

Smoky Mountains Hiking Club Schedule for January 2009

(Extracted from the published Newsletter*)

*The printed Newsletter sent to members and subscribers also contains reports of hikes done, info on new members, full names of leaders plus e-addresses, plus the Appalachian Trail Maintainers Newsletter. (New Subscriptions are not available now. Everyone may now become a member by sending in appropriate dues and the signed Application form found in the Brochure in this website.)

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<< Member DUES are now due and payable for 2009 >>

Each of you on the SMHC (non-Life-) **member** mailing list (PDF'ers too) has with this printed Newsletter a billing or status review statement. **Members** in good standing at the end of 2008 automatically receive 2009 Handbooks, on the assumption that they will renew membership. **Supporting Dues at \$20 and up**, supporting A.T. Maintenance and Conservation work of the club, are **income tax deductible** (after the first \$14). **All** have a couple months grace period before we weed out the non-renewers.

CONTENTS: Items listed here for January

- 1 - Thur Norris Watershed
- 3 - Sat *EZ*: Maryville Greenway
- 4 - Sun Seven Islands Wildlife Refuge
- 7 - Wed Foothills Parkway (north of Hwy 321)
- 17 - Sat Tellico East Shore Trail
- 21 - Wed North Ridge Trail in Oak Ridge
- 24 - Sat Devils Den- Greenbrier Pinnacle <off trail>

NORRIS WATERSHED January 1 - Thursday

This New Years day hike starts at the Lenoir Museum parking lot on US-441 below Norris Dam and takes us into three jurisdictions: the Norris Watershed, TVA, and Norris Dam State Park. Starting at the Clinch River, we will warm quickly as we climb Cliff Trail to Observation Point. A clear winter day should provide great views. There are two more hills to climb, Reservoir Hill and Ridgecrest trail up to High Point. The rest of the day is all downhill. We will continue through Norris Dam State park on trails overlooking Norris Lake and ending at the top of Norris Dam. We then hike down to the base of the dam and continue along the river on the Songbird trail back at the cars. Time permitting, explore the adjoining Grist Mill, threshing barn and weir dam.

Leave at 8:30 from **Tractor Supply Co. in Oak Ridge** <see list>. or meet at Lenoir Museum at 9:00. Round trip mileages: drive- 38 {8¢=\$3. }, hike- 7, rated moderate, with 1200 ft of climb. This hike would be appropriate for the untested newcomer in good physical condition as we will never be far from a road and help is minutes, not hours away.

Leaders: John Roberts 494-7431 jjwrobe@bellsouth.net Guy Griffin 482-1295.

MARYVILLE GREENWAY

EASY, Short Hike:

January 3 - Saturday

4-7 miles

Meet 8:30 at Blount County Courthouse parking lot near picnic pavilion. Explore history, Founders Park, etc.

Peggy Maher 207-1023 peggy.maher@maryvillecollege.edu

SEVEN ISLANDS WILDLIFE REFUGE January 4 - Sunday

We will walk some of the trails in the Refuge, which is on old farmland along the French Broad in East Knox County. This habitat supports a diversity of wildlife species, especially sparrows. Rated easy with only 200' elevation gain.

Meet at **Asheville Highway Food Lion** at 1 PM. Round trip mileages: drive- 20 {8¢=\$1.60}, hike- 5.

Leaders: Dianne Gruber 977-0807 gruber.d.r@gmail.com Rae Jones 558-9154 knxrae@comcast.net

*****>>> MID-WEEK HIKES <<<*****

Two January Wednesdays

Jan 7 Foothills Parkway (north of Hwy 321) ~10 miles

8:30 at Alcoa Food City Carol Anderson 376-4895 ander743@bellsouth.net

Jan 21 North Ridge Trail in Oak Ridge, west-to-east 7.5 miles

Meet 8:00 at *the Rush fitness center* on Illinois Ave. car shuttle

Angie Warren 947-1534 angiewarren_66@comcast.net

HONEY CREEK

January 10 – Saturday

This hike begins on the plateau above Big South Fork River Gorge and then descends toward the Big South Fork River. Trail features include magnificent rock outcroppings, slender boulder passageways, a newly built metal ladder to a spectacular overlook on the gorge rim and several roomy Indian rock houses. We will rock hop Honey Creek 2-3 times and visit Ice Castle and Honey Creek Falls. Good knees and good boots are a must for this hike. Ice and snow could make the hike especially rugged.

Meet at **NOAA in Oak Ridge** <see list> ready to leave at 8:30. Round trip mileages: drive-110 {8¢=\$8.80}, hike- 5.6 (feels more like 8). Rated easy to moderate.

Leaders: Sandy Moore 609-1422 smoore@esper.com

Laurie Gregory 584-0275

TELLICO EAST LAKESHORE TRAIL

January 17 – Saturday

A joint venture between the Watershed Association of the Tellico Reservoir (WATeR) and TVA, this trail is a work in progress that follows the east shore of Tellico Lake. We'll begin at the Coytee Trailhead, starting with the 1.6 mile Coytee Loop Trail, then continue north on the Glendale Branch Trail past the Glendale Branch Boat Landing and Power Point. Depending on the weather and hikers' wishes, we may hike as far as the Glendale Branch Trailhead before returning to our starting point, which may be via shortcuts.

Meet at the **Tractor Supply Co. on Hwy 321** <see list> to leave at 9:00 AM. Drive approximately 20 miles RT. Hike 6 to 7 miles, rated easy to moderate.

Leaders: Gary Grametbauer 376-2708 gramet@att.net

Carol Grametbauer 376-2708 carolgram@att.net

DEVILS DEN – GREENBRIER PINNACLE

January 24 – Saturday

If you would like to see Buzzard Rock and Devils Den in Greenbrier, you should do this hike. We will start at the Ramsey Cascade Trailhead, cross the river on the foot bridge, then climb the Greenbrier Pinnacle off-trail, going past these landmarks and other interesting rock formations on our way to the old fire tower trail at around 4100'. This is a steep climb gaining 2000' in about a mile and a half. After lunch at the Pinnacle Overlook, we will take the old trail and road back to the beginning. This loop is the first part of a larger loop on the Middle Prong. Stay tuned for part two on the ~~north~~ south side of the river coming in March.

Meet Debbie at **Asheville Hwy Food Lion** <see list> to leave at 7:30 AM, or Ed at the trailhead at 8:30. Hike about 6 miles; rated difficult. Round trip drive 100 miles {8¢=\$8}.

Leaders: Ed Fleming 436-4719 edwrdfilm@aol.com

Debbie Goddard 382-3047 debbiegoddard@bellsouth.net

COMING EVENTS - February

- 1 - Sat Frozen Head: The Emory Tract
 - 8 - Sun Rich Mountain Loop
 - 12 - Thu Backpacking Skills Workshop
 - 14 - Sat Old Sugarlands- Twin Creeks- Gatlinburg Trail Loop
 - 22 - Sun Kalanu Prong (EZ off trail)
 - 28 - Sat Townsend Wye ⇔ Rich Mountain (keyswap)
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>> No ATMNews this month <<

MEETING PLACES: "Asheville Hwy Food Lion"= From exit 394 ramp** off I-40 go left (east) out Asheville Hwy, US-11E/25W/70, 1.0 mi to signal light; turn left, then right into Food Lion lot (not visible from Hwy intersection). Park along front edge, to left of entry. ****Caution: *must*** be coming from I-640 to make this exit now.

"Food City in Alcoa"= on right between 3rd & 4th stoplight (on Hall Rd., TN 35), a block before Big Lots **"the *Rush* fitness center in Oak Ridge"**= 2-1/2 traffic lights past NOAA; opposite Wal-mart. Meet next to Illinois Ave. [for mid-wk]

"NOAA in Oak Ridge"= on SW side of Illinois Ave. (TN-62), **National Oceanic & Atmospheric Administration**, (doing weather research). Between *Ford* dealer and *Carden Rentals*, on left coming from Knox. Is between 1st & 2nd traffic lights.

"Tractor Supply Co. in Oak Ridge"= 465 Oak Ridge Turnpike, is quite far east on Tpk, right side going east. (headed to Clinton & I-75)

"Tractor Supply Co. on Hwy 321"= From I-75 exit 81, south, toward Lenoir City on Hwy 321/95 about 2 mi to light #7; left into shopping center, then left again to the area in front of Tractor Supply. Meet at front of lot, closest to Hwy 321.
