4. Thank you!**