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**BMTA Headquarters**



# Benton MacKaye Trail Association

VOLUME 39, ISSUE 7

JULY 2022

## Trail Maintenance – Not Just Trees and Tread

by Bob Cowdrick

Gilbert Treadwell can hike down a section of the Benton MacKaye Trail (BMT) that he hasn't visited in months and can recognize all of the areas that he has worked on. That would include trees he has removed from the trail, water diversions that have been cleaned out and tread that has been repaired.

His work is not intended to be visible to hikers but hidden so as to make the BMT seem untouched by him and fellow volunteers. Gilbert considers this type of work the "bread and butter" of maintenance.

Gilbert's job has become easier with the addition of mobile apps such as FarOut and Gaia GPS. BMT hikers can report trail problems to the Benton MacKaye Trail Association (BMTA) and pinpoint the locations where help is needed. Andrew Carter, a California based hiker who recently thru hiked the BMT was able to report over 52 blowdowns that needed to be removed by using the FarOut app. After completing his BMT hike and heading to hike the Tuscarora Trail, he commented, "Thanks for everything you, the BMTA and all of the volunteers do."

All, like Carter, who hike the BMT, enjoy the benefits of the hard work the maintainers do. BMTA maintainers don't only work on trees and tread. Trail maintenance includes many other tasks that need to be done.

### Structures

Debra and Phil Guhl and Kathy and Mark Yost co-maintain the Suspension Bridge that crosses the Toccoa River at mile 14.7.

This 270-foot bridge, the longest swinging footbridge east of the Mississippi River, is a popular location for hikers and local tourists to visit and enjoy the river.



Photo courtesy of Richard Parks

The bridge is suspended from cables. To keep these safe and secure it requires constant maintenance to keep all of the nuts and bolts in place. BMTA Maintainer-Phil Guhl stated, "The bridge is a unique landmark that is worth the visit and is a pleasant place to camp."

Shorter bridges and boardwalks are a necessity along the trail to enable hikers to safely cross streams and rivers. The Long Creek Falls boardwalk at mile 7.1 was originally constructed as a Boy Scout's Eagle Project about a decade ago. Two large trees recently fell on the boardwalk requiring it to be rebuilt. George Owen, who maintains that section of the BMT explained, "This was a significant effort that involved replacing the 30-foot boardwalk that went over a muddy area. Hikers now enjoy keeping their feet dry."



Sisson Shelter

Cabins and shelters are rare on the BMT. The single BMT lean-to structure is located at mile 51.3 on the trail.

The Sisson Shelter was built by Joe Sisson in the Cherry Log community. Keeping the shelter clean and comfortable is critical.

Andy Meeks, the BMTA maintainer at the shelter remarked "The shelter is well used by all of the thru hikers and gets great reviews from all of the folks about the shelter's quality."

## Signs

Trailhead signs constantly need updating and replacing. Bears and deer consider them great back scratchers. Carpenter bees use them for their seasonal homes. Signs can magically disappear and thus need to be replaced. Ralph Heller is the BMTA's Sign Manager. Ralph sources the materials, makes the signs and installs them with great care. He is most proud of his very first sign which he installed at the Amicalola State Park Visitor Center - the sign directs hikers to the start of the BMT.



Ralph Heller and his first sign.



Darcy Douglas painting a blaze.

## Blazes

Trail blazes mark the BMT with painted white diamonds that follow each other at a certain distance to mark the direction of the trail. Blazes are commonly marked on trees at eye level and are easily visible by hikers. A single blaze means you are on the trail. Two blazes on top of each other warn the hiker that change in direction is occurring and be prepared to turn right or left.

Darcy Douglas is the BMTA Blaze Team Leader and she applauds the BMTA members on her blaze team. She commented, "The members of this special group of maintainers are very dedicated, thoughtful and hard-working. Marking the trail so an unfamiliar hiker can find his or her way takes intelligence, skill and can be messy."

## Conclusion

If you thought trail maintenance was just brushing, lopping and tread repair, you were mistaken. We are grateful BMTA trail maintainers fill many different roles and responsibilities. Consider joining Gilbert, Darcy, George, Ralph, Andy, Kathy, Mark, Debra or Phil on our next trail maintenance day!



## National Scenic Trail Update

We want to thank the newest co-sponsors of HB 7884, the Benton MacKaye Scenic Trail Act, for supporting our quest for National Scenic Trail designation for the Benton MacKaye Trail (BMT).

Rep. Kustoff, David (R-TN-8)

Rep. McBath, Lucy (D-GA-6)

Rep. Scott, David (D-GA-13)

Rep. Rose, John W. (R-TN-6)

### BMT in the News

[Chattanooga Times Free Press](#)

[Smoky Mountain News](#)

[Graham County Star](#)

[Times Courier](#)

[Polk County News](#)

[Larry Anderson's Blog Post](#)

### This Is a Nationwide Quest

— We Need Your Help —

We need Senators and Representatives from throughout the United States to support this legislation. Please email, write or call your Senators and Representatives today! Let them know why *YOU* think the BMT should be designated a National Scenic Trail.

[\*\*Contact Your  
Senators\*\*](#)

[\*\*Contact Your  
Representatives\*\*](#)

## Big “Hamajama” on Section 10c!

by Joe Cantwell



# Big Lost Creek Trail

by Clayton Webster

On June 17, 2022, seven Benton MacKaye Trail Association (BMTA) members led by Clare Sullivan hiked a remote section of the Benton MacKaye Trail (BMT) on the Big Lost Creek Trail in the Cherokee National Forest in Tennessee. This very beautiful, but under-used trail follows Big Lost Creek through a limestone gorge featuring many cascades and tempting swimming holes.

Initially, the trail goes steeply downhill until it reaches Big Lost Creek where it levels out within sight of the creek. At one point, we reached an area where an old roadbed led to a ford of the stream where the ancient logging town of Probst was located. A few old rock walls are all that is visible of the town now.



Trip leader, Clare Sullivan, points out the old road that forded Big Lost Creek to the town of Probst. Everyone had on long pants due to the poison ivy near the beginning and the dog hobble along the way. Probst was built by the Prendergast Lumber Company. Warren G. Harding was on its board of directors. The town included 25 company buildings.

Earlier this year Clare said at least 60 trees that had fallen across the trail had to be removed. For a remote trail, it was in very good shape except for a few random deadfalls across the path. All were easy to negotiate.

We were treated to a beautiful sight along the way as the rosebay rhododendrons were in full bloom. We did see a few other wildflowers along the way plus lots of beautiful ferns.

Clare had told us that we would have one stream crossing where we might get wet. It is a crossing of Little Lost Creek. Trail dog Logan enjoyed going right through the creek.



Here is a typical swimming hole that we saw along the way. The water is so clear in Big Lost Creek that it is hard to tell how deep the water is.



One blowdown we encountered along the way; but as you can see, it was no problem to go over or under. The big dead tree also took down what looks like a healthy sourwood tree. Trail Dog Logan is getting a lift at this point, but he walked much of the way.

Continued next page



The sight and sound of crystal-clear Big Lost Creek at our side made for a wonderful hike.



Kelly Motter takes a final hop across Little Lost Creek.



After crossing Little Lost Creek, there is an area that is often pretty muddy. That was not the case this day, but Clare showed us the log steps that a work team she was on had placed to help when it was.

This is the last of five trees we had to clear from Forest Service Road 103. These two people, from a nearby farm, came in to help us out to clear this whopper from the road. The lady in orange had to crawl through the tree and walk to her farm to get her husband (in red) to bring his chainsaw. To make matters worse, this one also took down the power lines and tangled them up in the tree. Polk County cut the power before we started working on the tree.

As we neared the trailhead on our return trip a strong wind started blowing some leaves off the trees. We heard thunder nearby, but only had a small sprinkle of rain. Earlier we'd had trouble locating the trailhead so we decided to mark it temporarily with a big plastic bag attached to a tree, plus a couple of stakes hammered into the ground. This took us close to 15 minutes and may have saved our lives. As we were leaving a man in a van came in and waved us down. What we saw next was hard to believe. There were five large trees across the road. According to the guy in the van all had fallen in the last 15 minutes. Clare had a fold-up saw, someone else had an axe. The guy in the van had a hatchet. We cleared four large trees. The last huge one was cleared by someone with a chainsaw coming the other way. What a way to end the day!!!



## Nimblewill Nomad

by Joy Forehand

Sunny Eberhart (aka Nimblewill Nomad) is a legend in the hiking community. He's hiked all 11 National Scenic Trails as well as several National Historic Trails. In 1998, he completed the Eastern Continental Trail/Appalachian Mountains Trail –3,400 miles in just nine months. His most recent accomplishment was hiking 'Bama to Baxter. The 2,260-mile trek across 15 states began on Flagg Mountain in Alabama. His journey included a thru hike of the Pinhoti, a trek on the Benton MacKaye Trail (BMT) to the Appalachian Trail (AT) on Springer Mountain and a thru hike of the AT. At the age of 83, Eberhart is the oldest hiker to have completed a thru hike of the AT!

Eberhart now lives in one of the stone cabins atop Flagg Mountain and volunteers as the full-time caretaker of the Flagg Mountain Lookout Tower in Alabama.

His current passion is correcting the misinformation surrounding an initiative to move the southern terminus of the AT to Alabama (AT2AL). Much of the initial media concerning the proposal indicated that Eberhart was a strong advocate for the AT2AL. He was not – he *never* was!

“We have two beautiful trails and I’m vehemently opposed to anything that degrades the importance of the BMT or the Pinhoti – always have been. I never supported the proposal,” said Eberhart. “I want the growth and recognition for both trails. The historical importance and heritage of these trails should never be lost.”

Eberhart’s online petition to oppose moving the southern terminus of the AT to Alabama has 2,735 signatures. Go to the [petition](#) if you agree and would like to add your voice to the opposition to the proposal.

Eberhart’s hiking career – the overall number of treks he’s completed/the distances he’s covered – is a resume far younger hiking enthusiasts only can dream of completing.

“People today stumble and bumble. We worry about age too much. You need to deal more with what your mind tells you is doable,” Eberhart said thoughtfully. “I’ve outlived my family. I wouldn’t be here today except for my lifestyle. I was a runner early on. Now this hiking career is a great benefit in maintaining some degree of physical fitness. It’s the sustaining effort – just your overall health and mental attitude – seeing the good Lord’s presence. The path I’m on just happens to be tread and has led to a variety of places.”



A retired ophthalmologist, Eberhart became a Life Member of the Benton MacKaye Trail Association (BMTA), while living at the base of Springer Mountain near Nimblewill, GA.

He has fond memories of his time near Springer where he could go out his back door right into the forest and bushwhack to the Approach Trail. He would come out at the shelter where he enjoyed talking to passing hikers.

It was at this time Eberhart became an active member of the BMTA. In fact, he helped with selecting the location for the bronze plaque honoring Benton MacKaye on Springer Mountain as well as with purchasing it.

As to trail work ... “Marty (Dominy) would say ... ‘I’m going to do some trail work’ ... and I’d jump in his truck,” said Eberhart.

“My gosh that guy can build a trail – he’s a genius at laying a trail out. He’d tie ribbons on trees and then go right back and start cutting the trail.”

A frequent topic of conversation was how the trail they were building would be used by future hikers – someday, someone would hike from Florida all the way to Quebec – a trek Eberhart made in 1998!

The two have remained close through the years.

“I ran into Nimblewill by chance at Harper’s Ferry, West Virginia, I believe in July of 2001. He convinced me to join him and another person for dinner rather than doing the late afternoon hike I was about to start. Under normal circumstances, I would be quite annoyed at having a hike interrupted. Dining with Nimblewill is always the better choice,” said Dominy.

Another close BMTA acquaintance was three-time BMTA President (1993–1995), Bill Porter. “There was a lot of traffic on the BMT back then,” said Eberhart. “Bill would go to the airport in Atlanta to pick up folks and deliver them to ... Springer, Cross Trails, the Ranger Station.”

“Bill would say, ‘I’m not going to charge you a penny for getting you there ... but what you are going to do is make a donation to the BMTA. Back then that was a good chunk of money – really helped the BMTA,’” Eberhart concluded.

Eberhart also has fond memories of George Owen. When Eberhart was camping at Three Forks, Owen joined him for a relaxing evening by the campfire

As the interview concluded, Eberhart wished the BMTA good luck in our quest to have the BMT designated a National Scenic Trail (NST).

“It looks like you’re well on your way,” said Eberhart who has hiked all 11 of the current National Scenic Trails. “Of course, if you do, I’m going to put my pack on again – probably at the age of 84 – have to keep my record!”



## GA Work Trip—July 9, 2022

Section 8a through 8h – Bushy Head Gap >> Dyer Gap

- ◆ Water diversions
- ◆ Brushing
- ◆ Blazing

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**[Register for the Georgia Trip Now!](#)**

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## Going Artsy in the Park

by Joy Forehand

The Benton MacKaye Trail Association (BMTA) Information Tent was at Blue Ridge's Arts in the Park May 28-29, 2022.

Many of our visitors were from out of state ... as far north as Michigan and west as Washington. BMTAer Ben Yaun captured the attention of them all.



“Ben was telling people who walked by – We have trails for sale two for one ... one trail going in and one coming out,” said fellow volunteer Vicki Yunker.

“People were laughing – he got them to stop and talk!”

We picked up a membership as well as several sign ups.

Many thanks to our volunteers: Betty Ann and Harry Archer, Ken Cissna, Jeff DePaola, Darcy Douglas, Frank Forehand, Jane and Tom Keene, Penny Strickland, Ben Yaun and Vicki Yunker.

Volunteers are the backbone of our outreach at festivals and events. If you would like to volunteer to help staff the Information Tent at a future event, contact Joy Forehand [jwfbrga@gmail.com](mailto:jwfbrga@gmail.com).

## BMTA Event Volunteers Needed Conservation Exhibition

*Hosted by Order of the Arrow of the Boy Scouts of America*

**July 25 & 26, 2022**

**Where:** University of Tennessee—Knoxville, TN

**Volunteer:** Booth Staff Needed for BMTA's Information Tent

*Volunteer for one or both days.*




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**Help Us Attract the Maintainers of Tomorrow!**

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To Volunteer, contact [Rick Harris](#).

# Raffle!

**BMTA's Annual Meeting & Hike Fest November 5, 2022**

**Fontana Village Lodge, North Carolina**



Fontana Village  
2 Nite Stay



Tapoco Lodge  
2 Nite Stay



Len Foote Hike Inn  
1 Nite Stay



Aska Lodge  
1 Nite Stay



Unicoi Lodge  
2 Nite Stay



Fireside Outpost  
2 Nite Stay



Charit Creek Lodge  
2 Nite Stay



Nantahala Village B & B  
2 Nite Stay



Proceeds go to

**BMTA's  
Land Acquisition Fund**

Tickets

\$10 each or 3 for \$25

Tickets available  
at the meeting!



For reservations call 800-849-2258  
To receive your discount mention the  
Benton MacKaye Trail Association!



## Rock Creek / BMT Loop Hike

by Rick Harris

With some last-minute cancellations Friday, June 10, five hikers still braved the high temperatures to trek eight miles up the recently logged out Rock Creek Trail and down the BMT back to the Ocoee River at Thunder Rock Campground. The trails were in excellent shape except for the mile or so along Rock Creek itself, which is quite overgrown. We met at 9 AM at Thunder Rock CG and carpoled to the Rock Creek Trailhead along US64.

There is a steady uphill for over three miles, but none of it is very steep, then the trail heads down into the Rock Creek Gorge. We ate lunch just after crossing Rock Creek. The trail follows the creek downstream for about one mile, then climbs once again up to the BMT/ Dry Pond Lead Trail. We then hiked out the BMT to our vehicles parked at Thunder Rock. Attending the hike were Hike Leaders Rick and Brenda Harris, Karen Kocher, Lucia Case and Dave Lynch.

Overall, the Rock Creek Trail is well constructed and now in good shape except for the heavy shrubbery along the creek. We encourage others to check out this very scenic trail. Because of the steepness of the BMT going north out of the Ocoee Gorge, the best way to hike this trail is up the Rock Creek Trail, then down the BMT.



## The “Cavalry” to the Rescue!

by Bob Cowdrick

I am very, very happy to report that three new signs have been installed in the Big Frog Wilderness. These signs include Double Springs (GA-TN state line), Licklog and the Big Frog Trail junctions. This has been a nine-month project with numerous delays.

With the help from Martha, Beca, Anna, Jeremy, three mules and four horses, the job was completed. A rain delay caused a late start but we were out by nightfall. Thankfully, a Benton MacKaye Trail Association (BMTA) crew removed a large blowdown 3.6 miles in from Dally Gap in May. This allowed the horses to get through. We were able to bypass two other blowdowns further up the trail closer to Double Springs.

Ralph Heller did an outstanding job on the sign fabrication and assembly. As an example....The old Double Springs sign was mounted on double posts with a 22 inch on center separation. Ralph had the new sign with pre-drilled holes with 22 inch on center thus eliminating the need to dig new post holes. Old sign out, old posts out, new posts in, bolt the new sign to the new posts, done! How did Ralph know it was suppose to be 22 inches? That saved us an incredible amount of time not to mention labor!

A special thanks to Cohutta Stables and Kersey Cattle Company for assisting us with this effort. Without their help this would not have been feasible.



Out with the old and in with the new!!



The “Calvary”!

## The Tortoise and the Hare Hikers of Different Persuasions

by Joy Forehand; Picture courtesy of Tara Dower

*I hope the A.T. will never become a race track. But if so, I for one would vote to give the prize to the slowest traveler.”-- Benton MacKaye*

Tens of thousands of hikers of every persuasion hike the Benton MacKaye Trail (BMT) every year. Day hikers amble along in awe of nature’s beauty. They pause frequently to more closely inspect the tiniest of flowers, bask in the sunlit meadows and enjoy stopping to take a leisurely dip in a cool, bubbling stream.

Backpackers and thru hikers are more focused on their mission – to reach their next campsite for a good night’s rest. Still, they pause to take in cascading waterfalls or panoramic views of mountains in the distance. Their day’s reward is relaxing under the stars before retiring for a good night’s rest.

Then there are hikers who are in a competition to challenge their own physical prowess and dexterity to traverse the forest-lined trails at the fastest pace possible. These are the “Fastest Known Timers” (FKTer). They walk/trot/run along the trail, splash across streams; scurry over rocks and boulders; and maneuver over, around or through blowdowns or any other impediment that gets in their way.

Tara Dower is an FKTer. She set out at 3:01 AM on June 7, 2022, in her quest to set the Fastest Known Time (FKT) for the BMT as a supported hike. She finished June 12, 2022, at 12:26 AM – that is four days, 21 hours and 25 minutes! She beat the times of all current record-holders listed below by almost a full day ... in the case of the women, by almost four days!



FKT approval is pending for Dower’s time.  
The current FKT stats are:

For the men:

**Hunter Leininger**  
(supported)  
5 days 15 hours 33 minutes

**TJ Pitts**  
(self-supported)  
5 days 18 hours 42 minutes

For the women:

**Ella Bredthauer**  
(self-supported)  
8 days 3 hours 58 minutes 54 seconds

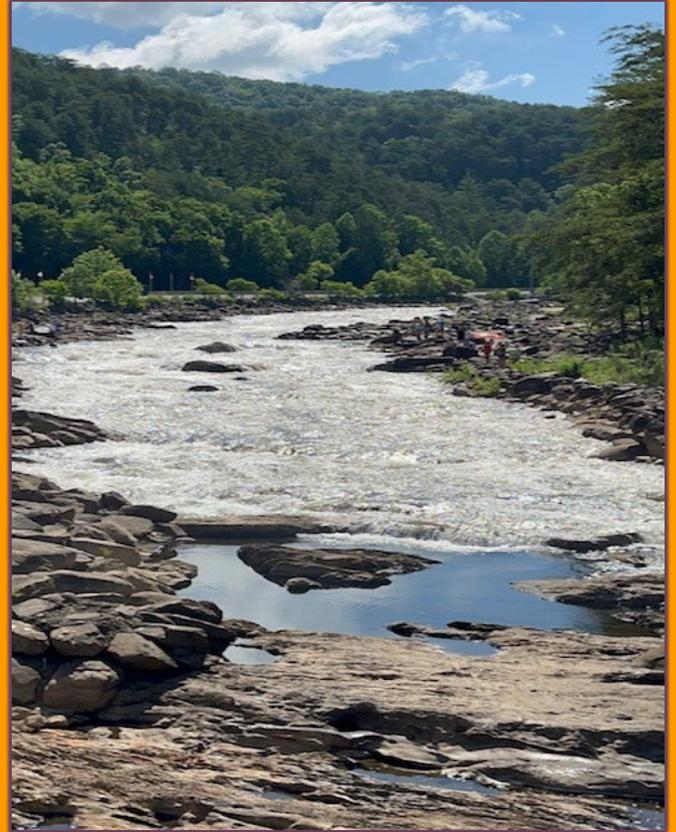
We at the Benton MacKaye Trail Association (BMTA) congratulate Dower! Well Done!!

She is a strong supporter of environmental ethics and aspires to be an inspiration for others to take advantage of the multitude of outdoor recreational opportunities that are available.

## Ocoee Whitewater Hike



Before the water release reaches the Ocoee Whitewater Center!  
Photo by Murray Mitchell.



As the water reaches the Center. Photo by Murray Mitchell.



The Rhododendron Trail did not disappoint! Photo by Pat Hardy.

## Trail Skills Workshop

The annual Trail Skills Workshop (TSW), will be held at Lake Winfield Scott (Suches, GA) September 24-25, 2022. This training event is focused on teaching the most current trail construction and maintenance methods for Eastern landscapes. It is applicable for all skill levels. Expert instructors are from the Georgia Appalachian Trail Club (GATC), the United States Forest Service (FS) and the Appalachian Trail Conservancy (ATC).

In addition to introductory and advanced trail maintenance, this year's offering includes courses on rock construction, log cribbing and sawyering. The courses are offered so participants can attend different classes each day or dig in on one track for in-depth knowledge.

For more information and to preregister scan the QR Codes, or Contact: Jay M Dement, 404-731-1901, [tsw@georgia-atclub.org](mailto:tsw@georgia-atclub.org).



Preregister



Brochure



**Trail Workers  
2022 Hours Now Available**

[Accumulated Hours Report](#)

*\*Remember, mileage to and from work events is a tax deductible expense!*



## TN/NC Work Trip—July 23, 2022

Section 16a-b – Sandy Gap >> Sledrunner  
*Heart of Darkness*

- ◆ Logout
- ◆ Brushout
- ◆ Tread Repair

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[Register for the TN/NC Trip Now!](#)

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## It's What We do!



# 2022 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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***Don't Wait  
Join Now!***

Use This Link to Join:

[Membership](#)

# 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 2022.

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 9 (Saturday) GA Work Trip** Section 8a through 8h. Bushy Head Gap >> Dyer Gap  
For more information contact Bob Cowdrick [bcowdrick@comcast.net](mailto:bcowdrick@comcast.net).

**July 15 (Friday)** Cartecay River Loop Trails. Dog friendly hike (adult humans may bring a leashed dog). Moderate five-six miles, much of it along the beautiful Cartecay River. Hike leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

**July 18 (Monday)** Benton MacKaye and Jacks River Trails in the Cohutta Wilderness. Moderate five-mile hike starting at Dally Gap on the Hemp Top Trail to the intersection of the BMT then down the BMT to the Jacks River Trail to the first crossing of the river. We will have access to the river for some relaxation and splash time. We will return to Dally Gap on the Jacks River Trail. Requires a five-mile drive on a USFS road to Dally Gap. Hike Leaders Carolyn and Tom Sewell.  
For more information contact [hikeleaderTS@bmtamail.org](mailto:hikeleaderTS@bmtamail.org).

**July 22 (Friday)** Three Forks to No Name Bald. Moderate 4.3 miles. Mostly following Long Creek. Largely uphill going and reverse returning. Approximately 700' of elevation change each way. We'll include a side trip to Long Creek Falls. Hike Leader Kelly Motton.  
For more information contact [hikeleaderKM@bmtamail.org](mailto:hikeleaderKM@bmtamail.org).



**July 23 TN/NC Work Trip.** Section 16a Heart of Darkness  
For more information contact Keith Mertz [keithmertz@hotmail.com](mailto:keithmertz@hotmail.com).

**July 25 (Monday)** Turtletown Creek Falls. Dog friendly hike (adult humans may bring a leashed dog). Moderate five miles. Turtletown Creek plus two of the most beautiful falls you'll ever see on a short hike. Hike Leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

**July 29 (Friday)** Springer Mountain BMT Loop. With two lovely vistas this 4.6-mile loop includes visits to the southern terminus of both the Appalachian and Benton MacKaye trails. Hike Leader Kelly Motton. For more information contact [hikeleaderKM@bmtamail.org](mailto:hikeleaderKM@bmtamail.org).

## August

**August 1 (Monday)** Cohuttas. Two BMT segments from one parking area FS 64 Dyer Gap. We'll go 4.4 miles plus a short detour 20 feet to Shadow Falls and then opt to go 2.4 more miles to Flat Top Mountain and return. Hike Leader Steve Dennison. For more information contact [hikeleaderSD@bmtamail.org](mailto:hikeleaderSD@bmtamail.org).

**August 5 (Friday)** Bear Creek Trail. Dog friendly hike (adult humans may bring a leashed dog). Moderate 7 miles. Hike leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).



**August 13 GA Work Trip.** Section 8 Bushy Head Gap >> Fowler Mountain  
Contact Bob Cowdrick [bcowdrick@comcast.net](mailto:bcowdrick@comcast.net).

**August 19 (Friday)** 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 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 27 TN/NC Work Trip** Section 15b Tate Gap >> Six Mile Gap  
Contact Keith Mertz [harrisri@aol.com](mailto:harrisri@aol.com).

**August 31 (Wednesday)** BMT from Towee Creek to Childers Creek, 4.2 miles. The trail parallels the Hiwassee River with beautiful views of the river and rocky outcrops. The trail gets very close to the river as we hike south towards Childers Creek. Hike Leaders Clare and Ed Sullivan. For more information contact [hikeleaderCS2@bmtamail.org](mailto:hikeleaderCS2@bmtamail.org).

## September

**September 16** (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 16** (Friday) BMT in Tennessee between Ducktown and Coker Creek. Highway 68 to Buck Bald with 360 degree views and return. A total of 3 miles. Hike Leader Steve Dennison. For more information contact [hikeleaderSD@bmtamail.org](mailto:hikeleaderSD@bmtamail.org).

**September 17** (Saturday) BMT off the Cherohala Parkway in Tellico Plains, Tennessee. A great, short, moderate 4.5-mile round-trip from Mud Gap to Whigg Meadow. This special hike will give us an opportunity to learn about the annual bird banding and data collection that has taken place at Whigg Meadow. Hike Leader Kelly Motton. For more information contact [hikeleaderKM@bmtamail.org](mailto:hikeleaderKM@bmtamail.org).

**September 26** (Monday) BMT from Highway 60 to the Suspension Bridge and back. Dog friendly hike (adult humans may bring a leashed dog). Moderate 7.4 miles. Lunch by the Toccoa River and the BMT's iconic Suspension Bridge. Hike Leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

## October

**October 3** (Monday) BMT Dyer Gap to Shadow Falls (South Forks Trail to intersection of the Pinhoti) about 5 moderate miles round-trip. Hike Leader Steve Dennison. For more information contact [hikeleaderSD@bmtamail.org](mailto:hikeleaderSD@bmtamail.org).

**October 7** (Friday) Shady Falls Trailhead to Lake Blue Ridge and back. Dog friendly hike (adult humans may bring a leashed dog). Moderate 7 miles. Views of Lake Blue Ridge including very close up during mid-hike lunch. Hike Leader Ken Cissna. For more information [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

**October 14** (Friday) BMT in Tennessee between Ducktown and Coker Creek. Highway 68 to Buck Bald with 360 degree views and return. A total of 3 miles. Hike Leader Anne Anderson. For more information contact [hikeleaderAA@bmtamail.org](mailto:hikeleaderAA@bmtamail.org).

**October 21** (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. One "rock hopping" stream crossing could get your feet wet depending on stream levels and recent rainfall. Hike Leader Ken Cissna. For more information [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).



The deadline for the August Newsletter is Wednesday, August 3.  
Thank you!