



<http://www.bmta.org/>

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### BMTA Officers 2021-2022

President:	Ken Cissna
Vice President:	Clare Sullivan
Secretary:	Patrick Ward
Treasurer:	Lydia Burns
GA M/C:	Bob Cowdrick
TN/NC M/C:	Keith Mertz
Smokies Coord:	Larry Dumas
Hiking Director:	Tom Sewell
Store:	Sue Ricker
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Conservation:	Dave Ricker
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Newsletter:	Kathy Williams
State Rep GA:	Darcy Douglas
State Rep TN/NC:	Steve Barnes



**BMTA Headquarters**



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## BMTA's Motto

### It Began with a Casual Comment

by Joy Forehand

Mottos are words or phrases that encapsulate the purpose and ideals of an organization. Their importance is an understatement – the words will shape and inspire the future attitudes and guiding principles of an organization. Frequently, it takes hours of deliberation before even a draft for the statement is agreed upon. In the case of the Benton MacKaye Trail Association (BMTA), a casual comment between a husband and wife became the foundation of the association's future motto.

Ted Reissing and his wife, Kay, enjoyed the outdoors, but trail maintenance was an unknown endeavor to them ... until ... they were attending a Methodist Church where George Owen was the associate pastor. Owen's effervescent enthusiasm for the Benton MacKaye Trail (BMT) was on full display when the Reissings joined Owen and some friends for an evening get-together. Owen's enthusiasm was contagious and the Reissings soon were hitting the trail to maintain a section off Dyer Gap.

One day, as they were driving home after a full day of working on the trail, Kay said, "You know, we're building something really good here ... we're leaving footprints for our kids to follow."

As they continued to chat, the phrase became: "...leaving footprints for generations to follow".

Eventually the phrase was revised to the motto we have today – "... *leaving a footpath for generations to follow.*"

Those seven words have become far more than a nice-sounding byword to BMTAers. Our members have taken the phrase "to heart". Whether working on the trail, hiking responsibly or performing other tasks for the association; BMTAers do it knowing their efforts will leave an even better Benton MacKaye Trail for their children and their children's children to enjoy.

### How Will You Put the BMTA's Motto into Action?

#### Trail Maintenance

The expertise and skillsets of BMTA's well-trained volunteer work force make sure the trail will remain safe and open for all to enjoy, both now and in the future!

Regular work trips are the second Saturday of the month in Georgia and the fourth Saturday of the month for TN/NC. For some of the more remote sections, overnight backpacking excursions have been added to the schedule. See the [Events Page](#) for details.

Every year, Certified Crosscut and Chainsaw Sawyers remove hundreds of blowdowns from the trail. “Swampers” keep the sawyers work area clear and also keep approaching hikers out of harm’s way. Trail workers use loppers and/or slingblades to clear the shoulders of branches and seedlings that encroach on the trail. McCleods, Pulaskis and Fire Rakes are used to re-vamp eroded trail and/or to clean or create diversions to take water off the trail. When COVID is not an issue, shuttle drivers distribute workers at strategic locations along the trail.

Vicki Yunker was ambivalent when she went on her first work trip. “I was really concerned there wouldn’t be a job for a woman to do,” said Yunker. “But it didn’t take long for me to learn how to use a McLeod to reshape the trail bed. The other workers were great teachers and made the job fun –now I want to become crosscut certified.”

Some trail workers take the extra step of adopting a section of the BMT to maintain. Using the tools of the trail, Section Maintainers keep their section open for safe travel. To learn more, go to [Become a Section Maintainer](#).

### **BMTA’s Hiking Opportunities**

BMTA’s hiking program promotes hiking, camping and a wilderness experience in the Southern Appalachian Mountains. It encourages preservation of the trail through adherence to [Leave No Trace](#) principles as well as by emphasizing the importance of a strong conservation ethic.

For those who just want a delightful hike, BMTA sponsors hikes that are open to the public. From easy to strenuous, there’s a hike for everyone! A variety of hikes are on the docket each month – Check the [Events Page](#) for the hike of your choice!

If long-distance hiking is your preference, consider thru hiking or section hiking the 288-mile long BMT. Even more challenging is the 500-mile AT/BMT Loop. The more demanding 1,000-Mile Challenge is yet another option. To learn more, go to BMTA’s website – [300 Milers/BMT Thru Hikers](#).

### **Outreach**

At festivals and events, volunteers in BMTA’s Publicity Tent share information about the BMT. They also encourage following the precepts of responsible hiking and emphasize the importance of conservation.

### **Admin Support**

Opportunities abound if you prefer office-style endeavors, BMTA has: two websites, three databases, three Facebook pages, an Instagram page, a newsletter, Mail Chimp emails as well as the normal administration duties of accounting, general record keeping, etc.

Whether you’re new to the association or a long-time member, let us know which activities interest you and how you would like to help. Please complete the [Volunteer Form](#) now!



**YOU Can Help Make the Benton MacKaye Trail  
the 12th National Scenic Trail!**

**Contact your Congressional Representative**

*Let your representative know why you believe the BMT  
should be designated as a National Scenic Trail.*

To learn more, go to [representative](#).

## 2022 BMTA Annual Meeting & Hike Fest

Fontana Village Resort, Fontana Dam, North Carolina

November 3 – 6, 2022

### Great Hikes!

Bear Pen Gap  
Yellow Creek Falls  
Yellow Creek Ridge  
Hangover

### Non Hiking Activities

Fontana Dam Visitor's Center  
Wehrloom Honey  
Yellow Branch Cheese & Pottery



COME EARLY / STAY LATE  
SPECIAL RATE APPLIES TO YOUR ENTIRE STAY!  
Lodge Rooms, Cabins & \*Campsites



### BMTA's Annual Meeting

Awards Banquet  
Featured Speaker  
And More!

### Friday Nite Social

Complimentary Hors d'Oeuvres,  
Cash Bar



For reservations call **800-849-2258**

To receive your discount mention the  
**Benton MacKaye Trail Association!**

## Extra, Extra! Tennessee Work Trip April 4-7, 2022

by Rick Harris

We sure could use your help on any on the following days, Monday-Thursday, April 4-7, 2022. We have six folks coming from all over the United States to help us get this trail back into hikeable shape. Once done, it will make a nice backpacking loop from the Tellico River up the BMT to Whigg Meadow, then down this trail back to the Tellico River.

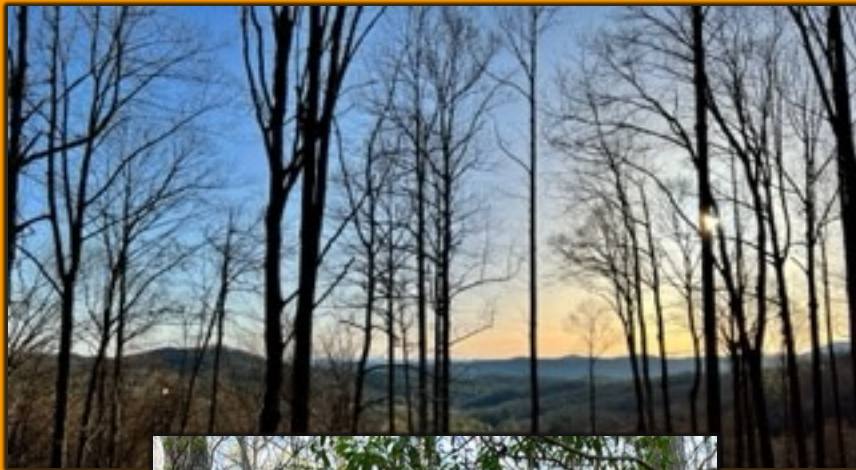
We need to supervise them each day they are here. Generally, we will meet them at the North River Campground. For directions contact me. Work will be done with trail-digging tools, hand saws, loppers, swingblades and paint for refreshing blazes.

Please let me know what days you might be available to help on this project. Contact Rick Harris at [Harrisri@aol.com](mailto:Harrisri@aol.com) or sign up [online](#).

Those of you from Georgia who would like to work more than one day or would like to come up the night before can stay at our house near Tellico Plains. Just let me know.

## Wandering on the BMT

Courtesy of Liberty Murray



## “Bee” Nice

by Clare Sullivan and Elizabeth Weikert



Why is Joe Cantwell trying to get these wedges out gently and quietly? The TN/NC work trip turned out to be very interesting!



Did Barry run away and leave his saw in the tree?!



“Rollin, rollin” on the mountain!



Back away slowly and nobody gets hurt!



Nothing a "Shesquatch" can't do!

The trip also saw the graves of two infants who died at six days old in 1914.



**Join Us for a Spring Work Trip  
There's a job for everyone!**

**GA Work Trip—April 9, 2022**

Sections 11b, c and d - Big Frog Mountain >> USFS Road 221

Crosscutting, swamping and lopping are the tasks for the day.

**[Register for the Georgia Trip Now!](#)**

*To help us plan, please sign up early!*

**[Register for a TN/NC Trip Now!](#)**

**TN/NC Work Trip—April 23, 2022**

Section 14a – FS 22B >> Unicoi Mountain Trail (TN Hwy 68)

Logout and brushout.

## BMTA Georgia Work Day – Anything But a Spring-like Work Day

by Bob Cowdrick

The March 12, 2022, Georgia work day was anything but a spring event with a starting morning temperature of 21 degrees, snow and high wind gusts.

We had five crews working on the trail that extended from the Bald to Skeenah Gap Road.

Patrick Ward, Shane Morrison and Taylor Oakley cleared blowdowns from the Bald to Bryson Gap, accessing the trail from the Three Forks area.

Barry Allen worked with Blaine Renz and Chase Knight clearing water diversions and trail limbs from Skeenah Gap to Rhodes Mountain.

Gilbert Treadwell, Ken Cissna, Terry Long and Alex Long did tread improvements from Hwy 60 to Wallalah Mountain.

Clare Sullivan, Ed Sullivan, Sue Ricker and Dave Ricker accessed the trail at Spalding Gap and traveled to the Suspension Bridge.

Phil Guhl, David Blount and Bob Cowdrick worked the Sapling Gap to Bryson Gap section.



Continued next page





#### Facts from the workday:

- ◆ 21 degrees at 9 AM - Colder than Talkeetna, Alaska (33 degrees) and Minneapolis, MN (23 degrees)
- ◆ Snow and wind chill to -16 degrees
- ◆ 17 Volunteers: Five Crews, 17% female 83% male, three first time attendees
- ◆ 140+ Hours of volunteer time expended
- ◆ 22 Blowdowns removed, numerous hand-cleared limbs and branches
- ◆ 100 feet of water diversions cleaned, 1000 feet of brushing
- ◆ Seen on the trail: Three hikers (two without hats, one without gloves), one backpacker, 10 hogs
- ◆ No injuries

Our next GA work day is scheduled for April 9, 2022. Please consider joining us!

## ATTENTION TRAIL WORKERS!

Have you been thinking about having your own BMT section to maintain?

There's no time like the present!

Several prime sections of the BMT are in need of a maintainer.

Our Maintenance Directors will be happy to help you choose the section that's right for you. And then they'll make sure you receive the training you'll need to keep your section in tip top shape.

For GA sections, contact Bob Cowdrick — [bcowdrick@comcast.net](mailto:bcowdrick@comcast.net).

For TN/NC Sections, contact Keith Mertz — [keithmertz@hotmail.com](mailto:keithmertz@hotmail.com).

### Sections Available

BLUE RIDGE DISTRICT		JOHN STEPHENS	
Section #	Trailheads	Miles	Total
02c	Bryson Gap » Toccoa River	2.80	14.80
05a	Wilscot Gap » Ledford Gap	2.30	31.60
OCOEE DISTRICT		MASON BORING	
Section #	Trailheads	Miles	Total
11c	Fork Ridge Trail » Rough Creek Trail	1.80	85.50
11d	Rough Creek Trail » USFS Road 221	2.80	88.30
TELLICO DISTRICT		GRAY BUCKLES	
Section #	Trailheads	Miles	Total
15b	Tate Gap » Sixmile Gap	1.80	135.00
NC TUSQUITEE DISTRICT		HEATH EMMONS	
Section #	Trailheads	Miles	Total
16a	Sandy Gap » Round Top, State Line	3.90	141.00
CHEOAH DISTRICT		HEATH EMMONS	
Section #	Trailheads	Miles	Total
18b	Haoe Lead intersection (SW) » Hangover	1.60	169.30
18c	Haoe Lead intersection (NE) » Big Fat Ga	3.10	172.40
18d	Big Fat Gap » Yellowhammer Gap	4.30	176.70
19c	FS 251C (east end) » Fontana Lodge	4.80	188.20

## Hemp Top Footprints?

by Tom Sewell

Following a few days of snow and cold weather, Carolyn and Tom Sewell led a hike on a beautiful, March day.

We started at Dally Gap in the Cohutta Wilderness following the Hemptop Trail to Spanish Oaks Gap. There we joined the BMT for the gentle trek to the old fire tower remains at the top of Hemp Top Mountain. While we were hiking, we came across footprints in the snow which made us wonder if we were not on the Pinhoti Trail - or was it just a big bird trying to show us where the food is located?

At Hemp Top you'll see from the photos that only the remains of the foundation may be found. It's a great place for a lunch break. After reaching the top we retraced our hike to Spanish Oak Gap then continued on the BMT to the Jacks River Trail and returned to Dally Gap. The hike was 9.5 miles with a 1,500' elevation gain and loss.



## Thanks, from Dan

I want to thank you and everyone at the Benton MacKaye Trail Association. I was hiking Saturday on the trail in the snow and brutal cold and I spoke to three different trail maintenance volunteers who were working. WOW is all I can say. It is a beautiful trail and well maintained and most of the white diamonds are readily seen.

I want to renew my annual membership early to help with your great work!

Thanks Again,  
Dan Sims



### Trail Workers

**2022 Hours Now Available**

[Accumulated Hours Report](#)

*\*Remember, mileage to and from work events is a tax deductible expense!*

# AT/BMT Loop Through Hickory Flats and The Bald

by Gilbert Treadwell



The weather was perfect for an eight-mile loop-hike for Kelly Motter, Garry Day and myself.

We traveled from Three Forks on the AT to Hickory Flats, to The Bald and back to Three Forks via the BMT. Army Rangers were mustering in the area so we didn't bother them at the pavilion at Hickory Flats. We headed toward The Bald on FS251 Long Creek Road.

After lunch at the great campsite next to The Bald (no water), we headed back on the BMT by Long Creek to the Falls. After almost two inches of rain before the hike, the Falls were in full force!

We met many long distance hikers setting out on the AT. Kelly, as a Trail Ambassador, introduced herself and asked if they had any questions. On that day alone, thru hiker signs numbered 1,800. On a personal note, I have met hikers from Wales, Ireland, Australia, Germany and, of course, the U.S. during this thru hiker season.

After a 950' elevation gain, beautiful weather, beautiful trails and happy hikers, we called it a good hike.

## Well, Hello Spring! Hurry Up!



# Welcome 2022 BMTA Corporate Members!

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



ALDHA



AMVETS POST 911  
POLK COUNTY, TN



BLACK SHEEP RESTAURANT



CELEBRATE BLUE RIDGE  
CABIN RENTALS



DE LEON PROPERTY  
MANAGEMENT



GEORGIA FOREST WATCH



HISTORIC TAPOCO LODGE



KOREAN ALPINE CLUB  
OF GEORGIA



MOUNTAIN WISDOM CAMP



NORTH GEORGIA TREKS  
PHOTOGRAPHY



OCOEE ANIMAL HOSPITAL



SAVE GEORGIA'S HEMLOCKS

# Welcome 2022 BMTA Corporate Members!

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**SPIRITS KNOB**  
JEFFREY DEPAOLA (404) 550-4488



**THE DUCKTOWN COPPER INN**



**THE HIKE INN**  
FONTANA DAM, NORTH CAROLINA



**THE JUSTIS LAW FIRM LLC**



**WILDWOOD MAGIC**




**Join or Renew Your Membership Today!**  
*Leave a footpath for generations to follow.*

[MEMBERSHIP](#)      [DONATE](#)

## Course on Appalachian Hiking

Our own BMTA member, George Owen, will lead a course entitled "Hiking in the Southern Appalachians for Both Beginners and Experienced Folks" in April and May at Young Harris College in Young Harris, Georgia. The class will be every Monday from April 11 to May 23, afternoons 1:00 - 3:00 PM. The cost is \$25 per person. All participants must be fully vaccinated to attend. This class is sponsored by the Institute for Continuing Learning (ICL), a popular continuing education organization centered in the southern-most Appalachians.

Mr. Owen emphasizes the overriding purpose of the course is for both information and fun. He is planning to use multi-media, music, several visiting experts and even cartoons to make the class useful and hopefully exciting. Basic information, handouts and multiple resources will cover such subjects as:

- ◆ The trails in our tri-state area
- ◆ Hiking clubs
- ◆ Trekking equipment
- ◆ Public land agencies
- ◆ Flora and fauna
- ◆ Hiking safety with basic first aid
- ◆ Planning for seasonal variations
- ◆ Wilderness and other forest categories
- ◆ Basic ecology
- ◆ Trail building and maintenance basics



For more information, go to the ICL Calendar [2022-Spring-Bulletin-Calendar.pdf \(iclyhc.org\)](#).

To register, click [2022-Spring-Bulletin-Registration.pdf \(iclyhc.org\)](#).

## Memorial Hike for Tom Wright on Saturday, May 21

by Darcy Douglas

Tom Wright, the person who started and installed the plaque about Benton MacKaye which is attached to a rock near Springer Mountain and the beginning of our trail, passed away quite suddenly in February. He never got to hold the memorial service he had planned for his wife, Sondra, who passed several months ago. Those who worked on the Benton MacKaye Trail in the early days, the 80's and 90's, likely remember Tom's forthright, outgoing personality. He was not a person one generally forgot! Their son Shawn, also a regular trail worker with us, was killed years ago in a car wreck while driving for his job. Both were hard workers on the BMT. Both left their mark.

When our members go to the Great Trail in the Sky, it has been our practice to have a memorial hike on a section that meant a lot to them – one they maintained, one they were especially fond of, or one they put a good deal of time into. Tom was quite instrumental in designing and installing the first steps up the side of the hill out of Thunder Rock Campground near the Ocoee River. These have been replaced twice since then - just letting you know how many years ago this was done. But since Tom worked so hard here, this is where we will have the hike. Usually, we go a certain distance, then share our memories of Tom with one another.

It is hoped those who remember Tom can join us!! Please contact Darcy Douglas at [hikeleaderDD@bmtamail.org](mailto:hikeleaderDD@bmtamail.org) or George Owen at [hikeleaderGO@bmtamail.org](mailto:hikeleaderGO@bmtamail.org) if you would like to join us. We may provide some food so we need to know how many might be joining us.



# Upcoming Hikes and Work Trips

by Tom Sewell, Hiking Director

## Guidelines for Our Hikes

Because hiking in the outdoors is good for one's mental and physical health, we encouraged BMTA members and others to continue hiking during the COVID-19 health crisis *and to do so safely*. Thus, we continued our hiking program during 2020 - 2022.

Due to the availability of COVID-19 vaccines, we have further modified our hiking program:

- ◆ We have resumed allowing shuttle hikes but caution that (a) no hikers should ride with another or have another ride with them if they are concerned about their safety and (b) unvaccinated hikers should not assume that others will want to ride in vehicles with them.
- ◆ Carpooling is permitted but not required.
- ◆ Any potential hiker who is feeling ill or has been exposed recently to a person with an active case of COVID-19 must not come on a hike.
- ◆ Hikes are limited to a maximum of 10 participants in Tennessee and North Carolina and 12 participants in Georgia. Hike leaders may impose lower limits.
- ◆ Masks are optional, but hikers should maintain an appropriate distance from one another.

## April

**April 1** (Friday) BMT to Rock Creek Trail in the Cherokee National Forest.

Begin at Thunder Rock parking, cross Hwy 64 and proceed up the BMT to the Rock Creek Trail. Hike 7-8 miles back to Hwy 64. A few creek crossings and nice views. Short Shuttle. Moderate hike. Hike Leaders Clare and Ed Sullivan. For more information contact [hikeleaderCS2@bmtamail.org](mailto:hikeleaderCS2@bmtamail.org)

**April 4** (Monday) Thunder Rock Express on to Chestnut Mountain Trail to BMT down to Thunder Rock Campground. Moderate 5.3 miles. Whitewater Center in Ducktown, Tennessee. Hike Leaders Evelin and Doug Yarns. For more information contact [hikeleaderEY@bmtamail.org](mailto:hikeleaderEY@bmtamail.org).



### April 4-7 EXTRA Tennessee Work Trip Project

Let Rick Harris know what days you might be available to help on this project. Contact Rick Harris at [Harrisri@aol.com](mailto:Harrisri@aol.com) or sign up [online](#).

**April 6** (Wednesday) Long Branch Connector off Aska Road to Lake Blue Ridge via the Green Mountain Trail and return. Moderate 11 miles. Hike Leader Steve Dennison. For more information contact [hikeleaderSD@bmtamail.org](mailto:hikeleaderSD@bmtamail.org).

**April 8** (Friday) Flat Creek Loop: Dog friendly hike (adult humans may bring a leashed dog) Moderate 5.6 miles. Nice loop hike featuring Flat Creek. Hike Leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).



**April 9 (Saturday) GA Work Trip** Sections 11b-d (Big Frog Mountain >> USFS Road 221). Contact Bob Cowdrick [bcowdrick@comcast.net](mailto:bcowdrick@comcast.net).

**April 18 (Monday)** Wildcat Creek/Turner Trail Loop with side trip to Rocky Ford Cascades. Approximately 8 miles with brief, steep segments. Hiking poles recommended. Trail located in GA Wildlife Management Area and requires carrying a free GA Lifetime Sportsman license for Georgia residents over 65. Permits can be obtained a permit from the GA Department of Natural Resources. Hike Leader Steve Dennison. For more information contact [hikeleaderSD@bmtamail.org](mailto:hikeleaderSD@bmtamail.org).

**April 22 (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. Hike Leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).



**April 23 (Saturday) TN/NC Work Trip** Section 14a (FS Road 22B >> Unicoi Mountain Trail) Contact Keith Mertz [keithmertz@hotmail.com](mailto:keithmertz@hotmail.com).

**April 25 (Monday)** Park Creek/Park Ridge Trails, Standing Indian area near Franklin, North Carolina. Moderate 5-mile hike with several creek crossings. There will be beautiful spring flowers to admire. Hike Leaders Carolyn and Tom Sewell. For more information contact [hikeleaderCS@bmtamail.org](mailto:hikeleaderCS@bmtamail.org).

**April 27 (Wednesday)** Lady Slippers! Mulky Gap. Blairsville. Easy /moderate 1.5 miles. Before embarking on the hike, hikers will go across the road to see a huge garden of thousands of Pink Lady Slippers. The hike itself begins on an old logging road. Trillium, Showy Orcus, Wild Geranium, Wild Iris and Dutchman's Pipe are just a few of the spring beauties to be seen. For the return, we'll switch to the Duncan Ridge Trail where there are Flame Azaleas as well as some super-sized Pink Lady Slippers. Note: this will be the first hike after the 2021 controlled burn. Hike Leaders Joy and Frank Forehand. For more information contact [hikeleaderJF@bmtamail.org](mailto:hikeleaderJF@bmtamail.org).

## May

**May 4 (Wednesday)** Lady Slipper Hike. BMT at Weaver Creek in Blue Ridge. Moderate to 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 a leisurely lunch at the water cutoff beside some of the largest lady slippers on this section. As we stroll back to the trailhead, we'll pass numerous gardens of the pink beauties. Hike Leaders Joy and Frank Forehand. For more information contact [hikeleaderJF@bmtamail.org](mailto:hikeleaderJF@bmtamail.org).

**May 9 (Monday)** BMT from Thunder Rock Campground, up Thunder Rock Express Trail, across Chestnut Mountain Trail, and down BMT. Dog friendly hike (adult humans may bring a leashed dog). Moderate 5.2-mile loop. Hike Leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).



**May 14 (Saturday) GA Work Trip** Sections 5a-d (Wilscot >> Dial Road). Contact Bob Cowdrick [bcowdrick@comcast.net](mailto:bcowdrick@comcast.net).

**May 20 (Friday)** Amadahy Trail. Dog friendly hike (adult humans may bring a leashed dog). Easy to moderate 5 miles along the shore of Carter's Lake. Lunch at the marine campground. Hike Leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

**May 21 (Saturday)** Memorial Hike for Tom Wright. Thunder Rock Campground near the Ocoee River. Contact Darcy Douglas at [hikeleaderDD@bmtamail.org](mailto:hikeleaderDD@bmtamail.org) or George Owen at [hikeleaderGO@bmtamail.org](mailto:hikeleaderGO@bmtamail.org).



**May 28 (Saturday)** TN/NC Work Trip Section 14c (Buck Bald Road >> Unicoi Gap) Contact [scdcmc@comcast.net](mailto:scdcmc@comcast.net).

## June

**June 3 (Friday)** Brush Creek Trail: Dog friendly hike (adult humans may bring a leashed dog). Easy/moderate seven miles almost all gently downhill. This hike will have a shuttle. Hike Leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

**June 17 (Friday)** BMT: Lost Creek Section. Dog friendly hike (adult humans may bring a leashed dog). Easy six miles. Beautiful walk along Big Lost Creek. One stream crossing will probably get your feet a little wet so come prepared. Hike Leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

## July

**July 15 (Friday)** Cartecay River Loop Trails. Dog friendly hike (adult humans may bring a leashed dog). Moderate five-six miles, much of it along the beautiful Cartecay River. Hike leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

**July 18 (Monday)** Benton MacKaye and Jacks River Trails in the Cohutta Wilderness. Moderate five-mile hike starting at Dally Gap on the Hemp Top Trail to the intersection of the BMT then down the BMT to the Jacks River Trail to the first crossing of the river. We will have access to the river for some relaxation and splash time. We will return to Dally Gap on the Jacks River Trail. Requires a five-mile drive on a USFS road to Dally Gap. Hike Leaders Carolyn and Tom Sewell. For more information contact [hikeleaderTS@bmtamail.org](mailto:hikeleaderTS@bmtamail.org).

**July 25 (Monday)** Turtletown Creek Falls. Dog friendly hike (adult humans may bring a leashed dog). Moderate five miles. Turtletown Creek plus two of the most beautiful falls you'll ever see on a short hike. Hike Leader Ken Cissna. For more information contact [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

**Deadline for the May Newsletter is Wednesday, May 4.  
Thank you!**