



The Potomac Appalachian

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

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March 2006

PATC Signs Lease Agreement with ATC for Management of Bears Den

On Dec. 20, 2005, PATC President Tom Johnson signed a two-year lease agreement with ATC for management of the Bears Den Trail Center located on the Appalachian Trail just off of Rte. 7 in Virginia.

There is an official marker on Rte. 7 west-bound just before the turnoff on to Rte. 601 for Bears Dens that reads as follows:

Appalachian Trail and Bears Den

This 2,100-mile-long hiking path passes through 14 states from Mount Katahdin, Maine, to Springer Mountain, Ga., along the ridges of the Appalachian Mountains. Conceived in 1921 by Benton MacKaye, the trail was completed in 1937. It was designated a National Scenic Trail in 1968. One-half mile to the south along the trail is Bears Den, a

See Bears Den, page 8



Dave Starzell, Bob Williams, and Tom Johnson signing the agreement to transfer management of Bears Den to PATC.

Web Site Breakthrough! Cabins Availability Charts

One of PATC's crown jewels is its 32 rentable cabins, many only for member use. For the first time you may now visit the PATC Web site and find a chart telling which cabins are available on what date. For now the chart is updated each day after business hours. This information should make it easier to find out if a cabin you want is available on a certain date, dramatically cutting down on the time it takes to find an available cabin and make a reservation.

To cut down on disappointing news when you call looking for a particular cabin, and in an effort to expedite your call to us, first go to <http://cabins.patc.net/> to see if your dream cabin is available! (There is also a link from the PATC home page: www.patc.net.) Once you're at the site you navigate by selecting which week you are interested in. You may

navigate forward or backward a week at a time through the calendar. The starting day of the week will be the day you are visiting the site, so on a Wednesday your calendars will begin with Wednesdays. Weekends are shaded to give you a reference point.

The new chart is PATC-volunteer Matt Novinger's gift and will continue to improve. As a start, the weekly scroll charts are a snapshot of cabin availability. A future goal is to have available an interactive, real-time reservation system.

If you have comments or suggestions, contact IT Committee Chair, Steve Sharp (SteveITPlanning@comcast.net). Please let Steve know how you can help on a future IT project! □

—Bruce Glendenning

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Council Fire

President Tom Johnson chaired the regularly scheduled Potomac Appalachian Trail Club (PATC) council meeting on Jan. 10, 2006, at the Club Headquarters building. Long-time PATC member Jim Denham requested that council consider taking the Johnson Cabin out of the rental system until the woodstove is made more safe. Tom said this issue would be addressed at the January ExCom meeting. Jim also raised the issue of a fire hazard at Conley Cabin where a fireplace insert is improperly placed.

PATC has entered an informal agreement with ATC to assist with conservation easement monitoring. Tom will be assessing what this will involve; he noted that there are funds provided to support this legally required monitoring. PATC met with James Madison University on Jan. 6 to discuss possible JMU support to PATC GIS efforts, including digitizing the PATC maps, saving us tens of thousands of dollars. The potential JMU relationship has broader implications and could result in student projects on cultural and historical studies of PATC and adjacent lands; there are funding opportunities available to support these studies.

Council approved the 2006 budget deferred from the December meeting after Treasurer Ric Francke explained the more contentious funding decisions. Map digitization will be funded from the Endowment, and map inventory and publications by a loan from the Endowment to be paid back from sales pro-

ceeds. Supervisor of Membership Georgeann Smale said that the dues increase brought up last month was still being studied and member comments will be requested once ExCom had reached a consensus.

Trails and Lands

The IT Committee has been very active in addressing PATC needs. Vice President for Operations Bruce Glendening has been searching for someone to take on the PATC Web site design responsibilities and noted that this will become an important platform for club business processes. Matt Novinger has replaced the network router with a wireless access point. In the meantime, the committee is handling day-to-day issues with a development priority of having a daily snapshot of cabin reservations on the PATC Web site. The committee has also started to look at what PATC needs in the way of IT support. Bruce and IT Chair Steve Sharp have conducted several successful electronic teleconferences — which allow geographically dispersed members to participate without having to travel to Vienna. The most recent IT meeting had about seven participants but only two were physically present at HQ. This capability may play an important coordination role in the new JMU partnership.

Supervisor of Trails Liles Creighton announced that the 25th Appalachian Long Distance Hikers Association conference has been scheduled for Columbus Day weekend in October in West Virginia. Training on the

use of trail maintenance tools will be available at this gathering. PATC is seeking a grant to build a bridge on the Tuscarora Trail in West Virginia. Liles and Tom met with Prince William Forest Park personnel and the Friends of Prince William Forest; a cooperative relationship is firming up.

Supervisor of Land Chris Mangold reported that Keith Troxell had concluded the paperwork for a conservation easement on the Meadows easement tax credit sale and had received the money. He was waiting for checks to clear before cutting a check to PATC. This represents over \$100,000 for PATC. Council approved the motion (deferred from December) to rename the Eaton Cabin to Argow Cabin in honor of major and long-time PATC member Keith Argow. Keith has donated trail easements and money for cabin repair and parking, and sold the Firestone tract to PATC at below-market price.

Facilities

Cabins Chair Charlie Graf reported that his crew had been doing finishing work on Silberman Cabin, which promises to be one of the best cabins in the rental system. Supervisor of Facilities Mel Merritt is in discussions with SNP on an agreement that will go beyond the current NPS concession under which PATC has been operating. He expected to submit this for Council approval in February. Final contractor inspection on

See Council, 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

Trails Management Coordinator: Heidi Forrest (Ext. 12) e-mail: hforrest@patc.net

Business Manager: Monica Clark (Ext. 15) e-mail: mclark@patc.net

Membership/Cabin Coordinator: Pat Fankhauser (Ext. 17) e-mail: pfankhauser@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 – FAQs (Frequently Asked Questions)

FAQ number one comes to us from many, many volunteers over the years. It is, "Does PATC have insurance?" In this column I'll answer this with information about the club's current insurance situation.

Yes, we do have insurance. It comes in several flavors.

1. *General liability.* PATC volunteers are protected against simple negligence lawsuits. This means that if someone sues you in your actions as a club volunteer, the club will come to your defense, will provide legal representation, and will pay any damage awards up to \$1 million. You are not protected for "gross negligence," which involves willful or malicious actions. Are you planning damaging actions as a club volunteer that are willful or malicious? If not, you don't have much to worry about.

2. *Fire and theft* (as it is commonly called). We insure our headquarters and our seven most expensive cabins: Blackburn, Cliff's House, Glass House, Gypsy Spring, High Acre, Little Orleans, and Schairer.

3. *Officers and directors insurance.* This protects PATC officers, committee members, employees, volunteers, and any other person acting on behalf of PATC or at the direction of an officer for claims alleging a wrongful act in the performance of their duties. Wrongful acts include errors, misstatements, omissions, or breaches of duty by the insured. Enough said, I guess.

4. *Workmen's comp.* We are required by Virginia law to carry workmen's comp for our paid staff.

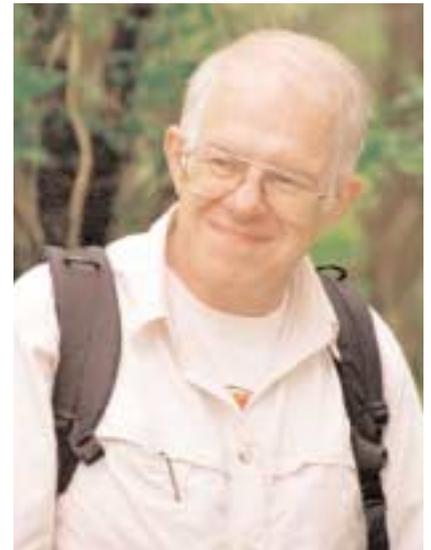
5. *Medical.* This is new coverage, and deserves a brief discussion. For the coverage year (Sept. 2005 to Sept. 2006) the club insures volunteers for injury occurring during PATC activities, up to a limit of \$5,000. We could not afford to give everyone comprehensive medical

coverage, but we were able to afford a policy that would at least cover your visit to the emergency room.

There is a hierarchy of insurance coverage. Let's say you were working on a PATC cabin, and a roof timber fell on you and broke your arm. Another crew member drives you to the nearest emergency room, where they patch you up. If you were on Park Service land, that would be primary, and would be reported as a workmen's comp claim. If you have your own private insurance, that will be billed next. If you were on PATC-owned land, this coverage would not apply, and that is where the club policy could get you reimbursed. You should contact Wilson Riley immediately (703/242-0693, extension 11, or Wriley@patc.net) and inform him of your problem. If you have to go into the hospital for surgery, your PATC coverage will quickly be exhausted, but our policy will cover you for any emergency room visit that we can envision.

We are aware of only one or two occasions in the past decade when PATC medical insurance might have come into play, had we had it. But for the one or two potential claimants it would be very important, and we felt that it was worthwhile to acquire it. □

—Tom Johnson



Council, from page 2

the headquarter's roof has been delayed by the contractor so final payment has also been delayed. Blackburn Chair Chris Brunton is seeking new Blackburn caretakers and has an interim caretaker staying for the winter. Long-distance hikers have a meeting scheduled at Blackburn at the end of April.

Bears Den Lease: PATC has signed the lease with ATC; Bears Den's Vern Conaway reported that from Jan. 1-9 Bears Den had taken in \$826.55 with 66 guests. The following weekends were full or filling quickly. ATC was advancing \$5,000 and Blue Ridge \$5,000 for a kitty; the business plan is almost completed. Please note that Bears Den continues to have a no-alcohol policy.

Other Activities

Vice President for Volunteerism Lee Shaffer pointed out that the 2006 budget represents \$226,000 — about one-third of the PATC income. This might be expected to increase

if there were a Sales chair to promote and supervise this effort. If any member can identify a possible chair, Lee asked he be notified (thumpers@visuallink.com).

Supervisor of Membership Georgeann Smale along with Pat Fankhauser estimated that membership remained at about 6,500. They are working with Life Member Kerry Snow of the IT Committee to improve the membership renewal process. Members of the committee are researching the implications of a dues increase and plan to report to ExCom. Dues are not viewed as a revenue source, and the By-Laws stipulate the dues are to reflect the cost of providing member services. Georgeanne is using the audit to determine the actual cost. In light of the long period of time since an increase, former Treasurer Gerhard Salinger has advised the Membership Committee to review the dues every three years so they reflect actual member services costs. □

—Alan Day Secretary

Chainsaw Course April 22 -23, 2006 Shenandoah National Park Headquarters

The chainsaw course previously scheduled for Greenbrier State Park will be held at the Headquarters of SNP. Bunks and camping will be available at Tulip Tree Cabin Friday, Saturday, and Sunday nights. First Aid and CPR classes will be taught each day at 3:00 p.m. The First Aid and CPR classes will cost \$68.00, and students need to register with that instructor by April 14. For more information, contact Heidi Forrest (HForrest@patc.net). □

Annual Family Weekend – Bears Den in 2006

PATC invites all members, especially those with children, to this fun-filled weekend outing. Individuals and families with children of all ages are invited to enjoy the outdoors for this exciting event. This year the event will be held at Bears Den Trail Center, Bluemont, Va., about an hour's drive from D.C. on May 6-7. Activities will be scheduled from noon Saturday to noon Sunday. Allow an hour or two on either end if you would like to hike in to the center from Rte. 7. Ample parking is available there and shuttles will be provided for gear.

The fun will include kid-friendly hikes, nature crafts, games, and special guests giving presentations on outdoor safety, hiking with kids, regional wildlife, and more. We are still looking for volunteers to lead games, crafts, and hikes and to manage the kitchen. Everyone is encouraged to pitch in with meal preparation and general cleanup.

Three lodging options are available, based on your preferences, on a first-come, first-served basis. There is the lodge option with bunks in communal rooms, with electricity and flush toilets. Alternately, there are bunks and beds available in the cottage, just a short hike from the

lodge, with electricity and privy access. Finally, you may opt for the camping area, just outside the lodge, which comes with privy access. You must bring your own gear for this option.

Fees for: Lodge, Cottage, Camping, Saturday only: Adults (18+) \$30, \$25, \$20, and \$10. Kids (4-17) \$20, \$15, \$10, and \$5. Kids under four, Free Free Free Free. Fee includes meals (lunch, dinner, and snacks Saturday, breakfast Sunday), lodging and activities, except for T-shirts, which are \$5 additional. (People who lead activities may be eligible for a \$10 discount; contact Anne Regan for information.)

To register please fill out the form below and send to: Anne Regan at 1016 Charlton Place, Herndon, VA 20170. Enclose check made out to Anne Regan. (If your lodging choices are no longer available at the time your check is received she will contact you and adjust your rate, or you may cancel your reservation for a refund if the available options are not suitable.) Contact Anne Regan at anne.c.regan@verizon.net or 703/689-3883. □

Bears Den Family Weekend 2006 Registration Form

Name _____ Phone _____

Home address _____

E-mail address _____

Lodging Preference (Cabin, Cottage, Camping, or Saturday only) _____

Weekend Fee: (See description above for fees based on lodging options)

_____ Adults @ \$ _____ each Adult total \$ _____

_____ Kids 4-17 @ \$ _____ each Kid total \$ _____

_____ Kids under 4 (free, but let us know they are coming)

T-shirt # _____ @ \$5 each T-shirt total \$ _____

Family grand total \$ _____

T-shirt sizes (please indicate sizes needed below: Adult S, M, L, XL; Youth S (6-8), M (10-12), L (14-16); Toddler 2T, 3T, 4T) _____

Mail completed form along with check for above total to: Anne Regan at 1016 Charlton Place, Herndon, VA 20170.

The Great Smoky Mountains' North Shore Road Issue is Now a Hot Topic

The National Park Service has released its Draft Environmental Impact Statement (DEIS) on the North Shore Road in the Great Smoky Mountains National Park (GSMNP).

The Park Service did not select a preferred alternative, but the DEIS does declare the environmentally preferred alternative as a \$52 million settlement with Swain County, N.C. That is consistent with the Council on Environmental Quality standard that the environmentally preferred alternative is ordinarily "the alternative that causes the least damage to the biological and physical environment" and that "best protects, pre-

serves, and enhances historic, cultural, and natural resources."

The DEIS contains many findings that the proposed road would have major adverse, long-term, or permanent impacts to the park. Yet the NPS concludes, "The Northern Shore Corridor is not anticipated to cause impairment to either GSMNP or the Appalachian Trail based on the information obtained to date." Your voice is important to point out your opinion on this conclusion.

Background information, talking points, and resources about this issue are available on the Southern Appalachian Forest Coalition Web

site: www.safc.org/resources/northshoreresourcepage.php. The North Shore Road issue is also well covered on the ATC Web site, as are other topics of great interest to the trails community. This site is a great place to stay abreast of these important issues. Go to www.appalachiantrail.org/news/hotissues for more about this and other items of interest.

Written comments on the North Shore issue must be received or postmarked by March 20, 2006. Send your comments to: North Shore Road Project, Great Smoky Mountains National Park, P.O. Box 30185 Raleigh, NC 27622. □

PATC Trail Patrol Presents
**Hike Leader
Training Course**
March 25 and 26, 2006

This weekend course will be conducted at the PATC Headquarters building in Vienna and is designed to prepare you to lead hikes. The two-day course uses classroom and outdoor instruction to prepare participants with skills to lead safe and enjoyable hikes with minimal environmental impact.

Topics covered include medical emergencies, personal equipment, Leave No Trace, leadership, planning, standard procedures, and navigation. Scenario exercises will also be used to emphasize hike leadership skills.

Cost*: \$20 for PATC members, \$35 for non-members

Registration: Send payments to PATC, HLT Course, 118 Park Street, SE, Vienna, VA 22180-4609. Pre-registration is required.

Information: Eric VanNortwick (TPHLT@patc.net) 571/264-9513

* Join PATC at the time of registration and get the members' price!

Your Opinion Matters

Do you use the PA online (www.patc.net/resources/pa/)? Is there anything you particularly like about this format or wish we did differently? Would you recommend it to other members? Would you be willing to give up the print copy to save the club printing and mailing costs, if given the option? Please be part of this discussion as we examine cost-saving methods of sending out news of the club. Write me with your opinion.

—Linda Shannon-Beaver
(pa@patc.net)

PATC Trail Patrol Presents Backpacking 101

An Introductory Backpacking Course

Expand your enjoyment of the outdoors through the practice of backpacking. Provides basic instruction in equipment selection and use, information and techniques to enhance safety and comfort, and Leave No Trace methods to protect our fragile backcountry environment. Includes an overnight backpacking trip accompanied by experienced backpacking instructors. Designed for persons 18 years and older who have no prior backpacking experience, as well as former backpackers seeking to update their skills.

Introduction Night

Mon., April 3, 7:30 p.m. – 9:30 p.m.
Headquarters, 118 Park Street, SE, Vienna, Va.

Instructional Weekend

April 8 & 9, 8:00 a.m. - 7:00 p.m. (Sat.), 8:00 a.m. – 4:00 p.m. (Sun.),
Prince William Forest Park, Triangle, Va.
(Sat. overnight car camping in campground encouraged but not required)

Overnight Backpacking Trip

April 29 & 30 (Sat.– Sun.), Trip destination and times TBD

Fee: \$75.00 for PATC Members; \$95.00 for Non-Members

For more information, see www.patc.net/volunteer/trailpatrol/Outreach/BP101.htm or contact John Bridges (TPBackpack@patc.net) 703/726-0188. □

Potomac Appalachian Trail Club Trail Patrol Presents

Leave No Trace Trainers Course

April 2006

This combination indoor classroom and outdoor field course is designed to enhance your understanding of Leave No Trace practices and ethics and to develop your confidence in teaching others about Leave No Trace. Through activities, field/classroom experience, and both formal and informal discussions, you will be challenged to develop your LNT skills and ethics. This is a fun class where all have a part in demonstrating the choices that can be made to minimize our impact on the land and our resources. It is hoped that graduates of this class will be willing to make LNT presentations to community groups when and if their schedules permit.

Classroom: Mon., April 17 - 7:30 p.m., PATC Headquarters, Vienna, Va.

Weekend Field Program: Sat. - Sun., April 22 & 23, SNP

Cost: \$35.00 for PATC Members, \$50.00 for Non-Members
(Join PATC at the time of registration and get the member price!)

Registration: Registration forms are available on-line through the Trail Patrol/LNT page of the PATC Web site at www.patc.net or call Mark Holland at 540/636-3639 (mornings only). Send payment with registration form to: PATC, LNT Trainers Course, 118 Park Street, SE, Vienna, VA 22180-4609. Please include your e-mail address on the check.

Information: Mark Holland (TPLNT@patc.net) 540/636-3639 (mornings only). □



Hiker's Notebook

Common Name: Bloodroot, Indian Paint, Red Puccoon

Scientific Name: *Sanguinaria canadensis* (from Latin *sanguis* meaning blood)

The pure white blossoms of the bloodroot are among the first flowers to emerge in the spring. The seven to 12 delicate petals last for only a few days before the first moderate wind or rain removes them. It is the only member of its genus in the world.

Potpourri: The name bloodroot derives from the orange-red juice in the stem and root structure, which was widely used by Native Americans as a red dye. They mixed it with fat to paint their faces, to dye baskets, and decorate weapons. The Iroquois used it as a dye for fabric, a fact that was noted by early French settlers, who exported bloodroot to dye wool. The alternative name, puccoon, was derived from the Algonquin word pocan, meaning blood red.

Although bloodroot is toxic in large doses, it has long been used for a variety of medicinal purposes. It contains protopine, an alkaloid also found in opium. Indians and colonists used a drop of bloodroot on a lump of maple sugar for sore throat. A London physician concocted a treatment for skin cancers consisting of bloodroot, zinc chloride, flour, and water that was used extensively at London's Middlesex Hospital. It is still used to treat minor cancers and polyps of the nose and ear.

Bloodroot also contains the alkaloid sanguinarine, which was found by the American Dental Association to be an excellent remedy for excessive plaque buildup. It has been marketed in toothpaste and mouthwash under the trade name Viadent since 1983. □

—William Needham

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

SNP Facility Opening and Closing Dates for 2006

FACILITY	OPENING DATES	CLOSING DATES
Dickey Ridge Visitor Center	April 16*	Nov 26, 5 pm
Elkwallow Wayside	April 7	Nov 5, 5:30 pm
Mathews Arm Campground	May 26	Oct 29, noon
Skyland Resort	March 31	Nov 26, Noon
Harry F. Byrd Visitor Center	April 2*	Nov 26, 5 pm
Big Meadows Lodge	April 13	Nov 5, Noon
Big Meadows Wayside	March 17	Nov 26, 5:30 pm
Big Meadows Campground	March 24	Nov 26, Noon
Big Meadows Shower/Laundry	March 24	Nov 26, Noon
Lewis Mountain Cabins	April 14	Oct 29, Noon
Lewis Mountain Campstore	April 14	Oct 29, Noon
Lewis Mountain Campground	April 21	Oct 29, Noon
Dundo Campground	April 14	Oct 29, Noon
Loft Mountain Wayside	May 5	Oct 29, 5:30 pm
Loft Mountain Campstore	May 19	Oct 29, Noon
Loft Mountain Shower/Laundry	May 19	Oct 29, Noon
Loft Mountain Campground	May 19	Oct 29, Noon
Loft Mountain Information Center	CLOSED	CLOSED

VISITOR CENTERS

Dickey Ridge Visitor Center, Mile 4.6

*Sunday, April 16 – May 27 – Open Thursday through Monday

Sunday, May 28 – October 28 – Open seven days a week

Sunday, October 29 – November 26 – TO BE DETERMINED

Harry F. Byrd Visitor Center, Milepost 51

*Sunday, April 2 – October 28 – Open seven days a week

Sunday, October 29 – November 26 – TO BE DETERMINED

Loft Mountain Information Center, Mile 79.5

CLOSED

Big Meadows Campground will open on a first-come, first-serve basis on Friday, March 24, 2006. Sites will be available under the reservation system beginning Tuesday, May 9, through Saturday, October 28. Big Meadows Campground will revert to first-come, first-serve from October 29 through November 26, 2006.

2006 Trails Schedule – With Changes

Trail Leadership Team Meetings

6:00 p.m. at Club Headquarters:

March 22 (Spring), Sept. 20 (Fall)

Trail Workshops:

Traditional Tools Workshop at Pinnacles:

April 22-23

SNP Central District at Pinnacles:

June 3-4

SNP North District at Mathews Arm:

Sept. 16-17

Mather Side Trail (Rock Work):

Oct. 6-9 (PATC),

Oct. 12-16 and 19-23 (Mid-Atlantic Crew)

Chainsaw Certification Classes:

April 22-23 at SNP HQ

Nov. 4-5, Location to be determined

Seasonal Crews Weeks:

SNP Southern District at Schairer Trail Center:

May 1-5, Aug. 14-19

SNP Central District at Pinnacles:

May 8-12, Aug. 21-25

SNP North District at Pinnacles:

May 15-19, Aug. 28 - Sept. 1

Massarock Crew on Massanutten Mountain:

June 4-9, June 11-15

Sept. 10-15, Sept. 17-22

ATC Mid-Atlantic Crew at Pinnacles:

Sept. 28 - Oct. 2

Blue and White Crew (Central District) at Pinnacles:

May 6-7, July 1-2, Aug. 5-6 and

19-20, Sept. 9-10

Major Repairs Made to Myron Glaser Cabin

The Myron Glaser cabin has recently undergone some significant renovations. Its roof had been leaking badly and mold was growing on the ceiling panels, indicating serious problems above.

The project began in early October with a day trip to reopen the access road. Subsequently, four more day trips and four weekends were spent there. The 18 volunteers who participated include: Andy Protigal, Bob Overberg, Mark Overberg, Dee Utz, Ken May, Ken Lyons, Mel Merritt, Eve Taglang, Ben Mayock, Marilyn and Lowell Goodson, Craig Dubishar, Joe Gilley, Harry Henkel, Pat Fankhauser, Cy Klakamp, Mike Resing, and Jack Adams.

The work began with the removal of the ceiling and insulation and assessment of the damage. There was a lot! Half the rafters and all the sheathing on the porch side of the cabin were rotten and had to be replaced. Damage to the rest of the cabin roof and porch roof was minimal. After repairs were completed, three new skylights were installed. Significant amounts of debris were bagged and hauled out in Mel's truck. And in addition to removing the garbage, we also moved the privy. It hadn't been moved since it was installed in '78.



Myron Glaser Cabin after the roof and interior repairs.

In anticipation of having to wait until spring to get the roof shingled, the roof was covered with protective material. Luckily, a week later, Mel was able to persuade a local roofer to drive nearly a mile and a half into the woods to do the work. The ceiling was then insulated and covered with tongue-and-groove boards. The last trip to finish installing the ceiling and clean up the cabin was on Jan 2. The first renters were scheduled to arrive only two days later. □

—Jack Adams



New insulation and tongue-and-groove ceiling makes the cabin warm and welcoming.



Skylights now brighten the once-dim interior of the cabin.



Much of the interior ceiling was ruined due to moisture, which caused rot and mold.



Roofers Ben, Mel, and Mark ensure a watertight building.

Club Mourns Dean Ahearn's Death

On Feb. 14, long-time PATC volunteer Dean Ahearn succumbed to colon cancer. He was 48 years of age. Dean was known to most club members by his frequent posts to PATC's interactive bulletin board Trails Forum (www.hypernews.org/HyperNews/get/trails/PATC.html) where he often posted humorous and informative messages for people seeking information about the outdoors. Dean was also a regular trail support worker on the Big Blue Trail, Staunton River Trail, and later the Appalachian Trail from Bootens Gap to the summit of Hazeltop Mountain. Dean also through-hiked half the AT in the 1990s, starting at the southern boundary of Shenandoah National Park to Mt. Katahdin, where he was known as the Blue Ridge Ranger. Dean also wrote a highly informative and authoritative article about bears for the PATC Web site and also did phantom editing for some PATC publications. Dean was well-traveled, exploring mountains across the United States and British Columbia, Canada, in locations too numerous to mention.

Dean was a consummate outdoorsman, strong proponent of Leave No Trace camping, and a year-round hiker and backpacker. Those who knew Dean were aware of his special connection to the outdoors and how it was so central to his life. His unique personality, sense of humor, and great sense of fun will be missed by all. If you knew Dean as well as I did, you know he'd appreciate it if you cracked open your favorite micro-brew and gave a hearty toast to his memory. He'd really like that. □

—Andy Hiltz

Bears Den, from page 1

unique rock formation. The nearby stone mansion of the same name, constructed in 1933, is one of several summer houses built along the Blue Ridge for wealthy Washingtonians between 1880 and 1940. It has been a hostel and a lodge since 1986.

Bears Den is a beautiful piece of property, which includes 66 acres of land protected by a National Park Service easement that calls for the facilities at Bears Den to be used for hikers – and to be operated as a nonprofit facility. The live-in manager, Lori Watkins, a PATC employee, oversees day-to-day operations and keeps Bears Den open year-round.



PATC Presents:

A Traditional Tools Workshop

April 22-23, Pinnacles Research Station, SNP. The traditional tools workshop is intended to familiarize overseers with proper crosscut saw and axe techniques. Instruction will be provided on how to size up and safely clear a blowdown with hand tools and when and how to use a wedge, swing an axe, and perform a single underbuck. The workshop leader will discuss situations you'll likely encounter on the trail and conduct field exercises demonstrating the various tools used to tackle these challenges. Note that this is a workshop only and will not result in a certification. Cost is \$20.00 to cover course materials, Saturday dinner, and Sunday breakfast. Further INFO: Dan Dueweke 703/266-3248 or danjan3@cox.net

Springtime on Old Rag Mountain?

May 12, 2006: Today we finished the last day of our Shenandoah Spring Crew week, fixing years of tough love and the footfalls of a thousand boots on Saddle Trail. Although I had hiked Old Rag Mountain many times, I had never considered helping with the trail maintenance, but this year was different. I saw the crew notice in the April PA, had a few days to spare, and really wanted to return some effort for all the times I'd hiked up and over the Rag. Our crew consisted of people just like me – hikers who wanted to help maintain a cherished local resource in a setting supervised by Park rangers and PATC trail managers. Weekdays during the perfect month of May were a big bonus, as the trail was not crowded and the weather ideal. We also learned the true definition of trail work during our week on Old Rag: "trail work is nothing more than hiking with a purpose."

For those of you reading this article today, note that there is still time to join our Spring Crew and contribute some effort to the health and well being of Old Rag Mountain. To reserve a place on the crew and a bunk in the cabin, contact Heidi Forrest (hforrest@patc.net) or Dan Dueweke (danjan3@cox.net).
—Dan Dueweke

Seasonal Trail Crews – A Challenge, An Opportunity

PATC fills six trail crews who work with rangers to put in five days of work on major projects. The work is challenging but fun, trail-building skills learned are valuable, while the fellowship is priceless. Are you up to and would you like to be on a seasonal crew? If so send a note to Trail Coordinator Heidi Forrest (hforrest@patc.net). The dates are: SNP Southern District: Aug. 14-19; Central District: May 8-12 and Aug. 21-25; North District: May 16-19 and Aug. 28-Sept. 1; Massarock Crew: Jun. 4-9; Jun. 11-15; Sept. 10-15; and Sept. 17-22. □

If you've never stopped in at Bears Den I highly recommend that you do. The views are spectacular, and the kids will love to climb on the rocks (you'll want to watch them closely!). It is a wonderful setting – especially at sunset. Thru-hikers have the tradition of buying a pint of Ben & Jerry's Ice Cream at the little store at Bears Den and eating it while sitting on the rocks watching the sunset. As a thru-hiker who "stumbled upon" Bears Den in 1996, I can tell you that Bears Den is a very special place and very popular with the hiking community. I say "stumbled upon" because I was living in Alexandria, Va., at the time and had never heard of Bears Den before hiking in.

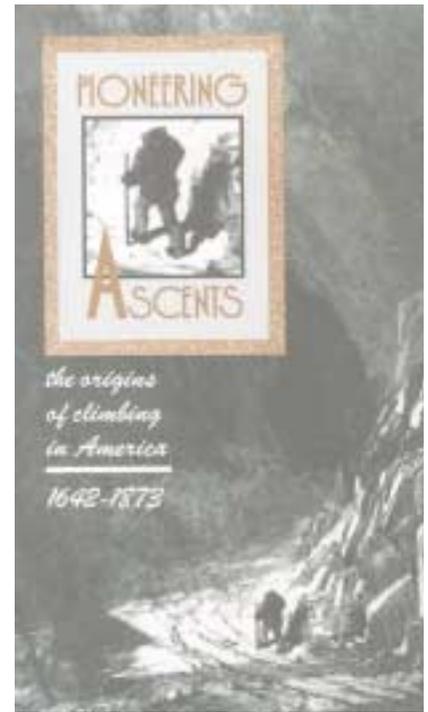
Volunteer opportunities are available as we can always use folks to give a hand for a day off – to Lori. □

—Vern Conaway

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

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

Retail Price: Members: \$11.20, Non-members: \$14.00 plus \$2.00 shipping and 5 percent Virginia tax. You can call to place your order (703/242-0693) or go to www.patc.net. Item: PC205 □



PATC Store Gift

Now with a purchase of at least \$20.00 in merchandise you can receive a free gift, while supplies last. The light-up magnifying glass will be a treasured toy for youngsters – and may even find itself in the employ of kids-at-heart. The Wonder Stone is a genuine colored stone suspended on a strong cord. Please specify which item you prefer. We hope you enjoy your PATC purchase and our free gift. To order you can call 757/242-0693, visit www.patc.net online or visit the headquarters Monday through Thursday, 7:00 p.m. to 9:00 p.m. or Thursday and Friday from 12:00 noon until 2:00 p.m.



PATC Trail Patrol Presents Light Weight Backpacking

Light Weight Backpacking will acquaint beginning backpackers with the importance of weight considerations when choosing and using equipment, and instill a weight-conscious mindset when packing for an overnight trip. It is not intended to advocate an ultra-light philosophy. Students will be encouraged to bring a fully loaded backpack for evaluation by the instructors.

March 18, 2006, 8:30 a.m. to 5:00 p.m.

**PATC Headquarters,
118 Park Street, SE, Vienna, Va.**

Fee: \$30 PATC Members; \$40 Non-Members

Contact John Bridges (TPBackpack@patc.net) for more information.

Emergency Response Training and Trail Patrol

Present

CPR / AED / Basic Wilderness First Aid

April 22 and 23, 2006

9:00 a.m. to 5:00 p.m.

This two-day class provides American Heart Association certification in Adult CPR, AED, and Basic First Aid. The second day the student will learn American Safety and Health Institute (ASHI) Basic Wilderness First Aid. All certifications are valid for two years.

Cost of the class is \$120 for Trail Patrol Members and \$130 for Non-Trail Patrol members. Pre-Registration is required before April 14, 2006.

For more information or to download the registration form, go to www.patc.net/volunteer/trailpatrol.com or contact Saleena DeVore at tp1staid@patc.net or 540/972-8394.

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 south and central districts of SNP, 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 Betsy Fowler (efowler@shentel.com).

Chapters

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 Mark Gatewood 540/248-0442.

West Chapter

The West Chapter meets twice a year in March and September. The Chapter maintains a section of the Black Locust circuit trail in Gambrill State Park near Frederick, Md. Work trips and hikes are usually scheduled monthly from March through December. We also lead overnight weekend trips for day hikes or backpacking. All activities are listed in the PA Forecast. For further information contact Dave Jordahl (westpatc@hotmail.com) 304/876-7062 (evenings) or 240/777-7741 (days).

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 (bertf@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 Ozana Halik, (mrkayak1@verizon.net) 703/242-0177, 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
-  Ski Trips
-  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.

Mountaineering Section – Second Wednesday

8:00 p.m. – We meet every month on the second Wednesday except for August, unless noted in the Forecast. INFO: Ozana Halik (mrkayak1@verizon.net) 703/242-0177 or our Web site: www.potomacmountainclub.org

Shenandoah Mountain Rescue Group

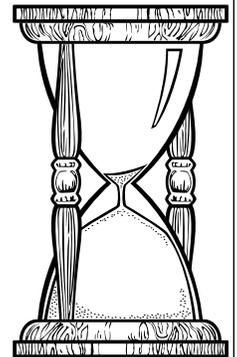
Business meeting - Last Tuesday of each month, 7:30 p.m. INFO: Doug Sigman (join@smrg.org), 703/255-5034, or www.smrg.org.

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 (wriley@patc.net) 703/242-0693 x11.

Trail Patrol – First Tuesday

7:30 p.m., except January. 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: Katrina Hedlesky (trailpatrol@patc.net) 703/533-3652, or see our section in PATC's Web site: www.patc.net/volunteer/trailpatrol.



March

1 (Wednesday)

DEADLINE – (April) 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 PA@patc.net. NOTE: Do not send photos or articles to headquarters. E-mail for address.

1 (Wednesday)

HIKE – Easy Hikers Bethesda, MD

The Easy Hikers will hike 4-5 miles on the Capital Crescent Trail. We will be hiking toward the reservoir. Directions: From Beltway exit 39 to River Road/Washington. Stay on River Road going toward Washington to Little Falls Parkway, approx. 4 miles. Turn Left onto Little Falls Parkway. After 2nd light turn into the Bethesda Swimming Pool parking lot on the right. We meet at 10:15 a.m. Bring lunch and water. INFO: Helen Shaw (Heldonshaw@aol.com) 301/365 1933.

1 (Wednesday)

HIKE - Midweek Hikers Location to be determined

The PATC Midweek Hikers carpool each Wednesday from the Washington, DC area to various trailheads. Hikes are at a moderate pace and about 8 to 12 miles in length with varied elevations. Current information, including meeting place, time, leader's name and phone number, and a detailed description of the hike are available on the PATC Activities Recording: 703/242-0965.

1 (Wednesday)

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

2 (Thursday)

CLASS – Basic Wilderness Safety (REI)

Rockville, MD

7:30 p.m. Anyone playing in the outdoors should have a basic understanding of the most common outdoor health & safety problems. We'll review and offer preventative measures and some tried and true remedies. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

3 – 5 (Friday – Sunday)

CABIN WORK TRIP – Argow Cabin

South District, Shenandoah National Park, VA

Come help restore an old mid 1800's log cabin built by Confederate Soldier James Samuel Eaton. We will be replacing the old floor joists of the cabin and begin construction of the new privy. Overnight accommodations will be at Schairer Trail Center, a short 1/2 mile hike in from Eaton Hollow Overlook on Skyline Drive (MM70). Communal meals for Sat. dinner, Sun. Breakfast and Sun. lunch for a minimal fee. INFO: Jeff Testerman (jtest@ntelos.net) 434/589-2081.

4 (Saturday)

TRAIL WORK TRIP – Yankee Clippers Appalachian Trail, PA

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

4 – 5 (Saturday – Sunday)

CLASS – Wilderness First Aid (WSC)

Alexandria, VA

A program of the Wilderness Safety Council, this 18-hour class includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$160. More information and registration at: <http://wfa.net>. INFO: Christopher Tate 703/836-8905.

6 (Monday)

HIKE – Family Hike

Great Falls, VA

Join us for a 3-mile stroller passable hike in Great Falls Park. This kid friendly circuit hike will take us along the Matildaville, Swamp, and Carriage trails. We will picnic in the open field at the halfway point. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

7 (Tuesday)

CLASS – GPS Navigation (REI)

Fairfax, VA

7:00 p.m. Jeff Caulfield of National Geographic will show you, step-by-step, how to use a GPS with a map to plan your next day hike or backcountry adventure. As Jeff takes you through a simple trip-planning exercise, he'll discuss the "on the trail" applications of GPS, and give you a variety of tips on how to easily use a GPS in the navigation process. You'll be surprised at how easy GPS navigation can be! Everyone who attends will receive a free booklet, Basic Map and GPS Skills, courtesy of National Geographic. FREE, but registration is necessary. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

7 (Tuesday)

HIKE – Vigorous Hikers

Luray, VA

A hike in the George Washington National Forest, Camp Roosevelt Area. Gap Creek, Scothorn Gap, Massanutten and Stephens Trails. 18 miles and 3300 ft. climb with 15-mile option. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

7 (Tuesday)

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

8 (Wednesday)

CLASS – GPS Navigation (REI)

College Park, MD

7:00 p.m. See March 7 listing for details. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

8 (Wednesday)

HIKE – Easy Hikers

Triangle, VA

We will hike approximately 5 miles in Prince William Forest Park, over gently rolling terrain along the south fork of Quantico Creek (one steep hill down). Meet at 10:15 a.m. at the Turkey Run Education Center. Take I-95 South to exit 150B (about 32 miles from D.C.): then continue to Park entrance, second right. You will be on Joplin Road (VA 619). Turn left on Scenic Drive (sign to camping and T.R.E.C. or Turkey Run Education Center). Go 2 miles. You will pass Parking lots A, B, C. Just beyond Parking lot C, turn left to TREC. Go 2/10 mile and turn Right. Go ? mile to end of road and park in front of TREC. Toilet facilities are available. Bring lunch and water. Hike canceled if DC or Prince William public schools are closed because of weather. INFO: Sylvia Peterson: (swholton2@cs.com) 202/547-8052.

POTOMAC MOUNTAIN CLUB
 Club officers for the Potomac Mountain Club (PMC) are new
EVERY January. 2006 PMC
Chair is Dave Raboy
(draboy@pattonboggs.com).

8 (Wednesday)

HIKE – Midweek Hikers

Location to be determined

See March 1 event for more information.

9 (Thursday)

CLASS – GPS Navigation (REI)

College Park, MD

7:00 p.m. See March 7 listing for details. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

11 (Saturday)

HIKE – Long Distance Edinburg, VA

Circuit Hike starting at Camp Roosevelt in Massanutten Mountain and proceeding up to Kennedy Peak with excellent views of the Shenandoah Valley. The second half of the hike ascends Duncan Knob, a rocky prominence that requires some rock climbing (optional). Distance 17 miles with an elevation gain of 4,000 feet. There is a cut-off option after the Kennedy Peak portion at the 8-mile point. Moderate pace. Inexperienced hikers contact leader for details. INFO: William Needham (Needham82@aol.com) 410/884-9127.

11 (Saturday)

HIKE – North Chapter Harpers Ferry, WV

6.3 miles from Rt. 7 to Harpers Ferry. INFO: Chris Firme (bncfirme@innet.net) 717/794-2855 after 6:00 p.m.

11 – 12 (Saturday – Sunday)

CLASS – Land Navigation (REI)

Baileys Crossroads, VA

This comprehensive two-day course teaches all skills necessary to use map and compass in an integrated land navigation system. The first day is spent in intensive classroom exercises concentrating on topographic map reading and interpretation, position plotting, compass fundamentals, declination and azimuth. The second day is spent in Prince William Forest Park, primarily off-trail, engaging in practical navigation exercises of increasing complexity. The course fee is \$85 and includes workbook text, course materials, compass, map, grid reader, and lunch on Saturday. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

11 – 12 (Saturday – Sunday)

TRAIL WORK TRIP – Cadillac Crew

Shockeysville, VA

The Crew will continue building the new Millrace Trail that connects the Tuscarora Trail to the White Rocks Trail through Sleepy Creek WMA. The crew constructed one mile of trail last year and hopes to complete the project this year. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight at Margie Knott's cabin. INFO: Jon or Katherine Rindt (jkrindt@adelphia.net) 540/635-6351.

13 (Monday)

HIKE – Family Hike

Paris, VA

Please join us for a hike in Sky Meadows State Park. It is a beautiful park with gorgeous views. We will do one of two loops, either a 2-mile or a 3.7-mile kid-paced hike, depending on what the group would like to do. Not jogging-stroller passable. INFO: Anne Regan (anne.c.regan@verizon.net) 703/689-3883.

14 (Tuesday)

HIKE – Vigorous Hikers

Central District, Shenandoah National Park, VA

Hike south from Thornton Gap (US 211) to milepost 49.2 on Skyline Drive at Fishers Gap. 15.5 miles and 3500' of elevation gain. Several close approaches to

FORECAST

Skyline Dr. can accommodate any dropouts. Car shuttle w/ key exchange will be used. INFO: Cliff Noyes (hclmnoyes@yahoo.com) 540/373-8267 or Chris Nolen (chrishiker@erols.com) 301/469-8931.

14 (Tuesday)

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

15 (Wednesday)

HIKE – Easy Hikers

Great Falls, VA

We will hike about 4 miles along Difficult Run and up the bluffs over the Potomac River, climbing moderate hills. If the weather is good, we can eat picnic style on the bluffs. If not, we can eat at The Old Brogue in nearby Great Falls Village (two days before St. Patrick's Day). Directions: Beltway to Exit #44; West on Route #193 (Georgetown Pike); Go 3.6 miles, passing the road to Madeira School and the bridge over Difficult Run; Turn into the large parking area on the left. Meet at 10:15 a.m. INFO: Charlie Balch (CABalch@aol.com) 703/242-7277.

15 (Wednesday)

HIKE – Family Hike

Great Falls, VA

Join us for an after-school hike along the beautiful River Trail. This 3-mile circuit hike takes us along the beautiful Mather Gorge with great views of the Potomac River. If you would like, bring a picnic dinner to enjoy after the hike in the picnic area near the cars. This hike is designed for all ages, infant and up, but the trail is not jogging-stroller passable. This is designed as a family activity, so an adult must accompany children. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

15 (Wednesday)

HIKE – Midweek Hikers

Location to be determined

See March 1 event for more information.

15 (Wednesday)

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

15 (Wednesday)

MEETING - West Chapter

Frederick, MD

Meeting will take place at 7:00 p.m. in the Tea Room building located at the High Knob Day Use Area. Spring hikes and trail work trips will be discussed. New for the Chapter this year will be hikes and trail work trips on the Tuscarora Trail. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

17 (Friday)

HIKE – In Between Hikers

Rosslyn, VA

The In-Between Hikers will celebrate St. Patrick's Day with an approximately 9-mile hike known as the Key-Chain Circuit. We will meet at the parking lot of Theodore Roosevelt Island immediately off the northbound lanes of the George Washington Memorial Parkway (there is no access from the southbound lanes). It is also easily reached from the Rosslyn Metro station. We will hike up the Potomac Heritage Trail to Chain Bridge, cross that bridge then hike back on the C&O Canal Towpath, finally crossing the Key Bridge and back to the departure point. Near the end of the hike, we will have an optional foray into Georgetown. Although the hike is mostly flat, there are some rocky sections, a few minor stream crossings and, if there has been recent rain, some muddy areas on the Potomac Heritage trail. Please come to the departure point before 10:00 a.m. as we will try to leave at 10:00 a.m. sharp. Bring water and lunch. This hike is being held in conjunction with the Sierra Club MWROP. INFO: Ray Evert (hikerdude22@msn.com) 703/893-3792 or Gary Abrecht (GAbrecht@aol.com) 202/546-6089.

17 – 19 (Friday – Sunday)

SPECIAL EVENT – Highacre Retreat
Harpers Ferry, WV

The Northern Shenandoah Valley Chapter will have a retreat at Highacre. Various activities and hikes will be held throughout the weekend, with a Chapter potluck dinner and meeting on Saturday evening. INFO: Betsy Fowler (betsy.fowler@ngc.com) 703/403-2919.

18 (Saturday)

CLASS - Lightweight Backpacking

Vienna, VA

See ad on page 9 for more information.

18 (Saturday)

HIKE – Waterfall and Wildflower Series

North District, Shenandoah National Park, VA

This will be a 16-mile 3800-foot elevation hike to Greasy and Sterdley Falls with a 4-mile car shuttle to include a one-mile bushwhack round trip to Sterdley Falls. There will be a scenic but very challenging 1-mile, 1900-foot climb over rocks up to Skyline Drive from Greasy Falls. If height bothers you don't consider coming. After the climb the hike will be on the AT and the Jenkins Gap Trail. A 10-mile option without the shuttle is possible. PATC Map 9. INFO: Jack Thorsen (thorsen4@juno.com) 703/339-6716 or William Needham (Needham82@AOL.COM) 410/884-9127.

18 (Saturday)

HIKE – West Virginia

Lost River, WV

Come discover another one of WV's secret places. We'll explore 11 miles worth of trails in the Trout Pond Recreation Area which borders the VA line. Moderate. Approximately 1100 foot elevation gain/loss. INFO: Susan Bly (sbly@shepherd.edu) 304/876-5177 (day) or 304/258-3319 (7:00 p.m. - 9:00 p.m.).

18 (Saturday)

TRAIL WORK TRIP – South Mountaineers

Appalachian Trail, MD

INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442

18 (Saturday)

TRAIL WORK TRIP – Yankee Clippers

Tuscarora Trail, PA

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

18 – 19 (Saturday – Sunday)

TRAIL WORK TRIP – North District Hoodlums
North District, Shenandoah National Park, VA

Join with the Hoodlums in their annual "Irish" work trip. We'll be doing spring clearing of various trail sections in the North District. The crew will be hand sawing and clearing limbs, as well as chain sawing to remove blowdowns. The work trip will be based at Range View Cabin where we will have our Irish dinner after a day of work. Come for the day, stay for dinner, and camp overnight if you wish. Or just come out and work with us during the day. Some folks who stay over may even want to work on Sunday. Newcomers are always welcome! We'll meet at Piney River Ranger Station, MP 22 on Skyline Drive, at 9:00 a.m. on Saturday morning. INFO: Dick Dugan (rdugan@frontiernet.net) 304/856-3511.

18 – 19 (Saturday – Sunday)

TRAIL WORK TRIP – Shenandoah Bartenders
Central District, Shenandoah National Park, VA

Old Rag's Ridge Trail is one of the most popular hikes in the park, and hard work on this trail in recent years has made it something special. We invite you to join the crew in helping to maintain this jewel of a trail to a high standard. No previous experience necessary, but know that the hike is strenuous. We

will be using a PATC cabin for overnight accommodations on Friday and Saturday nights, with dinner and breakfast provided Sat PM / Sun AM. INFO: Cathie Cummins (Cathie@wfa.net) 703/631-7421 (8:00 p.m. – 10:00 p.m., weekdays).

19 (Sunday)

HIKE – In Between Hikers

Springfield, VA

One-way 7.6-mile hike on the Fairfax County Cross County Trail (CCT), along Pohick and Accotink Stream Valley Trails from Wadebrook Terrace to Lake Accotink Dam. The trail consists of natural, paved, residential sections and several stream crossings. A shuttle will be required. Bring water and lunch but no pets. Joint event with Sierra Club MWROP. INFO: Henri Comeau (HenriComeau@aol.com) 703/451-7963 or Ray Evert (hikerdude22@aol.com) 703/893-3792.

19 (Sunday)

HIKE – Sunday Hikers

Appalachian Trail, MD

Spring is a great time to be out on the AT in Maryland, and we'll be covering about 12 miles of it, from I-70 to Gathland State Park. Approx. 1300 feet elevation gain. No pets. Volunteers to position cars at either end will be needed for this one-way hike. PATC Maps 5 and 6. INFO: Vince Ferrari (vincentferrari@gmail.com) 301/249-2210.

19 (Sunday)

TRAIL WORK TRIP – West Chapter

Frederick, MD

Start of the Spring 2006 West Chapter trail work sessions at Gambriil State Park. Complete cribbing project on Blue trail (Catoctin Trail) and clear water bars on Black Trail. Meet 10:00 a.m. at the Nature Center. Please RSVP. INFO: Dave Jordahl (westpatc@hotmail.com) 240/777-7741.

20 (Monday)

HIKE – Family Hike

Leesburg, VA

Come join us for a wonderful kid-friendly hike in Balls Bluff Regional Park, near Leesburg. This 1 and 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. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

21 (Tuesday)

HIKE – Vigorous Hikers

Central District, Shenandoah National Park, VA

Ascend the Jones Mountain Trail to Bear Church Rock, continuing to Cat Knob, returning on the Fork Mountain, Staunton River Trails with options up to 18 miles and 4300 feet of elevation gain. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

22 (Wednesday)

HIKE – Easy Hikers

Great Falls, VA

We will hike about 5 miles along the Potomac from River Bend Park in Virginia to Great Falls Park on the Heritage Trail, and return via the Upland Trail. Meet at 10:15 a.m. Some moderate hills and a couple of rocky areas. Bring water and lunch. Directions: Take Beltway to Exit 44, Georgetown Pike/Great Falls. Take Georgetown Pike towards Great Falls for 4.4 miles, and turn right on River Bend Rd. This is the first right after the stoplight at Great Falls Park. Continue on River Bend Rd for 2.1 miles to Jeffery Rd, right on Jeffery Rd for 0.9 miles to River Bend Park entrance. Meet in right hand parking lot beyond the Visitors Center. INFO: Sigrid Crane (introibo@worldnetatt.net) 703/938-0954.

22 (Wednesday)

👤 HIKE – Midweek Hikers

Location to be determined

See March 1 event for more information.

22 (Wednesday)

📅 MEETING - Trail Leadership

23 (Thursday)

👤 CLASS – Women's Backpacking (REI)

Rockville, MD

7:30 p.m. Don't miss out on the details. With the right gear and the right fit you'll get the most out of your outdoor adventures. Join our women's outdoor adventure specialists for an evening of dialogue and demonstration of gear, regional destinations, nutrition and training. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

25 (Saturday)

👤 HIKE – Natural/Cultural History Hike

North District, Shenandoah National Park, VA

Join Len Wheat, noted PATC author on Park cultural resources, and Bob Pickett, PATC Naturalist, on a 6-8 mile bushwhacking adventure in the Frazier Hollow region of Shenandoah National Park. We will visit numerous home sites and cemeteries and talk about the lifestyles of the mountain residents that lived in these woods for over 150 years. Depending on local conditions (and Skyline Drive closings), an alternate hike may be chosen by the leaders. INFO: Bob Pickett 301/681-1511.

25 (Saturday)

📅 MEETING – North Chapter

Thurmont, MD

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

25 (Saturday)

👤 TRAIL WORK TRIP – Massanutten Mountain

South District

Luray, VA

Help pitch in to get the Massanutten Mountain South District trails in GWNF back into shape. We will meet in the parking lot of the Forest Service Visitors Center on Hwy. 211 at 9:30 a.m. Experience is unnecessary. Training and tools can be provided. Please bring your lunch, water, appropriate clothing, and leather gloves. This trip is subject to pre-vailling or forecast weather. Please check before going to the meeting site. I can provide you with the exact location of the trail we will be working on as the date approaches. INFO: Tate Heuer (tate@wth2.com) 202/255-6055.

25 – 26 (Saturday – Sunday)

👤 CLASS – Hike Leader Training

Vienna, VA

This weekend course will be conducted at the PATC Headquarters building in Vienna and is designed to prepare you to lead hikes. The two-day course uses classroom and outdoor instruction to prepare participants with skills to lead safe and enjoyable hikes with minimal environmental impact. Topics covered include medical emergencies, personal equipment, Leave No Trace, leadership, planning, standard procedures and navigation. Scenario exercises will also be used emphasize hike leadership skills. Cost: \$20 for PATC members, \$35 for non-members. Registration: Send payments to PATC, HLT Course, 118 Park Street, SE, Vienna, VA 22180-4609. Pre-registration is required. INFO: Eric VanNortwick (TPHLT@patc.net) 571/264-9513.

25 – 26 (Saturday – Sunday)

👤 SHELTER WORK TRIP - West Shelter Crew

Hancock, MD

Help the West Shelter Crew kick off our building season at the beautiful Ruth Morris/Vos Tract located right off of I-70 in West Virginia. We're in the early

stages of constructing a brand new shelter for the Tuscarora Trail. After work we'll enjoy home-cooked meals and overnight at Little Orleans Cabin. INFO: Henry Horn (athike@aol.com) 301/498-8254

25 – 26 (Saturday – Sunday)

👤 TRAIL WORK TRIP – Cadillac Crew

Martinsburg, WV

The Crew started an emergency Tuscarora Trail relocation at the north end of Sleepy Creek WMA in November last year. The trail relocation must be complete by June this year to comply with a new property owner who wants the current trail off his property. This is a challenging project to build the trail through a steep rock field. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight location to be determined. INFO: Jon or Katherine Rindt (jkrindt@adelphia.net) 540/635-6351.

26 (Sunday)

👤 TRAIL WORK TRIP – South Mountaineers

Appalachian Trail, MD

INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442

28 (Tuesday)

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

29 (Wednesday)

👤 CLASS – Nature Photography 101 (REI)

College Park, MD

7:00 p.m. If you're an outdoor enthusiast with an interest in nature photography, you won't want to miss this clinical Nature photographer Christine Kent Bowles will introduce you to the basic types of nature photography, the essential ingredients of great nature photographs, and the importance of good composition. She'll provide basic equipment recommendations and will point out special issues to consider when taking photographic equipment into the outdoors. A slide show of Christine's nature images will also be featured. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

29 (Wednesday)

👤 HIKE – Easy Hikers

Great Falls, MD

Approximately 5 easy miles on the C&O Canal Towpath. Meet at the parking lot near the Great Falls Tavern Visitor's Center in Great Falls Park, MD at 10:15 a.m. From Beltway, go west on Clara Barton Parkway to its end at MacArthur Blvd. Go west on MacArthur Blvd to Great Falls Park. Bring water and lunch. No pets. INFO: Alec McRae 202/686-1788.

29 (Wednesday)

👤 HIKE – Midweek Hikers

Location to be determined

See March 1 event for more information.

29 (Wednesday)

👤 SPECIAL EVENT – New Zealand (REI)

Bailey's Crossroads, VA

7:30 p.m. Join Ed Neville and Tonya Fish for an armchair adventure down under. Experience the Waipoua Kauri Rain Forest, and the Tongariro Crossing, New Zealand's most scenic one-day trek. Kayak with New Zealand fur seals off Abel Tasman National Park, and paddle the famed Milford Sound. From whale-watching off the Kaikoura coast to photographing the rare yellow-eyed penguin. Ed and Tonya did it all, including diving off Poor Knights Island: rated as one of the top 10 dives in the world by Jacques Cousteau. Tonya and Ed will provide insight on planning your own down under adventure so don't miss this one! Also visit www.edneville.com/ to see the amazing New Zealand gallery. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

30 (Thursday)

👤 CLASS – GPS 101 (REI)

College Park, MD

7:00 p.m. Learn how GPS receivers work and what affects accuracy, as well as features, benefits and how to choose a model. We'll also include a brief overview of online resources and batteries, water and shock resistance and accessories. INFO: Mark Nelson (mnelson@rei.com) 703/379-9400.

30 (Thursday)

👤 HIKE – Family Hike

Seneca, MD

Grab your loppers and join us for an after-school hike on the Seneca Creek Greenway and the C&O Towpath. This 1.5 mile, out-and-back hike will take us past the red sandstone remains of a stone-cutting and polishing mill, and past the Seneca Red Sandstone Cliffs to a stone quarry. The quarry, our turn-around point, is a great place for the kids to climb up, over, and around the rocks. The trail is likely to be overgrown, so if you have them, bring loppers or pruners to help us open up the trail as we walk along. If you would like, bring a picnic dinner to enjoy at the picnic area near the parking lot after the hike. This hike is designed for all ages, infant and up, but the trail is not jogging-stroller passable This is designed as a family activity, so an adult must accompany children. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

31 – 4/2 (Friday - Sunday)

👤 BACKPACKING TRIP – St. Mary's Wilderness

Appalachian Trail, VA

Backpack along the AT in this 2 1/2 day trip from Hog Camp Gap to the Tye River / VA 56 (see PATC Map 13). We will be hiking 19.3 moderate/strenuous miles at elevations 3500 ft. (start) to 4060 ft. (The Priest) to 970 ft. (Tye River / VA 56). We should meet Friday afternoon (the 1/2 day) to shuttle cars and camp at southern end of hike. INFO: Susan Bly (sbly@shepherd.edu) 304/876-5177.

April

1 (Saturday)

DEADLINE – May 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 PA@patc.net. NOTE: Do not send photos or articles to headquarters. E-mail for address.

1 (Saturday)

👤 TRAIL WORK TRIP – South Mountaineers

Appalachian Trail, MD

INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

1 (Saturday)

👤 TRAIL WORK TRIP – Yankee Clippers

Appalachian Trail, MD

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

3 (Monday)

👤 HIKE – Family Hike

Round Hill, VA

Join us for a kid-friendly hike on the AT. This circuit hike will be about 2.5 miles long. We will hike up to Bear Rocks, where the young and young at heart can climb up, over, and all around the rocks. Then we will hike over to Bear's Den Hostel, around the historical trail, and back to the rocks. INFO: Lauren Lang (at94L@netzero.com) 571/242-3950.

FORECAST

4 (Tuesday)

👣 HIKE – Vigorous Hikers

Edinburg, VA

County Line Trail south of Rt. 55 (along the VA/WV border). Hike south along Tuscorora Trail from Rt. 55 to Waites Run and return via Wilson and Vance Cove trails. 20 miles and 1600 ft. elevation gain. INFO: Cliff Noyes (hclmnoyes@yahoo.com) 540/373-8267.

4 (Tuesday)

📅 MEETING - Trail Patrol, 7:30 p.m.

5 (Wednesday)

👣 HIKE - Easy Hikers

Swain's Lock, MD

6-mile hike on C&O Canal to Pennyfield Lock and back. Bring lunch and water. Meet at 10:15 a.m. at Swain's Lock. Take Exit 39 on Capital Beltway to River Road. Go 2 miles past Potomac, Md. Then left 0.3 miles on Swains Lock Road. No pets. INFO: Mary-Margaret McGrail 703/751-8126.

5 (Wednesday)

👣 HIKE – Midweek Hikers

Location to be determined

See March 1 event for more information.

5 (Wednesday)

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

8 – 9 (Saturday – Sunday)

👣 HIKE – North Chapter

Little Orleans, MD

A hike in Green Ridge State Forest, from the PA/MD line to the C&O Canal. Day hikes with an overnight at the Little Orleans Cabin. Northern Spur 6.3 miles. Southern Spur 11.0 miles. INFO: Chris Firme (bncfirme@innet.net) 717/794-2855 after 6:00 p.m.

11 (Tuesday)

👣 HIKE – Vigorous Hikers

Central District, Shenandoah National Park, VA

Franklin Cliffs. A 15-mile circuit with 3700 feet 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.

11 (Tuesday)

📅 MEETING - PATC Council, 7:00 p.m.

12 (Wednesday)

👣 HIKE – Midweek Hikers

Location to be determined

See March 1 event for more information.

12 (Wednesday)

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

15 (Saturday)

👣 HIKE – Natural History Wildflower Hike

McLean, VA

Bob Pickett, PATC Naturalist, leads this traditional PATC wildflower hike in Turkey Run Park, along the GW Memorial Parkway, for his 17th year! This is perhaps the premier early season wildflower site within the metropolitan area. More than 30 species of flowering plants will be seen along this five-mile hike. Please note, the first section of the hike may take us through some muddy areas and numerous, easy stream crossings. INFO: Bob Pickett 301/681-1511.

15 (Saturday)

👣 TRAIL WORK TRIP – Rock Creek Park
Washington, DC

8:15 a.m. – noon. Join us for our first work trip of the year. Please come and help make this trip a success. Meet at the Rock Creek Nature Center located south of the Military Road NW park entrance. INFO: Alex Sanders (wdctrails@yahoo.com) 703/465-8140 or Ranger Ken Ferebee at 202/895-6221.

15 (Saturday)

👣 TRAIL WORK TRIP – Yankee Clippers
Tuscarora Trail, PA

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

18 (Tuesday)

👣 HIKE – Long Distance Hike

Front Royal, VA

A 30-mile + loop around the Massanutten Mountains. This self-supported hike will loop starting at Elizabeth Furnace west on the Tuscarora Trail, south on the Massanutten West Trail, north on the Massanutten East Trail and the Tuscarora Trail back to Elizabeth Furnace. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931 or Cliff Noyes (hclmnoyes@yahoo.com) 540/373-8267.

19 (Wednesday)

👣 HIKE – Midweek Hikers

Location to be determined

See March 1 event for more information.

22 (Saturday)

👣 HIKE – Tuscarora Trail Series

Hedgesville, WV

River Rd. to Spruce Pine Park (WV 9). 5.4 miles - easy hike. Elevation change of 300 feet. We will be going through gently rolling land that includes various PATC properties and other private lands. It will end with a short road section before reaching Spruce Pine Roadside Park. INFO: Jason Rainville (superjasonr@hotmail.com) 304/262-0994.

22 (Saturday)

👣 TRAIL WORK TRIP – South Mountaineers
Appalachian Trail, MD

INFO: Nancy Hammond (mdtrail@yahoo.com) 301/739-0442.

22 – 23 (Saturday – Sunday)

📅 CLASS - CPR/AED/Basic Wilderness First Aid
Vienna, VA

9:00 a.m. – 5:00 p.m. This two-day class provides American Heart Association certification in Adult CPR, AED, and Basic First Aid. The second day the student will learn American Safety and Health Institute (ASHI) Basic Wilderness First Aid. All certifications are valid for two years. Cost of the class is \$120 for Trail Patrol Members and \$130 for Non-Trail Patrol Members. Pre-Registration is required by April 14. Go to www.patc.net/volunteer/trailpatrol.com for more information and the registration form. INFO: Saleena DeVore (tp1staid@patc.net) 540/972-8394.

22 – 23 (Saturday – Sunday)

📅 CLASS – Chainsaw Certification
Shenandoah National Park Headquarters

See ad on page 3 for more information.

22 – 23 (Saturday – Sunday)

📅 CLASS - Traditional Tools Workshop
Pinnacles, Shenandoah National Park

See ad on page 8 for more information.

22 – 23 (Saturday – Sunday)

👣 TRAIL WORK TRIP – Cadillac Crew
Martinsburg, WV

The Crew continues work on an emergency Tuscarora Trail relocation at the north end of

Sleepy Creek WMA. This is a challenging project to build the trail through a steep rock field. Bring water and a lunch for Saturday noon. Community dinner on Saturday night. Overnight location to be determined. INFO: Jon or Katherine Rindt (jkrindt@adelphia.net) 540/635-6351.

23 (Sunday)

👣 HIKE – Sunday Hikers

Great Falls, VA

Come out for a gentle, but very long hike on the C&O Canal Towpath. Starting at the Great Falls Tavern, we'll hike upriver as far as Riley's Lock (Lock # 24), then turn around for the return trip. The total distance will be 17 miles. We'll see what remains of the Seneca Creek Aqueduct at Riley's Lock. This will be a great training hike for those planning to do the Sierra Club/MWROP 100/80/50K one-day hike the following weekend. No pets. INFO: Vince Ferrari (vincentferrari@gmail.com) 301/249-2210.

25 (Tuesday)

👣 HIKE – Vigorous Hikers

Linden, VA

An annual excursion into the fabulous trillium and other wildflowers of the Thompson Wildlife Management Area, about 15 miles and 3300 feet of elevation gain. INFO: Chris Nolen (chrishiker@erols.com) 301/469-8931.

25 (Tuesday)

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

26 (Wednesday)

👣 HIKE – Easy Hikers

Brandywine, MD

A four-mile easy circuit hike with optional two-mile extension in Cedarville State Forest. From beltway exit 7, south on MD route 5 (Branch Ave), merging with US 301 after 10 miles. Then stay in left lane for 1.8 miles to traffic light at Cedarville Road. Turn left and continue 2.4 miles to state forest sign at intersection with Bee Oak Road. Turn right, proceed 1 mile to meeting place outside forest office at 10:15 a.m. Entrance fee \$4 per car, possible discount for MD residents. Bring lunch and water. INFO: Paul Van Order 703/536-4378.

26 (Wednesday)

👣 HIKE – Midweek Hikers

Location to be determined

See March 1 event for more information.

29 (Saturday)

👣 CLASS – Billy Goat Trail Stewards
Great Falls, MD

9:00 a.m. - 5:00 p.m. Join the Billy Goat Trail Steward Program, a Volunteers-in-Parks program at the C&O Canal. Billy Goat Trail Stewards hike the trail, assisting park rangers by providing visitors with information on the park, Leave-No-Trace principles, and basic first aid. The program is managed cooperatively by PATC, the National Park Service, and the Nature Conservancy. Additional training classes will follow, for park orientation and radio use, and first aid and CPR. To learn more, visit www.nps.gov/choh. INFO: Ranger Rod Sauter (Rod_Sauter@nps.gov) 301/767-3702 or Georgeann Smale (gsmale99@yahoo.com). ☐

Bob Pickett's Appalachian Nature: Spring is Here!

For me, March means spring is here! Woodcocks are "peenting" in old fields; spotted salamanders and wood frogs are going through their mating frenzy; bloodroot, hepatica, and toothworts are blooming; and the days, oh, the wonderful days, are getting long! Spring azures, mourning cloaks, and question mark butterflies are flying through the woods, mourning doves are laying eggs, queen bees are searching for homes, and the worms have come back to the surface of our yards, thus earning March's full moon status as the Worm Moon by the Native Americans.

It's only natural for us to focus on the terrestrial environment, but March signals the beginnings of spring in the aquatic world as well. The first mayfly species of the season will emerge from the water as subadults, or subimagos. They have spent the winter as aquatic larvae, growing and shedding their skins between 12 and 27 times, depending on species. Many species will float to the water surface and emerge from the last larval skin by using it as a raft. These species fly from the water surface in just a few seconds, because they are vulnerable to being eaten by fish. This stage is considered a subadult because the reproductive system has not finished developing in this stage. It is only with one last molt (even the wings will lose their covering) that they have completely developed into an adult, known as an imago. Mayflies are the only insects with a subimago stage. This is also the month when the hatchlings of brook trout, known as fry, will emerge from their wintering beds, where the eggs were laid the previous October.

Brook trout are essentially Pleistocene relics. Originating in far Northern waters, their ranges were expanded south by the advancing ice of the glacial period. As the last Ice Age released its grip on our region, brook trout, like so many other cold-habitat species, such as red spruce, balsam fir, Shenandoah salamanders, northern flying squirrels, and water shrews, which permeated our region 20 thousand years ago, have found themselves struggling to survive in suitable habitats, now isolated on virtual mountaintop islands.

Brook trout have certainly played a role in SNP. In 1929, only months after becoming president, Herbert Hoover established a retreat along the headwaters of the Rapidan River, which he called Rapidan Camp. In selecting a site, his three requirements were to

find a site: on a trout stream; within 100 miles of Washington, DC; and above 2,500' elevation, so as to be away from mosquito-breeding waters. Rapidan Camp became such an important landmark that Skyline Drive, begun in 1931, was originally designed to turn east at Big Meadows and continue downhill and end at his retreat! Incidentally, if this location had not worked out, his retreat would have been established on the Hughes River, where Corbin Cabin is located.

By the time that SNP was established in 1936, brook trout populations within most streams had experienced moderate to severe degrees of degradation as a result of local harvesting pressure and destructive land use impacts. (It was only because of significant stocking of rainbow, brown, and brook trout in the Rapidan River, that Hoover's hideaway was such a prolific trout stream!)

Official brook trout restoration within selected streams in the newly established park began in 1937. From 1940 through 1949, approximately 182,000 eastern brook trout were stocked within 16 park streams. Additionally, three of the 16 streams (Rose River, Rapidan River, and Moorman's River, North Fork) were stocked with approximately 9,300 rainbow trout (*Oncorhynchus mykiss*) beginning in 1943.

A SNP fisheries study was completed in 2004 in which 32,694 fish of 29 species were captured through electrofishing ("SNP Fisheries Monitoring Program Annual Report" for 2004). The total includes 9,779 brook trout, 65 brown trout (principally from the Rose and Hughes Rivers), and 20 rainbow trout (from the Moorman's River, North Fork). The brown trout are remnants of the former stocking efforts, which have resulted in a sustained population within the park. While no brown trout are stocked in any stream that comes out of the park, rainbow trout are still stocked in a number of east slope streams (outside the park). Rainbow trout reproduction was documented in the lower Moorman's River (within the park) for the first time since 1957. The park is working with the Commonwealth of Virginia with the desired goal of discontinuing the stocking of rainbow trout in these streams in order to protect the native brook trout.

DNA studies from this study revealed several interesting facts. First, brook trout from

Rapidan and Staunton Rivers are genetically similar to the brook trout of the southern Blue Ridge including the Great Smoky Mountains. The Rapidan fish are likely the survivors of a restoration program from the mid 1950s involving juvenile trout from a federal hatchery in eastern Tennessee. Second, DNA analysis was performed on the 2002-2003 samples from 16 sites (685 brook trout) representing all three of the major drainages (Potomac, Rappahannock, and James) that occur within the park. Statistical analyses have shown a high degree of genetic differentiation in trout among the three drainages and among tributaries within the drainages.

The Virginia Department of Game and Inland Fisheries (VDGIF) maintains a massive trout stocking program. Just outside the park, the eastern streams are stocked nine times a year! The VDGIF reports an annual stocking of over 1.2 million catchable-size trout in more than 180 stream sections and lakes from October to June in Virginia.

Brook trout are the only native trout in our Appalachian streams. Their range has been reduced by the introduction of rainbow trout from the Western United States and brown trout from Europe. The brown trout and, to a lesser extent, rainbow trout are more aggressive than the brookies, and as a result, brookies have been forced to high-elevation headwater streams where food, space, and spawning habitat are limiting. Add to this, acidification of the streams from acid rain, deforestation, and sedimentation from changes in land use, suitable habitat for brookies has significantly declined since 1900.

Threats to our native brook trout come from natural sources, as well as human-induced impacts. Within SNP, a major impact on the native brook trout population occurs during summer droughts, when streams become isolated pools, and brook trout become "swimming ducks" for Northern water snakes, which will remove all fish from one pool before traveling to the next pool.

What's the easiest way to differentiate a native brook trout from the introduced brown and rainbow trout? The most obvious is the white leading edge of the bottom, or ventral, fins. And, our brookie has a dark body with light spots, while the brown and rainbow have light backgrounds with darker spots. □

TRAILHEAD

Where is winter? After a cold period with snow and ice in early December, January has been rather mild. Time will tell what surprises February and March have in store for us. There have been periods of strong winds over the past month and some reports of many blowdowns. If the mild weather continues and you get an opportunity, check your trails.

Highlights of SNP-PATC Meeting

The annual planning meeting to coordinate PATC activities in SNP was held on Jan. 28 at Headquarters in Vienna. SNP DMs, SNP Rangers, and Karen Lutz and Bob Sickley from ATC attended.

Some items of interest from the meeting:

- Old Rag parking lot and connector trail are on hold. Environmental concerns are still being addressed, and the project will not start until the process is completed.

- Due to funding cuts, the Panorama rebuild will be smaller. Exact plan and timing of rebuild is evolving at this time.

- The status of the White Oak Cabin is still being discussed. It will either be closed or restored.

- The AT relocation over Hogback Mountain in the North District has been approved. The Hoodlums Trail Crew will be lead on the project.

- First aid/CPR courses will continue to be given with chainsaw classes. Location of chainsaw classes will be announced when plans are completed.

- The PATC-SNP Cooperative Agreement for 2006 was discussed. There is still a need to eliminate all offset blazes on SNP trails to comply with SNP policy. PATC requested SNP simplify the project proposal form in future agreements. The issue of medical forms for volunteers to carry in the park will be addressed as a continuing action.

- SNP budget is trending down, while operating costs are trending up. Restructuring of the trails maintenance organization is being considered to reduce costs. The rangers PATC has worked with for a number of years will all retire in the next five years and probably will not be replaced on a one-for-one



Photo by Jim Tomlin

Jacco de Zwart and Dan Buchholz discover the pleasures of a sharp crosscut saw while cutting blowdowns on the Big Schloss Cutoff Trail and Mill Mountain Trail on Great North Mountain.

basis. PATC may need to pick up more of the trail work in the park.

- A rock outcrop management plan is being developed. The first public hearing will be held in April. The plan will address environmental impacts, primarily from rock climbing.

- PATC will work with SNP to keep the five-year plan for projects on the AT up-to-date. The five-year plan serves as a basis for ATC funding of trail work and for scheduling of the Mid Atlantic ATC Trail Crew. The five-year plan will be an agenda item for the September district managers meeting.

- The Blue and White Crew Web site was given the “Certificate of Excellence in Trail Web site Creation” by the SNP trail folks. Crew leader Kerry Snow is hoping to get overseers to use the resources on the Web site for information and planning.

A Deal For You

I knew my section of the AT in SNP would be a mess after the heavy, wet snow that fell at the end of October, but I was headed out of town the first week in November for several weeks with no time to get up to do trail work. So imagine my relief when I received an e-

mail message from SNP trails guru, Shawn Green, with the subject line, “A Deal for You!”

Shawn said, “Hikers are telling me that your section of AT needed some work, so I took a long lunch break today and it is true, the trail does need some work. The first half-mile going north from Simmons Gap is a maze of broken poplar limbs, maples, spice bush, and witch hazel. Anyway, on Nov. 5, I have a small group of 10-year-old Scouts and their parents who I had lined up to clear waterbars on my section. I am sure that they would prefer to cut and drag limbs rather than clear waterbars. With your permission, we can clear the storm-damaged trees from your section. I estimated that there are about 40 to 60 limbs or broken saplings that need to be cut and/or dragged off the trail and no chainsaw needed.”

What a godsend. When I returned, I asked Shawn how his trip went. He replied, “My Scout group had a near perfect day for trail work. We had five adults and five Scouts. We were able to finish the job in about two hours. I logged in 10 hours of work on the trip report. When we left the trail it was clear of obstacles, but I am sure as the winter goes on more broken limbs will tumble into the trail. It was the perfect work trip for Cub Scouts – no down

See Trailhead, page 17

Trailhead, from page 16

tree over 5". Everything could be handled by pruning saws and loppers, plus the weather was perfect."

It's not the first time Shawn has helped out this grateful overseer! Thanks, Shawn and Scouts!
Eric Seaborg, trail overseer.

Traditional Tools Workshop

There will be a traditional tools workshop at Pinnacles in SNP on April 22 and 23. Focus will be on crosscut saws and axes. Our own Dan Dueweke, a very experienced and skilled sawyer, has the lead. You have an opportunity to learn how your grandfathers/grandmothers and great-grandfathers/great-grandmothers cut down trees and then bucked them into useable pieces. You can learn how to cut trees by hand yourself. More and more people lack any degree of such skill – you can be one of the chosen few. Contact Heidi Forrest (HForrest@patc.net). to sign up for this opportunity.

ATPO Five-Year Plan

Kerry Snow, PATC representative to the Mid Atlantic Regional Partnership Committee, wants to remind AT district managers that the ATPO five-year plan is updated annually, and that all trail-related projects should be submitted for inclusion in the plan, even if ATC/ATPO funding or assistance is not anticipated. The database of projects is a very valuable planning tool, not just to PATC but for our various partners as well. Projects that will require financial or manpower assistance must be approved as part of the five-year process, so early inclusion is essential for timely improvements to the trail. The deadline for the annual submission by district managers will be the Fall Trail Management meeting. Please take a few minutes to review the current list of projects. The list can be obtained from the PATC supervisor of trails or from the MARPC representatives (Kerry Snow and John Hedrick).

Blue and White March Kickoff

The Blue and White Crew will begin their weekend schedule in March. The crew schedule is posted on blueandwhitecrew.org. The 2006 calendar includes nine weekend work trips, two Gala Vegetation Festivals, two Madison County bicycle tours, and several training workshops. New members are always welcome. The crew has scheduled several rehab projects on the AT, as well as trips to White Oak Canyon, Catlett Mt. Trail, and

other blue-blazed trails in the park. The first crew trip of the season will involve removing over-winter blowdowns from the AT and other trails. Early reports suggest that this has been a particularly bad year for blowdowns, so overseers are encouraged to hike their sections soon in order to report significant damage. Details about all of the upcoming crew events, in addition to photos from previous seasons, can be found on the crew Web site.

Great North Mountain

The unusual mild and dry January lent itself to a few unusual midwinter trail work visits on Great North Mountain. Working on Sundays to avoid bear hunters, new blowdowns that had been created by the frequent gusty winds of the month were dispatched. Special thanks go to Dan Dueweke, PATC's crosscut saw shogun, who provided a two-person saw and sharpening expertise, which made it possible to remove many large blowdowns on a short winter day. Many thanks also go to members of the National Institutes of Health Hiking Club, who provided four energetic volunteer scientists for one blowdown-clearing expedition: Dan Buchholz, Dave Soucy, Frank Shewmaker, and Jacco de Zwart made short work of trail-blocking trees on Big Schloss Cutoff Trail and Mill Mountain Trail. These researchers found themselves on the cutting edge as they discovered the natural beauty of a razor-sharp crosscut saw going through a 20-inch dead oak!

The Great North Mountain trail crew, the Stonewall Brigade, will resume monthly work trips on the third Saturdays of the month, hopefully beginning in March. A full slate of various trail-related maintenance activities are planned for 2006. Look in the Forecast section of the PA for the latest information.

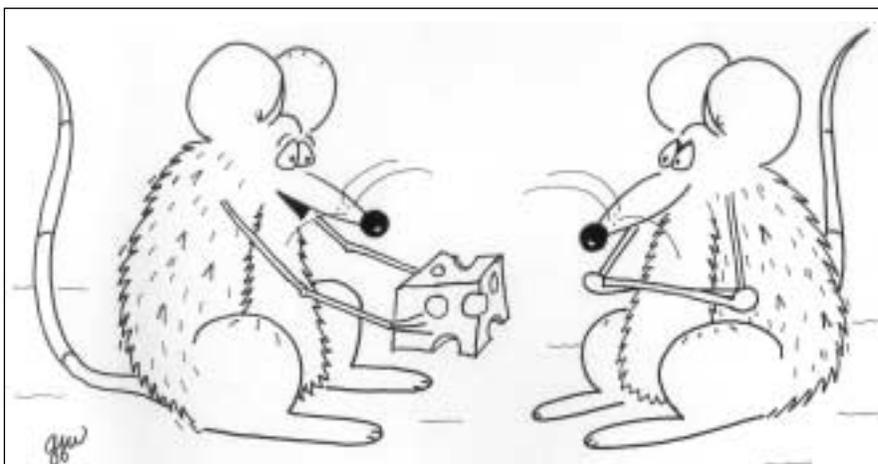
January Lasagna Fest

The Cadillac Crew ventured out in January to help Chris Brunton clear roadside brush on the access road to Blackburn Trail Center. January work trips are always questionable due to weather but it turned out to be a great weekend. Some 20 volunteers showed up to enjoy outdoor work and to socialize. Sandi Mara's food fest of lasagna and meatballs on Saturday evening hit the spot after a long day. The food disappeared fast helped by "Just Jim," a south-bound AT thru-hiker who happened to stop by at the right time.

Trail building projects for the crew this coming season include the emergency relocation of the Tuscarora Trail at the north end of Sleepy Creek WMA in West Virginia and a new Tuscarora connector trail to form a loop that includes the Shockey's Knob shelter. For some good exercise (hard work), check the Forecast for trail-building work trips.

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@adelphia.net. □

TAILS FROM THE WOODS by George Walters



"SORRY LOUIE... I DIDN'T KNOW IT WAS YOUR BIRTHDAY... HERE, YOU CAN HAVE THE CHEESE... HEY, WAIT A MINUTE! MICE DON'T HAVE BIRTHDAYS!!"

AT Corridor Management Committee Receives Grant

The AT Corridor Management Committee has received a grant to cover half the cost of printing a new brochure entitled "Your Neighborhood, The Appalachian Trail Corridor." The grant for \$450 was given as part of the L.L. Bean Grants to AT Clubs program.

The brochure is designed to assist corridor monitors in educating neighboring property owners about the AT corridor. There is a brief history of the trail and the establishment of the corridor. The role of the corridor monitor is outlined, and there is a brief list of NPS regulations for the corridor. Suggestions are given on how to help protect the corridor and volunteer for the club. Contact numbers and Web site addresses are given for PATC, ATC, and NPS. There is also an area for the corridor monitors to write their contact information.

Look for this brochure to be available around March 1. I want to thank L.L. Bean for their generous grant to the club for this project. □

—Tom Lupp, Chair, AT Corridor Management Committee

PATC Stream Monitoring in its Second Year

By the end of this month, PATC volunteers will be knee-deep in water once again, capturing and identifying bizarre insect larva that live on the bottom of our Blue Ridge streams.

In an initiative begun last year, PATC is conducting water-quality monitoring on nine streams located on PATC properties. What we actually do is place flat-bottomed "D" nets on the bottom of the streambed and rub the animals off of rocks directly upstream, so that they drift into the net. After doing this in nine different locations among the pools and riffles and rootbanks, we gather all of our little creatures and begin to see what's there.

What we've caught is the larva of mayflies, stoneflies, caddisflies, dragonflies, and numerous other aquatic creatures. And, with many of these invertebrates exhibiting a limited level of pollution tolerance, we can make confident conclusions on the quality of the water based on the presence or absence of certain small macro-invertebrates.

Freshwater invertebrates are used more often than any other group of freshwater organisms to assess the health of freshwater environments. This process, known as biomonitoring, has become a significant activity for professional aquatic biologists, universities, and government agencies.

Our macroinvertebrate monitoring is easy to do. It doesn't require extensive monitoring

equipment, the larva are easy to identify, and the results are extremely effective in evaluating stream quality. It's also an excuse to wade in the creeks and learn so much about the aquatic environment.

We are looking for more volunteers to join us this spring. No previous knowledge is required as we have free training available to us through the Audubon Naturalist Society. We have three groups monitoring three streams each, twice a year: once in the March/April period, and once in October/November.

If you want to join us, or learn more about what we're doing, please contact Bob Pickett at 301/681-1511.

By the way, while the results are not on the Web at this time, I can tell you that all of our streams fall in either the top category (excellent) or second category (very good). □

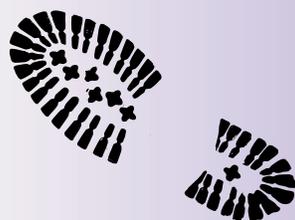
—Bob Pickett



Volunteers Appointed in January

Trail Overseers

Robin Kane	Appalachian Trail – Park Boundary Signs to Compton Gap
Sandra Gallagher	Appalachian Trail – Beagle Gap to McCormick Gap
Mike Sheehan	Entry Run Trail – (both sections)
George Schubert	White Oak Canyon Trail – Skyline Drive to Waterfall Viewpoint
Kim Lewers	White Knob Trail
Loreen Ellis, Co-Overseer	Corbin Hollow Trail
Marilyn Duncan, Co-Overseer	Doyles River Trail



POTOMAC APPALACHIAN

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VOLUNTEER OPPORTUNITIES

PATC Tract Managers Needed

Volunteers needed to manage PATC-owned Lands. Several locations available. Properties are up and down the AT in Virginia and Maryland and along the Tuscarora In Virginia, West Virginia, and Pennsylvania. If interested please contact Chris Mangold at 301/898-7979 or e-mail at csm5749@yahoo.com.

Who's Minding the Store? You Can!!!

PATC is looking for a new chair of the Sales Committee. Duties would include: advise and supervise paid and volunteer sales staff, help with inventory of all PATC publications, establish sales policy and publication pricing, work closely with publications and maps committees to target future updates and publications. Anyone interested in this position please contact: Lee Sheaffer, Vice President-Volunteerism (thumpers@visuallink.com) 540/955-0736.

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 D.C.) – 20%, 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%, The Outfitter at Harpers Ferry – 15%, and the sole source (Harrisonburg) – 10%. 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 and Ranger Surplus (excludes BSA merchandise). Be sure to have your membership ID or overseer ID ready when you shop.

FOR SALE: Mamiya 35mm camera lenses, attachments and filters. \$50 obo. Contact Susan Bly at sbly@shepherd.edu or 304/876/5177.

FOUND: MOTOROLA RADIO.

I found a Motorola radio on the Hannah Run Trail on Jan. 7. Please contact Jack (thorsen4@juno.com) 703/330-6717.

WANTED: CAMPING EXPEDITION PARTNER

Six weeks in summer 2006 to western National Parks. Leisurely day hikes to alpine areas from pickup truck camper. Esthetics, not record-setting. Share expenses. (In 2005, six weeks, seven Natl. Parks, 9,000 miles, total cost for two people – not each, was \$2,100.) Contact: Grant Olson, Waynesboro, Pa. (owlie1@pa.net) 717/765-4228.

PATC 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. □

HIKING PARTNERSHIPS

WANTED: HIKING PARTNER. I live in the Baltimore area, retired school teacher and seeking a hiking partner(s) to share in car shuttle for section hiking the southern half of the AT. The outing could be up to 10 days at a time. Contact: Ron Bungay (ronbungay@comcast.net) or 410/242-4592

HIKING ENTHUSIAST SOUGHT for role as Scoutmaster of outdoors-focused Boy Scout Troop 97 in Silver Spring, Md. More info? Contact Jim Van Cott: (301/565-0486) CJPAVC@yahoo.com.

WANTED: HIKING/CAMPING PARTNER: I live in Gaithersburg, Md., and am looking for hiking and camping buddies within 120 miles of the DC area. I am 29 and willing to hike/camp anywhere. I also have a dual propane stove that I am giving away. Any takers? Contact Jeffrey Scott (knight_1_nu@yahoo.com) 301/466-3373.

Trail, Shelter, and Corridor Overseers / Monitors Wanted

CORRIDOR MONITOR OPENINGS

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

WILSON GAP -VA - PATC MAP 7
ASHBY GAP SOUTH -VA -
PATC MAP 8

VOLUNTEERS NEEDED FOR THE SHELTER CREW IN MD

DICKS DOME SHELTER - NORTHERN
VA - MAP 8
Henry Horn, 301/498-8254
ATHike@aol.com

OPEN TRAILS - CONTACT THE
DISTRICT MANAGER FOR THE SECTION
THAT INTERESTS YOU.

PENNSYLVANIA MAPS 2-3, 4, 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
PA Tuscarora Trail [J] - Co-Overseer
Hemlock Road to Mountain Rd
(4.9 miles)

PA Tuscarora Trail [J] - Co-Overseer
PA 233 to Bill Miller Trail (3.9 miles)

PA Tuscarora Trail [J] - Co-Overseer
Bill Miller Trail to Cowpens Rd
(4.7 miles)

PA Tuscarora Trail [J] - Co-Overseer
Cowans Gap State Park to US 30
(6.7 miles)

PA Tuscarora Trail [J] - Co-Overseer
US 30 to PA Rte. 16 (1.9 miles)

HARPERS FERRY / ASHBY GAP AT &
BLUE-BLAZED - MAP 7 & 8
Chris Brunton, 703/924-0406
trailbossbtc@msn.com

Appalachian Trail
Loudoun Heights Trail to Powerline
(2.3 miles)

ASHBY/POSSUMS AT/BB
[RTE. 50 TO SNP] - MAP 8 & 9
Lloyd Parriott, 540/622-2743
lparriott@hotmail.com

Appalachian Trail
VA 55 to VA 638 (2.1 miles)
Barking Dog Trail
AT to Barking Dog Spring/Rte 604
(0.34 miles)

SNP CENTRAL AT - MAP 10
Kerry Snow, 301/345-9408
kerrysnow@verizon.net
or Charles Hillon, 703/754-7388
charleshillon@comcast.net
Appalachian Trail - Co-Overseer
Saddleback Trail to Swift Run Gap
(1.4 miles)

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.

SNP SOUTH AT - MAP 11
Don White, 804/795-2914
trblldr@comcast.net

Appalachian Trail - Co-Overseer
Frazier Discovery Trail to
Loft Mt. Camp Store (1.1 miles)

TUSCARORA CENTRAL - MAP L
Walt Smith, 540/678-1043
wsmith@visuallink.com

Tuscarora Trail
Southern Rockfield to Pinnacle
Powerline (2.3 miles)
Frye Path Trail
at The Pinnacle (0.4 miles)
Laurel Run Trail
at The Pinnacle (0.5 miles)
Rock Cave Trail and Overlook
at The Pinnacle (0.1 miles)

MASSANUTTEN SOUTH - MAP H
Tate Heuer, 202/255-6055
tate@wth2.com

Massanutten Mt. South Trail
Pitt Spring to Morgan Run Trail
(1.4 m FR 65) (3.3 miles)
Massanutten Mt. South Trail
Morgan Run Trail (1.4 m FR 65) to
Fridley Gap (2.3 miles)



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