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BMTA Headquarters

Benton MacKaye Trail Association

VOLUME 42, ISSUE 4

APRIL 2025

A Thru Hike of the BMT

by Dick Evans

The following information is based on my south-bound thru hike of the Benton MacKaye Trail in 2012. There have been no major reroutes since that time.

First, some basics. I found that I could carry a five-day/four-night supply of food along with the other gear without carrying too heavy a pack. I used a hammock on my hike, but the weight difference was negligible as opposed to a one-person tent. In part I felt that a hammock would allow me to camp at more locations than I might find on the trail, but in reality, I never had a site where I could not fit a small tent.

I used a canister stove for cooking. Alcohol stoves might be a bit lighter, but not worth the hassles of dealing with them for me. I had a 1 ½ quart covered pot and an insulated two-cup mug, plus a long-handled spoon. I seldom had a camp-fire (personal choice).

Carrying four nights of food meant planning for resupply about every three to five days. Before the hike, I prepared resupply packages and drove my wife to the resupply points I had designated. I did spot some water issues at Unicoi Gap due to drought conditions at the time, but otherwise, I had no water problems.

For pre-hike conditioning, I determined that, for me, a planned distance of 12-14 miles a day was about right, so planning was based on 12 miles daily with a resupply every four nights.

I believe thru hikers need to do conditioning before the hike. I set up the following schedule:

- ♦ Four weeks out – Twice-weekly 10-14 mile-hikes
- ♦ Three weeks out – Three times weekly 12-14-mile hikes
- ♦ Two weeks out – Four times weekly hikes
- ♦ Week Prior – Four hikes of 15-16 miles.



Continued next page

I carried a GMRS Walkie-Talkie. My wife had one, for communications at resupply points. Almost every day, I could get a cell signal – that has improved since my hike.

For breakfast, I just did hot chocolate, Tang and oatmeal for a quick start, then a snack at 10:00 AM. Lunch was packaged tuna, etc., on pita bread, with a 2:00 PM snack. Most days, I stopped by 3:30 or 4:00 PM. Each supper started with an instant soup for dehydration and sodium replenishment as well as to prolong the meal. The entrée was always pasta or instant potatoes with meat chopped up in it. Dessert was fruit cups or pudding.

I took a Tylenol PM each evening to make sure I got a good night's sleep. Twice I ended up taking Tylenol for arthritis during the day, but that was all. Don't go overboard on first aid. An ace bandage can handle most sprains, and a couple of scratches are the typical issues on the trail.

I used a Sawyer Water Filter and filtered ALL backcountry water. I carried two 2-quart reservoirs but generally filled one in the morning and carried the other empty (except for the dry camp at Mount Sterling). When I got to camp, I drank as much as I could and filled both for the meals and general hydration. Sometimes I added flavoring, but generally not.

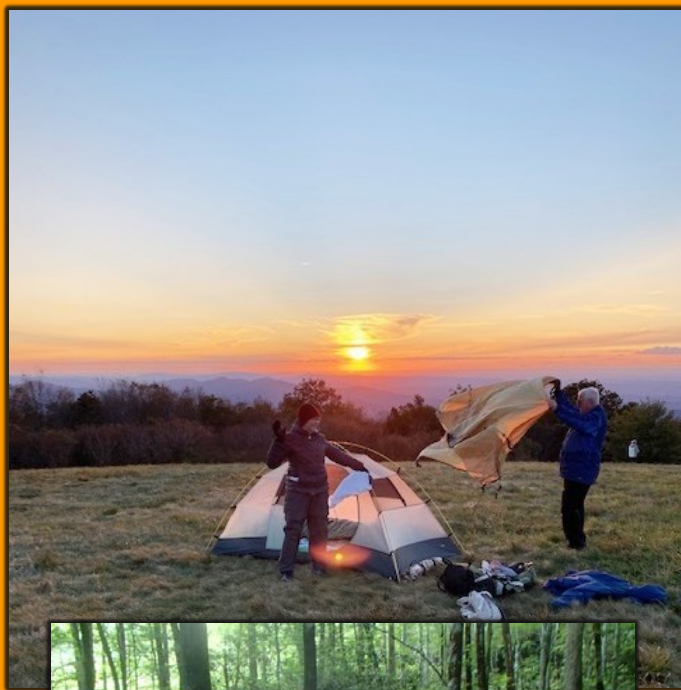
This plan uses the mileposts listed in the *2020-2021 edition of the Thru Hikers Guide**. It also uses known camping locations, almost all with water nearby. My six resupply points were:

- ♦ Day 1 – Start at Big Creek Campground, MP 0.0. Hike to Mount Sterling Fire Tower campsite MP 6.1., getting water on the way. Highest point on the BMT.
- ♦ Day 2 – Hike to Laurel Gap Shelter, MP 11.9 5.8 miles.
- ♦ Day 3 – Hike to Round Bottom MP 16.4, 4.5 miles, then hike to Campsite 47, Enloe Creek MP21.8. 9.9 miles total.
- ♦ Day 4 – Hike to Smokemont Campsite, MP 30.6, 8.8 miles. You can cache a **Resupply** package by the Ranger Station.
- ♦ Day 5 – Hike to Campsite 55, Bryson Place, MP 42.7, 12.1 miles, tough day.
- ♦ Day 6 – Hike to Campsite 65, Bearpen Branch, MP 54.7, 12 miles.
- ♦ Day 7 – Hike to Campsite 76, Kirkland Creek (nicest site in the park), MP 68.2, miles 13.5.
- ♦ Day 8 – Hike to Campsite 86, Proctor, MP 80.1, 11.9 miles
- ♦ Day 9 - Hike to Fontana Dam Visitor Center, MP 91.7, then stay at Fontana Hilton Shelter, MP 92.0, 11.9. **Resupply.**
- ♦ Day 10 – Hike to Tapoco Lodge, MP 106.0, 14 miles, tough. Resupply. No good camping here.
- ♦ Day 11 – Hike to Naked Ground, MP 116.2, 10.2 miles, tough. Side trip to the Hangover Viewpoint.
- ♦ Day 12 – Hike to Whigg Meadow, MP 125.5, 9.3 miles. **Resupply** when crossing Hwy 143 at Beech Gap)
- ♦ Day 13 – Hike to Brookshire Creek, MP 140.0, 14.5.
- ♦ Day 14 – Hike to Sixmile Gap, MP 149.9, 9.9 miles, then hike out to Waucheesi Summit (0.3 Miles), Dry.
- ♦ Day 15 – Hike to Unicoi Gap, MP 156.2, 6.3 miles.
- ♦ **Resupply**, then continue to just before the Route 68 Buck Bald Road crossing and camp beside the trail. MP 159.4 (not in THG). Miles 9.5.
- ♦ Day 16 – Cross Buck Bald Road. Hike past Big Bend to MP 173.3 campsite. Miles 13.9.
- ♦ Day 17 – Hike thru Reliance, continue to Lost Creek Campground, MP 180.9, miles 7.6.
- ♦ Day 18 – Hike to Thunder Rock Campground, MP 193.9, miles 13. **Resupply.**
- ♦ Day 19 – Hike to Double Spring Gap, MP 204.8, miles 10.9.
- ♦ Day 20 – Hike to MP 216.5, miles 11.7.
- ♦ Day 21 – Hike to Hatley Gap, MP 225.3, miles 8.8.

- ♦ Day 22 – Road Walk. Hike to MP 239.3 Laurel Creek, miles 14.
Resupply.
- ♦ Day 23 – Hike to Garland Gap, MP 252.1, miles 12.8.
- ♦ Day 24 – Hike to MP 263.6 campsite, miles 11.5.
- ♦ Day 25 – Hike to MP 278.6, miles 15. Long day.
- ♦ Day 26 – Finish at Springer Mountain, MP 286.3, miles 7.7, plus access trail of 1.0 mile to FS 42 Parking at Big Stamp Gap.

Enjoy the trail!!!

*The [2020-2021 edition of the Thru Hikers Guide](#) is available in BMTA's online store. The latest edition also is available - [Benton MacKaye Trail Thru-Hikers Guide 2025-26.](#)



New Venue in Bryson City, NC BMTA's 2025 Annual Meeting & Hike Fest

Celebrate the BMTA's 45th Anniversary!

October 30—November 2, 2025

Lands Creek Log Cabins

Cabin Block Expires 6/1/25

Book Your Cabin Today!



For reservations, contact:

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(888) 346-9793

Be sure to mention BMTA!

Note to Hikers in the Fontana Village Area



Please note that although the path of the BMT through Fontana Village is unchanged and is well marked and blazed, some of the facilities that hikers, in particular thru hikers, often use have been moved. The registration desk and internet kiosk have been moved and consolidated with the General Store, next door to the post office and in the same building as the laundry and ice cream shop. Registration and the General Store are open 24/7. While we are in the process of getting signage to reflect that, the usual APPS, Far-Out, etc., generally show the location of the store and post office and hikers should go there to register for accommodations, pick up resupply parcels, etc.

Polk County Chamber of Commerce Annual Banquet

by Clare Sullivan

Polk County, Tennessee, is home to a wide range of outdoor adventure opportunities –fishing, hiking, rafting, soaring, mountain biking, boating and so much more. With that in mind, the Polk County Chamber of Commerce chose “Adventure” as the theme for this year’s annual banquet.



As members of the Polk County Chamber of Commerce, the Benton MacKaye Trail Association donated two “woody centerpieces” for the event. Thank you to BMTAer Anne Anderson for representing the BMTA at this event.



BMTA PARTNERSHIPS

Help BMTA preserve, protect and maintain the Benton MacKaye Trail.

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Employer Identification #58-1428009.

**If you receive a benefit as a result of making a contribution to a qualified organization, you can deduct only the amount of your contribution that is more than the value of the benefit you receive.*

The Len Foote Hike Inn Adventure

by Kathy Williams with photos courtesy of Kathy Williams, Clare Sullivan and Ken Cissna

In February BMTA hikers went adventuring to the Len Foote Hike Inn. The hike began at Amicalola State Park with a moderate five-mile journey through the forest. As you make your way to the Inn you are treated to unique wonders of the forest as well as an overlook that allows you to see as far as Stone Mountain and Mount Oglethorpe. There is even a stone sofa on the trail where you can relax and enjoy the vista.



Ed Sullivan looks for forest fairies in the see-through tree!



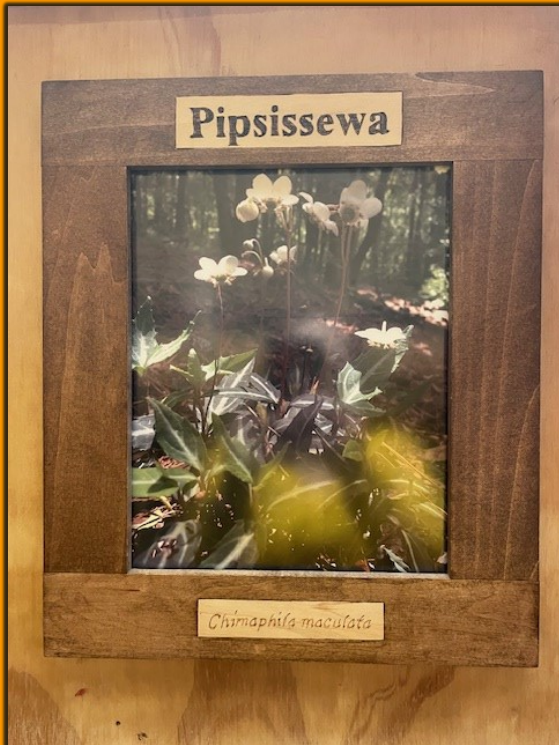
Clare Sullivan and Kathy Anderson take advantage of the stone sofa!



Captivating vista from the stone sofa.

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The Len Foote Hike Inn is a backcountry lodge named after Len Foote, an outdoor photographer, conservationist and biologist. His photographs appeared on the cover of 57 *Atlanta Journal Constitution* Sunday magazines. Every room at the Hike Inn has one of his photographs. In the lobby of the Inn are multiple backpacks mounted on the wall. These display the evolution of the backpack. One of the more notable ones is that of Nimble Will Nomad, who at one time did maintenance at the Inn!



Photograph from the collection of Len Foote in one of the rooms.



Backpacks through the years.



Starbase at sunset.

One unique feature of the Inn is the Starbase Monument. This Celtic-inspired structure funnels sunlight into the back of the formation during spring and fall equinoxes. It is also a favorite of stargazers at night.



The Sunroom is a favorite place to gather.

The Inn is a sustainably designed lodge with photovoltaic solar panels and a composting room with worms that consume food waste. Hikers can visit the composting room during the daily tour. Hiking will generate a healthy appetite, and the Inn offers family-style meals for dinner and breakfast. Everyone has a choice of their own special mug or glass complete with a biodegradable name tag.



Composting worms were a highlight of the tour.



The presentation for the evening was given by BMter Kathy Anderson. She discussed her solo thru hike of the Foothills Trail. Kathy was also volunteering for the stay along with Ed and Clare Sullivan. Their duties included helping in the dining room.

To volunteer at the Hike Inn, you must become a "Friend of the Hike Inn". You sign up online and pay \$25 annually. Let them know when you would like to volunteer and if you would like to present the evening program or help in the kitchen. You stay in one of the volunteer rooms and share a restroom with the other volunteer. Becoming a friend of the Hike Inn earns you a 20% discount at their store. You do not pay a fee to stay at the Inn when you volunteer. In addition, you can earn a 50% discount on a guest room if you volunteer five times within a year.



BMTA group is happy with full tummies and wilderness wonder.



May the Peace of the Wilderness Be With You.

BMTA at The Gateway Event at Amicalola Falls State Park

by Clare Sullivan



Clare Sullivan, Ed Sullivan and David Blount at the BMTA booth.

Clare Sullivan, Ed Sullivan and Kathy Anderson represented the BMTA at the Gateway Event at Amicalola Falls State Park. This event celebrates the start of the hiking season with many clubs and vendors within the hiking community attending. While meeting guests at the booth, they encountered a man who has a hostel and shuttle service for BMT hikers near the Northern Terminus. One memorable couple shared their story of becoming engaged and then embarking upon a hike on the BMT!



Check Out This Month's BMT Blog

*Spring Showers and Benton MacKaye Powers:
Hiking Prepared in Stormy Season*

GA Maintenance Trip

by Joe Cantwell with photos courtesy of Kathy Gushwa and Clare Sullivan

The monthly Georgia work trip on March 8 was a resounding success due to the diligent efforts of 29 maintainers. The crews devoted 239 hours, covering seven miles on Sections 2a, b and c (The Bald to the Suspension Bridge).

Fourteen maintainers met at Three Forks, then drove to The Bald and worked northbound. One massive 36-inch oak was safely removed by the saw team of Steve Hayden, Kenny and Daphne Martin and Laurie Schatz. Sage Oblouk accompanied them taking videos of trail work for a future BMTA production. The remainder of the crew, Darcy Douglas, Ken Cissna, John Oudin, Dave and Sue Ricker, David Blount and his grandson Bentley Dillard and Dara and Diana Denning, divided into teams to complete deadfall removal, brushing, lopping and the refurbishing of water diversions.

Jessie Lumsden, the new Wilderness Technician for the Blue Ridge Ranger District enthusiastically coordinated the crew that covered from the Suspension Bridge to Bryson Gap.

He oversaw the installation of 60 water diversions, teaching the principles of optimum layout and construction for long lasting diversions.

The maintainers who accompanied Jessie included Carol Nufer, Bill Cox, Steve Dennison, Kelly Motter, Cassandra Campenella, Steve Pruett, Sam Sly, Kathy Gushwa, and Shane Morrison.



Jessie Lumsden, the new FS man in Trails position, teaching volunteers how to make water diversions.

Joe Cantwell led the final crew of Ian Gutridge, Andy Meeks, Ray Laws and Clare Sullivan, to a shortcut trail from Bryson Gap Road to the Bryson Gap campsite. Their work was directed southbound to remove six blow-downs and minor lopping of early growth.



Before



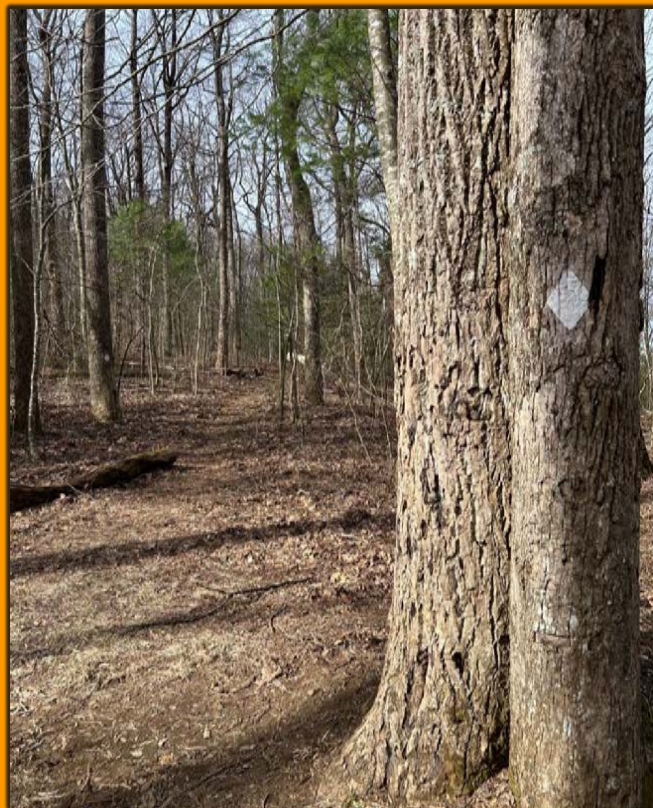
During



After! Ian Gutridge, Andy Meeks and Ray Laws put their backs into it.



Executing a plan safely.



Hiker ready!



Joe Cantwell and Jesse Lumsden view the agenda.

All of the maintenance crews had the opportunity to spread the word about the BMTA and the volunteer work that keeps it enjoyable for recreational weekend hikers as well as seasoned long-distance hikers. One hiker from Billings, Montana, stated that his company had given him time off to come hike the BMT. Thanks to everyone for participating in this successful workday!

Halt, You Can't Hike Here!

by Clare Sullivan with photos courtesy of Clare Sullivan, Judy Norton and Kathy Williams

On March 10, hikers from the BMTA and the Cherokee Hiking Club of Tennessee set out on a hike to the “Old Dutch Settlement” area in the Ocoee District of the Cherokee National Forest. Several of the 18 hikers had researched the 1840s community that developed along Dutch Creek. “Settler opportunities” in this community were by invitation only.

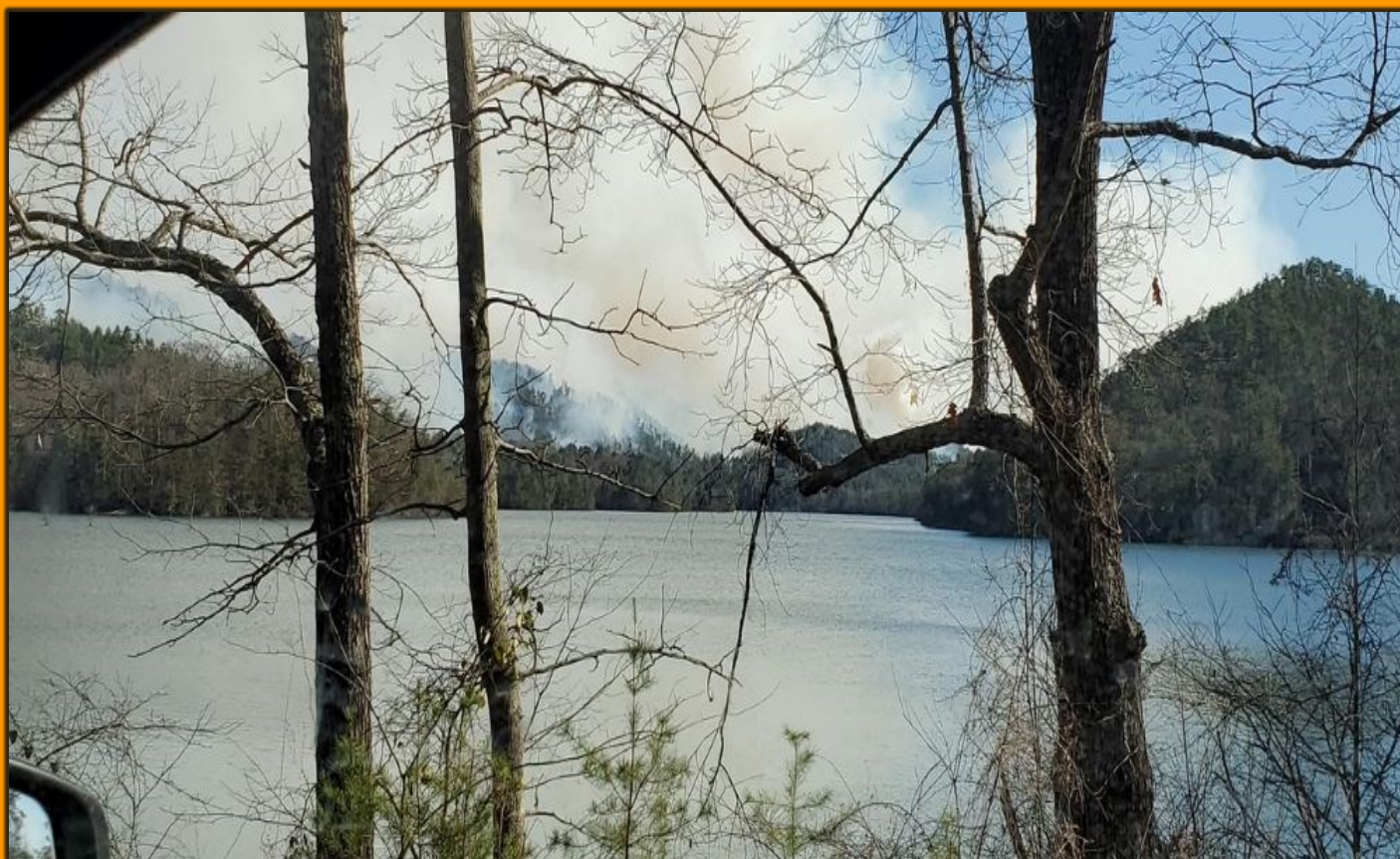
As Ken Jones led the hike down the trail, Ed Sullivan, the sweep, heard a “Halt”. He turned around to see several special vehicles arriving saying they were here for a controlled burn. The firefighters explained they received last-minute approval to burn.

Hikers returned to the cars and decided to drive down the road to choose another trail outside the burn area. The Blue Ridge Horse Trail in the Ocoee District was chosen as a substitute hike. The “Old Dutch Settlement” hike will be rescheduled for this fall.



Continued next page

Towards the hike's end, the smoke from the prescribed burn could be seen for miles but did not impact the hike.



Hey, wonderful folks!

by Patrick Ward photos courtesy of Ralph Van Pelt, Dara Denning and Brenda Harris

Thanks! What more could I possibly say.... just WOW! Y'all did amazing work on the BMT today and I am so thankful. As a reminder, today was officially "National Goof Off Day"...well, none of THOSE people showed up! When asked what you would do to observe such a national day you said hike and hike AND work you did.

Barry and his crew of the "Mighty Foursome" took on seven blowdowns, 10 water diversions and a rootball restoration project on Section 13d. Well done, Barry Allen, Ken Jones, Ralph Van Pelt and Steve Dennison! Then Steve D just had to go above and beyond providing shuttle service for our blaze team of Anne Anderson and Lynne McPhail.



Rootball restoration.

Speaking of the blazers - they started at the north end of Section 13e and blazed through to the south end of 13d. What a hike they had and every time I saw them...nothing but big grins and happy hearts to share with us. Thanks ladies!

Saw team Steve Hayden and Kathy Gushwa took on six blowdowns on Section 13e doing a fantastic and safe job of removing those trees. It was Kathy's first time being a swamper and Steve was apparently in "instructor mode" teaching her all about OHLEC. Don't know about OHLEC? Ask a sawyer or just hang out with Steve. All the cuts looked great, and the clearing was excellent.

Continued next page



Steve Hayden and Kathy Gushwa teaming up!

Brenda Harris and her merry band of loppers worked through some encroachment growth for well over 650 feet of trail over a total of about two miles. Laurie Schatz (veteran of the trail work) and Don Robinson (first timer...but apparently no rookie bringing his own loppers) were a huge help in clearing those areas where the undergrowth tries to reach out and touch you...thank you for making the hike back out even more pleasant!



Laurie Schatz and Don Robinson lopping away!

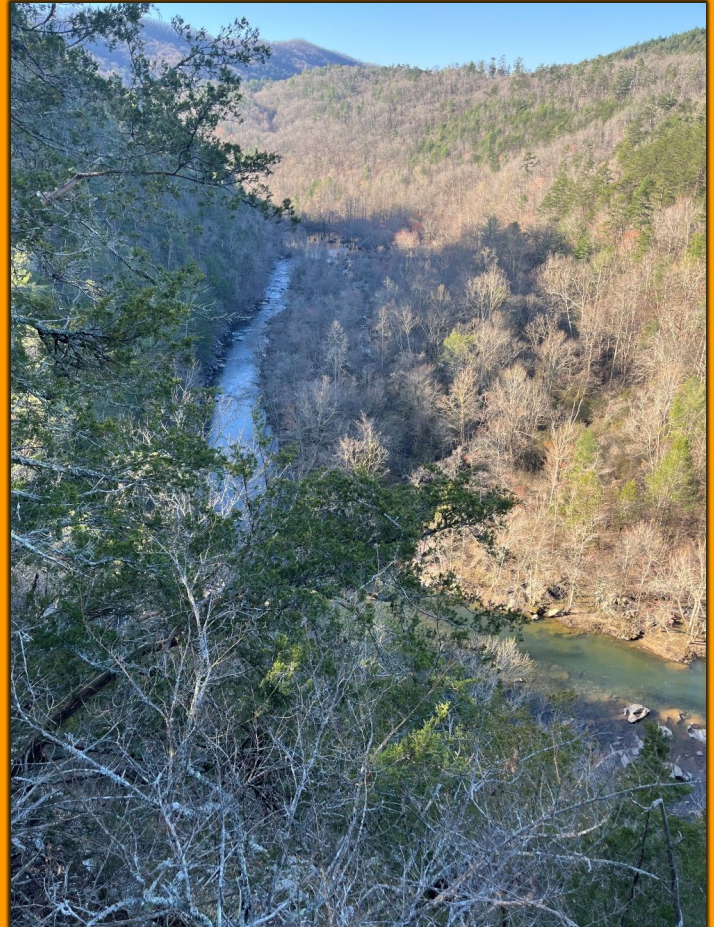


Brenda Harris with the ruins of an old homestead. You never know what you will find in the forest!

Tread repair.... what a job....and you went at it with gusto and pleasant demeanors! Steve Bayliss was overjoyed to have nine people willing to restore, widen, improve, make better, and make safer tread for the entire Section 13e. Johnny Emberson is the energizer bunny. Rick Harris is steady and deliberate. Daphne Martin is diligent and focused. Dale Fielder was supposed to lop, BUT NO he wanted to dig and dig he did. Dara and Daina Denning are the dynamic duo on tread maintenance. Patrick Ward once again took up a digging tool and tried to make the best of it. AND THEN....Mike White worked so hard he broke his handle...don't worry it's repairable.



Ahh...the dreaded tread work! Looking good!



The Hiwassee River seen from above.

Folks - wonderful day in the woods, on the BMT and NOT goofing off (that's what Sunday is for). You've earned (combined 186.5 hours of travel and work for this crew of 20) your rest. I bid you to enjoy it. Personal note - a shout out to my lovely bride Cindy who encouraged me to once again go play in the woods this weekend.... but honey, you did not tell me I had to do tread work.... enjoyed it all the same. ;-)

Be well – Patrick



Pink is where we stop. Right?

Paddle to Caney Creek

by Clare Sullivan with photos courtesy of Laura Slack, Gloria Harmon and Clare Sullivan

For the past five years the BMTA has led a hike to the remains of Caney Creek Village, Tennessee, (1912-1941) in the Ocoee District of the Cherokee National Forest. In 2024, travel time to the trailhead took an hour on a rough, bumpy forest service road. Hikers had to devote a minimum of nine hours for the six-mile hike. To avoid the rugged road, it was decided to paddle across the river to hike inside the remains of the village on the banks of the Ocoee River. The paddle took only 15 minutes.

Six members of the BMTA and the Cherokee Hiking Club of TN, ventured across the river and we all stayed dry! We examined the remains of 14 homes, a two-story hotel and the school that was used as a church on Sundays. We found evidence of indoor plumbing, sidewalks, the lighted tennis court, hotel, phones and trolley system. It was a community with many amenities beyond its time. Groceries were delivered in the settlement long before Instacart arrived. It is said, Caney Creek is the only village in the United States that never had a horse or a car. The only way there was via the 150' suspension bridge over the Ocoee River or by the battery powered trolley to one of the wharfs.

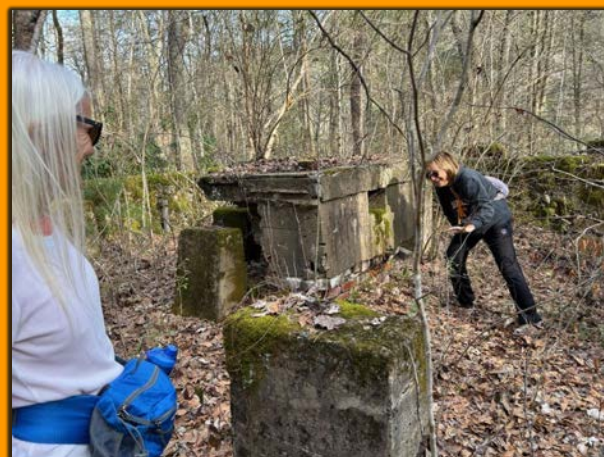
Built by the Eastern Tennessee Electrical Company, Caney Creek housed the families of those who built Ocoee Power Plant No. 2 and the flume. In 1939, the Tennessee Valley Authority acquired the company and demolished the village in 1943.



Remains of the CC Public Works Department.



Hike Leader Clare explains this was a fishpond in front of the Supervisor's house. Fish were kept here till they decided to cook them.



Laura Slack and Gloria Harmon examine the remains of a fireplace in the two-story Caney Creek hotel of 1912.

Unicoi Gap Kiosk Update

by Bob Cowdrick

The Unicoi Gap Kiosk now has a wonderful BMT map and informational display! Thanks to Joy Forehand for her design and creation efforts along with Daphne Martin, Laurie Schatz, Steve Hayden and Ian Guttridge for the installation! Well done!!!



BMTA at Banff Film Festival

by Ken Cissna



Two long-time BMTA and GATC members (George Owen and Dayton Miller) stopped by the BMTA table at the Banff Center Mountain Film Festival World Tour at the Blairsville County Fine Arts Center on Saturday, March 29.

BMTA's participation was made possible by Ken Cissna

George Owen and Dayton Miller

Forever AT Stamp Collection Revealed!

Photo from USPS

Congratulations to The Appalachian Trail as they celebrate the United States Postal Service issuance of the AT Forever Stamp Collection in recognition of the AT's 100 years! Well deserved!



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Maintain the BMT**

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American Hiking Society's National Trails Day

June 7, 2025

Bring a Friend to a Work Trip to
Leave the Trail Better Than You Found It

The Benton MacKaye Trail Association, Georgia Appalachian Trail Club and Mountain High Hikers are joining forces to celebrate National Trails Day by working to improve three sections of trail.

- ◆ BMTA—Thunder Rock Campground
- ◆ GATC— TBA
- ◆ MHH— Cooper Creek

When the Work Is Done, Join Us for a
Chowtime at the Trailhead Social



Upcoming

by Kelly Motter, Hiking Director

April

April 8 (Tuesday) Brush Creek Loop in Ducktown, Tennessee. Easy 4.5- mile hike. Contact Hike Leader Ralph Collinson at rcollinson@bmta.org.

April 9 (Wednesday) BMT Hike. Dally Gap to Double Springs and return. Moderately/strenuous 10 miles. Contact Hike Leader Steve Dennison at sdennison@bmta.org.

April 11 (Friday) Flat Creek Loop. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Moderate 5.6 miles. Nice loop hike featuring Flat Creek. Contact Hike Leader Ken Cissna at kcissna@bmta.org.



April 12 (Saturday) BMTA GA Maintenance Trip. Section 3 - Hwy 60 >> Skeenah Gap Road. Contact the Georgia Maintenance Director at bmtagamaintdirector@bmta.org.

April 15 (Tuesday) Reese Farm Pavillion to Vogel State Park. Easy 4.5-mile hike. Contact Hike Leader Ralph Collinson at rcollinson@bmta.org.



Beautiful Lake Trahlyta at Vogel State Park.



Reece Farm was the home of Georgia's Byron Herbert Reece. He was an award-winning novelist and poet.

April 18 (Friday) BMT - Hudson Gap, out and back. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Moderate 4-5 miles. Come out to see spring wildflowers. Contact Hike Leader Ken Cissna at kcissna@bmta.org.



April 26 (Saturday) BMTA TN/NC Maintenance Trip. Section 16d Brookshire Cr. » Sugar Mountain Road. Section 16c Sled Runner Gap » Brookshire Creek Crossing (*tentative*)
Contact the BMTA TN-NC Maintenance Director at bmtatn-ncmaintdirector@bmta.org.

April 26 (Saturday) Trout Fest. BMTA booth and outreach. Stop by and say hi!

April 28 (Monday) Wildcat Campground Wildcat Trail.

Lady Slippers will likely be blooming. Turner Trail with a side trip to Rocky Ford Cascades and climb about a half mile on Rock Ford. Seven miles.

Contact Hike Leader Steve Dennison at sdennison@bmta.org.



May

May 3 (Saturday) Jointly sponsored BMTA/GATC Hike - BMT Series: Springer Mountain to Three Forks. Moderate 7.8 miles mostly downhill. From Big Stamp Gap to Springer Mountain then down the BMT to Three Forks. Shuttle required. Contact Hike Leader Ken Cissna at kcissna@bmta.org.

May 9 (Friday) BMT From Thunder Rock Campground up Thunder Rock Express Trail across Chestnut Mountain Trail and down the BMT. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Moderate loop of 5.2 miles. Contact Hike Leader Ken Cissna at kcissna@bmta.org.



May 10 (Saturday) BMTA GA Maintenance Trip. TBA
Contact the Georgia Maintenance Director at bmtagamaintdirector@bmta.org.

May 12 (Monday) Rhodo-Coaster Trail at Piney Knob in Murphy. Moderate hike approximately 5 miles. Contact Hike Leader Ralph Collinson at rcollinson@bmta.org.

May 16 (Friday) Amadahy Trail. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog).

Easy/moderate 5 miles along the shores of Carter's Lake. Enjoy stunning views of the lake with lunch at the marine campground.
Contact Hike Leader Ken Cissna at kcissna@bmta.org.



May 19 (Monday) Wilscot Gap to GA 60 across from Swinging Bridge on the BMT. Strenuous 11.6 miles. Hike requires a shuttle. Contact Hike Leader Steve Dennison at sdennison@bmta.org.



May 24 (Saturday) BMTA TN/NC Maintenance Trip. TBA
Contact the BMTA TN-NC Maintenance Director at bmtatn-ncmaintdirector@bmta.org

May 30 (Friday) Turtletown Falls in Turtle Town, Tennessee. Moderate and approximately 5 miles. Contact Hike Leader Ralph Collinson at rcollinson@bmta.org.

June

June 6 (Friday) Brush Creek Trail. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Seven easy/moderate miles. Almost all gently downhill. Shuttle required. Contact Hike Leader Ken Cissna at kcissna@bmta.org.

June 7 National Trails Day see [page 21](#)



June 14 (Saturday) BMTA TN/NC Maintenance Trip. TBA
Contact the BMTA TN-NC Maintenance Director at bmtatn-ncmaintdirector@bmta.org

June 20 (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 kcissna@bmta.org.



June 28 (Saturday) BMTA TN/NC Maintenance Trip. TBA
Contact the BMTA TN-NC Maintenance Director at bmtatn-ncmaintdirector@bmta.org

June 29 (Sunday) BMT Series – Join with GATC on this series. We will hike from Wilscot Gap to Shallowford Bridge Road. This is a moderate to strenuous hike of 7.7 miles and requires a shuttle. Contact Hike Leader Kelly Motter at kmotter@bmta.org.

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

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The deadline for the May Newsletter is Wednesday, April 30.
Thank you!

Welcome BMTA 2025 Partners!

The Benton MacKaye Trail Association is grateful for the help and support provided by our Partners. When you visit one of these businesses, please identify yourself as a BMTA member and be sure to thank them for their support!

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