



The Potomac Appalachian

The Newsletter of the Potomac Appalachian Trail Club
 118 Park Street, S.E., Vienna, VA 22180-4609
<http://www.patc.net>

Volume 33, Number 11
 November 2004

Ivan Crushes Catoctin Trail, PATC Fixes It

On Sept. 17, exactly one year after Hurricane Isabel rampaged through our region, the remnants of Hurricane Ivan came through as well. One locally heavy storm included an F2 tornado that tore through the Catoctin Mountain Park near Thurmont, Md., and crossed the Catoctin Trail.

Overseer Dave Vogel first reported this damage as worse than the Isabel damage on his section. At Dave's suggestion, Catoctin Mountain Park temporarily closed a segment of the Catoctin Trail north of MD 77. At Ground Zero, the trail was simply impossible to find: The tread was buried in a sea of leaves. Branches and trunks were all tossed horizontally, and there were no standing blazes for 1,500' of trail.

The following two weekends, Dave, along with PATC's South Mountaineers, worked on this intense damage to clear a path for the hiking public. In the past, our trails have occa-



Before (left) and after photos show the destruction caused by remnants of Hurricane Ivan to the Catoctin Trail. PATC's South Mountaineers work crew was able to re-open this trail after two weekends of work.

sionally seen more widespread damage that took much more time to clear. In this instance, the intensity of the damage at one specific location generated awe in the minds of those who cleared it.

PATC trails overseers are a vigilant lot, taking care of their trail sections when there are no perceived issues, then taking great care in

instances like this one where the destruction is catastrophic.

Dave celebrated his tenth year of stewardship for this Catoctin Trail section this season, and we hope, for his sake, another such storm takes does not arrive for many years to come.

See Ivan, page 4

Tuba Thru-Hiker to be Speaker at Annual Meeting

Don't miss the slightly unusual guest speaker at the upcoming annual meeting at the Atrium at Meadowbrook on Nov. 9. As a tuba soloist and brass chamber musician, Scott Logan Rimm-Hewitt has toured throughout Germany, France, Belgium, Canada, and Australia. Performances in the United States include the Palm Beach Opera, the American Wind Symphony Orchestra, Market Street Brass, Synergy Quintet Brass Ensemble, and the Hot Tomale Brass Band. He has presented master classes at The Northeastern Regional Tuba-Euphonium conference and the University of Akron.

Scott served on the planning committee for the 2002 International Tuba-Euphonium Conference in Greensboro, N.C., and has taught at the Blue Lake Fine Arts Camp in Michigan. Scott performed tuba concertos

while earning a BS in music education at the University of Vermont; both an MM and DMA in tuba performance at the the University of North Carolina at Greensboro.

Scott is currently teaching K-6 music in the Bronx while performing with a New York-based brass quintet. His previous tuba teachers include Dennis AsKew, Lee Hipp, Robert Wigness, and William Keck. Scott was born in Hartford, Conn., in 1976 and began to play the tuba at 11. In his spare time, Scott has run the Boston Marathon, hiked the Appalachian Trail, and biked across the United States, all with his tuba in tow. You won't want to miss this exciting and entertaining evening, which only comes around once a year. □

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Council Fire

The Potomac Appalachian Trail Club's regularly scheduled Council Meeting was held at Club Headquarters on Sept. 14, 2004. President Tom Johnson asked Council members for their input in updating the description of officers' duties and responsibilities. He also reminded Council that annual reports were due for 2004, detailing volunteer projects and volunteer hours.

Finance

Treasurer Gerhard Salinger distributed the monthly budget report for August 2004, noting that while revenue is down, expenses are also down. Revenue is at 53 percent of expected income at this point, and we are 67 percent of the way through the year. Gerhard urged committee members to keep this in mind and to stay under budget for 2004, if possible. Gerhard also led a review of the Cabins/Shelters/Building Land Fund.

Trails and Lands

Information Systems: José Rojas updated Council on the status of the computer system at headquarters. The Information Systems Committee plans to replace the computers at HQ since the lease on the current computers will expire February 2005. He noted this would require funds. In addition, José is investigating the possibility of upgrading the club's Internet connection. With such an upgrade, the club may be able to run the Web site in-house. José also noted cabins reservations have been converted to computer. Plans are in development to put the computer bookings/schedule on the Web, so the public can check availability of cabins.

Lands: Lee Sheaffer reported on meetings with the Clark County planning commission. Lee will continue to attend meetings calling for public comment on development plans. He distributed proposals by the county for land development, delineating required vegetative buffers. Lee also informed Council of proposed development near PATC land, south of Bears Den and the AT. Lee attended a meeting with the county on the proposed subdivision to address concerns over water sources and access. For each parcel in the subdivision, there will be a 100-foot buffer on land adjacent to the AT, meaning no vegetation can be cleared next to the AT.

Land conservation brochure: A land conservation brochure for PATC is in production, designed by David Trone of the North Chapter. The brochure will be available for tract managers and district managers to distribute to landowners adjacent to trails and PATC land. The brochure will inform landowners of ways to preserve their land and protect trails, informing them about easements and donations.

Facilities

Mel Merritt reported on a biannual Cabins Committee meeting, held Sept. 11-12 at Highacre. He reported several items of note: At Highacre, the outhouse is being restored, and the barn is salvageable after a treefall. Also, Mel is working on a furnishing plan for Highacre, with the idea that a booklet may be placed at Highacre, listing furnishings that are being sought by donation. In other cabin news, Mel reported Myron Glasser is due for re-roofing, the well at Schairer Trail Center needs repair, and Catocin Cabin will get a new floor.

Volunteerism

Membership: Susan Nelson submitted the membership report, noting membership stood at 6,624 as of Sept. 14, 2004. From the new members meetings, Jane Thompson reported that people often express interest in moderate-length hikes, of five to six miles, at locations near the D.C. metro area.

Hikes Committee: Karen Brown reported the Hikes Committee had meetings with Linda Shannon-Beaver of the *Potomac Appalachian*, and with José Rojas of the Information Systems Committee. The intention of these meetings was to streamline submissions for announcements and eliminate errors. Toward this end, a universal submission form is being developed, to allow members to post their events in the *PA* and subsequently, online. The preliminary test form should be finalized by the end of October. It will be tested and refined in late fall/winter, for use next year by anyone wanting to submit a PATC event.

See Council Fire, page 3

HOW TO CONTACT US: HEADQUARTERS, SALES, CABIN RESERVATIONS, AND MEMBERSHIP INFORMATION

Address: 118 Park Street, S.E., Vienna, VA 22180

Phone #: 703/242-0315

24-hr. Activities Tape #: 703/242-0965

To receive an information packet: Extension 10

Club President (leave a message), Tom Johnson: Extension 40

Hours: Monday through Thursday, 7:00 p.m. to 9:00 p.m.
and Thursday and Friday 12 noon to 2 p.m.

Facsimile #: 703/242-0968

Club e-mail: info@patc.net

World Wide Web URL: www.patc.net

STAFF: DURING REGULAR BUSINESS HOURS

Director of Administration: Wilson Riley (Ext. 11) e-mail: Wriley@patc.net

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Potomac Appalachian

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Features Editor: Joanne Erickson

Forecast Editor: Vince Ferrari, PA-Forecast@patc.net

Club Officers and chairs contact info:

www.patc.net/about/contact.html

or call the main club phone number.

Contact list published twice annually in the *PA*.

Tom's Trail Talk – Where is Boiling Springs? (And Why Should I Care?)

Boiling Springs is a quaint little town in south-central Pennsylvania. It has a nice lake, a couple of gas stations, two convenience stores, and a grocery. But Boiling Springs is small – so small that it could compete in “Prairie Home Companion’s” talent competition for towns under 2,000 people. Folks who really want to shop have to drive to Carlisle or Harrisburg.

Appalachian Trail hikers who are on their way through the Cumberland Valley find themselves, eventually, in the middle of Boiling Springs. And on the lake, right in the middle of town, is the ATC Mid-Atlantic Regional office.

That’s right - ATC has regional offices. And, although PATC counts Harpers Ferry as part of its “territory,” our relationship with ATC runs right through Boiling Springs. The club’s connection with the regional office is very close, and we communicate with the staff there all the time.

Mid-Atlantic has five staff members who deal with all aspects of managing the AT. The chief of the office is Karen Lutz, who has been there for 16 years. Karen through-hiked the AT in 1978 and then became an AT volunteer before she joined the ATC staff. She is responsible for all ATC activities and relationships with trail-maintaining clubs from New York through northern Virginia. Her territory stops at Rockfish Gap, which is the southern edge of PATC’s responsibility. It is a big job, and she has more clubs to deal with than any other ATC regional manager. Each one has a different idea of how to do its job. Keeping everyone on the same page can be a chore.

Much of our training is supported by the staff at Boiling Springs. They have a facility north of town called Scotts Farm, where many a volunteer has bedded down after a long day of training. The spaghetti dinners are memorable.

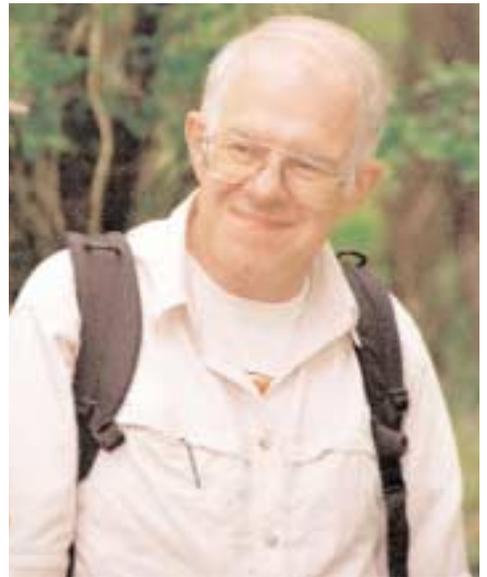
Karen and her staff are out on the road much of the time. They work with PATC and other clubs on corridor management, planning improvements to the AT, natural and cultural resource inventories, and

boundary encroachments. They provide staff management for the ridgerunner program. They are like an arm of the National Park Service, providing extended support to the tiny staff at the Appalachian Trail Park office in Harpers Ferry.

With the pending implementation of ATC’s new strategic reorganization, that relationship will get a lot closer, because ATC is decentralizing its operations and putting more staff in the regional offices. Already, NPS has assigned a ranger to the Boiling Springs office. So our future points toward Boiling Springs.

Although it isn’t on any main driving route, Boiling Springs is worth a look if you happen to be in the Carlisle area. And if you don’t have time to stop at the ATC Mid-Atlantic office, at least wave as you go by. □

—Tom Johnson



DON'T FORGET:
Elections are held at the Annual Meeting on Nov. 9. See bottom of Absentee Ballot on page 5 for information about voting.

Council Fire, from page 2

Other Business

AT corridor management: Tom Lupp announced the AT Local Management Plan will be posted on the club’s Web site. He noted the ATC corridor monitor manager, Ross Garridine, left the job after a short tenure. This puts the fall corridor monitor workshop in jeopardy. Tom announced four PATC corridor monitor vacancies. Concerning the Maryland AT Management Committee meeting, he announced new members of the committee – engineers from Frederick and Washington counties – from the county highway administrations. Their participation in the committee will streamline and improve placement of AT signs at road crossings.

Trail Patrol: Holly Wheeler reported from ongoing Trail Patrol classes: The hike leadership course was held Sept. 11-12, the backpacking 101 and 202 courses were ongoing,

LNT trainer course was held on Oct. 2-3, CPR and First Aid were held Oct. 9-10. And Holly noted Trail Patrol assisted SNP with its October Wilderness Weekend.

Vining Tract: Hugh Robinson reported progress on the Butternut Cabin: The roof is on, and the doors and windows fit nicely. And, he reported, the road into Mutton Hollow is in poor condition and is unsafe to drive. Hugh will obtain an assessment of needed repairs.

Naturalist: Bob Pickett updated Council on the search for James River spiny mussels on PATC land. Last Council, he reported they were found below the Vining Tract, on neighboring land. Bob continued the search and reported the spiny mussels are not present on PATC land on the Vining Tract.

Conservation: Jeff Percy plans to initiate a bio-inventory of PATC tracts. He is working with Bob Pickett on the protocol.

Maps: Dave Pierce announced Map L, the last map on the schedule this year to be revised, will be under contract as soon as Dave completes the changes. Dave also noted the book, “Circuit Hikes in Shenandoah National Park,” is being revised by the Publications Committee. Dave assisted by cleaning up/editing 30 maps in the book.

The September Council meeting was attended by six club officers, 12 committee chairs, three chapter representatives, two section representatives, one staff member, and four other club members. □

—Georgeann Smale, Secretary

Ivan, from page 1

Would you like to become a part of the club's successful trail stewardship program in Maryland or elsewhere? Consider joining the South Mountaineers Trail Crew at one of their late-autumn work events. Please contact Nancy Hammond at mdtrail@yahoo.com or 301/739-0442. To get involved on the club's other trails, contact Heidi Forrest at Club Headquarters, Hforrest@patc.net, 703/242-0315 ext 12. □

—Rick Canter, Maryland district manager



Photos by Dave Vogel

These photos all were from the Sept. 25 PATC work trip, taken at the beginning of the day. The location was where the trail became impassable, 1/4 mile north of Rte. 77.

Book Review: 'Shenandoah, Views Of our National Park'

"Shenandoah, Views of Our National Park,"
by Hulihan Williams Moore, University of
Virginia Press, 2003, soft cover, 96 p, \$22.95.

This book is a collection of 51 black and white photographs on glossy paper as a centerpiece; 10 pages of text in front and 14 pages of text in back balance the book nicely. All photographs are referenced with date, time, location, and technical details. Both close-ups and distance photos are in clear, sharp detail. Photo number 25 is very striking: Taken at 8:30 a.m. in April, the lighting was amazing – a serviceberry, dogwood trees, and tall grasses are lighted against a dark background of trees. Another excellent photo is of Stony Man mountain in May at 8:45 a.m.

The front text is a discussion of seasons, time of day, subjects for photographing, and technical details. The text in the back third of the book is a history of George Freeman Pollock's development of Skyland and how it evolved into Shenandoah Park.

The author's photographs were selected for a traveling exhibit organized by the Virginia Museum of Fine Arts. □

—Carol Niedzialek

Greetings From the Sunny Blue Ridge, Post-Ivan

Rainfall totals from Ivan ranged from 5-1/2" at Big Meadows to 3-1/2" at Simmons Gap. Currently we are aware of only one patch of destruction from Friday, Sept. 17, where a possible tornado brought down 28 trees across a short section of Rapidan Road along the park's east boundary. Sorry to say, Ivan forced us to cancel the 17th Annual ND Trails Workshop, but it will be back next year, hurricane permitting.

We are receiving reports of random blowdowns obstructing trails along the crest of Blue Ridge (AT) and east side trails, but generally the trails seem to be passable to hikers. As trail maintainers visit their trails over the next couple of weeks, they should carry a saw and tools for clearing waterbars. Very common along trails are downed tree limbs from Frances and Ivan, while recent winds also shook down broken tree tops from previous storms. On steeper sections of trail, which are prone to erosion, we are finding waterbars full and in need of a good cleaning, or the waterbar has been scoured out. Someone from PATC needs to patent those self-cleaning waterbars.

We'll be in touch with individual PATC district managers with specific blowdown reports as they come in, but as you know hikers tend

to notice only the blowdowns that cause them to completely side-step the trail. Blowdowns or not, most overseers will find saw work along their trails that a 13" pruning saw can handle. Contact SNP district trail supervisors if you would like NPS assistance in clearing blowdowns.

I talked to one southbound AT hiker who hiked eight miles between Big Meadows and Bearfence Hut during the height of the storm on Friday afternoon. He described horizontal rain that was painful to walk through. He said that many parts of the AT were running "ankle deep" in water (no wonder we build waterbars). It took him two days to dry his gear . . . a memorable AT experience that he did not want to repeat.

Thankfully, our portion of the Blue Ridge dodged the worst of Frances and Ivan, but they have left us with plenty of work to do along our trails to put them to bed for the winter.

Thanks for keeping up with it all . . . be careful out there. □

—Shawn Green
SNP Trails Coordinator

James Denham Announces His Candidacy For Supervisor of Facilities

Jim has been a member of PATC since 1969. He has worked on the information desk at headquarters for many years. He was Cliffs House overseer from the time it opened until 2002. He has participated in many cabin work trips, doing such jobs as sanding the floors of Conley and Wineberry cabins. Using knowledge gained from work in the construction industry, he was able to bleach large black stains from Conley floor using oxalic acid. He used his knowledge of hydrology to develop a new spring near Conley.

Jim grew up in a family construction business that built custom homes, commercial buildings, and bridges and renovated commercial buildings. He participated in all phases of construction work.

Jim is a mechanical engineer, and before he retired from the Navy Department he was responsible for shock resistance and silencing of Los Angeles class submarines. This required a detailed knowledge of all equipment and systems on submarines. After retirement, he participated in a joint U.S. Navy, German Navy, and Danish shock test of a Russian-built frigate. He was responsible for all propulsion, electrical, and auxiliary systems inspections.

In 1995 Jim obtained certification as a universal refrigeration technician, which permits him to buy and use all types of refrigerants, including those used at headquarters. □

Editor's Note: To vote for this or any other candidate, please see information at the bottom of the Absentee Ballot request form at right.

Annual Meeting Set for Nov. 9 at the Atrium

The annual banquet will be held Nov. 9 at the Atrium of Meadowlark Gardens. The speaker will be Scott Rimm-Hewitt, who played his tuba as he walked the AT (see bio on page 1). The cost of the banquet is \$35 per person. Make your reservation now with Pat Fankhauser at PATC, 703/242-0315, Ext. 17., or fill out the registration form below, and follow mailing directions on the form.

DIRECTIONS: From I-495, take Exit 47A onto Route 7 (Leesburg Pike) toward Tyson's Corner. While you now have many ways to reach the Atrium, here we will mention but two:

1. The shorter but more complicated route:

After exiting onto Route 7, proceed 0.8 miles to the second stoplight, and then turn left onto Gallows Road. Get in the right lane. Before the second stoplight (0.2 miles), bear right onto Old Courthouse Road. Proceed 0.8 miles, and then turn left at the second stoplight to stay on Old Courthouse Road. Then proceed through a residential area for approximately 2 miles to a four-way stop. At the four-way stop, go straight onto Beulah Road. Drive 1 mile to park entrance on left, and park in the Atrium parking lot to your right.

2. The more lengthy but simpler route:

After exiting onto Route 7, drive 5 miles west, turn left onto Beulah Road, and drive 1 mile to park entrance on right. Park in the Atrium parking lot to your right. From I-66, exit onto Route 123 North to Vienna (Exit #60). After approximately 4.3 miles, turn left onto Beulah Road and follow it approximately 2.5 miles to park entrance on the left. Park in the Atrium parking lot to your right.

You can go to the Northern Virginia Regional Park Authority Web site to see the Atrium at www.nvrpa.org/atrium.html, the address is 9750 Meadowlark Gardens Court, Vienna, VA. □

—Patricia Fankhauser, Membership Information and Cabins Coordinator

Absentee Ballot Request

Please send me an absentee ballot for the November PATC officer election. I understand that this ballot must be returned to PATC Headquarters by 5:00 p.m. Nov. 9, 2004.

Name: _____

Street Address: _____

City, State: _____

Zip Code: _____

Mail to: Wilson Riley, Director of Administration, PATC Headquarters, 118 Park Street, S.E., Vienna, VA 22180.

DON T FORGET: Send a self-addressed, stamped envelope with this form.

* *To vote in this election you must either attend the Annual Meeting (paid registration not required) or request, by mail, an absentee ballot and return it to HQ either by mail or in person by 5:00 p.m. on Nov. 9.*

Registration for PATC's 77th Annual Meeting/Dinner

Tuesday, Nov. 9, 2004, from 6:00 p.m. to 9:30 p.m., at the Northern Virginia Regional Park Authority's Atrium at Meadowlark Gardens. For more information, please contact Pat Fankhauser at 703/242-0315, Ext. 17, or pfankhauser@patc.net. Don't delay, space is limited. Come out and join in celebrating 77 years!

Name: _____, entre preference (choose one)

vegetarian chicken beef

Name: _____, entre preference (choose one)

vegetarian chicken beef

Daytime phone number: _____

Please enclose a check in the amount of \$35 (or list your credit card information below) per attendee for dinner. If you wish to attend the meeting and not have dinner, please contact Pat Fankhauser and let her know you will be coming.

() Here is an additional \$77 to for the Trail Land Acquisition Fund for 77 years of service on the trails.

() Sorry, I can't attend the banquet, but here is \$77 to support PATC's Trail Land Acquisition Fund.

For 77 years PATC has led hikes; constructed and renovated shelters and cabins; mapped the trails; taught trail construction, safety, and conservation; and built and cleared the trails in rain, snow, and sunshine. Your contribution will be used to enhance those activities. Let's celebrate as we move into our 78th year!

VISA/MasterCard Number: _____, Expiration Date: _____ Please charge my credit card for \$ _____ for _____ dinner(s)

Signature: _____

Mail to: PATC - Annual Meeting/Dinner 2004, 118 Park Street, SE, Vienna, Virginia 22180 Attn: Pat Fankhauser, Membership Coordinator
Because PATC pays for dinners in advance, no refunds after November 4, 2004.

Combined Federal Campaign 2004

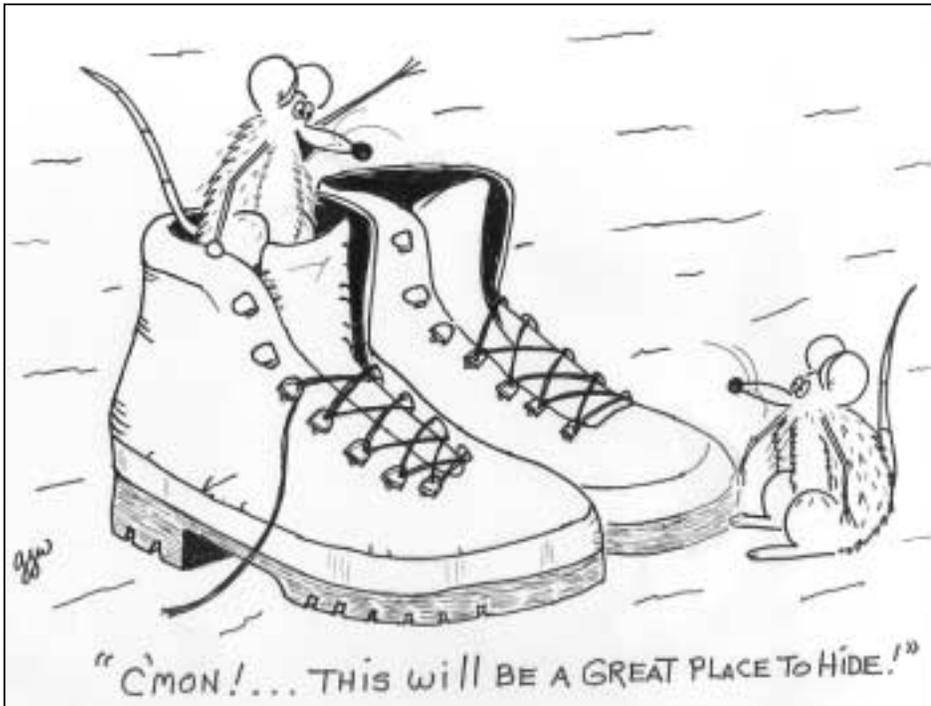
PATC Agency Number **7956**

Make Your Contribution Count!

PATC is participating again this year in the Combined Federal Campaign of the National Capital Area. Please consider a donation to PATC. The fund will be active through December. Thank you for your support, and thanks to the members who contributed via the CFC last year.

It's for a good cause!

Tails from the Woods by George Walters



Four-Month Detour Set on Tuscarora Trail Section

The Tuscarora Trail will be closed between US30 and PA16 near McConnellsburg, Pa., from about the end of July 2004 through the end of November 2004. Texas Eastern Transmission is planning construction work on a natural gas pipeline not too far from where the trail crosses PA16. During construction, the normal route of the trail across the pipeline will be closed. However, the company has set up a detour of about 1,100 feet for hikers to safely pass the area. If you are hiking southbound, you will be routed along the edge of the pipeline right-of-way to PA16 and then along PA16 to where the trail normally crosses the highway. Northbound hikers will follow the same route in the reverse direction. The company has installed fencing and signs to clearly mark the detour route. □

—Pete Brown, *Pennsylvania Trails DM*

Let's Not Forget Ray

In reference to the article about the new Gypsy Spring Cabin, the person who donated this cabin needs to have a memorial recounting his contributions to PATC. The article failed to mention the role of Ray Fadner who donated the property that contains Gypsy Spring Cabin. The cabin was Ray's summer vacation country home for many years. Ray was Mr. Appalachian Trail in Pennsylvania. He made tremendous contributions along with Paula Strain and Elizabeth Johnston in getting the many folks in Pennsylvania together, where they played an active, viable role in raising PATC's visibility in its northern district.

Ray was a longtime volunteer, with a special interest in Pennsylvania, joining the club in 1948; he was slightly short of being a 50-year member. Ray played a significant role in rebuilding Hermitage Cabin. Another characteristic of his was building relationships with landowners and especially state forest officials; Ray was ATC's informal representative at Harrisburg for many years. He used his property and other primitive cabins to introduce inner-city children and Scouts to nature and to trail work. He put much effort and many hours into these projects.

Ray was trail supervisor for a dozen years, initiating the *Trailletter*, which updated and informed overseers of current activities. After that he was president of PATC for two years. He was himself an AT overseer for many years as well as overseer of Bear Spring Cabin for 32 years. He was assistant supervisor of trails for Pennsylvania and chairman of the Youth Services Committee for 13 years. In the 1960s, Ray developed a flier for Scout leaders at a time when leaders had little outdoors experience. The flier was titled "Hey you Guys" and described woods etiquette.

Ray died in November 1996 and will be remembered for his friendliness and his helpful way of working with volunteers and state and federal agencies. Ray was active in the '60s, '70s, and '80s, and those of us members who were active during those years warmly remember Ray as a dedicated PATC member. It would be nice to have a memorial plaque at the cabin in appreciation. □

—Carol Niedzialek

Featured Cabin: Anna Michener – a Haven in Amish Country

O.K. So my kids initially gave this cabin a “creepiness rating” of seven, but that was because our arrival was somewhat late in the day, sans flashlights. When we returned a couple of days later in the morning their moods were noticeably more jovial. When they got around to exploring the inside, they had a ball. The two bunk rooms were a delightful playplace with climbing opportunities galore, and the outside streams and porch provided ample entertainment.

Anna Michener is a primitive cabin, located just a few miles up the road and down the trail from Gypsy Spring Cottage, five miles north of Milesburn Cabin on the AT, about a mile from Tumbling Run Game Preserve, a private inholding within Michaux State Forest. And along with Hermitage Cabin just to the south, all these cabins are within less than 30 minutes of Gettysburg and many other attractions in the south-central Pennsylvania region.

Cottage Features

Anna Michener Cabin took PATC volunteers, some of whom were highly-skilled craftsmen, three years to build, and is highly recommended for family use. Finished in 1966, the cabin today still reflects, despite heavy use, the careful workmanship which went into its construction. The living room is cheerful and spacious with a fireplace containing a woodstove insert. A wood stove is used for cooking. But the cabin is hard to heat in severe cold weather. It has two separate bedrooms which provide bunks for up to 14. This large capacity makes this a good choice for a getaway for

a family or two to share. Outside are a large picnic table and sturdy grill.

The hike-in is a one-mile, fairly level path with little elevation change. My 7-year-old daughter had no trouble making the walk in about 20 minutes. Remember that, like Gypsy Spring, the cell phone service is not reliable in these parts. Don't count on this communication method.

Parking is ample, but the neighbors don't care for “fast-moving” vehicles. Stay on good terms with our neighbors by obeying the slow speed.

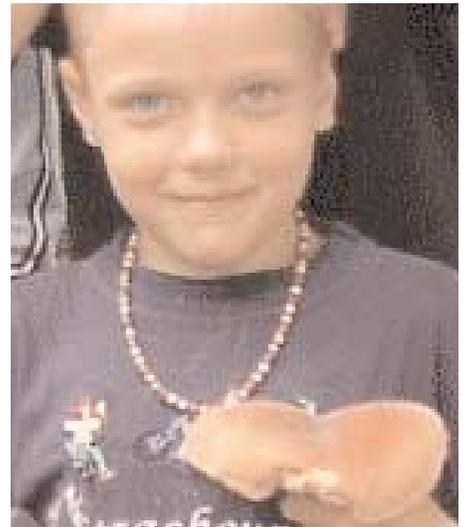
Hiking, Sightseeing Opportunities

Since the approach to Anna Michener is on the AT, plenty of hikes are available. Caledonia and Pine Grove Furnace state parks also offer pools during the summer months. Several area hikes are described in PATC's “Circuit Hikes in Virginia, West Virginia, Maryland and Pennsylvania”). Also check out the Pine Grove Furnace museum and ruins; visit the Stevens ironworks and Totem Pole playhouse; and on rainy days, visit Gettysburg Battlefield, or historic Chambersburg or Carlisle where the Army War College has interesting exhibits.

And Don't Miss:

□ The same area attractions are common to both Anna Michener and Gypsy Spring. Shippensburg is just over the mountain and offers many small-town services. Amish country is all around if you venture out just a short distance. □

—Linda Shannon-Beaver



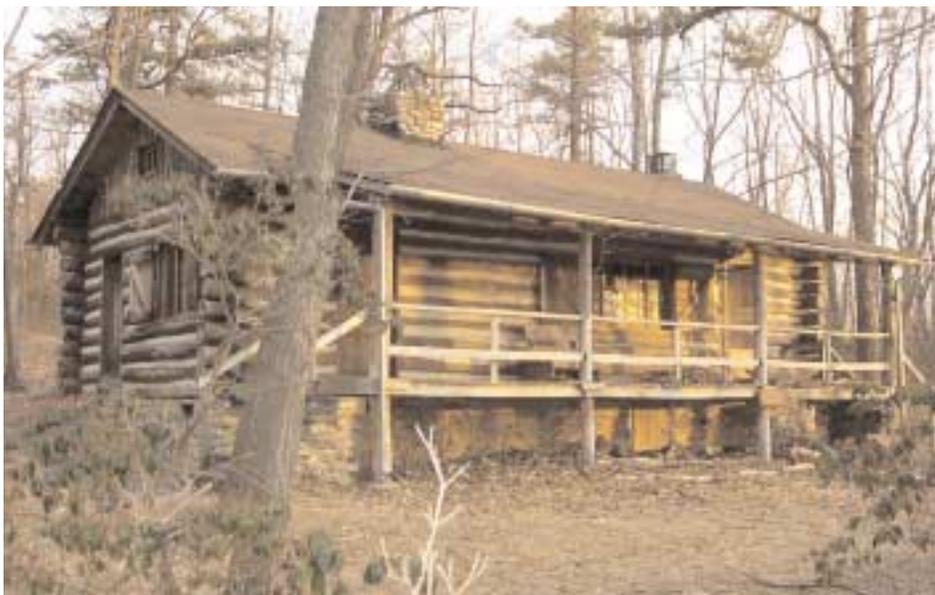
Malcolm Muddles Through

Serving up fungus to us. Malcolm Reynolds wouldn't think of wolfing down this fine specimen (even if covered with Nutella). He and his gang found it on the AT just North of the Michener cabin. We have made a yearly pilgrimage to the woods of southern Pennsylvania for some years now. It is a good “halfway” point to meet our friends from Philadelphia. The cabin is big enough to sleep 10 people easily and has a well-laid out “great” room that lights up nicely with one of those Coleman lanterns. The cabin is close enough to the AT to allow easy access to parts north and allow Malcolm and his mates to grill thru-hikers with questions. Malcolm and his mates know where everything is. There is mud to be pulled from the stream bank and shaped into pottery. And, there are plenty of nooks and crannies to be found in the cabin.

Our gang of boys and girls feel very safe in nature's hands. There are some shivers while reading aloud the creative logbook references to the weeping woman who haunts the hollow. Of course, you should take along a good First Aid kit, and take a look around the cabin, inside as well as out, before you turn everyone loose. On our last visit, we did see a timber rattlesnake on the path, but we quickly appointed a trail guide to go ahead of everyone.

Of course, I would recommend this or any large PATC cabin for a weekend or short week for any family with curious, imaginative children. You never have to sleep in a cold, wet tent. The world's best baby-sitter is all around you. Do you want Disney to teach your children all they need to know about nature? □

—Robert K. Meyer



The Meyer family and friends took a 3-hour walk on their children's favorite “blueberry trail” abutting the cabin.



Hiker's Notebook

Common Name: Ladybug, Ladybird Beetle, Lady Beetle

Scientific Name: Coccinellidae novemnotata (Latin for little sphere, nine-spotted)

Ladybugs are among the most well known and recognizable insects. Most are shiny red, orange, or yellow with dark spots. Commonly found on rock outcroppings in late fall.

Potpourri: Ladybugs are predators. They eat other insects, primarily aphids but also other plant pests such as scales and mites. The name derives from the Middle Ages, when these beetles were found to rid grapevines of harmful insect pests. In appreciation, they were dedicated to the Virgin Mary and originally called "beetle of our lady." The French call them *les vaches de la Vierge*, cows of the Virgin.

In late autumn, adult ladybugs congregate on rock outcroppings and on the sides of buildings in search of small crevices in which to spend the cold winter months.

The bright coloration is an indicator to potential predators that they are not palatable. In addition, the ladybug produces a foul smelling liquid from joints in the legs.

The rhyme "Ladybug, ladybug fly away home. Your house is on fire, your children do roam" refers to the burning of the hop vines in England after harvest, clearing the fields but killing the beetles. □

—William Needham

Visit the *Hiker's Notebook* Web site at: mwrop.org/W_Needham/h_notebook.html.

PATC Trail Patrol
Presents

American Heart Association CPR and First Aid

Jan. 22 and 23, 2005

The Trail Patrol is hosting a CPR and First Aid course on Jan. 22 and 23 at PATC Headquarters. The two-day course covers American Heart Association Adult, Child, and Infant CPR and First Aid. The students will learn basic First Aid skills with hands-on time. Books and certifications are provided. The afternoon portion of the First Aid class is designed with wilderness situations in mind. Time will be spent going over items in our First Aid kits and packs. The students learn how to do basic splinting and bleeding control with supplies from their packs.

The cost of each class is \$50 per day (\$100 for both days of CPR and First Aid). The deadline to register for this class is Jan. 7, 2005.

For more information, contact Ben Fernandez
(TPTraining@patc.net) 703/327-9788

STS Ski Trip Schedule (Revised) 2004-2005

#	Location	State	Leave	Return	Ski Days
1	Laurel Highlands (work crew)	PA	10/22/04	10/24/04	2
2	Ski Fair	PATC-HQ	11/06/04	11/06/04	0
3	White Grass (work crew)	WV	11/12/04	11/14/04	2
4	Blackwater Falls	WV	12/03/04	12/05/04	2
5	White Grass	WV	12/17/04	12/19/04	2
6	Tug Hill	NY	12/29/04	01/02/05	4
7	Blackwater Falls	WV	01/07/05	01/09/05	2
8	Elk River	WV	01/07/05	01/10/05	3
9	Tug Hill	NY	01/14/05	01/17/05	3
10	New Germany	MD	01/14/05	01/17/05	3
11	Laurel Highlands	PA	01/14/05	01/17/05	3
12	Mt. Rainier	WA	01/19/05	01/23/05	4
13	Canaan Valley	WV	01/20/05	01/23/05	3
14	Camp Sequanota	PA	01/21/05	01/23/05	2
15	Blackwater Falls	WV	01/28/05	01/30/05	2
16	Laurel Highlands	PA	01/28/05	01/30/05	2
17	Blackwater Falls	WV	02/04/05	02/06/05	2
18	Crystal Lake	PA	02/04/05	02/06/05	2
19	Blackwater Falls	WV	02/11/05	02/13/05	2
20	Elk River	WV	02/11/05	02/14/05	3
21	White Mountain	NH	02/18/05	02/21/05	3
22	Ski Dance	PA	02/18/05	02/21/05	3
23	Blackwater Falls	WV	02/25/05	02/27/05	2
24	Far Hills	Quebec	02/26/05	03/06/05	7
25	New Germany	MD	03/04/05	03/06/05	2
26	Blackwater Falls	WV	03/11/05	03/13/05	2
27	Tug Hill	NY	03/11/05	03/14/05	3
28	Craftsberry	VT	03/17/05	03/20/05	3
29	St. Mortiz	Switzerland	03/24/05	03/28/05	4

Someone had pinned a Greetings from Banff card on the carpet-covered pillar near the elevators at work, and Cascade Mountain caught my eye the way the Sports Illustrated swimsuit issue catches the eye of my kid brother. I was mesmerized by the jagged peaks and aquamarine lakes of the Canadian Rockies, and just a bit skeptical as to whether a place could look like that in real life without any airbrushing or cosmetic surgery. I spent the next year reading up on trails while saving up money and vacation time and, at the end of August, headed out for 10 days of backpacking along the Icefields Parkway with my brother, Andy.

Our destination for the first trip was Dolomite Pass, via Helen Lake Trail. The elevation gain is about 2,000 feet for the nearly six miles to the top of the pass, which meant that we passed through several life zones on our way to the summit. For the first few miles, the smell of pine was pungent and strong, and at every break in the trees we could see across to Bow Lake and Crowfoot Glacier. Up a little higher, above the trees, the alpine meadows were covered in wildflowers, Indian paintbrush and purple fleabane, and the streams were clear and cold and jumped over rocks that had been left by ancient glaciers.

Sweaty and sore upon reaching the ridge above Helen Lake, Andy and I dropped our packs to the rocks and stood admiring the view that stretched for miles in every direction, one mountain behind another, blue peaks with green ice glaciers writhing between them. A handful of GORP gave us the energy to load up our packs again, and we dropped over the other side of the pass to set up camp below Katherine Lake in the shadow of a piece of cliff that had plummeted off Dolomite Peak and lay embedded in the rocky ground. A family of ground squirrels announced our presence with a sharp whistle as dusk fell.

I was up before the sun had found its way over the eastern peaks; Andy was a bit harder to rouse and refused to crawl out of his sleeping bag until the sun had fully committed to heading across the sky. Our trip out was much faster because it was almost entirely downhill, and we were back in the car and headed up the Icefields Parkway by lunchtime, which gave us enough time to explore Mt. Chephren, the Columbia Icefield, Tangle Falls, and Athabasca Falls before arriving in Jasper for dinner.



The campsite on Dolomite Pass is dwarfed by a fallen piece of cliff from Dolomite Peak in the foreground and the effects of glaciers in the background.

Our second trip sent us into Jasper National Park's Tonquin Valley. Twelve miles in, Maccarib Pass Trail enters the valley near the northern Amethyst Lake and offers the weary hiker an unparalleled view of the Ramparts, a range of peaks, dark and jagged, with treacherous cliffs that are made even more beautiful by their ominous names: Dungeon Peak, Redoubt Peak, Drawbridge Peak. The second day was spent exploring the valley; a hike up to Moat Lake, which sat in the saddle between Bastion Peak and Tonquin Hill; a hike around the Amethyst Lakes to see the glacier crawling down the rocks at a surprising rate of hundreds of feet a year; a horse camp and corral at the far and narrow end of the valley where wind bot-

tlenecked in its journey through the grasses to jostle between the little cabins.

The hike out of the Tonquin Valley was just as strenuous as the one going in, so Andy and I rewarded ourselves with a long soak in the Miette Hot Springs, the hottest natural springs in the Canadian Rockies, just 36 miles north of Jasper. By morning we were ready to hit the trail again.

In fact, only a few weeks after returning home, I was ready to hit the Canadian Rockies trails again. Perhaps next time I'll experience them covered in snow. □

—Alexa Hackbarth

Volunteers Appointed in September



Trail Overseers

Kerry Snow	AT - Byrds Nest 3 to Pinnacles Comfort Station
Mark Holland	AT - Pinnacles Comfort Station to Corbin Cabin Cutoff Trail
Stan Turk	AT - Corbin Cabin Cutoff Trail to Stony Man Overlook
Sally Kocotas	Eaton Hollow Trail
Phil & Karis Barry	Saddleback Mountain Loop Trail

Chapters

Charlottesville Chapter

The Charlottesville Chapter hikes every Saturday; summer, winter, and in between. Hikes are usually 8 to 10 miles. We usually maintain trails on the last Saturday of the month. Meet at Sprint parking lot, 2307 Hydraulic Road, at 9:00 a.m., with food and water for the day. The majority of hikes are in the southern and central districts of Shenandoah National Park, with some in the north district and in George Washington National Forest. Our Chapter hikes are posted at www.patc.net/chapters/char/hikes.html. INFO: Jere Bidwell 434/295-2143 or John Shannon 434/293-2953.

North Chapter

The North Chapter of PATC conducts monthly trail work trips on the Maryland and Pennsylvania sections of the AT and on the Pennsylvania sections of the Tuscarora Trail. We also lead hikes on these and other trails. Maryland AT work trips are generally held on the first and third Saturdays – contact Nancy Hammond (mdtrail@yahoo.com) 301/739-0442 for information. Pennsylvania work trips are generally held on the AT on the first Saturday and on the Tuscarora on the third Saturday – contact Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140. Pennsylvania AT work trips also include an optional Saturday evening dinner at the Gypsy Spring cabin. For information on upcoming hikes, contact Chris Firme (bncfirme@innet.net) 717/765-4833. For general chapter information, contact chapter president Pete Brown or visit the North Chapter home page (www.patc.net/chapters/north/).

Northern Shenandoah Valley Chapter

The Northern Shenandoah Valley Chapter sponsors hikes in national and state parks and forests in the Shenandoah Valley vicinity, open to the public, on a monthly basis except during the winter. Hikes are posted in the Forecast. Other activities are in the NSV Chapter Newsletter. For further information contact Lee Sheaffer, (thumpers@visuallink.com) 540/955-0736.

Southern Shenandoah Valley Chapter

See www.ssvc.org or the one linked to the PATC Web site for descriptions of hikes and work trips. We usually hike in the southern and central districts of the SNP and in the GWNF. Contact the listed hike leader for information about a specific event, or contact Michael Seth 540/438-1301.

West Virginia Chapter

Chapter meetings at Highacre are on the second Wednesday of Feb., Apr., Jun., Aug., Oct., and Dec. See Forecast for upcoming activities. For information about the chapter or to receive the newsletter, contact Judy Smoot 540/667-2036 or e-mail wvpatc@hotmail.com.

Ski Touring Section

The Ski Touring Section has served since 1974 to introduce Washington area residents to cross-country skiing and to provide cross-country skiing opportunities to experienced skiers. The Section sponsors winter weekend ski trips for all levels of skiers to nearby mountains in Maryland, West Virginia and Pennsylvania, as well as periodic social events year round. INFO: Bert Finkelstein (berf@erols.com) 703/715-8534.

Mountaineering Section

We're a diverse group of local Washington, DC area climbers. Young and old, male and female, crag rat, sport climber, and alpinist, active and armchair types – we all enjoy climbing in its many varieties. We also share common interests in promoting safe climbing, conserving the outdoors, developing new climbers' skills, representing the Washington area climbing community, and having fun! We provide instruction for those wanting to learn the basics – we're not a school, but we can get you started. We go climbing, either locally or further afield, nearly every weekend. In the winter we organize trips to the Ice Festivals in the Adirondacks and the White Mountains for beginning and advanced ice climbers. For further information contact Andy Britton, (tallandyb@aol.com) 703/622-1920, or Mack Muir (MackMuir@edisaurus.com).

PATC Hikes

PATC offers organized hikes appealing to the diverse interests of our members. There are K-9 Hikes, which invite you to bring your favorite dog; Family Hikes tailored to kids; Natural History Hikes stalking the fascinating but often elusive flora and fauna of the region; hikes featuring varying levels of difficulty with the Easy Hikers, In-Between Hikers, and Vigorous Hikers; Birding Hikes with experts to help sight and identify our avian neighbors; Historical Hikes tracking little-known structures in Shenandoah National Park; Series Hikes tracing the entire length of the Tuscarora Trail or the trails of Pennsylvania, section by section; Backpacking Hikes traversing the tracts of West Virginia and Southern Virginia; hikes scheduled for weekends; ones scheduled for weekdays; Geology Hikes led by experts from the Smithsonian focused on the unique stratigraphy of our area; Mushroom Hikes with mycologists; Waterfall Hikes to beat the summer heat; and Outreach Hikes to get together with the members of area groups like the Sierra Club or the Congressional Hikers. That is just to name a few. Check out the Forecast calendar and hear updates on the weekly tape (703/242-0965).

Other Clubs' Hikes

Capital (www.capitalhikingclub.org) and Wanderbirds (www.wanderbirds.org) hike on Saturdays and Sundays, traveling by bus and leaving from downtown, with suburban stops as well. Center Club, Northern Virginia Hiking Club and Sierra Club hike on both Saturdays and Sundays using carpools, which often leave from a suburban Metro stop. Schedules are available at PATC Headquarters and are published in area newspapers on Fridays. The schedule of West Virginia Highland Conservancy outings in the Monongahela National Forest and surrounding areas is on their web site at www.wvhighlands.org.

KEY to Forecast Activities

All events are marked for easy identification. Late changes or cancellations are listed on the weekly information tape (703/242-0965), which is updated on Sunday evening for the following seven days. The Forecast can also be found on PATC's Web site at www.patc.net/activities/forecast.html.

- ^ Hiking Trips
- ~ Backpacking Trips
- . Trail Work Trips
-  Cabin/Shelter Work Trips
- A Ski Trips
- S Special Events
-  Meetings
-  Classes
-  K9 Trail Blazers (dogs permitted)

Note to all hike leaders: Please ask non-members on your hike if they would like to join PATC, then get names and addresses so a club volunteer can send them information packets. Thanks!

Meetings

Meetings

Meetings are held at PATC HQ, 118 Park Street, S.E., Vienna, Va., unless otherwise noted.

New Members (PATC) –

First Wednesday

7:30 p.m. Curious about the club? Want to learn more? The best way is to attend a New Members meeting (but you don't have to be new to qualify). Attend the meeting and find the mysteries of PATC revealed in full. Refreshments will be served. Directions to PATC: Take Rt. 123 into Vienna, Va., and turn east on Park St. (Rt.675) to 118 Park St. on your left. INFO: Jane Thompson 301/349-2496.

Mountaineering Section –

Second Wednesday

8:00 p.m. – We meet every month unless noted in the Forecast. INFO: Mack Muir (MackMuir@edisaurus.com) 703/960-1697 or PATC's Web site: www.patc.net/chapters/mtn_sect.

Shenandoah Mountain Rescue Group

Business meeting - Last Tuesday of each month, 7:30 p.m. INFO: Doug Sigman (join@smrg.org), 703/255-5034, or www.smrg.org.

PATC Council – Second Tuesday

The council meets at 7:00 p.m. sharp. The PATC Council meets every month to conduct business of the club and once a year for a dinner meeting. All members are always welcome. Come see how we make decisions about your club. INFO: Wilson Riley (wirley@patc.net) 703/242-0693 x11.

Trail Patrol – First Tuesday

7:30 p.m. Trail Patrol volunteers are PATC's goodwill trail ambassadors to the hiking public. They provide a visible, reassuring presence on the trails, and strive to educate the public on good hiking practices, minimum impact hiking, and camping ethics. Patrol members are trained in land navigation, emergency procedures, radio communications, and personal equipment. All Trail Patrol volunteers are also expected to become certified in a recognized basic first aid course. Some equipment and uniform items are provided upon completion of training. INFO: Holly Wheeler (trailpatrol@patc.net) 301/486-1598, or see our section in PATC's Web site: www.patc.net/volunteer/trailpatrol.

NOVEMBER

1 (Monday)

DEADLINE - December Potomac Appalachian Material due to editors 5:00 p.m.

All items for the next issue of the newsletter due. Send Forecast events to PA-Forecast@patc.net and all other articles to the editor at lindashannonb@mac.com. NOTE: Do not send photos or articles to headquarters. E-mail for address.

2 (Tuesday)

HIKE - Family Hike

Leesburg, VA

Balls Bluff Regional Park. Come join us for a wonderful, kid-friendly hike near Leesburg. This 1 and 1/2 mile circuit trail is barely jogging-stroller passable. We will hike along the perimeter trail, with views of the Potomac River, and down to the smallest National Cemetery. If I don't respond quickly to your e-mail, please call me. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

2 (Tuesday)

HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA
White Rocks. Climb Buck Hollow to the AT south to Pinnacles, return via upper Hannah Run Trail and Hazel River Trail to White Rocks then bushwhack 1.5 mi. down the old wagon road to church on Rt. 211. 14 mi. and a 3500-foot climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

2 (Tuesday)

MEETING - Trail Patrol, 7:30 p.m.

3 (Wednesday)

CLASS - Climbing 101 (REI)

Bailey's Crossroads, VA

If you are ready to learn the ropes in one of this country's fastest growing sports, then this is the evening for you! REI climbing gurus offer this primer on rock climbing. Topics will include an overview of climbing, equipment, safety, and training. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

3 (Wednesday)

HIKE - Easy Hikers

Gaithersburg, MD

Seneca Creek Park. About 5 fairly easy miles over rolling terrain. Meet at Seneca Creek Park in the Visitor Center parking lot at 10:15 a.m. From the Beltway, exit to I-270 N. After about 7 mi. (at the exit for Rt. 370), move into the local lanes. Stay in the center of the 3 lanes. After the right-hand lane has disappeared and re-appeared, move into the right-hand lane. Take the next exit (for Rt. 124 West and Rt. 117 West); this is about 3 mi. after the move into the local lanes. Follow the signs for Rt. 117, which becomes Clopper Rd. (and is still Rt. 117). After 2.1 mi., turn left into the inconspicuous park entrance. After 0.1 mi., turn right toward the Visitor Center. In 0.1 mi., park at the end of the road. Hike will be canceled if the Montgomery County public schools are closed due to inclement weather. Bring lunch and water. INFO: Sue King 703/356-6659.

3 (Wednesday)

MEETING - New Members (PATC), 7:30 p.m.

6 (Saturday)

HIKE - K9 Trailblazers

McLean, VA

Turkey Run Park. We'll hike at a moderate pace for a 6- to 9-mile hike from Turkey Run Park, along the historic and scenic Potomac Heritage Trail to Ft. Marcy and back again with an optional out-and-back to Dead Run. The trail is mostly rugged, wooded trails along the Potomac River with some stream



crossings, a street crossing, and moderate (but steep at times) elevation changes (around 300 ft.). This is a joint hike with K9 Trailblazers so well-behaved dogs are welcome as long as you keep them on leash and scoop after them. Maps, chocolate, and dog biscuits provided at the trailhead. Bring snacks, and water for you and your dog. Visit www.k9trailblazers.org for more details. INFO: Pat Fuhrer (psfuhrer@k9trailblazers.org) 410/381-7408 or Jeff Bolognese (jabolognese@k9trailblazers.org) 410/247-4434.

6 (Saturday)

SPECIAL EVENT - XC Ski Fair (STS)

Vienna, VA

It's time to think snow! The Ski Touring Section (STS) opens the 2004 ski season with its annual Ski Fair – your best opportunity to learn about and sign up for the great trips STS is considering for the 2004-05 season to destinations like Mt. Rainier, New England, Quebec, and St. Moritz, as well as our closer favorites like Canaan Valley, the Laurel Highlands, and Tug Hill. Meet the trip leaders and prospective ski buddies. See new ski gear and try out specially-priced fleece wear. Hear about the Ski-Dance Weekend and other special events and training clinics. INFO: Susie Etcheverry 202/244-2562 or Steve Bergstrom 301/564-9696 (12:30-4:30 p.m.).

6 (Saturday)

TRAIL WORK TRIP - Potomac Heritage Trail Loudoun County, VA

Please join us on the 2nd of three work trips to construct a segment of the Potomac Heritage National Scenic Trail. This time we will work along the Potomac River south of Goose Creek. Good prospects for seeing wildlife. We will work from 9:00 a.m. to 2:00 p.m. No prior experience necessary: tools and instruction will be provided. Please bring work gloves and water. As we will park in a central location and be transported to the trailhead please register in advance. INFO: Ric Francke (fbfrancke@potomactrail.org) 571/436-7801 (days) or 703/356-2106 (evenings until 10:00 p.m.).

Please welcome our new Forecast Editor, Vincent Ferrari. Vince has worked with the PA in many aspects, for a number of years.

The Forecast says goodbye to Suzie Shannon, who has served for nearly two years as the editor. Look for her in the near future with pickaxe in hand on a trail. Thanks to her for her many hours of hard work and dedication.

6 (Saturday)

TRAIL WORK TRIP - Help Build a Trail (REI)

Lansdowne, Leesburg, VA

9:00 a.m. to 2:00 p.m. Lend a hand to help build this rapidly growing trail. Volunteers will clear brush from the trail corridor and establish the treadway. Volunteers need to bring water, lunch and work gloves. 60 volunteers are needed! Register on-line at www.potomactrail.org. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

6 (Saturday)

TRAIL WORK TRIP - South Mountaineers

Appalachian Trail, MD

The air is getting crisp, come out and enjoy the autumn colors. Work hard and get dirty like when you were a kid. Please bring lunch, water, and gloves; expect to hike 1-4 miles. We meet at 9:00 a.m. in Frederick County. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

6 (Saturday)

TRAIL WORK TRIP - Yankee Clippers

Appalachian Trail, PA

Meet at US 30 and PA 233 at the parking lot of Caledonia State Park. Departure 9:00 a.m. sharp. INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

6 - 7 (Saturday - Sunday)

CABIN WORK TRIP - John's Rest

Stanardsville, VA

The combined John's Rest and Tulip Tree Construction Crews will be working to complete another great PATC rental cabin located on Entry Run in Virginia's Blue Ridge Mountains near SNP. The end of the project is near but there are still several important things that need to be done. Don't waste this opportunity to contribute to the completion of the next great cabin to be added to our rental system. INFO: Charlie Graf (cagraf@aol.com) 410/757-6053.

7 (Sunday)

TRAIL WORK TRIP - Gambrill State Park

Frederick, MD

Continuation of ongoing trail maintenance and relocation projects. Meet at the Nature Center at 10:00 a.m. INFO: Dave Jordahl (dave.jordahl@askdep.com) 240/777-7741.

7 (Sunday)

TRAIL WORK TRIP - South Mountaineers

Appalachian Trail, MD

Another Sunday event from the South Mountaineers, making the Appalachian and Catoclin trails in Maryland the best they can be. Please bring lunch, water and gloves; expect to hike 1-4 miles. We meet at 9:00 a.m. in Frederick County. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

9 (Tuesday)

HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA

We'll hike in SNP off Rt. 211, the Oventop Scramble and Pass Mtn/Buck Ridge Loop. About 13 miles and 3000+ ft elevation gain. Nice views from Oventop and Marys Rock. Meet leader at 8:30 a.m. at foot of Buck Hollow Trail on Rt. 211 just inside SNP or at Centreville Park & Ride (Stone Rd. & Rte. 29) at 7:00 a.m. for carpooling. INFO: Cliff Noyes (Cliff.noyes@juno.com) 540/373-8267.

9 (Tuesday)

MEETING - PATC Council, 7:00 p.m.

FORECAST

10 (Wednesday)

~ HIKE - Easy Hikers

Burke Lake Park, VA

Five level miles around Burke Lake. Meet at 10:15 a.m. From the Beltway, exit west onto Braddock Rd. At your leisure, move into the left-hand lane (excluding left turn lanes) and stay in this lane. In 1.9 mi. from the Beltway, the lane you are in becomes one of a pair of left-turn lanes onto Burke Lake Rd (Rt. 645). Stay with it and make the turn. (Don't worry about the misleading sign before the preceding left). Go 4.7 mi., then turn left onto Ox Rd. (Rt. 123). In 0.5 mi. (after passing the Golf Center), turn left into Burke Lake Park. Follow signs to the marina. Bring lunch and water. INFO: Diana Morris 703/243-3418.

10 (Wednesday)

MEETING - Mountaineering Section, 8:00 p.m.

11 (Thursday)

~ HIKE - In-Between Hikers

Gaithersburg, MD

Moderately paced, 9-mile hike on the Greenway Trail past remains of a mill, old dikes, and canals. Meet at the Visitor Center in Seneca Creek State Park at 10:00 a.m. There will be a short shuttle. No pets. Take I-270 north towards Frederick to exit 10, Clopper Rd/West Diamond Ave., Rt. 117. After exiting, go right (west) on Rt. 117. Proceed approximately 2 miles on Rt. 117 to the Park entrance on left. You will see brown signs on Rt. 117 directing you to the Park. After turning into the Park, turn right at the sign pointing to the Visitor's Center. INFO: Marjorie Richman (mar0522@aol.com) 301/320-5509; and Henri Comeau (HenriComeau@aol.com) 703/451-7965 before 9:00 p.m.

13 - 14 (Saturday - Sunday)

• TRAIL WORK TRIP - Cadillac Crew

North District, Shenandoah National Park, VA

Should be nice bug-free weather and beautiful fall foliage. The crew plans to add tread improvements and erosion-control devices on the AT. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at Rindt's house. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

14 (Sunday)

• TRAIL WORK TRIP - Gambrill State Park

Frederick, MD

Continuation of ongoing trail maintenance and relocation projects. Meet at the Nature Center at 10:00 a.m. INFO: Dave Jordahl (dave.jordahl@askdep.com) 240/777-7741.

16 (Tuesday)

~ HIKE - Family Hike

Great Falls, VA

One of my favorite hikes, in Great Falls National Park, this kid-paced 3 and 1/2 mile hike will follow the River Trail with great views of the Potomac River along Mather Gorge. We will return along the Matildaville Trail. This trail is not jogging-stroller passable. We will meet by the kid's touch table inside the visitor's center. If I don't respond quickly to your e-mail, please call me. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

16 (Tuesday)

~ HIKE - Vigorous Hikers

George Washington National Forest, VA

Camp Roosevelt Loop. Enjoy Kennedy Peak, loop back on Stephen's Trail to Duncan Knob rock scramble: 15 miles and 3300 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.



17 (Wednesday)

~ HIKE - Easy Hikers

Washington, DC

We will hike about 4.5 miles in the central section of Rock Creek Park, walking south to Rolling Meadow Bridge where we eat lunch. Several up & downs on this hike. Meet at 10:15 a.m. near Meadowbrook Stables on Beach Drive near East-West Hwy (inside the Beltway). Bring lunch and water. INFO: Carol Niedzialek (niedze@erols.com) 301/949-9729.

20 (Saturday)

~ HIKE - Waterfall and Wild Flower Series

Shenandoah National Park, VA

The sixteenth hike of the Series will about 15-mile circuit to include a waterfall yet to be determined. The hike will include a bushwhack. Contact leaders for details. Meet at the Oakton Shopping Center parking lot at 7:30 a.m. INFO: Jack Thorsen, (thorsen4@juno.com) 703/39-6716 or William Needham, (Needham82@aol.com) 410/884-9127.

20 (SATURDAY)

MEETING - Northern Shenandoah Valley

Winchester, VA

The Northern Shenandoah Valley Chapter will have its semi-annual meeting at 6:30 at Gabriela's Restaurant, 2915 Valley Ave, Winchester Va. Along with dinner will be a chapter meeting and a presentation by chapter members featuring a recent trip. INFO: Lee Sheaffer (thumpers@visuallink.com) 540/955-0736.

20 (Saturday)

• TRAIL WORK TRIP - South Mountaineers

Appalachian Trail, MD

Some of the most fun you will have being a volunteer. We work on the AT in Maryland. Details subject to change after press time. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

20 (Saturday)

• TRAIL WORK TRIP - Yankee Clippers

Tuscarora Trail, PA

INFO: Pete Brown (peter.brown4@worldnet.att.net) 410/343-1140.

20 - 21 (Saturday - Sunday)

CABIN WORK TRIP - Tulip Tree Crew

Stanardsville, VA

Rosser Lamb. Park and Peg and their friends as well as members of the Tulip Tree Crew will be hard at work at Rosser Lamb House this week-end and can use your help. Opportunities for learning and making a contribution abound. Saturday dinner and Sunday breakfast will be provided for the cost of the ingredients. INFO: Charlie Graf (cagraf@aol.com) 410/757-6053.

21 (Sunday)

~ HIKE - Appalachian Trail

Smithsburg, MD

We'll do a moderate 12 miles along the South Mountain ridge in Maryland, starting from near the Cowall Shelter on Wolfsville Road, and continuing all the way to Washington Monument State Park.

Two wonderful views will be seen along the way, at Black Rock Cliffs and at Annapolis Rocks. We'll need a volunteer or two to place cars at the beginning and end of this one-way hike. Approx. 12 miles. PATC map 5. INFO: Vince Ferrari (ferrari3@ix.netcom.com) 301/249-2210.

21 (Sunday)

~ HIKE - Natural History

Great North Mountain, VA/WV

A Sunday hike avoids the hunters in this heath and hardwood forest region which includes a part of the Tuscarora Trail. We'll hike 9.4 miles, with an elevation change of 1300 feet. We'll talk about what is going on in the natural world at this time of the season. Wonderful views await us at White Rock Cliffs. (Hike No. 13, Circuit Hikes in VA, WV, MD, and PA, 2000, 6th edition - Racer Camp Hollow-White Rock) INFO: Bob Pickett 301/681-1511.

23 (Tuesday)

~ HIKE - Family Hike, Sky Meadows State Park

Paris, VA

Escape the noise and hubbub of the city and come explore the beautiful 1,132-acre Sky Meadows State Park. This hike is about an hour West of the district, and there is a \$2.00 admission fee per car. This will be a kid-paced, 4-mile circuit hike, with lots of variation. We begin on an old gravel roadbed. Some places are a little rocky and steep through the woods, while other sections are wide paths through open meadows with some beautiful views. If I don't respond quickly to your e-mail, please call me. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

23 (Tuesday)

~ HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA

Franklin Cliffs. A 15-mile circuit with a 3,700 foot ascent begins at Hawksbill parking, goes south on the Skyland-Big Meadows Trail to the Rose River Loop Trail, up the Dark Hollow Falls Trail to Big Meadows returning on the AT ending with climb of Hawksbill. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

24 (Wednesday)

~ HIKE - Easy Hikers

Prince William Forest Park, VA

We will hike approximately 5 miles over some flat, some hilly, terrain. Meet at 10:15 a.m. at the Pine Grove Picnic Center. Take I-95 South to exit 150B (about 32 miles from the district), then continue to Park entrance, second right. You will be on Joplin Road (VA 619). Head toward Visitors' Center. Just before you get there, you will see a sign for Pine Grove Picnic Center. Turn left and then immediately right into parking lot. Bring lunch and water. INFO: Sylvia Holton Peterson, 202/547-8052.

27 (Saturday)

~ HIKE - Wolf-Chimney Rocks Circuit

Thurmont, MD

Moderate hike, 8.7 miles in length. Elevation change 500 feet. This is in the Catoctin Mountain National Park, and is a wonderful hike with some gorgeous views. INFO: Christopher Firme (bncfirme@innet.net) 717/794-2855 after 6:00 p.m.

28 (Sunday)

~ HIKE - Cunningham Falls State Park

Thurmont, MD

Approximately 11-mile circuit hike in Cunningham Falls State Park, and Catoctin Mountain National Park that takes in Chimney Rock, Wolf Rock, Blue Ridge Vista, Hog Rock and Cat Rock. Scenic views at each. INFO: Dave Jordahl (dave.jordahl@askdep.com) 240/777-7741.

30 (Tuesday)

HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA
From Meadows Cabin parking scramble up the rocks to Doubletop and descend to the Rapidan to tour re-opened Hoover Camp. Then climb Mill Prong Trail to AT to enjoy Dark Hollow Falls, returning via Stony Mountain Trail. 16 miles, 4000 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

30 (Tuesday)

MEETING - Shenandoah Mountain Rescue Group (Business meeting), 7:30 p.m.

DECEMBER

1 (Wednesday)

DEADLINE - January Potomac Appalachian Material due to editors 5:00 p.m.

All items for the next issue of the newsletter due. Send Forecast events to PA-Forecast@patc.net and all other articles to the editor at lindashannonb@mac.com. NOTE: Do not send photos or articles to headquarters. E-mail for address.

1 (Wednesday)

CLASS - Snowshoeing 101 (REI)

Bailey's Crossroads, VA

The ease of snowshoeing has made it one of the fastest growing wintersports in the country. Simply strap on a pair and go on a winter hike, backpack, or climb! Join the staff of REI as we put on another one of our famous "how to" clinics on the basics of snowshoeing. We will focus on the appropriate selection of gear and the initial skills needed to get you outside and on the trails. In addition, we will talk about some places to go. If you ever thought about getting into snowshoeing, this is a great introduction to the sport! 7:30 p.m. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

1 (Wednesday)

MEETING - New Members (PATC), 7:30 p.m.

3 - 4 (Friday - Saturday)

S SPECIAL EVENT - NSVC Retreat, Glass House Front Royal, VA

The Northern Shenandoah Valley Chapter will have its last retreat of the year at Glass House Cabin the first weekend in December. Come and enjoy friends, hiking and food in a beautiful setting just before the holiday crunch. INFO: Lee Sheaffer (thumpers@visuallink.com) 540/955-0736.

4 (Saturday)

CLASS - Couples Ultralight Backpacking (REI)

Bailey's Crossroads, VA

This workshop will focus on ultralight backpacking for couples with an emphasis on techniques and gear that allow light, comfortable backcountry travel. A wide variety of ultralight gear will be used to demonstrate techniques necessary to remain warm, comfortable, happy, and safe while traveling ultralight. Chances are your pack is two to three times heavier than it needs to be. Workshop leaders, Alan Dixon and Alison Simon believe most couples can safely travel the backcountry with 14-16 pound packs for a three-day trip. Though focused on couples, the teamwork techniques and light gear discussions are valuable to all backpackers. This workshop is FREE, but pre-registration is necessary. 1:00 p.m. to 4:00 p.m. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

4 (Saturday)

HIKE - K9 Trailblazers

Cockeysville, MD

Oregon Ridge Park - Annual Holiday Hike. Join us for a moderately-paced, about 3-mile hike through the wooded trails and rolling hills of Oregon Ridge Park. Elevation changes will be moderate (around 200 ft.). We'll follow our hike with a holiday picnic to celebrate the season! Since this is a joint hike with K9 Trailblazers well-behaved dogs are welcome as long as you keep them on leash and scoop after them. Maps, chocolate, and dog biscuits provided at the trailhead. Bring snacks, and water for you and your dog. Visit www.k9trailblazers.org for more details. INFO: Pat Fuhrer (psfuhrer@k9trailblazers.org) 410/381-7408 or Jeff Bolognese (jabolognese@k9trailblazers.org) 410/247-4434.

4 (Saturday)

HIKE - Cultural Resources Hike

Central District, Shenandoah National Park, VA

Steve Bair, wilderness resource specialist for the SNP, leads Bob Pickett and friends on an adventure in the "Free State Hollow," where we will hike up to 8 miles on and off the trail. Steve will take us to some of the homesites of the mountain residents and discuss the recently released publication, "In the Shadow of Ragged Mountain," about the archaeological surveys conducted before and after the October 2001 fires in this area. Park issues and natural history will also be part of the journey. INFO: Bob Pickett 301/681-1511.

4 (Saturday)

HIKE - Northern Shenandoah Valley

North District, Shenandoah National Park, VA

Jack Reeder will once again lead us on one of his famous bushwhack hikes to parts of the national park that are not often seen. Come and discover little known places and the lives of people who lived in this area before the park was created. INFO: Betsy Fowler (betsy.fowler@ngc.com) 703/556-3655 or Lee Sheaffer (thumpers@visuallink.com) 540/955-0736.

4 - 5 (Saturday - Sunday)

CLASS - Wilderness First Aid (WSC)

Alexandria, VA

A program of the Wilderness Safety Council, this eighteen-hour class includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$160. Register on-line at www.wfa.net. INFO: Christopher Tate (chris@wfa.net) 703/836-8905.



Hunting and the AT

On the ATC Web Site is a page with good references and information about safety in the woods. Go to: www.appalachiantrail.org/hike/hike_info/hunting.html

5 (Sunday)

HIKE - Sunday Hikers

Rosslyn, VA

Starting with a walk around Roosevelt Island, we'll do a circuit hike including part of the Potomac Heritage Trail up to Chain Bridge, and return on the C&O Towpath to Georgetown, then across the Key Bridge back to our starting point. Approx. 10 miles. INFO: Vince Ferrari (ferrari3@ix.netcom.com) 301/249-2210.

5 (Sunday)

TRAIL WORK TRIP - South Mountaineers

Appalachian Trail, MD

Another Sunday event from the South Mountaineers, making the Appalachian and Catoctin trails in Maryland the best they can be. Please bring lunch, water and gloves; expect to hike 1-4 miles. We meet at 9:00 a.m. in Frederick County. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

7 (Tuesday)

MEETING - Trail Patrol, 7:30 p.m.

7 (Tuesday)

HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA

Rated H. Leading Ridge. Climb Leading Ridge Trail to the AT south to lunch at Corbin Cabin. Then climb Indian Run Trail to return via Crusher Ridge. 18 miles with 4,000 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

8 (Wednesday)

CLASS - GPS 101 (REI)

Bailey's Crossroads, VA

This class will give an overview of the features and functions of GPS units and get you headed in the right direction. We'll show you how they work, what affects their accuracy, and how to choose a model based on your intended activities. The class includes a software demonstration and overview of online resources. 7:30 p.m. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

8 (Wednesday)

HIKE - Easy Hikers

Mason Neck, VA

Meet at 10:15 a.m. at Woodmarsh Trail. Hike about 4 easy miles in Mason Neck Wildlife Refuge and Mason Neck State Park. From the Beltway Take Rt. 611, Telegraph Road south. At 9.6 miles, stay in middle lane, marked by straight-ahead arrow, to cross Rt. 1 and continue on Rt. 611, now called Colchester Road. After 1.8 miles, turn left on Gunston Road. Go 3.7 miles to right turn at sign for Mason Neck State Park. Go 0.6 mile to parking for Woodmarsh Trail on left. We will lunch after the hike at Polo Grill on RT 1. INFO: John and Suzanne Kominski, 703/751-3026.

8 (Wednesday)

MEETING - Mountaineering Section, 8:00 p.m.

8 (Wednesday)

MEETING - West Virginia Chapter, 7:00 p.m. Highacre House, Harpers Ferry, WV

9 (Thursday)

HIKE - In-Between Hikers

Great Falls, VA

Fraser Preserve, Seneca and Riverbend trails. Joint hike with Sierra Club MWROP. A moderate to fast 9 to 10 miles over variable terrain. From I-495, exit 44 west on Va. 193 (Georgetown Pike) for 7.5 mi. to Springvale Rd. Go right for 2.5 mi. to arrow, turn left then immediate right. At Allenwood Lane turn left and park. Bring water/lunch but no pets. Starts at 10:00 a.m. INFO: Henri Comeau (HenriComeau@aol.com) 703/451-7965.

FORECAST

11 - 12 (Saturday - Sunday)

• TRAIL WORK TRIP - Cadillac Crew

Harpers Ferry, WV

If you have been out on at least one work trip with the Cadillac Crew this year, please join us and help celebrate the holidays and another great year of trail work. The Crew will set up the Christmas decorations in Highacre House, do some yard work, some trail work nearby, and there will be opportunities to visit historic Harpers Ferry and local hiking trails. A community dinner is planned for Saturday and Sunday breakfast will be provided. INFO: Trudy Thompson (going2home2@yahoo.com) 703/938-3973 or Jon Rindt (jkrindt@shentel.net) 540/635-6351.

12 (Sunday)

• TRAIL WORK TRIP - South Mountaineers

Appalachian Trail, MD

The South Mountaineers' finale of 2004; the 23rd work event of their 11th year. Thanks to all who volunteered with us this year. Enjoy the holiday season and see you again in 2005. INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

14 (Tuesday)

• HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA

Old Rag and Whiteoak Canyon. 14 miles and 4500 ft. climb. Enjoy the scramble up Old Rag, down to the foot of White Oak Canyon for a second climb and return via Corbin Hollow. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

14 (Tuesday)

☛ MEETING - PATC Council, 7:00 p.m.

18 (Saturday)

• HIKE - Waterfall and Wild Flower Series

North District, Shenandoah National Park, VA

The 17th hike of the Waterfall and Wild Flower Series will be a 15-mile circuit on the Appalachian, Henderson Hollow, Lands Run Gap and Jenkins Gap trails. Total elevation is approximately 3,200 feet. PATC Map 9. Meet at the Oakton Shopping Center parking lot at 7:30 a.m. INFO: Jack Thorsen, (thorsen4@juno.com) 703/39-6716 or William Needham (Needham82@aol.com) 410/884-9127.

21 (Tuesday)

• HIKE - Vigorous Hikers

North District, Shenandoah National Park, VA

Overall Falls. From Thompson Hollow climb Overall Run, view the falls, continue to Mathew's Arm and Elkwallow, returning via Beecher Ridge. 16 miles and 3500 ft. climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

22 (Wednesday)

• HIKE - Easy Hikers

Washington, DC

The Easy Hikers will hike 4 to 5 miles on the National Mall stopping briefly to view the holiday decorations. Meet at the Federal Triangle Metro Station at 10:15. Bring water. Lunch will be at a local café. No pets. INFO: Bill Burnett (burn2154@earthlink.net) 703/569-2154.

28 (Tuesday)

• HIKE - Vigorous Hikers

Central District, Shenandoah National Park, VA

Little Devil's Stairs. Ascend the stairs to Keyser Run Rd, to AT south over Hogback for views, then descend Piney Ridge Trail to return on Hull School Trail. About 13 miles and 4100 ft climb. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

28 (Tuesday)

☛ MEETING - Shenandoah Mountain Rescue Group (Business meeting), 7:30 p.m.



Friend or Foe? Overseer to the Rescue

Note from the editor,

Following is a note from a cabin overseer updating the Cabins chair (Mel Merrit) and the tract manager (Hugh Robinson) about a cabin issue. I've heard a number of interesting snake stories of late and thought this one would be of interest.

Mel/Hugh,

I was able to get to Johnson Cabin for the day yesterday. Fixed the mower's starter cord and hacked down the vegetation. Did general cleanup and delivered the blanket I had taken home to clean. I found a good-sized black ratsnake curled up on top of the wall behind the stovepipe. I'm sure his presence counted for a reduction in mice, but I threw him out anyway. The single mouse I saw is getting in and out at the same location the original rat did - the front corner of the porch toward the picnic table. If I can get some hardware cloth I'll redo the front of the overseers area above the porch. All seems well otherwise.

BTW, the Virginia Herpetological Society has a nice Web site with pictures of Virginia snakes and maps of their distribution within the state: www.fwie.fw.vt.edu/VHS/snakes_of_virginia.htm. ☐

—Ken Lyons

Couples Ultralight Backpacking Workshop

Bailey's Crossroads, REI

Dec. 4, 2004 1:00 to 4:00 p.m.

Chances are your pack is two to three times heavier than it needs to be. We believe that most couples can travel in the Sierras, Rockies or Northeast Mountains with packs that weigh 14 to 16 pounds each for a three-day trip. Furthermore, you'll still be warm, comfortable, and safe.

This workshop focuses on ultralight backpacking for couples, with an emphasis on the techniques and gear that allow couples to travel light and in comfort. Many of the workshop's topics will be audience-directed. The needs and concerns of female hikers will certainly be addressed. Open discussion, questions, and demonstration of techniques with hands-on audience participation will constitute the bulk of the workshop. If time allows, other topics may be discussed. No fee: Pre-registration strongly encouraged (late registrants may not get all materials). Books may be purchased at cost, \$6 each. All other materials will be distributed free. See event listed in the Forecast for contact information. ☐

—Alan Dixon and Alison Simon

Bob Pickett's Appalachian Nature: Bush Initiatives Destroy Environments

The summer season of 2004 is behind us now. As always, it's brought a few memorable events. As trail overseer for the Nicholson Hollow Trail (below Indian Run), the responsibility to maintain my section of trail brings along with it the opportunity to observe nature in a very rich environment. This season, I've seen a bobcat (my third sighting in the park); surprised a bear who was less than 10 feet from me digging up an ant nest next to the trail, oblivious to my presence due to the nearby sounds of the creek; and found fruiting ginseng and a clump of jack-o-lantern mushrooms, whose bioluminescent qualities enable it to glow in the dark. Good stuff!

The long-term effects of some events of the summer of 2004 are not yet revealed. As a naturalist for the club, I've obtained the club's approval to support an organization called MAGIC (Maryland Alliance for Greenway Improvement and Conservation). Like PATC, the objectives of MAGIC include the preservation and protection of our forested lands.

One of the major issues MAGIC is confronting (as are we) is the Roadless Area Conservation Rule. This rule, adopted by the U.S. Forest Service in 2001, is designed to protect 58 million acres of roadless National Forest Lands from roadbuilding, logging, mining, and other development. Roadless areas are potential candidates for wilderness areas. The rule was the result of the most extensive public comment process in history, spanning three years, 600 public meetings, and a record-breaking 1 million public comments in support of protecting wild forests. Unfortunately, despite earlier pledges to uphold this rule, the current administration has decided to abandon the rule. In West Virginia alone, over 200,000 acres of roadless wild forests are currently protected under the roadless rule. Such areas include Canaan Mountain, Roaring Plains, Cheat Mountain, Tea Creek, and potential expansions to most of the existing wilderness areas.

Under the new administrative proposal, state governors will be able to petition the secretary to develop new management practices, which may include road construction or timber harvesting. Such petitions, if adopted by the Forest Service, would take precedence over management prescriptions established by existing forest management plans.

Due to massive public outcry (the Forest Service has received more than 2.5 million comments, 95 percent supporting the existing rule), the comment period has been extended to Nov. 15. If you wish to show your support of the existing rule, a formatted letter can be found at www.americanhiking.org/policy/fsroadless.html. More about this rule can be found at the American Hiking Society's Web site (www.americanhiking.org).

Of course, the biggest event of 2004 will be the election of our next president. As PATC naturalist, one of my stated objectives is to support regional environmental issues and provide relevant information to PATC members. Over the past year, I've begun saving articles from magazines and newspapers that help frame the picture of what the current administration is doing with our environmental resources. With apologies to those I might offend, the following are some of these highlights.

Land and Forest Initiatives

The Healthy Forest Initiatives Act opens lucrative stands of old-growth timber, often far from existing communities, to commercial timbering under the guise of fire protection, without addressing the underbrush, which poses the most serious fire threat. The act calls for the thinning of 190 million acres of forest lands, despite administration estimates that only 1.9 million acres of private and federal forestland are both at high risk of fire and close enough to communities to ignite homes. This act also excludes all public participation and comment on any "hazardous fuels reduction project" and suspends citizens' rights to appeal projects. Further, using "goods for services," the Forest Service and BLM will give away trees to logging companies as payment for the "management activity," thus assuring removal of the largest and most fire-resistant trees.

Off-road vehicle use in national monuments, previously limited to designated roads and trails, is now allowed under new administration regulations, "on any track where a vehicle has been before."

The administration has enabled old-growth timbering in the Pacific northwest by amending the 1994 Northwest forest plan to 1.) eliminate a requirement that federal agencies study planned logging sites to identify areas that need to be protected to pre-

serve rare and uncommon species, and 2.) modify the aquatic conservation strategy to increase the amount of runoff from logging operations allowed to go into waters where salmon spawn.

Water Initiatives

When the West Virginia practice of mountaintop removal was successfully challenged in court by environmental organizations, the administration amended the Clean Water Act, reclassifying the mining waste as "debris," thus legalizing the dumping of mining waste into streams.

The current administration proposes rolling back federal water quality protection of interstate streams, ephemeral streams, and certain wetlands currently protected under the existing Clean Water Act.

Enforcement of polluters by EPA dropped from 105 cases in 2000 to 26 in 2002. More than 60 percent of all major facilities exceeded their Clean Water Act permit limits, with 436 major facilities exceeding their permits for at least 10 of the 18 reporting periods, and 35 exceeding their permits during every reporting period.

Ninety million gallons of liquid nuclear waste was allowed to be left in concrete-covered tanks instead of deep-burial by reclassifying the waste from high-level to "incidental," despite the fact that some tanks have already been found to leak.

Air Initiatives

The "Clear Skies" initiative delays reductions of key pollutants for years, while allowing smokestack industries to buy and trade pollution "credits," instead of forcing the companies to curb their own emissions. Under the Clean Air Act, existing power plants were not allowed to expand without installing modern anti-pollution technologies. New administration rules change the definition of expansion from 0.75 percent of a plant's total costs to 20 percent, thus effectively enabling 17,000 old facilities to expand generating capabilities without installing pollution controls. This rollback assures the acid rain and smog that affects the Shenandoah and Great Smoky Mountains National parks will continue to exacerbate air quality standard violations.

See Appalachian Nature, page 16

Trail Moved To Avoid ORV/ATV Damage

Working with Overseer Karen Brown and District Manager Walt Smith, the Cadillac Crew relocated a section of the Tuscarora Trail at the north end of Sleepy Creek WMA in West Virginia. After years of tread damage by ATVs, the section has become difficult to maintain and not pleasant to hike. The relocation follows a rocky ridge where it is unlikely that ATVs will be able to negotiate - if that is possible. In addition the new route offers good views to the west toward Hancock, Md. Motivated by the mile and 800-foot climb with tools to get to the work site, the crew decided the job needed to be finished that day. With that challenge, the crew of 14 proceeded to clear brush, cut blowdowns, remove rocks, work the tread, and blaze the quarter-mile relocation. Retiring to Brill Cabin, the exhausted crew enjoyed an excellent energy-restoring meal and a beautiful starry evening. Needless to say, most retired to bed early.

Please send any interesting tale, technical advice, individual or group accomplishments, and trail maintenance questions to Trailhead, c/o Jon Rindt, 621 Skyline Forest Drive, Front Royal, VA 22630 or to jkrindt@shentel.net. □

Appalachian Nature, from page 15

Mercury emissions from power plants, required by the existing Clean Air Act to achieve 90 percent reduction by 2008, will be relaxed to allow only a 70 percent reduction by 2018 under administration proposals.

Carbon dioxide emissions reductions, responsible for worldwide global warming, were signed by every major nation in the world at the Kyoto Protocol pact, yet the administration opted out of participation, making the United States the only major nation in the world to reject such controls.

Policy Procedures

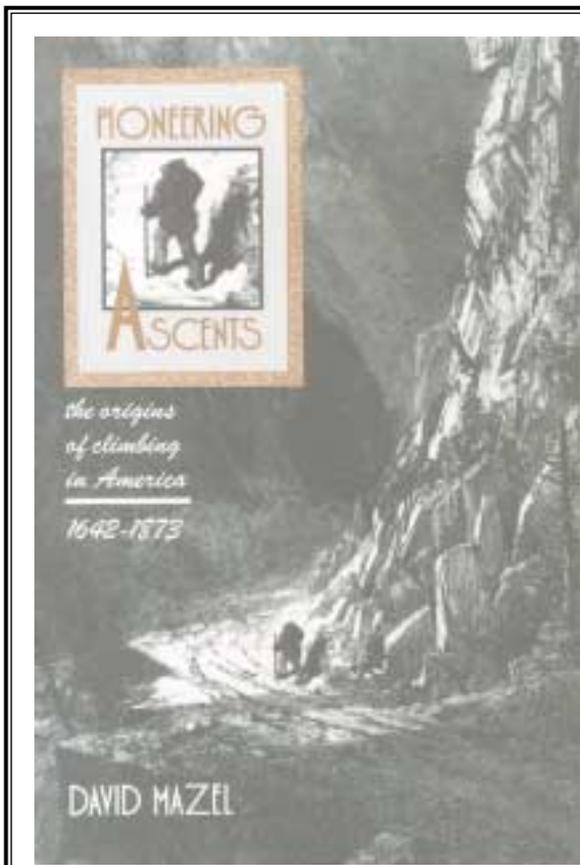
The Union of Concerned Scientists, a group of more than 4,000 scientists, including 48 Nobel laureates, joined in calling for a "restoration of scientific integrity in federal policy making," charging the administration with packing scientific advisory panels with ideologues and imposing controls on collaboration with foreign researchers.

The National Parks Conservation Association (NPCA), which helped draft 64 national park business plans, has been eliminated from participation by the National Park Service. This is due to the fact that

some recently prepared park business plans criticized reductions in operating budgets. Stating, "Core operations of the park are not funded sufficiently to meet the basic goals and mission of the park as defined by Congress," the Olympic National Park Business Plan, as well as several other completed plans, have been shelved and withheld from public distribution.

Administration officials scrapped a draft 76-page management plan designed by the managers of Yellowstone National Park and other regional national parks and national forests. After the two key officials responsible for the draft - the regional forester and regional park service director - were transferred under protest to new jobs, the management plan was rewritten and released as an 11-page document, including removal of all opposition to commercial activities. One example: The original draft plan stated, "projects permitted will have to be shown to be without potential to harm to geothermal features," was changed to, "development projects on adjacent national forests do not threaten geothermal features." □

—Bob Pickett



“Pioneering Ascents: The origins of climbing in America, 1642-1873”

(David Mazel, editor; 1999; 253pp.)

If ever there was a heritage book on the American mountains, this is it! A thumbnail sketch of the first discovery of the greatest American peaks, from the “Apalataean Mountains,” to Mt. Washington, to the crossing the Sierra Nevada for the first time. Pioneering Ascents is a compilation of excerpts from the original manuscripts and diaries of the first explorers. Absolutely fascinating, and deserving of a coveted space on any outdoorsmen’s bookshelf. Out of print since 1991, the author donated the entire manuscript to PATC for reprinting and sale. A “golden” publication well worth a read.

PC205 Member price: \$11.20 Non-member price: \$14.00

FROM THE PATC STORE

VOLUNTEER OPPORTUNITIES

NEW PUBLICATIONS CHAIR NEEDED. PATC is in search of a new chair for the Publications Committee. The selection will be made by mid-December, and the starting date is Jan. 1, 2005. The committee chair oversees production of PATC's publications (typically 4-5 per year), including guide-book revisions and occasional new books; supervises volunteer editors and preparation of press-ready copy, filing for copyright, LC number and ISBN; updates publication descriptions on PATC Web site; budgets and manages the publications account. The chair is a voting member of PATC's Council. Familiarity with publishing software (PageMaker or Quark Xpress) is desirable but not required. Please refer questions and expressions of interest to President Tom Johnson (president@patc.net).

BEARS DEN TRAIL CENTER (Owned by the Appalachian Trail Conference) Manager/Hosts: Bears Den is searching for the right person or couple to take over as manager/host(s). Must have a strong desire to take care of guests, be very friendly, and be hard-working. Monthly stipend and lovely housing quarters in the stone mansion. No health benefits. Start date on February 1, 2005. Annual position with possibility of renewal for consecutive years. Hiking experience and outdoor interest a big benefit. Visit Bears Den Trail Center

This section of the PA is devoted to informing you of volunteer positions in the club. There is ample need, are you willing? You are what makes an all-volunteer club work. Please take a moment to consider a donation of your time and talent.

FUNDRAISING MEETING

Interested in helping PATC expand its trail system? We need people interested in fundraising. Experience not required, only enthusiasm. We're looking at brochure designs, Web sites, grant writing, and anything else we can think of to raise money. Meeting at HQ 7:30 p.m. Nov. 3. Contact Susan Nelson (warnelson@aol.com) for more information or just come out to learn more. We've got projects galore!

and speak to Dave Appel for more information at 18393 Blueridge Mountain Road, Bluemont, VA 20135. 540/554-8708. Visit our Web site www.bearsdencenter.org for more information. To apply, send David Lillard (dlillard@blueridgecenter.org) a letter of interest.

TRAIL OVERSEER DISCOUNTS

PATC OVERSEERS GET DISCOUNTS from the following merchants who support our volunteer programs: Blue Ridge Mountain Sports (Charlottesville, Tidewater) – 20%, Hudson Trail Outfitters (Metro DC) – 15%, The Trail House (Frederick, Md.) – 15%, Casual Adventures (Arlington, Va.) – 10%, Campmor (mail order via PATC HQ) – 10%, Weasel Creek Outfitters in Front Royal – 10%, and The Outfitter at Harpers Ferry – 15%. Check the back page of the PA for the latest trail, cabin, and shelter overseer opportunities. All PATC members receive a 10% discount from Blue Ridge Mountain Sports. Be sure to have your membership ID or overseer ID ready when you shop.

HIKING PARTNERSHIPS

LOOKING FOR SOME WOMEN TO HIKE WITH:

Are any of you ladies interested in hiking sections of the AT - mostly by slackpacking, dayhiking and occasional overnight? I've finished about half. Let's compare notes. INFO: Stacy (dslabare@corlink.com.) 304/358-3154



Need some boots?
Have an extra tent?
Looking for a hiking buddy?
The PATC Swap Meet night be just the place to start your search.

PATC Gear Swap Meet

Notices are published free of charge for PATC members only. PATC cannot vouch for any of the advertised items. No commercial advertisement or personal notices unrelated to hiking will be accepted. Deadline for inclusion is the first day of the month preceding issuance of the newsletter. Notices will be run for three months, at the discretion of the editor, unless we are otherwise advised. □

FREE TO GOOD HOME

FREE FIREWOOD for the asking. A pickup truck full of cut and seasoned (by this fall) wood is available on a first come, first served basis. Kindling also available. Must get rid of it quickly. Please call Bernie Morgan at 301/864-1324.

EQUIPMENT WANTED

TARP TENT for two or three. Floored version a bonus. Must be in relatively good condition. Please e-mail Linda (lindashannonb@mac.com) with good news.

DOG PACK for medium to large dog (75-80 pounds). Previously used is fine as long as there are no holes. Please contact Linda (lindashannonb@mac.com).

TRAILHEAD

September brought the remnants of three hurricanes (Frances, Ivan, and Jeanne) but this year we fared much better than last September and Hurricane Isabel. Reports indicate each remnant left about five inches of rain on most trails but the winds were not bad even though a number of dead oaks chose the opportunity to fall on some trails. There were instances where tornado-type winds created pockets of blowdowns, especially in Pennsylvania. The excessive rain scoured the tread on many trails and filled waterbars. Overseers may want to check their trails to observe the effectiveness of erosion control devices and determine where improvements or more devices are needed.

Semi-Annual District Manager Meeting

Liles Creighton, supervisor of trails, chaired the district managers meeting at PATC Headquarters on Sept. 30. Some new managers were introduced. Ric Franke will be taking over for Bruce Glendening on the Potomac Heritage Trail District as Bruce has been nominated as PATC's vice president of operations for 2005-6. Peter Harris is the new co-district manager for SNP North District Blue Blaze trails with Dick Dugan. Melvin Ellis is the new co-district manager for the SNP Central District Blue Blaze trails, giving Dan Dueweke some relief.

District managers discussed activities and accomplishments in their respective districts. This year's profusion of trailside vegetation received a lot of attention. A number of trail relocations were completed, trails damaged by hurricane Isabel were repaired, and sum-

mer crews were productive in spite of rain. The general consensus – PATC has an extraordinary group of dedicated trail maintainers for which the club is appreciative and proud. Other organizations are appreciative too as Frank Haas, district manager for Spotsylvania Battlefield Park Trails, and his overseers are being given a dinner by their Park Service partners.

Dates for 2005 meetings and crew weeks were discussed and will be published in Trailhead when finalized. Stay tuned.

Central Tuscarora

Tuscarora Central District Overseers Karen Brown, John Brown, Jason Rainville, and Kathy and Steve Sharp joined District Manager Walt Smith on Sept. 25 to begin blazing and improving some additional hiking trails in Sleepy Creek Wildlife Management Area. They worked on the White's Knob and Eagle Nest trails, new trails that will appear as white-blazed trails on the revised Map L scheduled to be published early in 2005. The group enjoyed the views from the Eagle Nest Trail, which is located only about 15 miles west of I-81 at Martinsburg.

The group then traveled to Highacre for dinner and a discussion with Tom Johnson, club president, on the proposal for a Western Alternative Trail that will stretch from Alabama to upper New York state, incorporating the Tuscarora Trail. The club is a major player in organizing the northern half. Nothing like a visit to Highacre to cap off a successful day.

Great Weather For Rock Work

The second North District SNP Crew Week (Aug. 29 – Sept. 3) was highlighted by beautiful weather and a lot of heavy rock work. Also, the great camaraderie of the crew and a once-in-a-lifetime type of snake sighting made the week memorable for all six of us: SNP trails honcho Don Harvey, Dick Dugan, Wayne



It's a little foggy - but that's a snake holding a trout! The things you see at Crew Week!

Limberg, Susan Schoen, Steve Osbrach, and B.J. Getweiler.

The crew worked four of the five days on Jeremy's Run Trail, where their efforts were focused on five of the stream crossings and nearby areas that were the most damaged from Hurricane Isabel last fall. In total, they built 21 rock steps, 60 feet of lateral drain, 180 feet of rock cribbing, 19 rock steps in the stream crossings, 10 rock checkdams, five rock waterbars, and one culvert. In addition, they removed nine blowdowns, reblazed the trail around the crossings, cleaned out existing lateral drains, and regraded or raised a total of

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From the North District Crew Week in September, nice stairs!



September North District Crew: (l to r) Brian Getweiler, Susan Schoen, Wayne Limberg, crew chief Dick Dugan.

280 feet of tread. Needless to say, many big rocks were moved by the crew, and backs were sore at the end of each day!

On both Monday and Wednesday, the crew saw something that they will in all probability never see again: In a pool at the fourth stream crossing, a large brown Northern water snake caught a five-inch trout right before our eyes. To be able to witness this once was a surprise for all of us, but to see an encore performance on Wednesday of such a rare sighting was almost unbelievable. It alone almost made the hike back up Jeremy's Run worth the aches and pains we experienced after each day's work. Those aches and pains were relieved also by the great camaraderie of the crew and our evening trips for dinner in Luray and Sperryville.

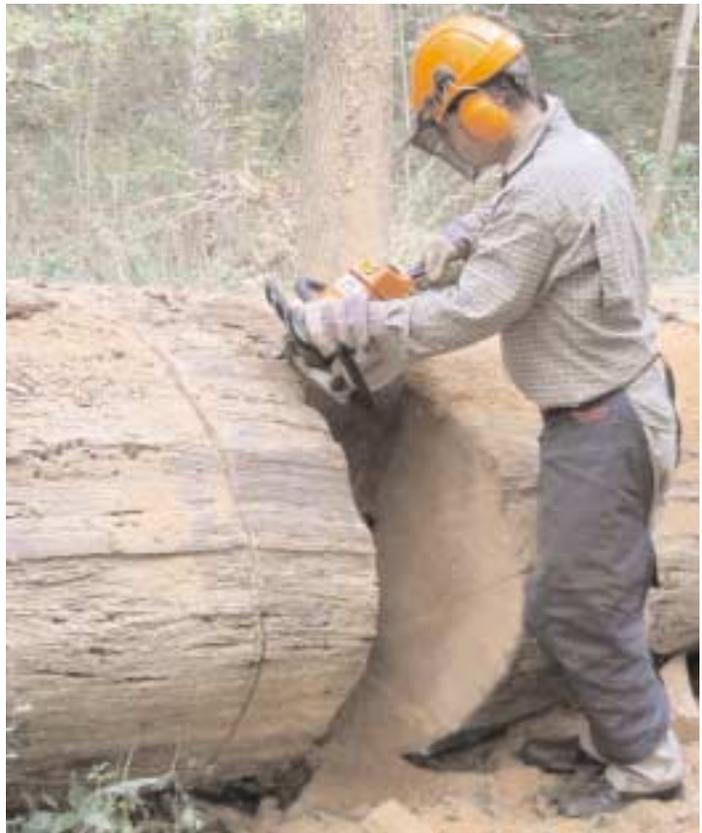
The crew capped off the week on Friday morning, building 12 waterbars and two checkdams on a section of the Dickey Ridge Trail. They ended the week feeling a great sense of accomplishment in the improvements that were made to these trails. And, all are curious to see how the rock work held up after the effects of Hurricanes Frances and Ivan.

Blue and White Crew Finishes Another Season

The Blue and White Crew had hoped to finish two leftover projects during their work trip in September: a stream crossing on the Hughes River and treadwork on the AT near the Lewis Mt. Campground. High water on the Hughes, however, prevented the crew from trundling their gear up to the Corbin Mountain intersection, so that part of the plan was delayed until spring. The Lewis Mountain project was finished on Saturday with the crew installing numerous locust waterbars and checkdams on a badly eroded section of the trail. After work, crew members retired to the Pinnacles Research Station for their last visit of the '04 season. In a touching ceremony, the Blue and White Singers, led by choirmaster Dan Dueweke, sang their traditional autumn ballad, "Fair well to you, Old Pinnacles Research Station, We'll Return Again In The Spring." There wasn't a dry eye in the house.

And There Was A Big One

With rivers running high and a Blue and White Crew stream crossing project out of the question, a post-Frances/Ivan chainsaw team consist-



Dan Dueweke gives Steve Paull a break working on the "two-hour" blowdown.

ing of Dan Dueweke, Chris Mayfield, Steve Paull, and Joe Richardson was hastily assembled and began the long march from Bootens Gap to the Staunton River trailhead. Just short of Bear Church Rock, the sawyers found an enormous oak tree blocking the trail, and given the steepness of the terrain, there was no way to construct a bypass. "That'll be a two-hour tree," said Dan to the somewhat skeptical crew as chaps and helmets were donned in preparation for some major tree surgery. Burying the bars of their big Stihl chainsaws into the trunk from both sides, Dan and Steve were unable to cut completely through the tree and had to saw out a half-round section and literally step inside the trunk to finish the cut. When the rootball end finally broke free (two hours later) and rolled down the hill, the remaining trunk section was ring-dated by Steve at 180 years old. Surprisingly, not a single bit of rot was evident inside the tree – solid oak throughout. Following a short rest, the sawyers met up with Overseer Melanie Falk and continued down to Jones Mountain Cabin where either a small tornado or wind burst had toppled many trees around the cabin and slightly damaged the roof. After re-opening the cabin trail, the crew continued down Staunton River Trail fueled by Melanie's famous oatmeal cookies and looked forward to piling into the Falk family van for a ride back to Pinnacles research station and a B&W feast.

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Photos provided by Dan Dueweke

Steve Paull nears completion of cutting one side of blowdown on trail out of Bootens Gap enroute to Jones Mountain Cabin.

POTOMAC APPALACHIAN

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Trail, Shelter, and Corridor Overseers / Monitors Wanted

CORRIDOR MONITOR OPENINGS

Tom Lupp, 301/271-7340
tlupp@erols.com

Keys Gap South, VA — Map 7
Buzzard Rocks, VA — Map 7
High Knob, VA — Map 8

SHELTER OVERSEER OPENING

SHOCKEYS KNOB SHELTER, WV - MAP L

Frank Turk, 301/249-8243
FrankTurk@aol.com

TRAIL OVERSEER OPENINGS

Contact the District Manager for the section that interests you.

TUSCARORA PENNSYLVANIA MAPS J & K

Opportunity to work long hours with no pay or benefits. Generous allowance of blisters, stinging/biting insects, and poisonous plants. Special provision for rain and mud. Little or no supervision. Work hours optional. Location somewhere on the Tuscarora Trail in Pennsylvania. No certification from your doctor or hospital required.

Pete Brown, 410/343-1140
peter.brown4@worldnet.att.net

HARPERS FERRY / ASHBY GAP AT & BB

—MAP 7 & 8

Chris Brunton, 703/924-0406
trailbossbtc@msn.com

Loudoun Heights Blue Trail [lower]

Loudoun Heights Orange Trail to Rte. 340
(1.6 miles)

ASHBY/POSSUMS AT/BB [RTE. 50 TO SNP]

—MAP 8, 9

Lloyd Parriott, 540/622-2743
laparriott@hotmail.com

New A.T. trail sections being developed near Ashby Gap, Va., Hwy# 50. Some open meadow, some wooded. Available soon.

Appalachian Trail

Dicks Dome Shelter Rd. to Parking lot #8
(0.43 miles)

Barking Dog Trail

AT to Barking Dog Spring/Rte 604

SNP NORTH DISTRICT APPALACHIAN TRAIL

—MAP 9

John McCrea, 610/352-9287
mccreajf@aol.com

Appalachian Trail — Co-overseer
Jenkins Gap to Hogwallow Gap (1.7 mile)

SNP CENTRAL BLUE-BLAZED [NORTH END]

—MAP 10

Dan Dueweke, 703/266-3248
danjan3@cox.net

New overseer opportunities coming available soon. Choice trails rich in Shenandoah history. Don't miss this rare opportunity to stake your claim.
Corbin Mountain Trail — Co-overseer
Nicholson Hollow Trail to Old Rag Fireroad (4.4 miles)

SNP CENTRAL BLUE-BLAZED [SOUTH END]

—MAP 10

Steve Paull, 703/361-3869
stevepaull@yahoo.com

Jones Mt. Trail

Bear Church Rock to Cat Knob Trail (2.8 miles)

Salamanca [Naked Top] Trail

Hawksbill Summit to AT (0.7 miles)

Mill Prong Trail

AT to Mill Prong HorseTrail (1.0 miles)

SNP SOUTH AT —MAP 11

Dennis DeSilvey, 434/295-8825
dldesilvey@pcvmed.com

Appalachian Trail

Riprap Trail Parking Area to Hairpin Switchback
(1.5 miles)

SNP SOUTH BLUE-BLAZED —MAP 11

Pete Gatje, 434/361-1309
pjgatje@aol.com

Volunteers!



Furnace Mountain Trail [upper]

Furnace Mountain Summit Trail to Trayfoot
Mountain Trail (2.0 miles)

Wildcat Ridge Trail

Wildcat Ridge Parking Area to Riprap Trail
(2.5 miles)

Rocky Mt. Run Trail Co-overseer

Big Run Portal Trail to Rocky Mt.-Brown Mt. Trail
(2.5 miles)

Calf Mountain Shelter Trail

AT to Calf Mountain Shelter (0.3 miles)

TUSCARORA CENTRAL

—MAP L

Walt Smith, 540/678-0423
wsmith@visuallink.com

Tuscarora Trail

Yellow Spring Road to Capon Springs Road
(3.7 miles)

Tuscarora Trail

— [on road/blazing only]

C&O Canal to Ruth Morris Forest (3.9 miles)

TUSCARORA SOUTH

—MAP F, G, 9

Rick Rhoades, 540/477-3247
rrhoades@shentel.net

Tuscarora Trail

Fetzer Gap to Maurertown (5.7 miles)

Tuscarora Trail

Doll Ridge to Rock marker (1.5 miles)

Tuscarora Trail

Rock marker to Massanutten Trail (1.5 miles)

Tuscarora Trail

Cedar Creek to Ridge Crest (2.8 miles)

Tuscarora Trail

Ridge Crest to Fetzer Gap (3.1 miles)

GREAT NORTH MOUNTAIN

—MAP F

Hop Long, 301/942-6177
theFSLongs@comcast.net

Gerhard Shelter Trail

Tuscarora Trail to Vances Cove
(1.5 miles)

BULL RUN OCCOQUAN TRAIL

Dave Fellers, 703/560-2171
Fellers_2000@excite.com

Bull Run-Occoquan Trail

Route 28 Parking Lot to Little Rocky Run
(1.5 miles)



The Potomac Appalachian

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