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BMTA Officers 2025-2026

President:	Bob Cowdrick
Vice President:	Kelly Wentworth
Secretary:	Jessie Hayden
Treasurer:	Suzie May
GA M/D:	Joe Cantwell
TN/NC M/D:	Patrick Ward
Smokies Coord:	Steve Pruett
Hiking Director:	Ray Laws
Membership:	Byron Coker
Communications:	Joy Forehand
Conservation:	Darcy Douglas
Past President:	Ken Cissna
Store:	Sue Ricker
Newsletter:	Kathy Williams
State Rep GA:	Liz Henderson
State Rep TN/NC:	Clare Sullivan



BMTA Headquarters

Benton MacKaye Trail Association

VOLUME 43, ISSUE 9

SEPTEMBER 2026

Fontana Lake BMT Campsite Cleanup a Success

by Bob Cowdrick with photos courtesy of Steve Pruett



Daphne Martin, Steve Pruett, Debbie Hayes, Dick Evans, Laurie Schatz and Jesse and Steve Hayden.

Eight dedicated members of the Benton MacKaye Trail Association (BMTA) gathered on Monday and Tuesday August 10th and 11th for the annual BMTA Fontana Lake Backcountry Campsite Cleanup in Great Smoky Mountains National Park. Working together, the volunteers cleaned and maintained eight backcountry campsites located along the Benton MacKaye Trail, helping ensure these popular sites remain welcoming for hikers.

The cleanup effort was led by Steve Pruett and Dick Evans, with volunteers Steve Hayden, Jesse Hayden, Laurie Schatz, Daphne Martin, Bob Cowdrick and Debbie Hayes joining the crew.

Over the course of two productive days, the group removed debris, cleaned fire rings and completed general campsite maintenance, making a noticeable difference for future visitors to the park.

Continued next page



A key factor in the success of the project was transportation by pontoon boat, generously provided by the Fontana Village Marina. Traveling by boat between campsite trailheads allowed the crew to efficiently access remote areas around Fontana Lake that would otherwise require long hikes or difficult logistics.

Jamal,

On behalf of the Benton MacKaye Trail Association, I want to thank you for your generous offer to let us use your pontoon boat for our lakeside cleanups these past two days. It is such an efficient way to get the job done, and it makes a big difference in how much we can accomplish.

This is our 21st year doing these cleanups. We shared a plaque with Gabe as a token of appreciation.

We truly appreciate your support and willingness to partner with us in keeping these campsites clean and beautiful for the hikers to enjoy.

With gratitude, Bob



An old railroad bridge is now a footbridge on Lakeshore Trail.

Continued next page



Not a bad commute.



Three powerful women standing in front of an ancient beech tree at stream side near Fontana Lake.
Jessie Hayden, Debbie Hayes and Daphne Martin.

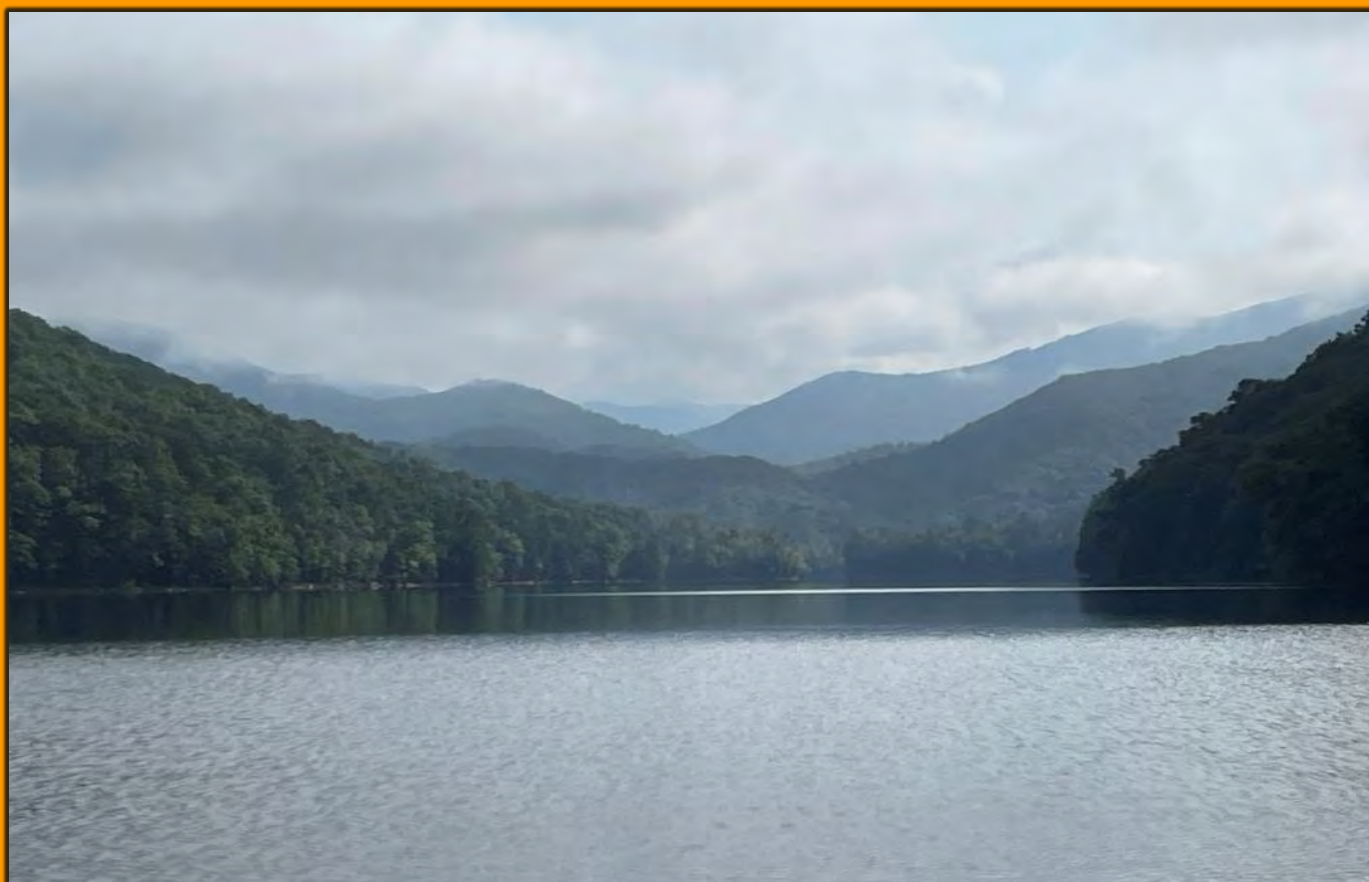


Huge "pancake" mushroom toadstools (see size 13 foot) on the Lakeshore Trail.



Dick Evans hiking to Lakeshore campsites.

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This year marks the 21st consecutive year of the partnership between the BMTA and the Fontana Village Marina. The marina's continued generosity has been instrumental in making this annual stewardship project both practical and successful. The association extends its sincere appreciation to the marina for its longstanding support and commitment to preserving the Benton MacKaye Trail and the Great Smoky Mountains National Park. Projects like this demonstrate the dedication of our BMTA volunteers and the value of strong community partnerships. Thanks to the hard work of this year's crew, hikers visiting the Fontana Lake section of the Benton MacKaye Trail will enjoy cleaner, safer and more inviting campsites for another season.



The September BMT Blog Is Here!

***'Fall Starts July 5th: Watching
Autumn Arrive on the BMT'***

*Use the Subscribe Button in the Blog to
Subscribe to the New RSS Feed!*



Awards Banquet Menu

Ocoee River Distilling – Ducktown, TN
6:00 PM - Saturday, November 7, 2026

WattsUp Rollin' Grub Stations

CHICKEN STATION

Buttermilk tenders and oven-roasted wings with your pick of Buffalo, Nashville Hot, Mango Habanero, BBQ, Tangy Bourbon, Garlic Parmesan, or Honey Mustard sauce.

MAC & CHEESE BOWLS

Creamy white cheddar mac, loaded with brisket, pulled pork, chicken, or bacon.

SLIDERS

Hawaiian rolls piled with smoked brisket, smoked chicken, Angus beef, or pulled pork.

PIZZA

Handmade sourdough or gluten-free crust, in cheese, pepperoni, four meat, supreme, or veggie.

DESSERT

Double fudge brownies, vanilla bean ice cream with all the toppings, and assorted cheesecakes.

VEGETARIAN

Cheese/veggie pizza (gluten-free crust available), the salad bar, meat-free mac & cheese, & most apps & dips.

\$35

Casual Attire

You can pay online or by check. Checks should be made payable to the
Benton MacKaye Trail Association and mailed to:

Benton MacKaye Trail Association

PO Box 6

Cherry Log, GA 30522

RSVP Awards Banquet

Conservation Corner for September 2026

by Darcy Douglas

The Fourth Leave No Trace Principle has to do with what we see in the forest. Often children will pick up a pretty rock, a lovely leaf with fall color, or perhaps a fallen feather to take home as a memory. Turns out that adults do the same. I confess I had a collection of feathers at one time, and I still have antlers I found in the forest in my garden.

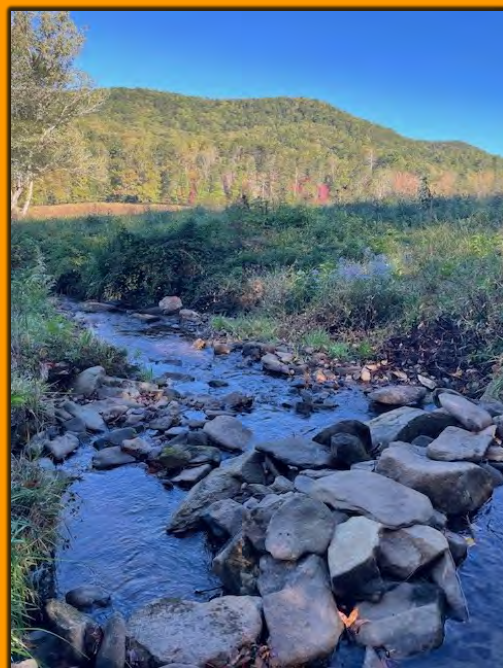
But the Principle **Leave What You Find** advises not to do this:

- ◆ Preserve the past: examine, photograph, but do not touch cultural or historic structures and artifacts.
- ◆ Leave rocks, plants and other natural objects as you find them.
- ◆ Avoid introducing or transporting non-native species.
- ◆ Do not build structures, furniture, or dig trenches.

The reasons include that those things are there, where they are, for a purpose. Animals live on and under the colorful leaves as well as the rocks. Taking those home can transport those species while preventing them from serving their intended purposes. You might think moving rocks in creeks and arranging them in ways to avoid us walking in mud on the trails is a good idea, but over time, these activities cause more problems than they fix! Those lovely little stacks of rocks affect the homes of many and affect water flow. Those are now actually illegal in some areas.

If you'd like to discuss this, please feel free to get in touch. My personal life observations note that many people like to collect things, and we folks who like being in the woods collect things we find there. I hope you will think more about that now and help others learn it is best to leave things as we find them.

For information on the Leave No Trace organization go [HERE](#).



Stacking these rocks impedes the creek flow. It is also more dangerous to rock hop than wade through a creek.



Annual Meeting & Hike Fest

November 5-8, 2026

See the Details, on the

[Annual Meeting Webpage](#)

Wild Guy Sam Sly

It seems the BMTA's Tool Maintenance Manager Samuel Sly was in the Wild Guys Comedy play at the Gilmer Arts Center In Ellijay. Wild Guy Sly, with the help of BMTA Section Maintainer Shelton Crow has been working on the re-organization of the tool set up at Headquarters as well!



Hurry! A few seats left for George Owen's Smokies Course

by George Owen



Don't miss out on the Institute for Continuing Learning (ICL) adult education course at Young Harris College in Young Harris, Georgia, on "Hiking and Auto-touring the Smokies". This course begins on September 15. It lasts for six Tuesdays (two-hour class each week). As of September 3, only six of the 28 seats are still available. This educational opportunity by a Great Smokies Mountains National Park long-time guide introduces you to the both the trekking and auto exploration of America's most-beloved National Park. George begins the first class with general background information on the Smokies, then quickly moves to how best to explore the park in various ways. Also included will be some areas just outside the park boundaries.

So ancient mountain goat (George) looks forward to having more of you from the trail clubs he has served come join him for the class but do it quickly now. For more information and to register go [HERE](#).

Warriors Passage Trail

by Rick Harris with photos courtesy of Brenda Harris

Eleven humans and one canine tackled the Warriors Passage Trail on this hot and steamy day. It had rained a lot the night before and the Tellico River was high and muddy this morning, so we decided to hike from the top of Waucheesi Bald to the Wildcat Creek crossing, then backtrack to Wildcat Road where we stationed a few vehicles. That way, we did not have to try crossing Wildcat Creek in high water conditions.



Clare Sullivan, Kim Corley, Trina Jordan, Joe Carson, Charlie Snow, Roger and Stephanie Gordon, Chris Damm, Co-Hike Leader Rick Harris with Nahme and Tyler Burns. Taking the photo was Co-Hike Leader Brenda Harris.

Despite all the rain the night before, the tread was not very slippery and only one person went to ground on a slippery rock (that was me). We started at the top of Waucheesi Bald and hiked down the fire tower road to where the trail left the road. At the top, we checked out the views of the surrounding mountains and all the antennas, then made a stop to check out the Twin Springs campsite where Cherokee Indians used to camp due to the excellent water sources. The trail below the road to Wildcat Creek was in very good shape with only three blowdowns.

We took a water break at Mule Pen Gap, then ate lunch at the Tobe Creek Crossing. We then crossed Bald River Road and Wildcat Road after hiking through the burned area between the two roads (an arson fire from many years ago by John Irons who went to jail for several years as a result). Next we hiked down to Wildcat Creek and back up to our vehicles.



Best way to eat lunch ever!

Continued next page



Look Mom! Easy, peazy!

We had a few new folks join us on this hike. During the hike, Rick Harris gave the history of the trail. It was used as a Cherokee Indian route 300 years ago to get from Unicoi Gap to Tellico Plains. The trail was built by Boy Scout Troops from Knoxville and completed in 1965. The troop members did a tremendous amount of research on the history of the route and kept to the original route as much as was feasible. Information on the trail along with all the research documents can be found at www.warriorspassage.org.

The trail is also now part of The Cherokee 70K/130K Ultra, an annual long-distance running event organized by East Coast Adventures. Their motto is "Waucheesi ain't easy". Definitely true!





The ahhh moment!



Will hike for beer!



Most of us afterwards went to Tellico Brewery for beer and food from the Peach Street Grill. We stayed there and talked for hours. We were afraid the owners would throw us out as closing time approached. This was a great hike despite the hot steamy weather. We were all pretty exhausted by the end of the hike.

Get Out Your Orange!!! Hunting Season is Starting!



Click on the following websites for more detailed information:

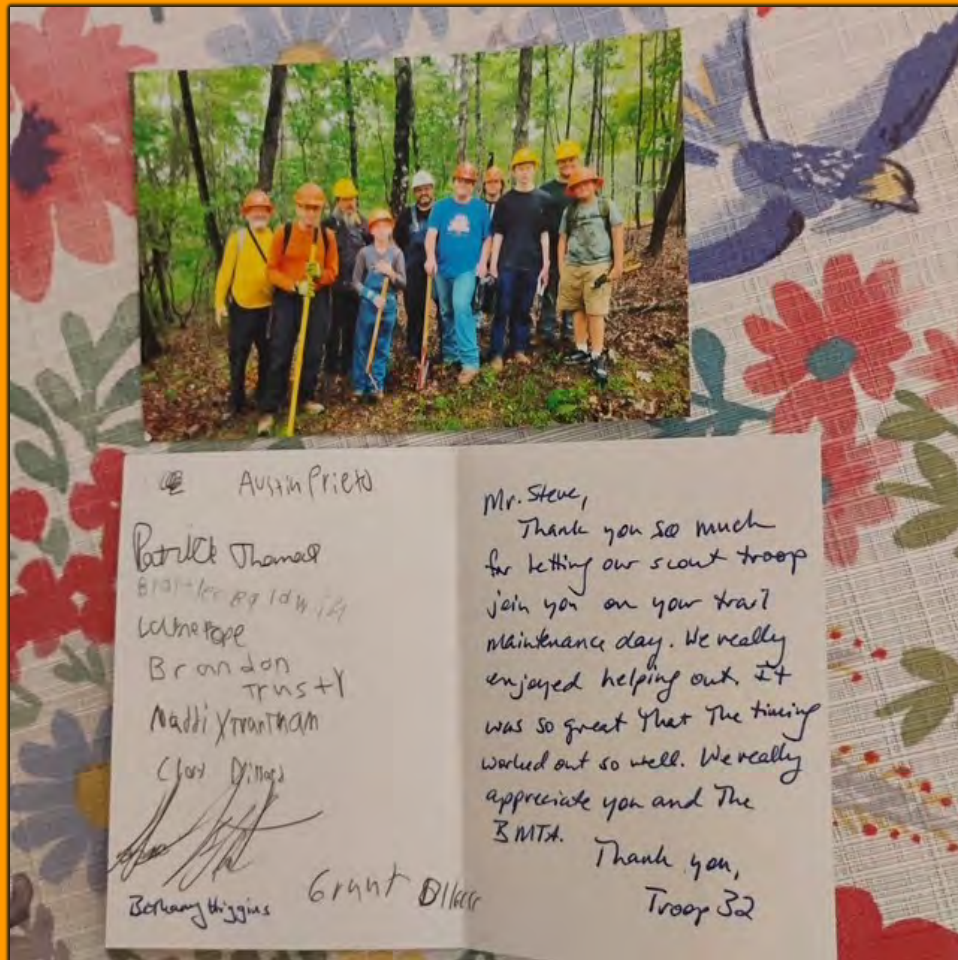
Georgia: [Georgia Hunting & Fishing Seasons & Rules | eRegulations](#)

Tennessee: [Tennessee Deer Season Dates, Regulations and Other Information \(tn.gov\)](#)

North Carolina: [Hunting in North Carolina \(ncwildlife.org\)](#)

Stay safe, wear your orange and support the BMTA with this hat from our online store. You can order [HERE](#).

Appreciation for the BMTA



Wonderful note from Troop 32 led by Bethany Higgins and BMTA Maintainer Kees deVente who worked from Bushy Head to Hudson Gap.

Working Fun in Lost Creek

by Clare Sullivan



Brushing out the BMT along Lost Creek in Reliance, Tennessee. Some work, some fun, beside the beauty of Lost Creek!



Daphne Martin, Steve Hayden and Tim Williams ready for business!



Daphne Martin reveals the blaze for hikers.

If you are interested in adopting a section of the BMT contact:

Bob Cowdrick for sections in Georgia at bcowdrick@bmta.org.

Patrick Ward for sections in Tennessee and North Carolina at pward@bmta.org.

REVISED

Nominating Committee Report for Next Year's Board of Directors

Reported by Ken Cissna

This year's Nominating Committee, charged with proposing a slate of BMTA officers for 2027-2028, consisted of Clare Sullivan, Steve Cartwright, Bob Cowdrick (*ex officio*) and Ken Cissna.

We are fortunate to continue to have dedicated volunteers who make it possible for the BMTA to continue fulfilling its mission: "To preserve, protect and maintain the Benton MacKaye Trail."

The proposed slate of officers is:

President:	Bob Cowdrick
Vice President:	Kelly Wentworth
Secretary:	Sarah Kennedy
Treasurer:	TBD
Georgia Maintenance Director:	Patrick Ward
TN/NC Maintenance Director:	David Watkins
Smokies Coordinator:	Steve Pruett
Membership Director:	Byron Coker
Communications Director:	Frank Forehand
Conservation Director:	Darcy Douglas
Hiking Director:	Ray Laws

Two other positions are filled by the President (Georgia State Representative and Tennessee/North Carolina State Representative), and three Board filled by a vote of the Board of Directors (Newsletter Editor, Store Manager and Coordinator of Electronic Media). The Immediate Past President completes the Board of Directors.

Thank you to each of you and to the volunteers who assisted in this process.

Voting takes place at the Annual Meeting on November 7, 2026. Nominations may also be made from the floor.



BMTA PARTNERSHIPS

Help BMTA preserve, protect and maintain the Benton MacKaye Trail.

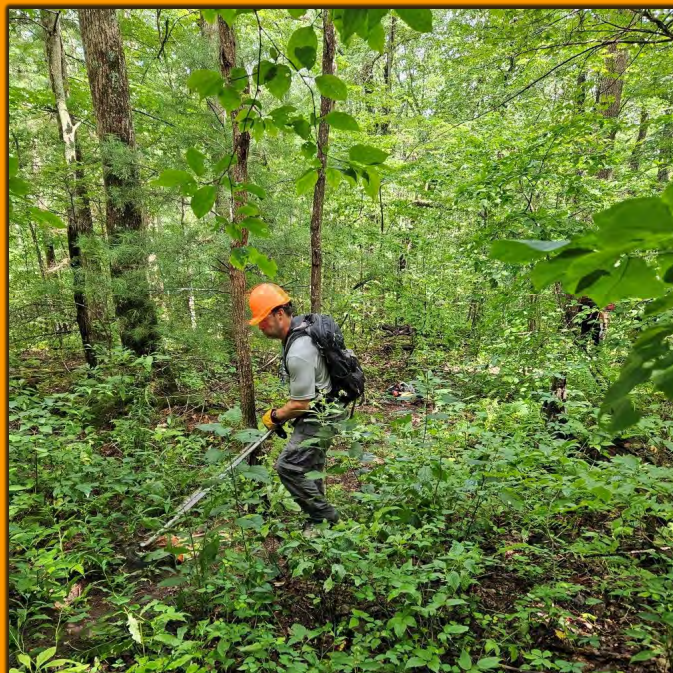
Become a BMTA Business, Silver, Gold, Platinum or Diamond Partner today!

Go to [Partnerships](#) to view the details.

Employer Identification #58-1428009.

**If you receive a benefit as a result of making a contribution to a qualified organization, you can deduct only the amount of your contribution that is more than the value of the benefit you receive.*

Deep into Forest Work



Boy, does this stuff grow! Photos courtesy of Sam Sly from the August Work Trip



A big thank you to everyone who put in the effort Wednesday brushing out the BMT to the Hangover. This is definitely not the easiest section to work on—especially it being in the wilderness. Add long travel hours, an uphill climb to the BMT, hot and humid temperatures, and head-high brushing, and it doesn't get much harder than that! Your work is very much appreciated.

Amazing effort. Well done!
Bob

Seeking Refuge from the Heat

Photos courtesy of Ray Laws



Let's pull up a stony seat and "set a spell!" Boyd Gap Hike.



Happy to take a bridge break! Boyd Gap Hike.



The cool forest of the Chestnut Ridge Hike.

Continued next page



Undaunted by the heat Hike Leader Ralph Collinson forges ahead on the Chestnut Ridge Hike.

Another Invasive Species - Argentine Black and White Tegu

Another invasive species is being reported by the Georgia Department of Natural Resources. Sightings of this lizard are mainly in the southern area of Georgia but have been verified in northwest Georgia. For more information and to report a sighting go [HERE](#).



The Greatest Sentence Ever Written

by Walter Isaacson
Reviewed by George Owen

Famed historical biographer Walter Isaacson published this little book to help honor the 250th anniversary of the Declaration of Independence and the American Revolution. Less than 70 pages in length, it is a delightful and thoughtful review of the words composing the second sentence of the American Declaration of Independence: *"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness"*. Isaacson begins with the first word "We" and its opening significance.

A word about author Walter Isaacson: His biographies have always struck me as so readable by the average citizen. A gifted writer and former editor of *Time* magazine, he has written modern and popular biographies of Benjamin Franklin, Albert Einstein, Steve Jobs, Leonardo da Vinci and others. He has a way of presenting details of the famous in very personal and memorable ways.

A central chapter made me more aware of an idea about which I had not really thought through deeply: "the commons". A concept developed in feudal England, this was land at towns where "commoners" (everyday poor people) could bring their herds to graze for free. The idea was brought to America by English settlers to create such here, thus the "Boston Commons" and other such local free-to-use locations. This idea was further developed into broader concepts such as public libraries and other free local service areas. I suddenly realized we have created such vast areas as "commons" in America. Our systems of National Parks, National Forests and other public areas adhere to this idea of "the commons".

This book is a quick and worthwhile read for our special American Revolutionary 250th celebration year. It is commonly found in bookstores today, having just come out in 2025. It is "large-pocket-size" and a gift I have given to a few people to celebrate this great revolutionary anniversary. I recommend it as an appropriate and timely good read. Next book review I'll return to an out-of-doors selection.



The Greatest Sentence Ever Written

**Walter
Isaacson**

New York Times Bestselling Author of *Benjamin Franklin*

Your Chance to Help Save Georgia's Hemlocks

by Ken Cissna

We all know the beauty of the majestic eastern hemlocks, which are now the dominant tree along the Appalachian Mountains. Most of us have seen the devastation being wrought on the hemlocks by the hemlock wooly adelgid, a nasty, imported pest that has already killed millions of hemlocks in the Eastern United States, including along our beloved Benton MacKaye Trail (BMT). We can't save the whole forest, but we can protect sections of it one at a time. Last year, we cooperated with Save Georgia's Hemlocks (SGH) on an event that protected over 300 trees along the BMT in the Three Forks area. This year we will have the chance to save hundreds more of these beautiful trees, large and small, along the Fall Branch Falls section of the BMT.

Yes, these trees can be treated successfully and thus saved, and that's what we are going to do. You don't have to be a BMTA maintainer or know how to identify a hemlock much less know anything about how to treat them. Just turn out, and we'll all learn together under the guidance of the SGH organization. We will each be assigned to work as part of a small team with volunteers from SGH. Nothing we will do is especially strenuous and there are jobs for everyone. So come out and help SAVE BMT's HEMLOCKS. And, please, bring a friend!

- ♦ **When: Saturday, October 31, 9:00 AM until 3 PM**
- ♦ **Where to Meet: Cherry Log Christian Church, 1149 Cherry Log, Cherry Log, Georgia.**
- ♦ **What to Bring: Sturdy shoes, long pants, long-sleeved shirts, lunch and water.**
- ♦ **Contact Ken Cissna at kcissna@bmta.org for further information and to sign up.**



Wooly Adelgid Facts*

- ♦ A small aphid-like insect that feeds on hemlocks.
- ♦ Infects hemlocks from Maine to Northern Alabama.
- ♦ Will kill every hemlock if left untreated.
- ♦ Detected by presence of a dry, white woolly substance on the hemlock branches.
- ♦ Spread by wind, birds, deer and humans.
- ♦ Can be treated with cultural, chemical and biological means.
- ♦ Presently, the most economical and effective treatment is chemical application.
- ♦ Chemical application is safe for the environment, ground water, wild-life and humans



Eastern Hemlock Facts*

- ♦ Ranges from Maine to northern Alabama.
- ♦ Prefers moist areas due to shallow roots and susceptibility to drought.
- ♦ Is most often found in ravines and along rivers and streams.
- ♦ Is the most shade tolerant tree in North America, capable of thriving in only 5% sunlight.
- ♦ Can rise up to 175 feet and live for 900 years.
- ♦ Is a keystone species and plays a unique role in providing food and habitat for about 120 species of vertebrates and over 90 species of birds, shade for native plants, cool temperatures for trout streams and protection for watersheds and water quality.

*www.SaveGeorgiasHemlocks.org

Upcoming

by Ray Laws, Hiking Director

September

September 9 (Wednesday) Trails of Jack Rabbit Hayesville, North Carolina. Moderate 5 miles. Contact Hike Leader Ralph Collinson at rcollinson@bmta.org.

September 11 (Friday) Ocoee area: Boyd Gap to Old Copper Road Trail to Thunder Rock Campground. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog) About 5 moderate miles. Lunch by the Ocoee River. Contact Hike Leader Ken Cissna at kcissna@bmta.org.



September 12 (Saturday) BMTA GA/TN/NC Maintenance Trip. Section 11abcd – Double Spring >> FS221. Contact Bob Cowdrick at bcowdrick@bmta.org or (678) 215-5276.



September 16 (Wednesday) North Carolina JKSR Benton MacKaye Volunteer Days [SIGN-UP HERE](#) 10 to 4 PM.

September 18 (Friday) Falls Branch Falls and Conasauga Falls Trails. Total distance about 5 miles. Location: Cherohala Skyway Visitor Center, departure time: 9 AM. What to bring: Lunch, water, your dog on leash. Contact Hike Leaders Rick and Brenda Harris (and Nahme, our dog) at rharris@bmta.org.

September 21 (Monday) Thunder Rock Express to BMT. Contact Hike Leader Ralph Collinson at rcollinson@bmta.org.

September 29 (Tuesday) 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. Contact Hike Leader Ken Cissna at kcissna@bmta.org.

October



On October 3, 2026, at 1PM there will be a Celebration of Life for Joe Cantwell at The Gilmer Arts Center in Ellijay, Georgia.

October 5 (Monday) Thunder Rock Campground to Rhododendron Trail to Chestnut Ridge to Bear Paw and return. Five miles. Contact Hike Leader Ralph Collinson at rcollinson@bmta.org.



Trails Skill Workshop Vogel State Park October 9-11, 2026 For more information visit [HERE](#)

October 9 (Friday) Shady Falls Trailhead to Lake Blue Ridge and back. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Moderate 6 miles. Views of Lake Blue Ridge, including very close up during mid-hike lunch. Contact Hike Leader Ken Cissna at kcissna@bmta.org.

October 9 (Friday) BMT Tellico River to Campsite 11 on Bald River Road. Location: Cherohala Skyway Visitor Center, departure time: 9 AM. This 7-mile hike begins at the Fish Hatchery on Tellico River Rd above Green Cove on the BMT, climbs up Sugar Mountain then down the south side into the valley of the Upper Bald River Wilderness. Once it crosses Brookshire Creek above a small waterfall, we will leave the BMT and continue to follow the Brookshire Creek Trail downstream to come out onto Bald River Road at Campsite 11. There are six stream crossings, so either wear shoes you don't mind getting wet or plan on changing into water shoes at each stream crossing. Since this trail is partly in Wilderness, it will be limited to 12 hikers. Afterwards, we will retrieve our shuttle vehicles and perhaps eat supper in Tellico Plains. What to bring: lunch, water, wading shoes, your dog on leash. Contact Hike Leaders Rick and Brenda Harris (and Nahme, our dog) at rharris@bmta.org



October 10 (Saturday) BMTA GA/TN/NC Maintenance Trip. TBA
Contact the Georgia Maintenance Director at bmtagamaintdirector@bmta.org.

October 23 Young Harris College is offering Heartsaver First Aid CPR AED. The class will be held at Union General Hospital in Blairsville, Georgia from 7 AM to 12:30 PM in Classroom A. For more information and to register go [HERE](#).

October 26 (Monday) Yonah Preserve, 5miles. Contact Hike Leader Ralph Collinson at rcollinson@bmta.org.

October 30 (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 that could get your feet wet. Contact Hike Leader Ken Cissna at kcissna@bmta.org.

October 31 (Saturday) Help Save Georgia's Hemlocks. We will have the chance to save hundreds of the beautiful trees along the Fall Branch Falls Section of the BMT. See page [18](#) for details.

- ♦ When: Saturday, October 31, 2026, from 9:00 AM until 3 PM.
 - ♦ Where to meet: Cherry Log Christian Church, 1149 Cherry Log, Cherry Log, Georgia.
 - ♦ What to bring: Sturdy shoes, long pants, long-sleeved shirts, lunch and water.
- Contact Ken Cissna at kcissna@bmta.org for further information and to sign up.

November

Annual Meeting Hike Fest November 5-8

November 13 (Friday) BMT: Three Forks to Hickory Flat Cemetery on AT and back. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). About 5 moderate miles. Hoping we'll get some nice fall colors. Plus, Long Creek Falls. Contact Hike Leader Ken Cissna at kcissna@bmta.org.



November 14 (Saturday) BMTA GA/TN/NC Maintenance Trip. TBA
Contact the Georgia Maintenance Director at bmtagamaintdirector@bmta.org.

November 16 (Monday) Unicoi State Park 5 miles via the Lake Trail, Frog Pond and Bottoms Loop. Contact Hike Leader Ralph Collinson at rcollinson@bmta.org.

November 20 (Friday) Unicoi Turnpike National Historical Trail. Location: Coker Creek Welcome Center 10 AM. This 3-mile hike is mostly downhill and is full of history. This is an easy hike, and it will be fun to explore what is left of the CCC Rolling Stones Camp. We will meet at the Coker Creek Welcome Center, leave some vehicles at the bottom of the trail along Joe Brown Highway (a gravel USFS road), then drive to the top of the ridge at Unicoi Gap. We will follow the BMT southbound a quarter mile, then head down the Unicoi Turnpike Trail. This trail is a deep wagon rut which was used extensively first by the Cherokee Indians, then by militia during the War of 1812, then by settlers and gold seekers, and finally by us. The trail was the route to bring the Cherokee out of the NC mountains on the Trail of Tears as well. The Cherokee were kept at nearby Fort Armistead in Coker Creek, then transported to Charleston and down the Hiwassee River to Chattanooga (then called Ross's Landing). From there, the Cherokee walked or went by boat across Tennessee on out to Oklahoma. The deeply entrenched roadbed is sometimes over our head. About halfway down the trail, we enter the area of the old Rolling Stones CCC camp. Much of the campsite area is still easy to explore with lots of stone and cement structures. Once we get off the trail, we will retrieve our vehicles, then probably eat supper at the Blue Line Grill (a partner to the BMTA), a short distance south on TN-68. What to bring: Lunch, water, your dog on leash. Contact Hike Leaders Rick and Brenda Harris (and Nahme, our dog) at rharris@bmta.org.

November 27 (Friday) Amadahy Trail. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Easy/moderate 4-5 miles. Good hike for working off that turkey on the day after Thanksgiving. Contact Hike Leader Ken Cissna at kcissna@bmta.org.

November 30 (Monday) Lake Nottely Dam Trails. Four miles in Blairsville, GA. Contact Hike Leader Ralph Collinson at rcollinson@bmta.org.

To access our website calendar, go [HERE](#).

The deadline for the October Newsletter is Wednesday, September 30.
Thank you!

[MEMBERSHIP](#)[DONATE](#)[DONATE LAF](#)[PARTNERSHIPS](#)[TRAIL STORE](#)