



Northern Virginia Hiking Club

January - March 2012 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:

- A-Difficult (>13 miles)
- B-Moderately Difficult (10-13 miles)
- C-Moderate (7-10 miles)
- D-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.

East Falls Church Metro, Arlington - See directions on web page at 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.

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.

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.

Sterling W&OD Trail Lot, Sterling - From Route 7 go ~.8 miles South on Route 28 and take the exit to Nokes Blvd. Route 1793, follow sign that says West and then follow sign to Pacific Blvd. south. At stop light turn right onto Nokes Blvd. and go .1 miles to stop sign and turn left onto Pacific Blvd. Take Pacific Blvd. ~.8 miles and turn right onto road to parking lot just prior to overpass. Along the route you will see brown and white signs that say "W&OD Trail Parking".

From the Dulles Toll Road go ~4 miles north on Route 28 and take the right exit to Dulles Town Center. Follow the lane that says west, go onto the overpass and continue to stop sign and turn left onto Pacific Blvd. Take Pacific Blvd. ~.8 miles and turn right onto road to parking lot just prior to overpass. Along the route you will see brown and white signs that say "W&OD Trail Parking".

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
Sunday, January 01, 2012	Buzzards Rock	A	Got New Year's resolutions? Start the year out right. We will hike the Buzzard Rock trail to Sherman Gap trail and return. This is a 12 mile hike with about 2600 feet of elevation gain. Along the way, there will be views of Passage Creek and mighty Meneka Peak. The hike is mostly a ridge walk with great views along the way.	GWNF	Gene Vivalda 703-802-6426(H)	Centreville Commuter Lot	8:00 AM	\$9.00	\$0.00
Saturday, January 07, 2012	Burke Lake and Mercer Lake Loop	B	An 11 mile circuit walk through the woods and around two scenic lakes on paved and unpaved trails starting at South Run Recreation Center. Meet in parking lot next to field house down the gravel road below main recreation center, located on Fairfax County Parkway (Route 7100) just south of Lee Chapel Road. Walk will be at a brisk pace over mostly level ground.	VA	Jennifer Hine 571-236-2668 (C)	South Run Recreation Center Fieldhouse Parking Lot	8:00 AM	\$0.00	\$0.00
Saturday, January 07, 2012	Meadowood Recreation Area - Lorton, VA	D	A 7 mile hike on a former farm and current hiker and equestrian area. Groomed trails wind through rolling hills, bubbling brooks and scenic woodlands that are managed by the US Dept. of the Interior. Directions: From the intersection of Richmond Hwy.(Rte.1) and Gunston Road, go 2.5 miles on Gunston Rd. to a right on Harley Rd., look for the sign on right for "Mustang Trailhead Parking".	VA	George Heavey 703-402-5067(H)	Mustang Trailhead Parking	9:00 AM	\$0.00	\$0.00
Sunday, January 08, 2012	Reagan Airport - Alexandria	A	About 12 miles of level hiking along the scenic Potomac river. Medium pace (3 mi/hr). Lunch in Alexandria - bring money (\$20). We will park at the Gravelly Point park along the GW Parkway near the airport.	VA	Mano Malayanur 240-604-6365(C)	Gravelly Point Park	9:00 AM	\$0.00	\$0.00
Sunday, January 08, 2012	Elkwallow Wayside-Mathews Arm Circuit	B	We will start from the parking area for the Elkwallow Wayside and Picnic Area located to the right of the convenience shop near milepost 24. We will take a short walk on the Elkwallow Trail to reach the AT south; from the AT, we will take Jeremys Run, Knob Mountain Cutoff, Knob Mountain, Heiskell Hollow, Weedlewood, Mathews Arm, and Traces Trails; after passing briefly through Mathews Arm Campground, we will take the Elkwallow Trail back to our starting point to complete the circuit. This hike is about 9 miles with about 1,400 feet of elevation gain.	SNP	Mike Gingerich 202-370-7957	Centreville Commuter Lot	8:00 AM	\$10.00	\$10.00
Friday, January 13, 2012	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.	PWFP	Mac McPherson 703-590-1442(H)	Pine Grove Picnic Area (back of lot)	9:00 AM	\$0.00	\$5.00
Saturday, January 14, 2012	Fishers Gap-Hawksbill Hike	A	Beginning from Fishers Gap, hike north on AT to the Salamander Trail to Hawksbill Peak. After lunch at Byrds Nest Shelter, we descend the Lower Hawksbill Trail to cross Skyline Drive and return to Fishers Gap via the Big Meadows Horse Trail. Distance 9.2 miles, Elev gain: 1900'.	SNP	Mark Rietman 703-395-5327(C)	Centreville Commuter Lot	8:00 AM	\$9.00	\$10.00
Saturday, January 14, 2012	Sky Meadows State Park	C	A 7 mile hike in Sky Meadows State Park, climbing to the AT, using the South and North Ridge trails. Then along the Old Trail, back to the AT and lunch overlooking Paris (Virginia). Total elevation gain is about 1200 feet.	VA	Dane Luck 703-850-3266(C)	Centreville Commuter Lot	8:00 AM	\$4.00	\$4.00

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Sunday, January 15, 2012	Fridley Gap	A	Great hike with something at every turn. 10.5 miles, 2780' elevation gain, between 4.5 and 6.5 hrs depending on pace. Starts with a streamside up to meadow, to a leisurely stroll along rockslides and pine roads, to stream crossings and rocky tops. Lunch is at an ideal swimming hole, with a special prize for anyone who gingerly climbs in to partake. Lose that lunch (figuratively or literally) with a hard climb, followed by a 2 mile streamside descent to the car. Starts and ends with streams, offers views, swimming, and a sustained climb better than a Stairmaster.	GWNF	Mark Anderson 202-246-6308(C)	Centreville Commuter Lot	7:30 AM	\$16.00	\$0.00
Monday, January 16, 2012	High Meadows/South Valley/Oak Ridge	B	A 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	9:30 AM	\$0.00	\$5.00
Saturday, January 21, 2012	Double Knob	A	This is an 11 mile hike with approximately 2500 feet of elevation gain. We will start at the Gap Creek Trail and then form a circuit with the Scothorn Trail and the Massanutten Trail. Lunch will be at Strickler Knob, an out and back rugged, outlaw trail with a gorgeous view. There will be an optional climb of Duncan Knob near the end of the hike.	GWNF	Gene Vivalda 703-802-6426(H)	Centreville Commuter Lot	8:00 AM	\$13.00	\$0.00
Sunday, January 22, 2012	Rock Creek Park	B	We will do a 9 mile circuit hike through beautiful Rock Creek Park in Washington DC. For those that do not want to do the full 9 miles there are many opportunities for shorter routes. Elevation gain 800'.	DC	Emeline 202- 462-7049(H) & Len 703-899- 5051(C)	Rock Creek Park Nature Center	9:00 AM	\$0.00	\$0.00
Saturday, January 28, 2012	Sugarloaf Mountain	B	This is a 9 mile circuit hike on Sugarloaf Mountain in Maryland. Total elevation change is 1800 feet. Sugarloaf Mountain is a conservation/recreation area and is owned and managed by the Stronghold Foundation.	MD	Ed Brimberg 703-944-9920(C)	Sterling W&OD Lot	8:00 AM	\$6.00	\$0.00
Sunday, January 29, 2012	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 \$10 (April through October only).	VA	Lati Taghavi 703- 425-2820(H)	Burke Lake Park Amphitheater	10:00 AM	\$0.00	\$10.00
Sunday, January 29, 2012	Bull Run Conservancy	C	A 6.2 mile circuit hike with 850 feet of elevation gain. A moderate hike past a 1742 grain mill, an old house in need of repair, a cemetery, and a few other remains. We will have a snack at the scenic overlook before descending back to the parking lot.	VA	Mac McPherson 703-590-1442(H)	Centreville Commuter Lot	8:00 AM	\$3.00	\$0.00
Sunday, January 29, 2012	AT SNP North Section #1	B	First of 3 B-level hikes to cover the AT through the northern section of Shenandoah National Park. This 8-mile hike will begin at Compton Gap and then head south climbing over Compton and Marshall peaks before ending at Gravel Springs Gap. Total ascent is roughly 1,700 feet. Short car shuttle required.	SNP	Dean Simmons 410-531-3230(H)	Centreville Commuter Lot	8:00 AM	\$8.00	\$10.00

Northern Virginia Hiking Club Schedule January – March 2012

Saturday, February 04, 2012	Manassas National Battlefield Park	C	Join us for a 9 mile hike at Manassas National Battlefield Park. We will hike through meadows, woods, and swamps. Meet in front of the Visitor Center. Hikers can either return to the Visitor Center at the 5.5 mile point or do the entire 9.0 miles. Park Entry fee is \$3/person.	VA	George Heavey 703-402-5067(H)	Visitor Center	9:00 AM	\$0.00	\$3.00
Saturday, February 04, 2012	Sky Meadows State Park	B	Travel to Paris (Virginia, that is) for a moderate 9 mile hike along the Appalachian Trail. This is a nearby hike which is often good for deer and bird watching. Share park entrance fee.	VA	Jennifer Hine 571-236-2668 (C)	Centreville Commuter Lot	8:00 AM	\$5.00	\$4.00
Sat.-Sun., February 04-05, 2012	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 \$240. More information and registration at: http://wfa.net	VA	Chris Tate 703-836-8905	Call leader	TBD	\$0.00	\$0.00
Sunday, February 05, 2012	Great Falls/Difficult Run	D	5 to 6 miles out-and-back hike on the River Trail and Ridge Trail with views of Mather Gorge. We will turn around before reaching Difficult Run Trail. Requires some rock scrambling. You may want to consider bringing your own trek poles. No dogs allowed on this particular hike.	GF/VA	Audrey Roh 571-969-4657(C)	Great Falls Visitor Center/VA	8:30 AM	\$0.00	\$5.00
Sunday, February 05, 2012	Shenandoah River State Park	B	This hike offers beautiful views of the south fork of the Shenandoah River and the Massanutten Mountains to the west. We will hike about 9 miles on the recently reworked network of trails above the river and along the river bank, with a total elevation gain of about 1,000 feet or less.	VA	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Centreville Commuter Lot	9:00 AM	\$8.00	\$3.00
Saturday, February 11, 2012	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.	VA	Dave Gibson 703-919-7956(C)	Parking lot under RR trestle	1:00 PM	\$0.00	\$0.00
Saturday, February 11, 2012	Leader's Choice	A	An approximately 11 mile circuit hike through this Piedmont forest of the Quantico Creek watershed. A pleasant hike though the quiet forest across trails that will be decided at the meeting place. There is about 800' elevation gain as we hike up and down rolling hills throughout the hike.	PWFP	Mac McPherson 703-590-1442(H)	Pine Grove Picnic Area (back of lot)	9:00 AM	\$0.00	\$5.00
Sunday, February 12, 2012	Rock Creek Bethesda to Cleveland Park	C	About 8 level miles mostly along the scenic Rock Creek. Moderate pace (3 mi/hr). Hike starts at Bethesda Metro station and ends at Cleveland Park Metro. Return to Bethesda by Metro. Bring money for the Metro ride. Meet outside the fare gates at Bethesda Metro.	MD	Mike Gingerich 202-370-7957	Bethesda Metro	9:00 AM	\$0.00	\$0.00
Saturday, February 18, 2012	Bull Run Mountains	C	A 5-mile hike with 400' elevation gain only 20 minutes from Centreville--a short but rewarding hike in all seasons. The majestic view of the valley from the limestone outcropping at the summit will mark forever your returns to Washington on I-66. This was the site of the Battle of Thoroughfare Gap during the Civil War. See http://fobr.org/	VA	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Centreville Commuter Lot	9:00 AM	\$3.00	\$0.00
Saturday, February 18, 2012	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. With any luck, the falls will be frozen and we will witness an ice sculpture where the falls used to be.	SNP	Gene Vivalda 703-802-6426(H)	Centreville Commuter Lot	8:00 AM	\$11.00	\$0.00

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Sunday, February 19, 2012	AT SNP North Section #2	B	Second of 3 B-level hikes to cover the AT through the northern section of Shenandoah National Park. This 7-mile hike will begin at Gravel Springs Gap and then head south over Hogback Mountain before ending at the Jeremy's Run trailhead just past Elkwillow Wayside. Total ascent is about 1100 feet. Short car shuttle required.	SNP	Dean Simmons 410-531-3230(H)	Centreville Commuter Lot	8:00 AM	\$9.00	\$10.00
Friday, February 24, 2012	Bull Run Conservancy	C	A 6.2 mile circuit hike with 850 feet of elevation gain. A moderate hike past a 1742 grain mill, an old house in need of repair, a cemetery, and a few other remains. We will have a snack at the scenic overlook before descending back to the parking lot.	VA	Mac McPherson 703-590-1442(H)	Centreville Commuter Lot	8:00 AM	\$3.00	\$0.00
Saturday, February 25, 2012	Dykes Marsh - Alexandria	C	About seven level miles between Dykes Marsh Wildlife Preserve and Alexandria along the scenic Potomac River. Medium pace (3 mi/hr). Lunch in Alexandria - bring money (\$20). We will park in the Dykes Marsh park along the GW Parkway near the airport.	VA	Mano Malayanur 240- 604-6365(C)	Dykes Marsh Park	10:00 AM	\$0.00	\$0.00
Saturday, February 25, 2012	Sherman Gap	B	An eight mile circuit hike. We will begin at the Elizabeth Furnace Day Use Picnic area in the Massanutten Mountains of George Washington National Forest. We will climb to the ridge on the Massanutten/Tuscarora Trail. We will hike along the ridge and descend on the Sherman Gap Trail. The final segment is along Passage Creek on the Botts Trail. Elevation gain is 1900 feet.	GWNF	Dane Luck 703- 850-3266(C)	Centreville Commuter Lot	8:00 AM	\$8.00	\$0.00
Sunday, February 26, 2012	Signal Knob	A	A 9.8 mile circuit hike on Massanutten Mountain near Strasburg. Sweeping views from overlooks. The high point is Signal Knob, used as a signal relay station during the Civil War. Elevation change 2000 feet.	GWNF	Ed Brimberg 703-944-9920(C)	Centreville Commuter Lot	8:00 AM	\$9.00	\$0.00
Sunday, February 26, 2012	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 \$10 (April through October only).	VA	Lati Taghavi 703- 425-2820(H)	Burke Lake Park Amphitheater	9:30 AM	\$0.00	\$0.00
Sat.-Sun., March 03- 04, 2012	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 \$240. More information and registration at: http://wfa.net	VA	Chris Tate 703- 836-8905	Call leader	TBD	\$0.00	\$0.00
Saturday, March 03, 2012	Little Devil Stairs	C	A moderately paced 5.5 mile circuit hike in Northern SNP that starts with the ascent of Little Devil Stairs as it crosses Keyser Run in a deep ravine. Return via the Keyser Run Fire Road. Elevation gain 1,480 ft. This is a truncated version of this celebrated trail for those not up to the full 10- and 12-mile version. Park entry fee \$8/person.	SNP	Frank Trippett 703-799- 0836(W), 202- 230-8082(C)	Centreville Commuter Lot	8:00 AM	\$8.00	\$8.00
Sunday, March 04, 2012	Seneca Creek State Park	C	A 7.5 mile out-and-back hike with 800 feet elevation change on the Greenway Trail in western Montgomery County, Md. The hike includes a full circuit of Clopper Lake.	MD	Dave and Beth Erdman 301- 903-7141(W), 301-330-1633(H)	Carderock Rec Area, MD	9:00 AM	\$3.00	\$0.00
Saturday, March 10, 2012	Signal Knob	A	A 9.8 mile circuit hike on Massanutten Mountain near Strasburg. Sweeping views from overlooks. The high point is Signal Knob, used as a signal relay station during the Civil War. Elevation change 2000 feet.	GWNF	Jennifer Hine 571-236-2668 (C)	Centreville Commuter Lot	8:00 AM	\$9.00	\$0.00

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Saturday, March 10, 2012	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 yards beyond the Entry kiosk.	VA	George Heavey 703-402-5067(H)	Leesylvania State Park	9:00 AM	\$0.00	\$4.00
Sunday, March 11, 2012	Theodore Roosevelt Island	C	This 9-mile city circuit winds around Theodore Roosevelt Island, crosses Memorial Bridge, and heads for the Franklin Delano Roosevelt Memorial; coming back, it follows the Potomac River to Georgetown, and crosses Key Bridge back to the island. Only elevation changes are the Key and Memorial Bridge ramps. Reminder: Daylight savings time is the night before. Bring a lunch or money to buy lunch at an eatery in Georgetown.	VA/DC	Nancy Benco 202-363-1639(H)	Roosevelt Island Parking Lot	9:00 AM	\$0.00	\$0.00
Sunday, March 11, 2012	Great Falls	D	This is a beautiful 4.5 mile hike at Great Falls Park/Virginia. We will meet underneath the Visitor Center (in front of restrooms) at 9:00 am. We will hike out on the River Trail and Ridge Trail to Difficult Run. After a short break on the cliffs overlooking Difficult Run, we will return via the Matildaville Trail. Please wear hiking boots and bring water/snacks.	VA	Carla Brown 703-785-8321(C)	Great Falls Park Visitor Center	9:00 AM	\$0.00	\$5.00
Sunday, March 11, 2012	Trail Maintenance Work Trip	Fun	Join us in keeping the Three Top Mountain section of the Tuscarora Trail clear and in good shape. The leaders will bring tools and work gloves for everyone, but each person should bring their own lunch, water, and snacks for the day. Let Emeline know by THURSDAY evening if you can join us so we will be sure to have all the tools and other supplies we need.	GWNF	Emeline Otey 202-462-7049(H)	Centreville Commuter Lot	8:00 AM	\$12.00	\$0.00
Saturday, March 17, 2012	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 \$10 (April through October only).	VA	Dave Gibson 703-919-7956(C)	Burke Lake Park Amphitheater	9:00 AM	\$0.00	\$8.00
Saturday, March 17, 2012	Mt Marshall Trail to Big Devil's Stairs	A	Starting at the Mt Marshall trail head, we will hike to the Bluff Trail, turn left and continue to the Big Devil's Stairs trail head. From there we will descend to the bottom of Big Devil's Stairs, where we will have lunch besides a secluded stream within a contemplative, rugged forest of mature, deciduous trees. After lunch we will return to the top of Big Devil's stairs, a 1000+ foot climb on a poorly blazed trail, where our reward will be a magnificent view of Big Devil's gorge. We will return to the trailhead by way of the Bluff and Mt Marshall Trail. This a 12 mile hike with approximately 2500 to 3000 feet of elevation gain.	SNP	Gene Vivalda 703-802-6426(H)	Centreville Commuter Lot	8:00 AM	\$12.00	\$15.00
Sunday, March 18, 2012	Prince William Forest Park	B	A 10 mile circuit hike through this Piedmont forest of the Quantico Creek watershed. A pleasant hike though the quiet forest across trails. Expect about 800' elevation gain as we hike up and down rolling hills throughout the hike.	PWFP	Mike Gingerich 202-370-7957	Pine Grove Picnic Area (back of lot)	9:00 AM	\$0.00	\$5.00

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Saturday, March 24, 2012	National Harbor	C	About seven level miles between Alexandria and the National Harbor across the Wilson Bridge. Medium pace (3 mi/hr). Lunch at National Harbor - bring money (\$20). We will park/meet somewhere in Alexandria. E-mail leader for details: malayanur@yahoo.com.	VA	Mano Malayanur 240- 604-6365(C)	Call or email Leader	10:00 AM	\$0.00	\$0.00
Saturday, March 24, 2012	Lewis, Rose, and Dark Hollow Falls	A	A challenging 8.4 mile circuit hike with about 2,100 feet elevation gain. We will start at the Big Meadows Visitor Center and hike to Lewis falls, then a strenuous 1 mile uphill to the AT around the campgrounds, and down to Rose River falls for lunch. After lunch we have a moderate climb for about 1 mile to the fire road at Dark Hollow Falls, and back to the Visitor Center via Dark Hollow Falls trail which is very steep for 0.8 miles. Dogs are not permitted on the Dark Hollow Falls trail.	SNP	Mark Rietman 703-395-5327(C)	Centreville Commuter Lot	8:00 AM	\$11.00	\$15.00
Sunday, March 25, 2012	Accotink Section of Fairfax Cross County Trail	D	Join us for a 6 mile hike on a wildflower-lined trail that runs along Accotink Creek to Lake Accotink. Meet at the Hunter Village Drive trail entrance, near the car pool staging area signs, at the intersection of Hunter Village Drive and Old Keene Mill Road in Springfield, VA. Parking is available on the shoulder, on either side of Hunter Village Drive. On the way back, we will stop and have a snack at a scenic area along the creek.	VA	Lati Taghavi 703- 425-2820(H)	Hunter Village Drive Trail Entrance	9:30 AM	\$0.00	\$0.00
Sunday, March 25, 2012	AT SNP North Section #3	B	Third of 3 B-level hikes to cover the AT through the northern section of Shenandoah National Park. This 8-mile hike will begin on the south side of Elkwallow Wayside and then head south eventually climbing over Pass Mountain before descending to the Panorama parking area along Route 211. Total elevation gain is about 1600 feet. Short car shuttle required.	SNP	Dean Simmons 410-531-3230(H)	Centreville Commuter Lot	8:00 AM	\$10.00	\$15.00
Saturday, March 31, 2012	Staunton River	A	This is a difficult 13 mile circuit hike in the southern part of the central section of Shenandoah National Park. Total elevation change is 3000 feet. We will start at the park boundary and follow the scenic Staunton River Trail along the river to its source and continue to The Sag. We will return on the Jones Mountain Trail. We will have a beautiful overlook from Bear Church Rock.	SNP	Ed Brimberg 703-944-9920(C)	Centreville Commuter Lot	7:30 AM	\$13.00	\$0.00
Saturday, March 31, 2012	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 the trailhead near the field house 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	1:00 PM	\$0.00	\$0.00