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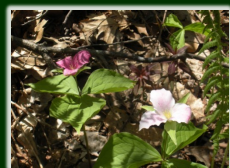
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## BMTA Officers 2023-2024

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**BMTA Headquarters**

# Benton MacKaye Trail Association

VOLUME 41, ISSUE 5

MAY 2024

## Hiking Provides a Multitude of Benefits Including a Second Chance at Life

by Joy Forehand

Benton MacKaye advised hikers "... to walk, to see, and to see what you see." The majority of hikers on the Benton MacKaye Trail (BMT) take time in their travels to walk leisurely along the winding pathway enjoying the sounds of the forest as they appreciate the beauty that surrounds them. But there is another traveler on the BMT – an athletic competitor in every sense of the word. Each step brings this hiker closer to the goal of setting the Fastest Known Time (FKT) on the BMT.

Ivey Smith (*Kaleidoscope*) began her journey on the BMT October 5, 2023. Six days, 18 hours and 54 seconds later she concluded her race setting the FKT (as a female, unsupported) for the BMT. Quite the accomplishment for one so young. But there is so much more to her achievement.

Smith loved horses from the moment she was born. Eventually she exchanged riding and exercising horses for riding lessons with the goal of becoming a professional in the world of eventing. Unfortunately, the trainer was more of a yelling/abrasive drill sergeant and she withered under the pressure of competition and the trainer's verbal abuse that accompanied it.

During her high school/college years, Smith's circle of friends were older and introduced her to alcohol.

"I thought alcohol was the best thing that ever happened to me", said Smith. "I had never been 'at home' in my body. It was a way to make me feel whole. My brain was quiet. I was at peace."

Then even that peace was interrupted. Smith was raped. Admitting what had happened wasn't easy. When she did, people shamed her saying it was her fault. As she tried to unpack and understand what had happened, she filled the growing void with partying and alcohol.

A friend told Smith how a thru hike of the Appalachian Trail (AT) had helped her get over her depression.

Smith knew she needed to make a change. Having found solace and peace when hiking in the North Carolina mountains, she decided to thru hike the AT. Here, she would begin to confront her past.

Her initial thoughts were scattered: "You can walk 2,000 miles, you can walk 5,000! I [her demons] will follow you like a shadow until the end of time – its whisper penetrated my core like a frigid wind."

Continued next page

Then a glimmer of hope: “Maybe I could turn my problems into something beautiful? Said a different voice. Maybe I was beautiful already?”

Alas, she still was held captive by her demons ... “I shuddered, berating myself for the thought. You are damaged; you are ruined. And you are pathetic for thinking otherwise.”

Smith refused to accept the verdict rendered by that last voice. She went on to complete a second thru hike of the AT, the Appalachian Trail Four State Challenge, the NOLS Patagonia, the Vermont Long Trail, the Colorado Trail, the Arizona Trail and more.



Yet completing hikes on these impressive trails was not enough. Having a distaste for competition in the past, Smith realized she really is incredibly competitive – when competing against herself. Comments about the BMT being a wilder and much less travelled trail captured her attention.

Now, Smith became driven by the desire to take hiking to the next level (to set an FKT) as well as by personal curiosity. Was she physically capable of completing the trail and would she be able to keep going when facing the challenges offered by the BMT?

The miles on the BMT were hard won. “... I’d get ahead and then get hit with a climb like the one up Haoe Bald, or the creek walks that wound up being up and down and bushy and thorny and full of snarled roots. It was full of debris—twigs and branches, whole trees, acorns, brambles, rocks, fallen leaves which obscured what lay beneath, mulch and grasses as tall as my face. It felt rugged, it felt overly hard, it felt like an adventure in the truest sense,” Smith said.



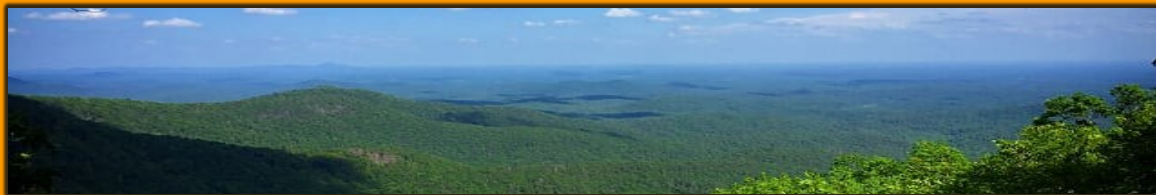
On the final leg of her journey down Springer Mountain, she knew she was close to achieving her goal. Even though it cost her precious minutes, when she saw the bronze plaque honoring Benton MacKaye, she paused to reflect on the man who was responsible for the original concept for these two incredible trails ... the AT and the BMT... and his wife, Jessie.

“His wife was a bit older and a suffragette,” said Smith. “Women back then were not respected. She must have felt angry and hopeless at times. Perhaps it was that hopelessness that drove her to suicide.”

At the same time, Smith wondered ... What if in the early 1900s there had been opportunities for getting out into the lush mountain forests on trails like we have today? Could things have been different? Could Jessie have overcome her depression and had a second chance at life?

Smith believes she is among the fortunate – Smith got that second chance at life. Hiking has been a catharsis for her, a therapy that works. She is a recovering alcoholic of five years, a survivor of rape and has overcome an anxiety disorder combined with depression.

And now she is the first woman to set the FKT for the BMT – self-supported!



## Wilderness Skills Institute

May 20-24 and May 28-31

*Transylvania County, NC on the Pisgah National Forest at the Cradle of Forestry*

This is one of the best training opportunities available. You can attend one or both weeks. Each class is multiple days, so you can only take one class per week.

- ♦ Crosscut Saw A/B
- ♦ Wilderness First Aid and CPR
- ♦ Wilderness Ranger and Trail Technician Workshop
- ♦ Advanced Trail Techniques: Stonework
- ♦ Introduction to Horse Packing
- ♦ Wilderness Management Fundamentals
- ♦ Trail Layout & Design
- ♦ Land Navigation and Orienteering
- ♦ Southern Appalachian Ecosystems

Apply online at <https://wildernessskillsinstitute.org/sawsi/wsi-application-hidden/>. This is open to all club members, and there is no cost to attend. Free camping is available on-site. (RV and hotel accommodations are available, at modest cost.)



## 2024 BMTA Annual Meeting & Hike Fest

*Unicoi State Park & Lodge, Helen, Georgia*

October 31 – November 3



### Tentative Hike Schedule

#### **Mt. Yonah**

4.1 miles out and back trail with 1,450 ft of elevation gain. One of the best panoramic views in the area.

#### **Hemlock Falls Trail**

Hemlock falls is a 2-mile hike and easy. Beautiful waterfalls are the hikers' reward at the end of their trek.

#### **Smith Creek to Anna Ruby and Return**

Smith Creek Trail — 9 miles round trip, moderately strenuous in a few short segments. View of Anna Ruby Falls

\*Need state park pass at campground.

#### **Ravens Cliff**

A nice five miles with water at the end. Beautiful water falls that cascade down a massive craggy granite cliff.

#### **Brasstown Bald to Jack's Gap Overlook & Wagon Trail to Second Overlook**

Four-mile hike with several amazing scenic overlooks.

#### **Dukes Creek Falls**

Two-mile easy hike. At the end of the hike viewing platforms provide a great view of cascading waterfalls.

#### **Wetlands Loop - Smithgall State Park**

Smithgall is a conservation Park. No vehicles are allowed past the parking lot at the entrance. To get to the loop we will hike 2.5 to 3 miles on a paved road along a creek, crossing over an old, covered bridge. Wetlands loop is a nature trail and adds another .5 miles to the hike for a total of 5 to 5.5 easy miles.

#### **Martin's Mine Trail at Smithgall State Park**

Martin's Mine Trail — we will hike into this trail. The total distance is about 6 miles, easy to moderate. The trail passes by an impressive vertical shaft from the gold mining era.

#### **Unicoi Lake Trail and Frog Pond Trail**

The lake trail is approximately 1.5 miles around the lake. The Frog Pond Trail adds another 1.5 easy to moderate 3 miles. It includes a beaver pond and fantastic bird-watching area.

#### **Unicoi to Helen and Return**

Unicoi to Helen round trip is 6 miles. Shop and enjoy lunch in the quaint Bavarian town of Helen, GA. Hike a well-maintained trail that follows a stream — several crossings on bridges. Moderate difficulty.

**For reservations call 800-573-9659.**

**To receive your discount—Use Code 10280**

**Mention the Benton MacKaye Trail Association!**



## Channel Your Inner Artist! Blazing the BMT 'au Plein Air'

by Darcy Douglas with photos courtesy of Kathy Williams

It seems we have had some turnover in our Blaze Crew. This means there is an opportunity for YOU to join our crew. After an on-the-ground training session, you are sent out to blaze the trail so the transition is seamless. It is so important for hikers who sees consistent trail markings as he or she travels along our trail. If you are one of those trained blazers who is moving on, please contact me to return the template in particular and any other items you may have been given. And, thank you for your service maintaining the BMT for others to use! We really are a fun and unique group of maintainers, so please consider joining us. For more information contact me at [bmtadarcy@yahoo.com](mailto:bmtadarcy@yahoo.com).



Sometimes a tree needs a little 'eyebrow work'!



The chubby tree wears a BMT Blaze well!





## Treks and Mysteries of the Forest



Smiles abound at the natural-themed bridge on the Thunder Rock Express on the BMT!



Steve Bayliss, Kelly Simons and Ed Sullivan came across these ruins 30-40 yards NE from the BMT near Loss Creek.





Flat Creek Loop Hike was enjoyed by all! Photo courtesy of Ray Laws.



The Wagon Train Trail at Brasstown Bald journeys into a Wilderness Area. Photo courtesy of Ray Laws.



## Maintenance Trip

by Joe Cantwell

Twenty-one BMTA Maintainers gathered at the Friendship Baptist Church at 8:30 AM on Saturday, April 13. Four crews were deployed on 8.5 miles of trail.

Patrick Ward, Art Kolberg, Darcy Douglas and Brian Cave were shuttled three miles to the trail crossing on FS 640. Working southbound, they safely cleared 10 blowdowns and brushed spring growth, finally ending up at the church parking lot.

Crew Two was assigned tasks between Wilscot and FS 640. Ian Guttridge, Andy Meeks and Brian Trinkle immediately tackled a blowdown that was blocking the parking lot at Wilscot Gap. On their trek southbound, they cleared six recent blowdowns.

Crew Three exerted a major effort to install, clean and improve 40 water diversions to slow down erosion on the first mile of trail from Wilscot Gap to Deadennen Mountain. George Owen provided technical expertise and guidance to the crew consisting of Dale Fielder, Charles Gunti, his sons James and Ben, Marty Dominy and Bob Murrah.

The final crew, led by Steve Hayden, worked on Sections 5a and 5b from Wilscot Gap to Brawley Mountain. This team included Kenneth Andrews, Kenny and Daphne Martin, Byron Coker, Steve Pruett and Cassy Campenella. They cleared reported blowdowns, completed some weed-eating and lopping, trimmed back the early spring growth as well as repairing tread on two sections of trail. Steve reports that his sections are now in excellent condition.

The work trip was a very productive, safe and enjoyable day ending up with a fine meal prepared by Chef Patty Masters. Thank you all for volunteering 156.5 hours to keep the BMTA in outstanding condition for all hikers to enjoy!

## The Camaraderie of Trail Maintenance





## Flats Mountain Trail

by Rick Harris



Afterwards, a few of the hikers enjoyed late lunch/early supper at the Tellico Grains Bakery. Hikers included Rick and Brenda Harris, Sue Robinson, Sarah Kennedy, Doug Lynch, Leslie Auriemmo and Jilaine Burley.

Seven folks hiked the Flats Mountain Trail near Tellico Plains off the Cherokee Skyway. The trail is moderate but has about 750' of ascent and 2400' of descent.

The day started off cool, but sunny. As the day progressed, it became windy, cloudy and definitely chilly. The trail was in reasonably good shape with a few blowdowns which were easy stepovers and one walkaround. The middle section had briars, but we were able to get through without any issues. There were great views down into the Citico Creek watershed and the Fodderstack ridgeline to the east. Off to the west we could see the lake at Indian Boundary as well as Tellico Lake.

## Last Cut of the Day!! Phew!

Photo courtesy of Nelson Ashbrook



Steve Dennison and Patrick Ward near Coker Creek with a gargantuan task!





## Celebrate National Trails Day 2024

### Vogel State Park

June 1, 2024 9:00 AM – 3:30 PM

Join us to celebrate The American Hiking Society's National Trails Day at Vogel State Park. GATC will be partnering with other Hiking Clubs and Outdoor communities to be a part of the nation's largest trail event.

### Events for Members and the General Public

- 9:00—12:00      Rock Crew Demonstrations with the GA Rockers Rock Crew  
                          Inter-Active Crosscut Saw  
                          Trail Maintenance Opportunity  
                          Leave No Trace Activities  
                          Family Friendly Hike  
                          Junior Ranger Program  
                          Learn about the various organizations responsible for the activities

### Lunch—For Club Members and Volunteers

- 12:30 – 2:00      Please bring a side dish or dessert to share. Main course, drinks and service ware provided!  
                          RSVP to [Webb.Debbie.H@gmail.com](mailto:Webb.Debbie.H@gmail.com) by May 15 to attend.  
                          Please register to ensure enough food/drinks will be available.

***The lunch is only for club members and volunteers who have registered!***

- 2:00 – 3:30      Music at the Outdoor Pavilion with the Wilderness Pickers.

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Sponsored by Georgia Appalachian Trail Club, Benton MacKaye Trail Association, Mountain High Hikers, and Georgia Forest Watch





## BMTA Board Meeting, Eating and Hiking the History of the Copper Basin

by Kathy Williams with photos courtesy of Clare Sullivan and Kathy Williams



The meeting was held in the upstairs room of Rod's Rockin Rolls in Ducktown, Tennessee.



BMTA's Corporate Member, Rod's Rockin Rolls is located near the hiking areas of the Ocoee Whitewater Center and the BMT.



After meeting and eating, a hike was offered to view the filtration ponds. These are close to the old copper mines in Ducktown. The trail led past an old railway employee sheltering building. The trail-head is within walking distance from Rod's Rockin Rolls.





At the viewing area, hikers stopped to read a plaque explaining the purpose and history of the filtration ponds.



There was different vegetation in some of the ponds. This one held cattails.



Various means are used to monitor the ponds.





After the hike, a visit to the Ducktown Basin Museum informed and amazed the hikers. It is located on the site of the old Burra Burra Mine. This is what remains of the collapsed mine today.



This is a ladle!!

Many of the original buildings have been saved and can be viewed with a walking tour or by scheduling a guided tour by appointment. The museum has a video summarizing the history of the mines. Some of the volunteers at the museum are related to those who worked as miners and offer many anecdotal stories to the historical records.

- ◆ The Copper Basin could be seen from space during the time it was barren of vegetation and wildlife. The open roast smelting method had allowed large quantities of sulfur dioxide to be released into the air.
- ◆ Mules were used for transport and at one time lived in the mines.
- ◆ The mines provided 90% of the Confederate Army copper.
- ◆ The mining companies supplied housing as well as exceptional educators who taught school for the miners' children.
- ◆ It is now an EPA Superfund site.
- ◆ Biosolids have been used for restoration and are an issue for the residents of the Basin.
- ◆ Today you can hike on the Old Copper Road at the Ocoee White-water Center. It was once the route for transporting copper from the mines to Cleveland, Tennessee.



## Spring Festivals!



Andy Meeks, Steve Dennison, Betty Ann Archer and Ian Guttridge spreading the word about the BMTA at the Georgia Mountain Trail Fest.



Hiking Director Kelly Motter manned the tent and participated at The Great Ape Escape! Well done!!

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Crosscut at The Trout Festival is a unique and rewarding outreach. Photos courtesy of Bob Cowdrick.





## Keeping the Tennessee BMT Open

Photos courtesy of Brenda Harris and Judy Wade



Rick Harris getting results!

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Keith Mertz, Steve Cartwright and Rick Harris hard at the task.



Impressive difference!!!



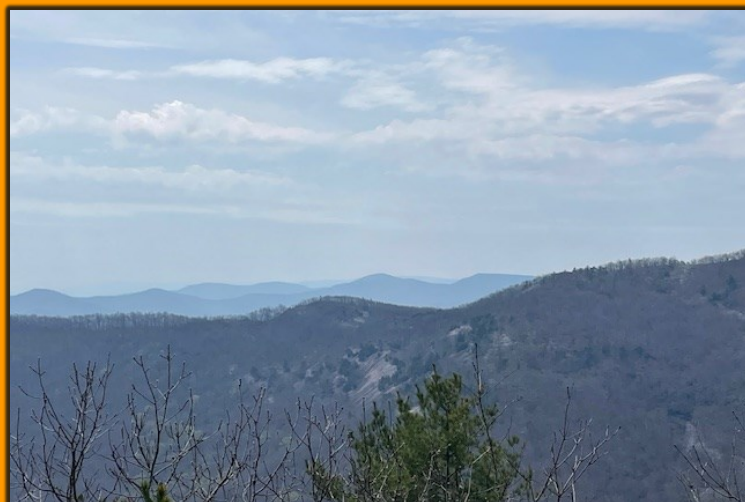
## And the class took a hike!

by Kathy Williams

The Outdoors and Hiking in Southern Appalachians Class at Young Harris not only offers classroom study, it takes the students to the mountains after each class. One hike in particular was spectacular as a partial eclipse was underway. Instructor George Owen picked the perfect venue to experience the solar event!



Hog Pen Gap was the destination.



The views from the top give a deep, satisfying joy.



Class should always be this fun!!!

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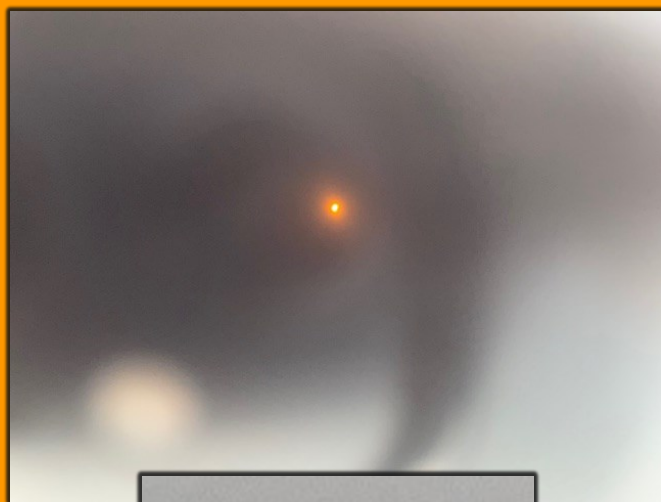




An eerie twilight shrouded the mountain top.



Eclipse glasses were shared. All were able to wonder and watch in awe.





## ‘Brooding’ About The Cicadaspocalypse?! Or Not?



They are coming!

Cicadas in the trillions! But do not despair. We will not have the double trouble like some states.

They will arrive any day from mid-May until late June. They have a lifespan of only 4-6 weeks. They give us a natural symphony without having to go to a concert venue. They are not dangerous to humans.

As a matter of fact, there is a gourmet [chef in Louisiana](#) who has concocted a delicacy of cicadas for humans to enjoy!

Nothing like a little crunch in your salad! Hmmm.

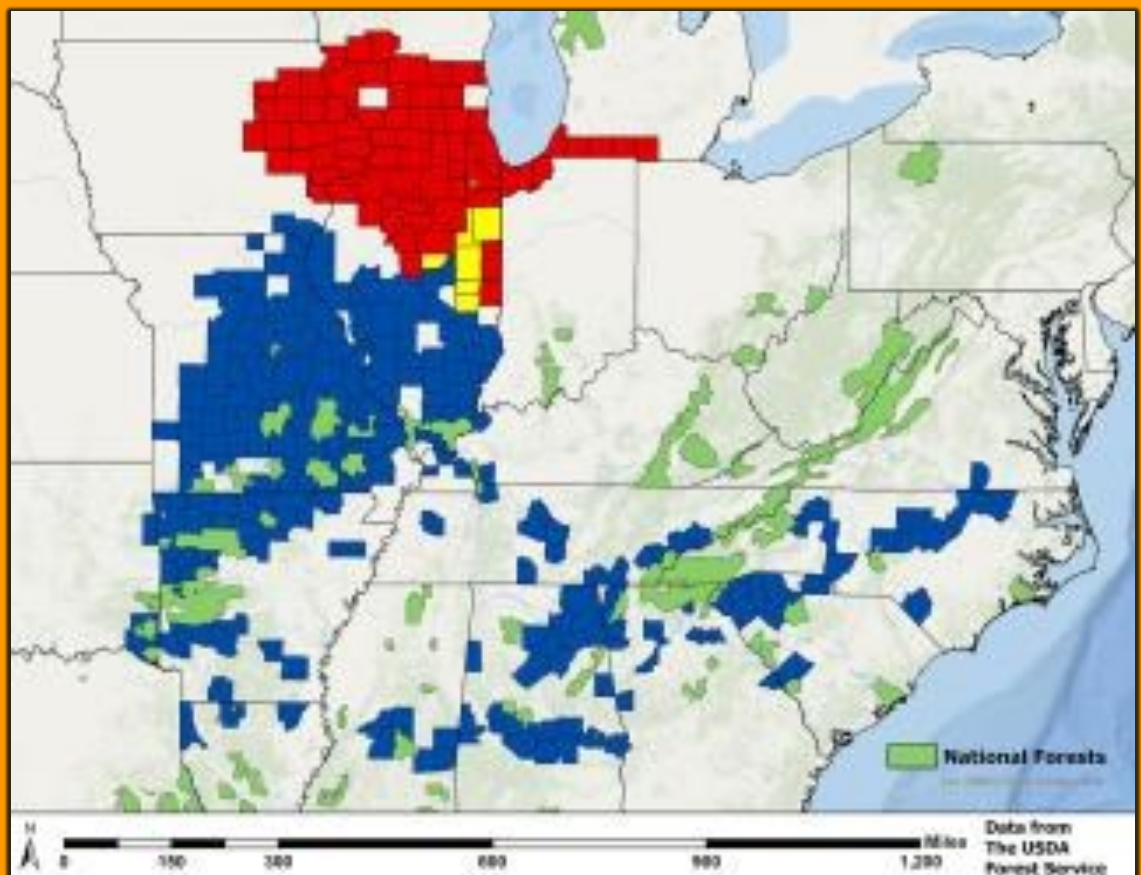
Photo from UGA [13-year Cicada Emergence, What We Know](#) | Glynn and McIntosh Agriculture and Natural Resources ([uga.edu](http://uga.edu))

USDA Forest Service map showing cicada brood emergence April to May 2024 in the eastern United States.

The areas in red show where Brood XIII, a 17-year brood, is expected to emerge.

The areas in blue show where Brood XIX, a 13-year brood, is expected to emerge.

The area in yellow shows where these brood emergences are expected to overlap in Illinois. (USDA Forest Service graphic)



[Here come the cicadas!](#) | [US Forest Service](#)



# Upcoming Hikes and Maintenance Trips

by Kelly Motter, Hiking Director

## Guidelines for Our Hikes

**COVID-19 Concerns** - If you believe you are in a high-risk group, please evaluate whether going on this hike is worth the potential risk.

### May

**May 8 (Wednesday)** Lady Slipper Hike. BMT at Weaver Creek in Blue Ridge. Moderate/strenuous 3.8 miles. This will be a SLOW, LEISURELY hike to enjoy the wildflowers. Initially we'll pass by beautiful mountain laurel groves peppered with flame azaleas. Stop for lunch at the water cutoff beside some of the largest lady slippers on the section. As we stroll back to the trailhead, we'll pass numerous gardens of the pink beauties. Contact Hike Leaders Joy and Frank Forehand at [bmtahikeleaderjf@bmta.org](mailto:bmtahikeleaderjf@bmta.org).

**May 10 (Friday)** Visit the refurbished shelter on the Sisson property. Hike on the BMT from the Craddock Center to the shelter and return. This is a relatively easy hike of about 4 miles or so. The shelter is at the halfway point so bring a snack. Along the way you'll also visit the only chapel on the BMT. Afterwards we might have lunch at the Pink Pig BBQ. Contact Hike Leader Mike Pilvinsky at [bmtahikeleadermp@bmta.org](mailto:bmtahikeleadermp@bmta.org).



### May 11 (Saturday) GA BMTA Monthly Maintenance Trip.

Section 9 - Flat Top >> Jacks Creek

Section 10 - Jacks Creek >> Double Springs Gap

Contact Joe Cantwell at [bmtagamaintdirector@bmta.org](mailto:bmtagamaintdirector@bmta.org).

Contact Nelson Ashbrook at [bmtatn-ncmaintdirector@bmta.org](mailto:bmtatn-ncmaintdirector@bmta.org).

**May 11 (Saturday)** Waucheesi Bald. Moderate 6.2 miles with shuttle. We will leave vehicles at the lower trailhead on Old Furnace Road, then drive to the top of Waucheesi Bald. High clearance 4WD vehicles recommended. This hike starts at the top of Waucheesi Bald by the site of the old fire tower (now communication towers) on a small bald with views into the surrounding mountains. We will hike steadily downhill for over 2300' with one short uphill until we reach Wildcat Creek. We will have to ford Wildcat Creek and possibly Tobe Creek (depending on water levels) so bring water shoes, extra socks and a small towel. From Wildcat Creek we have an uphill climb to Old Furnace Road. We will eat lunch at Tobe Creek. Contact Hike leaders Rick and Brenda Harris at [bmtahikeleaderrh@bmta.org](mailto:bmtahikeleaderrh@bmta.org) or text 513-260-1184 if you plan to attend.

**May 17-19** The Cruel Jewel Ultra Race. Racers will be on some BMTA Trails from Weaver Creek to Stanley Gap, the road section across the Iron Bridge, the trail between the Iron Bridge and Old Dial and then Old Dial all the way to Skeenah Gap. From the road crossing at Skeenah Gap, the course switches to the Duncan Ridge at the intersection at the top of Rhodes Mountain.

**May 17 (Friday)** Amadahy Trail. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Easy/moderate 5 miles along the shore of Carter's Lake. Lunch at the marine campground. Contact Hike Leader Ken Cissna at [bmtahikeleaderkc@bmta.org](mailto:bmtahikeleaderkc@bmta.org).

**May 21 (Tuesday)** Turtletown Creek Falls Moderate 5 miles. Turtletown Creek plus two of the most beautiful falls you'll ever see on a short hike. Contact Hike Leader Ralph Collinson at [bmtahikeleaderrc@bmta.org](mailto:bmtahikeleaderrc@bmta.org).





**May 24 - 26 Friday-Sunday Tennessee BMTA Monthly Maintenance Trip.**  
 Sections 16a-16b Sandy Gap >> Beaver Dam Bald (Heart of Darkness)  
 Contact Joe Cantwell at [bmtagamaintdirector@bmta.org](mailto:bmtagamaintdirector@bmta.org).  
 Contact Nelson Ashbrook at [bmtatn-ncmaintdirector@bmta.org](mailto:bmtatn-ncmaintdirector@bmta.org).

**May 29** (Wednesday) Pickens Nose overlook on the AT. Enjoy this beautiful view on a moderate, short trail (under 3 miles). Contact Hike Leader Ralph Collinson at [bmtahikeleaderrc@bmta.org](mailto:bmtahikeleaderrc@bmta.org).

**May 31** (Friday) Wilscot Gap to Brawley Tower, Payne Gap and return. Moderate/strenuous 12.6 miles. Option for a shorter version Wilscot Gap to Brawley Tower and return 6.2 miles round trip.  
 Contact Hike Leader Steve Dennison at [bmtahikeleadersd@bmta.org](mailto:bmtahikeleadersd@bmta.org).

**May 31** (Friday) Fightingtown Creek Nature Park. The Creekside Trail. Easy/moderate 3.5 miles. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog).  
 Contact Hike Leader Ken Cissna at [bmtahikeleaderkc@bmta.org](mailto:bmtahikeleaderkc@bmta.org).

## June

**June 1** (Saturday) Vogel State Park. National Trails Day Celebration! 9:00 AM – 3:30 PM. See flier on page [10](#) of this Newsletter.

**June 2** (Sunday) Lake Blue Ridge Hike. Moderate 6-mile hike takes in a few trails in the Aska area.  
 Contact Hike Leader Kelly Motter at [bmtahikeleaderkm@bmta.org](mailto:bmtahikeleaderkm@bmta.org).

**June 3** (Monday) Brush Creek Trail. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Easy/moderate 7 miles. Almost all gently downhill. Shuttle required.  
 Contact Hike Leader Ken Cissna at [bmtahikeleaderkc@bmta.org](mailto:bmtahikeleaderkc@bmta.org).

**June 4** (Tuesday) Piney Knob Trails Murphy, NC. Rhodo-coaster Trail. Moderate 5 miles.  
 Contact Hike Leader Ralph Collinson at [bmtahikeleaderrc@bmta.org](mailto:bmtahikeleaderrc@bmta.org).



**June 8** (Saturday) BMTA Monthly Maintenance Trip. TBA  
 Contact Joe Cantwell at [bmtagamaintdirector@bmta.org](mailto:bmtagamaintdirector@bmta.org).  
 Contact Nelson Ashbrook at [bmtatn-ncmaintdirector@bmta.org](mailto:bmtatn-ncmaintdirector@bmta.org).

**June 8** (Saturday) Watch the water arrive! Start at the Ocoee Whitewater Center and then hike the BMT from FS Rd 221 to Thunder Rock and perhaps see the rhododendrons in bloom. Easy 3.4 miles.  
 Contact Hike Leader Clare Sullivan at [bmtahikeleadercs2@bmta.org](mailto:bmtahikeleadercs2@bmta.org).

**June 16** (Sunday) Standing Indian on the AT. This 5-mile moderately paced hike leads us to a beautiful overlook on the AT at over 5000 ft. Contact Hike Leader Kelly Motter at [bmtahikeleaderkm@bmta.org](mailto:bmtahikeleaderkm@bmta.org).

**June 21** (Friday) Turtletown Creek Falls. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Moderate 5 miles. Turtletown Creek plus two of the most beautiful falls you'll ever see on a short hike.  
 Contact Hike Leader Ken Cissna at [bmtahikeleaderkc@bmta.org](mailto:bmtahikeleaderkc@bmta.org).



**June 24 (Monday)** Thunder Rock Campground Ocoee Whitewater Center. Rhododendron Trail to Chestnut Ridge Trail to Bear Paw Loop and return. Moderate 5 miles.

Contact Hike Leader Ralph Collinson at [bmtahikeleaderrc@bmta.org](mailto:bmtahikeleaderrc@bmta.org).

**June 24 (Monday)** Beech Gap on the Skyway.

Moderately/difficult 7 miles round trip with 900' climb. We will park at the state line at Beech Gap on the Skyway. The first 2 miles are on an old FS road with only minimal climbing. When we reach the end of the road, we will head up the BMT to Bob Bald, a climb of 900' and quite steep in places. Once we reach the top, we will enjoy the views and eat lunch, then head back to Beech Gap on the Skyway.

Contact Hike leaders Rick and Brenda Harris at [bmtahikeleaderrh@bmta.org](mailto:bmtahikeleaderrh@bmta.org) or text 513-260-1184 if you plan to attend.

## July

**July 12 (Friday)** BMT: Lost Creek Section. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Easy 6 miles. Beautiful walk along Big Lost Creek. One stream crossing will probably get your feet a little wet so come prepared. Help Ken celebrate his 75<sup>th</sup>!

Contact Hike Leader Ken Cissna at [bmtahikeleaderkc@bmta.org](mailto:bmtahikeleaderkc@bmta.org).



**July 13 (Saturday)** BMTA Monthly Maintenance Trip. TBA

Contact Joe Cantwell at [bmtagamaintdirector@bmta.org](mailto:bmtagamaintdirector@bmta.org).

Contact Nelson Ashbrook at [bmtatn-ncmaintdirector@bmta.org](mailto:bmtatn-ncmaintdirector@bmta.org).

**July 13 (Saturday)** Waucheesi Creek. Moderate 6.7 miles, but with 11 stream crossings. We will leave vehicles at the Bald River Road trailhead near the Holly Flats CG, then a long shuttle to Sandy Gap on the BMT. We will hike mainly downhill to the lower trailhead. At about mile 3, we reach the first stream crossing on Waucheesi Creek, then cross this creek and Kirkland Creek. The last crossing is across the Bald River. Come prepared with water shoes, extra socks and a towel. We will eat lunch at the first stream crossing. Long shuttle back to our vehicles. Contact Hike leaders Rick and Brenda Harris at [bmtahikeleaderrh@bmta.org](mailto:bmtahikeleaderrh@bmta.org) or text 513-260-1184 if you plan to attend.

**July 26 (Friday)** Cartecay River Loop Trails. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Moderate 5-6 miles much of it along the beautiful Cartecay River.

Contact Hike Leader Ken Cissna at [bmtahikeleaderkc@bmta.org](mailto:bmtahikeleaderkc@bmta.org).

To access our website calendar, go [HERE](#).

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The deadline for the June Newsletter is Wednesday, May 29.  
Thank you!