



# Northern Virginia Hiking Club

## July - September 2010 Hiking Schedule

**Participation:** Anyone interested in group hiking or other Club activities is welcome to join. Non-members pay a guest fee of \$2 per hike. To join use our online application, print a paper application from the web site or obtain an application from a hike leader. For hike information, visit our web site on the Internet at:

<http://www.nvhc.com>

**Fees:** Each passenger pays the driver the suggested **car pool fee**. The leader may suggest an adjustment to the carpool fee based on the price of gasoline. Everyone in the car shares the **park entry fee** (unless one of the passengers has an entry pass) when assessed by the car or pays his or her share when assessed individually.

**Weather Policy:** Hikers should call the leader before going to the meeting place when conditions are questionable. The leader may cancel or modify the hike if weather, trail or driving conditions are dangerous. If the hike is canceled, the leader may not be at the meeting location.

**Pet Policy:** Pets are welcome on NVHC hikes as long as they are well behaved and kept under control at all times. Dogs should be current on rabies vaccination, wear identification, and be kept on a standard 6-8 foot leash. Please contact the hike leader in advance if you intend to bring a pet because pets are not permitted on some trails. All pooper scooper laws must be obeyed. Remember to bring water for your pet.

**Hike Rating Guide:** Each hike is rated with a difficulty rating of A, B, C or D. Distance and elevation are used to determine the rating, with 400 feet of uphill considered equivalent to 1 mile of linear distance. The ratings are:

- |                                 |                                              |
|---------------------------------|----------------------------------------------|
| <b>A</b> -Difficult (>13 miles) | <b>B</b> -Moderately Difficult (10-13 miles) |
| <b>C</b> -Moderate (7-10 miles) | <b>D</b> -Easy (<7 miles)                    |

**Safety Message:** We recommend that you do not hike if you answer NO to any of the following questions:

**MEDICAL FITNESS:** Are you medically fit to participate?

**EXPERIENCE:** Have you done a hike of similar difficulty in recent past?

**FOOD AND WATER:** Have you enough food and water?

**FOOTWEAR:** Have you proper footwear?

**CLOTHING:** Have you proper clothing, especially for cold weather (layered clothing, warm wool sweater or jacket, gloves or mittens, ear muffs, hat, rain gear, and so on)?

**Notice:** You hike at your own risk. You are responsible for your own safety and must assume all risks and liabilities on all outings with the Northern Virginia Hiking Club. No NVHC leader, officer, or representative shall be held liable for any injuries, loss, or damage to persons and/or properties, direct or consequential, arising out of any trip and/or activity of the hiking club. As unpaid volunteers, trip leaders should not be relied upon to have any special skills or training.

**Email:** Get on the NVHC email list to keep up with notifications and schedule changes. <http://www.nvhc.com>

If you have questions about a hike, don't hesitate to call the hike leader, but call before 9:00 p.m.

### Happy Trails!

#### DIRECTIONS TO MEETING LOCATIONS

**Centreville Commuter Lot** - Route 29/I-66 near Stone Rd. Drivers in either direction take I-66 to Exit 52; then go **south** on Route 29; go about one half mile and turn right into the park-and-ride lot.

**Sterling W&OD Trail Lot, Sterling** - From Route 7 go 2.4 miles South on Route 28 and turn right into the lot (Steeplechase Drive). From Dulles Toll Road go ~4 miles north on Route 28 and take the right exit to Dulles Town Center, Nokes Blvd. Route 1793. Follow the lane that says west, go onto the overpass and bear right onto the ramp to Route 28 south. Go ~9/10 of a mile and turn right into the W&OD Trail Parking lot (Steeplechase Drive). Look for signs that say "W&OD Trail Parking" in either direction.

**Woodbridge Commuter Lot** - Route 123/I-95. From I-95 Southbound, take Woodbridge exit (left exit) to Route 1 South. Cross the Occoquan River, pass Annapolis Way and turn right onto Route 123. At the second traffic light turn right onto another Annapolis Way and follow signs into the commuter lot. From I-95 Northbound, take Route 123 exit. Bear right at the end of the ramp to Route 123 South. At the first traffic light turn left onto Annapolis Way and follow signs to commuter lot.

**East Falls Church Metro, Arlington** - See directions on web page at [www.nvhc.com](http://www.nvhc.com)

**Carderock Recreation Area, MD** - From Virginia take I-495 N (Inner Loop) to the American Legion Bridge. Stay in the right lane and take the first exit in MD (Exit 41) soon after the bridge. Bear left on the exit ramp and turn left on to West bound Clara Barton Parkway. After about a mile, take the first exit opposite the Naval Surface Warfare Center. Turn left on the bridge and go about 0.3 mi. to a T-junction. Turn left and park.

**Vienna Metro Station North Parking, Vienna** - Drivers in either direction take I-66 to Exit 62 onto Nutley Street North. At the first traffic light turn left onto Virginia Center Drive and follow the road around the town homes. Turn left into the Metro parking area. Parking is free on weekends.

**Additional meeting spots may be used at the leaders' option**



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Hike Date	Hike Title	Rating	Hike Description	Location	Leader	Meeting Place	Meeting Time	Carpool Fee	Entry Fee
Saturday, July 03, 2010	Blue Mountain Hike	B	This 7-mile loop hike in the Richard Thompson Wildlife Management area descends a rolling section of the AT known for its trillium (in May), with lunch overlooking Lake Thompson. Elevation gain 800 feet.	VA	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Centreville Commuter Lot	8:00 AM	\$6.00	\$0.00
Sunday, July 04, 2010	Urban Woodland Circuit	D	A 5.2 mile circuit hike from Fletcher's boathouse through Wesley Heights and Glover Park to the C&O canal towpath. The trail winds through the stream-lined forests of northwest Washington. Meet at Fletcher's parking lot (near the arched bridge).	DC	Nancy Benco 202-363-1639(H)	Fletcher's Boathouse	8:30 AM	\$0.00	\$0.00
Saturday, July 10, 2010	Weverton Cliffs/AT	A	This is a 11 mile linear hike on the Appalachian Trail in Maryland. Total elevation change is 1500 feet. The hike will begin at Weverton (near Harper's Ferry) and follow the AT along the top of South Mountain until Lamb's Knoll. There, we will descend along the Bear Spring Cabin Trail. Requires a 8 mile car shuttle.	MD	Ed Brimberg 703-944-9920(C)	Sterling W&OD Lot	8:00 AM	\$11.00	\$0.00
Saturday, July 10, 2010	Manassas National Battlefield Park	D	Join us for a 5-6 mile hike at Manassas National Battlefield Park. We will hike through meadows, woods, and swamps. Meet in front of the Visitor Center. Park Entry fee is \$3/person.	VA	George Heavey 703-402-5067(H)	Visitor Center	9:00 AM	\$0.00	\$3.00
Sunday, July 11, 2010	Catoctin Trail #1	B	First of four B-level hikes to cover the entire length of the Catoctin Trail that runs from Gambrill to the northwest edge of Catoctin Mountain National Park. This first segment covers the portion of the trail that lies within Gambrill State Park near Frederick, MD. Although this hike measures only 5 miles in length, it includes two significant climbs certain to test your mettle. Total elevation gain is about 1500 feet. Short car shuttle required.	MD	Dean Simmons 410-531-3230(H)	Carderock Rec Area, MD	8:00 AM	\$8.00	\$0.00
Saturday, July 17, 2010	Wine, Cheese, and Blueberries	Fun	The plan includes visiting a winery, a snack with some wine, and a visit to a blueberry patch to collect some blueberries. We may throw in a short hike and/or other activities after these scheduled events. Bring cash for the wine and snacks (about \$30).	VA	Mano Malayanur (301)-562-3156(H)	Centreville Commuter Lot	11:00 AM	\$5.00	\$0.00
Saturday, July 17, 2010	Maryland Heights	B	An 8 mile circuit hike to Maryland Heights on the Stone Fort & Overlook Cliff trails. Elevation gain of 1200'. We will park at the Visitor Center and take the shuttle bus to start the hike. We will have lunch at Maryland Heights overlooking the town of Harpers Ferry.	WVA	Laura Schriener 703-409-0212	Sterling W&OD Lot	8:30 AM	\$8.00	\$6.00
Saturday, July 17, 2010	Massanutten Mtn Trail Work Trip	C	Get out and help maintain our trails doing some light trail maintenance (clipping, raking, branch removal, etc.). Starting from Edinburg Gap, we will work at an easy pace along a 2.6 mile segment of the Massanutten Mountain Trail going up and over Waonaze Peak. Elevation gain is 1200'. It takes about 4.5 hrs to cover this trail section, out and back. Tools are supplied, bring your work gloves, lunch, and drinks.	GWNF	Mark Rietman 703-395-5327(C)	Call leader	9:00 AM	\$10.00	\$0.00
Saturday, July 17, 2010	Waterfall and Wild Flower Series	A	A 16-mile circuit in the on the Mount Marshall, Bluff and Appalachian to the falls on Waterfall Branch with an elevation gain of 3400 feet. A 12- mile option is possible with a car shuttle. There will be 2 miles of bushwhacking. PATC Map 9.	SNP	Jack Thorsen (703)-339-6716	Oakton Shopping Center Rt. 123	7:30 AM	\$9.00	\$15.00
Sunday, July 18, 2010	High Meadows/South Valley/Oak Ridge	B	An 9.3 mile circuit hike past the old Taylor farm, along Quantico creek, past the dam and Oak Ridge campgrounds and along the fire road back to the parking lot. Elevation gain 600'.	PWFP	Mac McPherson 703-590-1442(H)	Turkey Run Ridge Group Campground Parking Lot	9:45 AM	\$0.00	\$5.00

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Saturday, July 24, 2010	Overall Run/Heiskell Hollow	A	A challenging 10 mile hike, with 2500 feet uphill climb, to the highest waterfalls in Shenandoah Park. We will ascend the Heiskell Hollow and Weddlewood Trails, have lunch overlooking Overall Falls, and descend on the Overall Run/Tuscarora Trail. There will be an optional swim in a cool mountain stream at the end of the hike.	SNP	Gene Vivalda 703- 802-6426(H)	Centreville Commuter Lot	8:00 AM	\$11.00	\$0.00
Saturday, July 24, 2010	AT North from Paine Run Trail to Loft Mountain Wayside	B	After a short climb up Blackrock Mountain, we will amble 9 miles north along the AT to the Frazier Discovery Trail, which we will follow to the restaurant at Loft Mountain Wayside. Here we will enjoy blackberry sundaes and other treats while we wait for the shuttle cars to return. Elevation gain is about 1,600 feet. A short car shuttle is required.	SNP	Emeline 202- 462-7049(H) & Len 703- 899-5051(C)	Centreville Commuter Lot	8:00 AM	\$15.00	\$15.00
Sunday, July 25, 2010	South Run-Lake Mercer Loop	D	A 4.1 mile easy circuit hike mostly along rolling paved bike trail but includes a stretch of gravel road and 0.5 mile on blazed woodland trail. Meet at trailhead near lacrosse practice building behind main recreation center, located on Fairfax Co. Parkway (Route 7100) just south of Lee Chapel Rd.	VA	Dave Gibson 703-919- 7956(C)	South Run Recreation Center	9:00 AM	\$0.00	\$0.00
Sunday, July 25, 2010	Sky Meadows State Park	C	A 7 mile mile hike in Sky Meadows State Park, climbing to the AT, along the Old Trail and lunch overlooking Paris (Virginia). Total elevation gain is about 1000 feet.	VA	Dane Luck 703-850- 3266(C)	Centreville Commuter Lot	8:00 AM	\$4.00	\$4.00
Saturday, July 31, 2010	Trail Maintenance Work Trip	Fun	Join us in keeping the Three Top Mountain section of the Tuscarora Trail in good shape. We will remove broken limbs and other debris, cut blowdowns that don't require a chainsaw, trim back raspberry vines and other plants growing into the trail, and do other tasks as needed. I will bring tools and work gloves for everyone, but workers need to their own bring water, snacks, and lunch. Please let me know by THURSDAY evening if you can join us so I will know how many tools and other supplies we will need.	GWNF	Emeline Otey 202- 462-7049(H)	Centreville Commuter Lot	8:00 AM	\$12.00	\$0.00
Saturday, July 31, 2010	Bear Church Rock	B	An 8 mile moderately-paced visit to remote Bear Church Rock. There will be excellent views in central SNP via Staunton River and Jones Mountain Trails. We will stop for beautiful sites. Elevation gain 1500'. Joint hike with Center Hiking Club.	SNP	Arleen Richter 202- 528-9654(C)	Vienna Metro	9:00 AM	\$11.00	\$0.00
Saturday, July 31, 2010	Sugarloaf Mountain	C	A delightful 5.4 mile circuit hike taking in the Northern Peaks trail and connecting trails to the north of Sugarloaf Mountain in nearby Frederick County. There are sweeping views of the Frederick Valley from the broad summit with rugged, rocky outcroppings. Bring lunch/snack.	MD	Beth Erdman 301-330- 1633(H)	Carderock Rec Area, MD	9:00 AM	\$3.00	\$0.00
Saturday, July 31, 2010	Wolf/Chimney Rocks	A	A beautiful 10-mile hike. 2,400 feet of climbing at a moderate pace (2.5 mi/hr). Attractions include a waterfall, views, and rock formations. Optional rock scramble and a short bushwhack. Also optional swimming in the artificial lake.	MD	Mano Malayanur (301)-562- 3156(H)	Carderock Rec Area, MD	8:00 AM	\$8.00	\$0.00
Sunday, August 01, 2010	South Valley/Taylor Farm/Turkey Run	D	A moderately paced 5 mile circuit hike through this Piedmont forest of the Quantico creek watershed. We will hike Turkey Run Ridge, South Valley along the Quantico creek, and the old Taylor Farm road -- but not necessarily in that order. We will end at our starting point at Turkey Run Ridge group camp grounds.	PWFP	Mac McPherson 703-590- 1442(H)	Turkey Run Ridge Group Campground Parking Lot	9:45 AM	\$0.00	\$5.00
Saturday, August 07, 2010	Mason Neck State Park	C	A 7.5 mile hike of Belmont Bay shoreline trails, marshlands, woodlands, and a protected habitat for wildlife in Mason Neck State Park. Expect hike to take 3 hours. Meet at Shoreline parking lot, next to restrooms and playground.	VA	George Heavey 703- 402-5067(H)	Mason Neck Shoreline Parking Lot	9:00 AM	\$0.00	\$4.00
Saturday, August 07, 2010	Lake Accotink	D	This is a leisurely 4-mile hike on the flat terrain around Lake Accotink. Northbound Backlick Road, left on Highland Street, and follow this to the park. Meet in front of the falls, which is on your left as soon as you enter the park.	VA	Dave Gibson 703-919- 7956(C)	In front of falls	9:00 AM	\$0.00	\$0.00

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Sunday, August 08, 2010	Annapolis Rocks	B	This is an in and out hike of approximately 10.5 miles starting at Washington Monument State Park, Maryland. Hike is on AT with elevation gain of about 1200 ft.	MD	Sylvia Lake 30 1-503-7954(C)	Meet at Park Entrance on Route 40	8:00 AM	\$0.00	\$0.00
Saturday, August 14, 2010	Turk Mountain – McCormick Gap	A	This is a 11 mile linear hike with elevation gain of 1200 feet in the southern section of Shenandoah National Park. The hike starts at Wildcat Ridge parking, just after Skyline Drive MP 92, and follows the AT south, ending at McCormick Gap. A spur trail to Turk Mountain offers great valley views to the west while having lunch. Car shuttle required.	SNP	Mark Rietman 703-395-5327(C)	Centreville Commuter Lot	8:00 AM	\$15.00	\$15.00
Sunday, August 15, 2010	Catoctin Trail #2	B	Second of four B-level hikes to cover the entire length of the Catoctin Trail. This segment starts at the northern border of Gambrill State Park and then travels along the fairly level crest of the long Catoctin Ridge before descending to the Manor Area at Cunningham Falls State Park. Distance is 9 miles with only modest elevation gain and one long descent. Car shuttle required.	MD	Dean Simmons 410-531-3230(H)	Carderock Rec Area, MD	8:00 AM	\$8.00	\$0.00
Saturday, August 21, 2010	Canoe Trip - Shenandoah River	C	This is a 12 mile canoe trip on the beautiful South Fork of Shenandoah River. During the trip we will picnic and swim and take as long as we like. We will have 2 people per canoe. Cost is \$31/person and will be paid to the leader the day of the trip. Non-members add \$2. Bring your lunch and swim suit. Limit 20 people. Email (ed.brimberg@hikerman.net) or call Ed for reservations which are required by August 17 with no cancellations accepted after that.	VA	Ed Brimberg 703-944-9920(C)	Centreville Commuter Lot	8:00 AM	\$9.00	\$0.00
Saturday, August 21, 2010	Waterfall and Wild Flower Series	A	A 14 mile circuit hike with 3100 ft. of ascent on the Devil's Ditch, Slaughter, Appalachian and Pocosin Hollow Trails. We will visit an old cemetery, old homestead and Devil's Ditch falls. There will be a short bushwhack. PATC Map 10.	SNP	Jack Thorsen (703)-339-6716	Oakton Shopping Center Rt. 123	7:30 AM	\$9.00	\$0.00
Sunday, August 22, 2010	Bull Run Conservancy	C	A 6.2 mile circuit hike with 850 feet of elevation gain. A moderate hike past a 1742 grain mill including a gradual uphill hike along the ridge. We will descend Ridge Loop trail to the Quarry trail past the old quarry.	VA	Mac McPherson 703-590-1442(H)	Centreville Commuter Lot	8:00 AM	\$3.00	\$0.00
Sunday, August 22, 2010	Trout Pond Hike and Swim	B	An 8 mile hike, with a 1700' elevation gain starting and ending in the beautiful Trout Pond Recreation Area, West Virginia. We will hike on the Trout Pond and Long Mountain trails, pass Chimney Rock, then walk around Rockcliff Lake with a side visit to Trout Pond. After the hike we will take a swim in Rockcliff Lake so bring a change of clothes. The \$3/person park entry fee is included in the carpool fee. <a href="http://www.fs.fed.us/r8/gwj/lee/recreation/camping/trout_pond.shtml">Http://www.fs.fed.us/r8/gwj/lee/recreation/camping/trout_pond.shtml</a>	GWNF	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Centreville Commuter Lot	8:00 AM	\$17.00	\$3.00
Saturday, August 28, 2010	Mudhole Gap/Tuscarora	A	A 13 mile hike with 2300' elevation gain. From the Elizabeth Furnace Campground parking lot, we will take the forest access road through Mudhole Gap; we will then traverse the Tuscarora Trail and Green Mountain and return via the Sidewinder Trail.	GWNF	Gene Vivalda 703-802-6426(H)	Centreville Commuter Lot	8:00 AM	\$9.00	\$0.00
Sunday, August 29, 2010	Little Bennett Regional Park and the Giant Ant Mound Trail	D	This is a spectacular 5.4 mile hike along Little Bennett creek through a 3,700 acre park in nearby Montgomery County. We'll pass by an old one-room school house from centuries ago. There is a fun suspension bridge over the wide creek and an amazing end to this hike through a forest filled with hundreds of giant, 3-4 feet tall ant pyramids, the only place in Maryland where giant ant mounds can be found by the hundreds.	MD	Sylvia Lake 30 1-503-7954(C)	Carderock Rec Area, MD	8:30 AM	\$4.00	\$0.00
Sunday, August 29, 2010	Marys Rock	C	A 7.2 mile out and back hike with an elevation gain of 1200 feet from the Pinnacles picnic area to Marys Rock. Climb over the park's third highest summit, The Pinnacle. Great views along the way and from the final destination, Marys Rock.	SNP	Dane Luck 703-850-3266(C)	Centreville Commuter Lot	8:00 AM	\$8.00	\$15.00

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Saturday, September 04, 2010	Leesylvania State Park	C	A 7.5 mile circuit hike In Leesylvania State Park covering wooded uplands, Powell's Creek, Potomac river shoreline, Robert E. Lee's family homestead ruins, and a Civil War gun battery. Expect hike to take 3 hours. Meet at parking lot on right, approx. 300 feet beyond the Entry kiosk.	VA	George Heavey 703-402-5067(H)	Leesylvania State Park	9:00 AM	\$0.00	\$4.00
Sunday, September 05, 2010	Great Falls Park/VA	D	Join us for a 4-5 mile hike at Great Falls National Historic Park. Bring water and lunch. Part of the hike will be on the rocky River Trail so hiking boots are required. Meet at the high water marker near the third overlook. No dogs.	GF/VA	Beth Lachman (703)-206-9154(H)	Great Falls 3rd Overlook	10:00 AM	\$0.00	\$5.00
Sunday, September 05, 2010	North Valley to Turkey Run	C	A 7.4 mile circuit hike with 600' elevation gain through gently rolling wooded terrain along Quantico creek past the old pyrite mine and down Turkey Run Ridge. Provides a quiet walk through nature in this Piedmont forest of the Quantico Creek watershed. Meet at the Prince William Forest Park Visitor Center back parking lot - go straight back after turning left into lot.	PWFP	Mac McPherson 703-590-1442(H)	Prince William Forest Park Visitor Center	9:45 AM	\$0.00	\$5.00
Saturday, September 11, 2010	Hightop Mtn – Simmons Gap	A	This is a 10 mile linear hike with elevation gain of 2000 feet in the southern section of Shenandoah National Park. Starting from Swift Run Gap, hike south along the AT, crossing over Hightop and Flattop Mountains to Simmons Gap. A car shuttle is required.	SNP	Mark Rietman 703-395-5327(C)	Centreville Commuter Lot	8:00 AM	\$15.00	\$15.00
Saturday, September 11, 2010	High Meadows/South Valley/Oak Ridge	B	An 9.3 mile circuit hike past the old Taylor farm, along Quantico creek, past the dam and Oak Ridge campgrounds and along the fire road back to the parking lot. Elevation gain 600'.	PWFP	Mac McPherson 703-590-1442(H)	Turkey Run Ridge Group Campground Parking Lot	9:45 AM	\$0.00	\$5.00
Sunday, September 12, 2010	Quarterly Social	D/Fun	All club members and guests are welcome to join a social to hobnob with fellow hikers. A short hike along Four Mile Run will be followed by a Happy Hour at an area restaurant close to Ballston Metro. Everyone pays for their drinks and snacks - bring cash. Return to the starting point (East Falls Church) by Metro. No need to register in advance; just show up.	VA	Mano Malayanur (301)-562-3156(H)	East Falls Church Metro	5:00 PM	\$0.00	\$0.00
Sunday, September 12, 2010	Catoctin Trail #3	B	Third of four B-level hikes to cover the entire length of the Catoctin Trail. This segment starts at the Manor Area at Cunningham Falls State Park then climbs Bobs Hill before descending to scenic Cunningham Falls. Distance is 7 miles with total elevation gain of about 1500 feet. Car shuttle required. Park Entry Fee: \$2 MD Residents, \$3 out of state.	MD	Dean Simmons 410-531-3230(H)	Carderock Rec Area, MD	8:00 AM	\$10.00	\$3.00
Sunday, September 12, 2010	Burke Lake Park	D	This 5-mile circuit hike features a level walk around a scenic lake. Meet at Burke Lake Park, main entrance. When you enter the park., from the main entrance, take a left and follow that road to the very first parking area, sign will say Amphitheater, park against the very first row. We will meet in the parking lot. Park entry fee for non-Fairfax County residents is \$8.	VA	Lati Taghi 703-425-2820(H)	Burke Lake Park Amphitheater	9:30 AM	\$0.00	\$8.00
Saturday, September 18, 2010	Waterfall and Wild Flower Series	A	An 11.5 mile circuit hike with 1900 feet of elevation gain on the Tuscarora, Massanutten Loop and Milford Gap Trails to include fording the South Fork of the Shenandoah River. PATC Map G.	VA	Jack Thorsen (703)-339-6716	Oakton Shopping Center Rt. 123	7:30 AM	\$9.00	\$0.00
Saturday, September 18, 2010	Trail Maintenance Work Ttrip	Fun	Join us in keeping the Three Top Mountain section of the Tuscarora Trail in good shape. We will remove broken limbs and other debris, cut blowdowns that don't require a chainsaw, trim back raspberry vines and other plants growing into the trail, and do other tasks as needed. I will bring tools and work gloves for everyone, but workers need to their own bring water, snacks, and lunch. Please let me know by THURSDAY evening if you can join us so I will know how many tools and other supplies we will need.	GWNF	Emeline Otey 202-462-7049(H)	Centreville Commuter Lot	8:00 AM	\$12.00	\$0.00

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Saturday, September 18, 2010	Theodore Roosevelt Island	C	This 9-mile city circuit around Theodore Roosevelt Island, through Georgetown, along the Potomac River to the Franklin Delano Roosevelt Memorial and back to Roosevelt Island. Only elevation changes are the Key and Memorial Bridge ramps.	VA/DC	Nancy Benco 202-363-1639(H)	Roosevelt Island Parking Lot	8:30 AM	\$0.00	\$0.00
Sunday, September 19, 2010	Big Meadows(AT)	C	A 6.5 mile linear hike from Big Meadows Appalachian Trail south to Lewis Mountain, mile post 51.0 to mile post 57.5. Cool summer hike with not much elevation change. Car shuttle required.	SNP	Sylvia Lake 30 1-503-7954(C)	Centreville Commuter Lot	8:00 AM	\$11.00	\$15.00
Saturday, September 25, 2010	SNP Moonlight Hike	B	An out-and-back hike about 9 miles long (total) with 1,000 feet of climbing along Skyline Drive in Northern SNP. Moderate pace (2.5-3 mi/hr). Beautiful 270 degree moonlit view at the halfway point at Gooney Manor overlook. Bring a flash light but use it only if you must. Also bring jacket or sweater, water, dinner, and good hiking boots.	SNP	Mano Malayanur (301)-562-3156(H)	Centreville Commuter Lot	6:00 PM	\$8.00	\$15.00
Saturday, September 25, 2010	Broad Hollow	A	A 8.5 mile circuit hike with 2200 foot elevation gain in Hazel country. We will pass hemlock forests, streams, old home sites, abandoned cabins and orchards. The majority of the hike will be on the Broad Hollow and Pine Hill Gap trails.	SNP	Ed Brimberg 703-944-9920(C)	Centreville Commuter Lot	8:00 AM	\$11.00	\$0.00
Sat.-Sun., September 25-26, 2010	Wilderness First Aid Class	N/A	A program of the Wilderness Safety Council, this eighteen-hour class in Alexandria includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$200. More information and registration at: <a href="http://wfa.net">http://wfa.net</a>	VA	Chris Tate 703-836-8905	Call leader	TBD	\$0.00	\$0.00
Sunday, September 26, 2010	Burke Lake Park	D	This 5-mile circuit hike features a level walk around a scenic lake. Meet at Burke Lake Park, main entrance. When you enter the park,, from the main entrance, take a left and follow that road to the very first parking area, sign will say Amphitheater, park against the very first row. We will meet in the parking lot. Park entry fee for non-Fairfax County residents is \$8.	VA	Lati Taghi 703-425-2820(H)	Burke Lake Park Amphitheater	9:30 AM	\$0.00	\$8.00
Sunday, September 26, 2010	Catoctin Trail #4	B	Fourth of four B-level hikes to cover the entire length of the Catoctin Trail. This segment starts at scenic Cunningham Falls and then crosses Rte 77 into Catoctin Mountain National Park. Distance is 7 miles with total elevation gain of about 1000 feet. Car shuttle required. Park Entry Fee: \$2 MD residents, \$3 out of state	MD	Dean Simmons 410-531-3230(H)	Carderock Rec Area, MD	8:00 AM	\$10.00	\$3.00
Sunday, September 26, 2010	Elkwallow/Piney Ridge/Thornton River	A	Starting at Elkwallow Gap, we will hike the AT, descend to the Thornton River by way of the Piney Ridge and Fork Mountain trails; and after lunch along the River, return to Elkwallow by way of the Thornton River and Appalachian Trails. No guarantees, but bear sightings are a definite possibility. This will be an 11 mile hike with 2400 feet of elevation gain.	SNP	Gene Vivalda 703-802-6426(H)	Centreville Commuter Lot	8:00 AM	\$11.00	\$15.00