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BMTA Headquarters



Benton MacKaye Trail Association

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JUNE 2023

Updates on BMT Quest for National Scenic Trail Designation

by Ken Cissna

Earlier this week, the president of the public advocacy and lobbying firm that represents the Benton MacKaye Trail Association (BMTA)—Monument Advocacy—uttered an important truth to our National Scenic Trail Working Group: We can't get the trail designated as a National Scenic Trail (NST) without a bill being introduced. And, yes, the *Benton MacKaye National Scenic Trail Act* (BMNSTA) has been reintroduced in the House of Representatives again this year!

That doesn't mean the Benton MacKaye Trail (BMT) will be designated a NST by Congress this year, but if there is no bill, there's no designation. It's an important first step. If you like numbers, the bill's number is HR #3683.

Again this year, Representatives Steve Cohen (Democratic from Tennessee) and Chuck Fleischman (Republican from Tennessee) joined forces to introduce the bill to designate the BMT as a NST. See Representative Cohen's press release [here](#).

We are grateful to them and to Representatives Scott Desjarlais (Republican from Tennessee), Lucy McBath (Democrat from Georgia), David Scott (Democrat from Georgia), and Chuck Edwards (Republican from North Carolina), the original cosponsors of the bill. Along with Representative Fleischman, newly elected Representative Edwards also represents a district that the BMT goes through - we now have representatives from two-thirds of the districts the BMT goes through actively supporting the BMNSTA.

National Scenic Trails were first authorized by Congress in 1968, with the Appalachian Trail and the Pacific Crest Trail being the first to receive that designation. Since then, nine additional NSTs have been designated. It has been 13 years since Congress designated a new NST—past time, I'd say, for number twelve!

The BMT is a most deserving candidate. NSTs must be more than 100 miles long and have exceptional scenic beauty. In addition, a strong nonprofit organization is needed to act as a partner to manage and maintain the trail. The BMT meets these requirements as well as or better than previous trails that have sought and received the NST designation. Ninety-five percent of the BMT's 288 miles are on federally protected land—either a National Forest or National Park. Since its completion in 2005, the trail's route is continuous. The BMT was first constructed and has been successfully maintained by BMTA's volunteers for 43 years. The beauty of the southern Appalachian Mountains is unequivocally stunning.

Let's get behind this—call or write your member of Congress and urge them to support HR 3683, the *Benton MacKaye National Scenic Trail Act*!

National Scenic Trail Quest



YOU Can Help to Make this a Reality!

Contact Your Senator or Representative Today
Let them know why you want the BMT to be an NST.

Go to [CONTACT](#) to learn how to contact your
Senators & Representative.



The Benton MacKaye Trail

"... leaving a footpath for generations to follow."



2023 BMTA Annual Meeting & Hike Fest Non Hiking Adventures Tellico Plains, Tennessee November 2 - 5, 2023

Sequoyah Birthplace Museum, Vonore TN

A property of the Eastern Band of Cherokee Indians, The Sequoyah Birthplace Museum, strives to promote the understanding and appreciation of the history of the Cherokee people. Located on the shores of beautiful Tellico Lake, the museum was built in 1986. It was renovated and a new exhibit installed in 2018.

Throughout much of the 18th century, the Overhill Towns of Tanasi and Chota were important Cherokee centers where Cherokees gathered for important councils and religious ceremonies. The State of Tennessee takes its name from Tanasi. After the waters of Tellico Lake covered the sites of Chota and Tanasi in 1979, memorials were placed at the edge of the lake near the site of each town.

Charles Hall Museum, Tellico Plains, TN

Born in Tellico Plains in 1924, since boyhood, Charles was a local historian. Among the first white settlers in the area, his mother's family settled in Tellico Plains by 1830. His father's family settled in the area by 1908 and moved within the city limits in 1929. Charles served Tellico Plains as mayor for 31 years, as alderman-recorder for two years, as Justice of the Peace for six years, and as a county commissioner for six years. Showcased in two Museum buildings are his magnificent collections of historical memorabilia, artifacts, equipment, guns, antique telephones, coins and currency, photos, and so much more. There currently are over 10,000 artifacts and thousands of historical pictures and documents either displayed or archived for future reference. Tellico Plains is a special place with a rich heritage and limitless possibilities.

Fly-Fishing Class with Trout Unlimited

Learn about the proper gear for fly-fishing — fly rod, line, waders, vest, net, glasses, etc. Identify trout bugs — look at comparable flies as well as “reading” water and safety guidelines.

Additional instruction includes: how to cast a fly rod, set a hook and handle your trout.

The Lost Sea Adventure in Sweetwater TN

Deep inside a mountain is a remarkable body of water known as The Lost Sea. Listed by the Guinness Book of World Records as America's largest underground lake, the Lost Sea is part of an extensive and historic cave system called Craighead Caverns.

The caverns have been known and used since the days of the Cherokee Indians. From the tiny natural opening on the side of the mountain, the cave expands into a series of huge rooms. Nearly a mile from the entrance, in a room now known as “The Council Room,” a wide range of Indian artifacts including pottery, arrowheads, weapons, and jewelry have been found, testifying to the use of the cave by the Cherokees.

Your Lost Sea adventure begins with a guided tour of the caverns. This involves a ¾ mile round-trip walk on wide, sloping pathways. Learn about the cavern's colorful history as well as the fascinating geological development of the immense cavern rooms and rare formations. At the bottom of the cave you will take a boat ride on The Lost Sea, America's Largest Underground Lake.

The 1/3-mile Lost Sea Nature Trail takes you through a cove-hardwood forest, typical of forest conditions of the Southern Appalachian Mountains around the turn of the century.

First-timers Tackle Rhodes Mountain Reroute in Georgia

Photos by Clare Sullivan



Gentlemen, "Start your Pulaskis."



Removing big tree on reroute.





First-time maintainer Billy Kinney looks like a pro!!



Walter Bowles and Mark Sanders, two first-day maintenance workers, are celebrating pulling up the flags on the reroute because they got all the way through to the end. Chow time!



Chef Patty, always a welcome sight!



Eric Eason using a silky saw on the trail. It was Eric's first day for trail maintenance.



Hands-on learn how to save lives & limbs in wilderness areas, protests, and disaster zones (terrorist or weather) inaccessible to an ambulance. Practice care-giving during the critical minutes or hours it takes to stabilize and evacuate your patient. Blend of classroom instruction and hands-on problem-solving rescue scenario practice. Come away with actual do-it-yourself care-giving skill and confidence, and 2-year **SOLO WFA certification**. Counts as WFR Recertification, too. **No prerequisites**. Spaces are limited.



June 24-25, 2023

Outdoor Chattanooga
Chattanooga, TN

DESTINATION 2

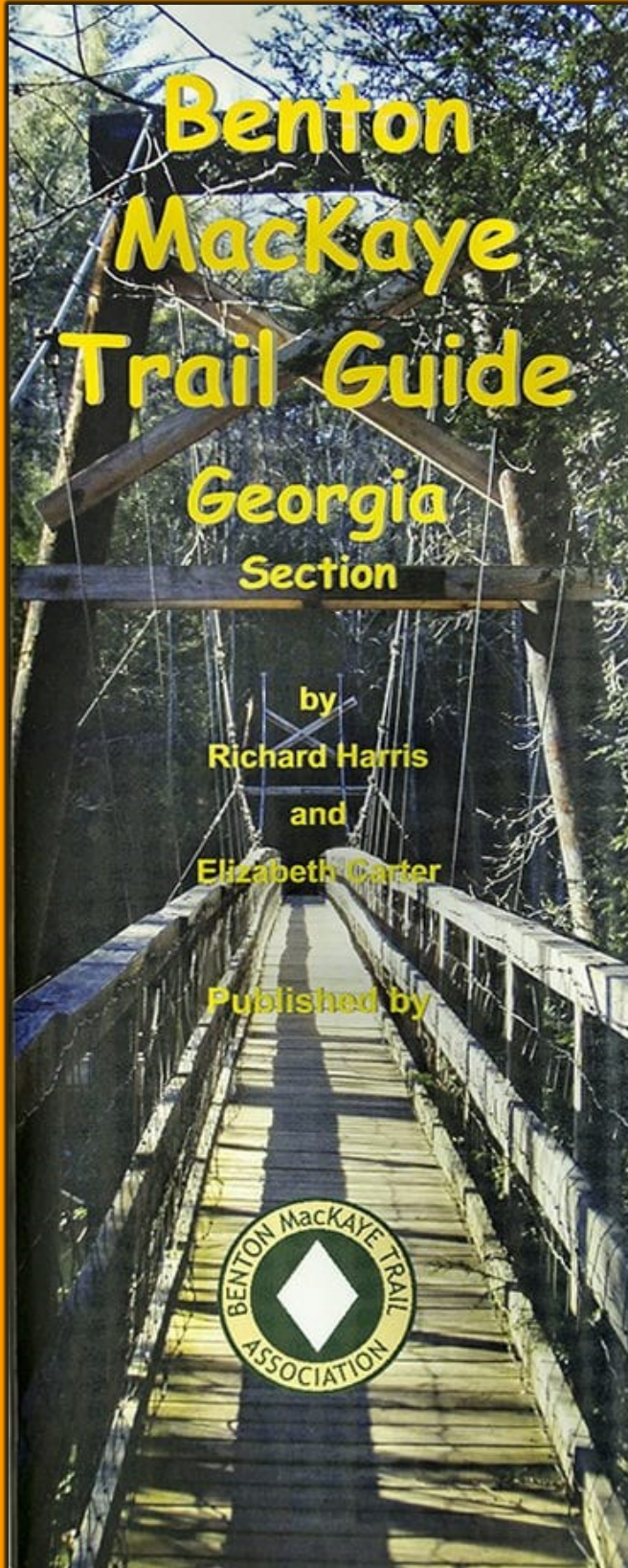
MORE COURSE DATES & LOCATIONS AND REGISTRATION:

www.solowfa.com



Things We Should Carry - Trail Maps

by Bob Cowdrick



Trail maps are an essential tool for hikers. They can help you plan your route, stay on track, and avoid getting lost. When choosing a trail map, there are a few things to keep in mind:

- **Accuracy:** The map should be up-to-date and accurate. This means that the trail should be shown in the correct location and the features of the trail should be accurate.
- **Detail:** The map should be detailed enough to show you the trail you want to hike, as well as any side trails or other features that you might be interested in.
- **Ease of use:** The map should be easy to read and understand. The symbols and labels should be clear and easy to find.

There are several ways to get BMT trail maps. You can purchase them from outdoor stores, online retailers such as from the [BMTA Store](#), or at some local trail town stores. Trail maps may also be available from government agencies and welcome centers.



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Once you have a trail map, take some time to familiarize yourself with it. Study the map and learn the layout of the trail. This will help you stay on track and avoid getting lost.

Here are some tips for using trail maps when hiking:

- **Plan your route:** Before you hit the trail, take some time to plan your route. This will help you to avoid getting lost and make the most of your hike.
- **Start at the trailhead:** Always start your hike at the trailhead. This is the official starting point for the trail and it is usually marked with a sign.
- **Stay on the trail:** It is important to stay on the trail. This helps to protect the environment and it also helps you stay safe.
- **Use the map:** If you get lost, use the map to find your way back to the trailhead.
- **Be prepared:** Before you go hiking, be sure to pack the essentials, including a map, compass, first aid kit, and plenty of water.

By following these tips, you can use trail maps to help you have a safe and enjoyable hike. I always carry a guidebook or a trail map when both hiking and doing maintenance on the BMT.

For more information on maps available through the BMTA visit:

[Shop - Benton MacKaye Trail Association \(bmta.org\)](http://bmta.org)

Trout Fest

by Joy Forehand with photos courtesy of Bob Cowdrick

Perfect weather and great attendance were the hallmarks of this year's Trout Fest. The Benton MacKaye Trail Association's Event Tent and Inter-Active Crosscut was exceptionally busy.

"I had no time to sit down," said BMTAer Ralph Heller who is one of our most experienced festival volunteers."

By 3:00 in the afternoon, the Crosscut Team had worked with over 70 groups ... and the day wasn't over yet.

Thank you to our volunteers: Tom Atcheson, Frank Forehand, Ralph Heller, Adri and Rob Herman, Mark Ogilvie, Steve Pruet, Penny Strickland and Patrick Ward. Many thanks to our tremendous Crosscut Team: Bob Cowdrick, Will Kirchoffer, Daphne and Kenny Martin and Patrick Ward!

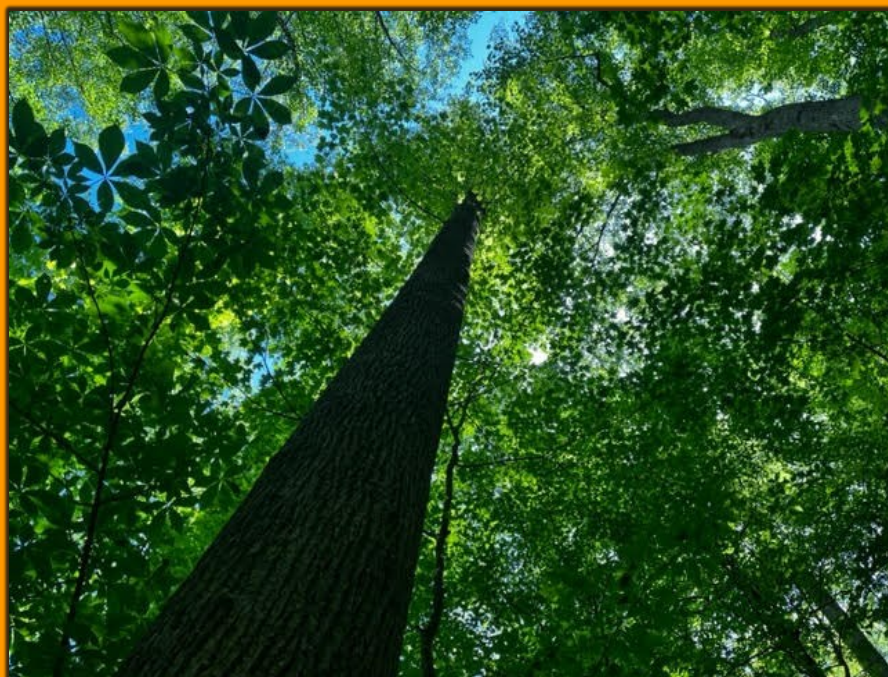


Yellow Creek

by Keith Mertz with photos courtesy of Debbie Waddell



We did a loop hike with the Wednesday hikers (BMT/Yellow Creek Connector/AT). The first three miles were on the BMT behind Fontana Lodge.



Thru Hiking the BMT with Rolf Asphaug

by Joy Forehand with photos courtesy of Rolf Asphaug

Rolf Asphaug's life-long focus on the outdoors is a far-cry from his early career as an attorney where his life revolved around his job 24-7. Although successful, he was dissatisfied – something was missing. Peter Jenkins' book, *A Walk Across America* provided the impetus for Asphaug to change his focus. After quitting his job, he embarked on a long-distance, self-reflective trek from Tucson, Arizona, to Portland, Oregon - a distance of 2,500 miles. By the end of his journey, he was “hooked” – he loved the backpacking/outdoor lifestyle.

Although he still wanted to continue in his vocation as an attorney, it now was important to him to incorporate time for his love of the outdoors, including his interests in environmental protection and long-distance hiking. He became President of the Colorado Mountain Club and was a founding board member of the Colorado Fourteeners Initiative. He also created the Colorado Mountaineering displays in the American Mountaineering Museum. Since retiring in 2020, Asphaug has thru hiked the 486-mile Colorado Trail in 2021 as well as the 161-mile Collegiate Loop in 2022.

In 2023, he initially planned to thru hike the Appalachian Trail (AT). As his plans progressed, he became concerned about the crowded conditions on the AT during the early spring months. A friend suggested thru hiking the Benton MacKaye Trail (BMT) as an alternative. The appeal of a much-less travelled trail offering a much “wilder” experience than the AT (only three shelters and no privies) ... and the added bonus of qualifying as a thru hike ... made it an easy choice for Asphaug.



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One of the first things Asphaug noticed about the BMT was the difference in landscapes. In contrast to the expansive, never-ending views out West, the BMT is a heavily forested pathway. He was captivated by the tunnels formed by large rhododendrons that periodically lined the trail. Although not in bloom at the time, he envisioned the exquisite canopy of white that soon would delight passing hikers.

“In other areas, the trail is lined by a more traditional forest. You can see the far-off mountains through a lace curtain of trees in front of you ... you can feel their presence,” said Asphaug. “The trail corridor forces you to focus on things ‘closer in.’”

Asphaug had never seen a trillium, a millipede or a centipede. Frogs were something entirely new and different from the traditional Western flora and fauna he was accustomed to seeing.

“And the singing of the birds was truly delightful,” said Asphaug. “We met another thru hiker, Janet Sotola, who advised us to get the Merlin app (a free app from Cornell School of Ornithology) so we could identify the birds by sound. I recommend it to everyone.”

Like many hikers, Asphaug, had what he referred to as a “bugaboo” concern when on the trail. In Colorado, his bugaboo was lightning strikes. On the BMT, his worry was bears. He never saw one, but he developed a healthy respect for them. He learned what to do if and when he met one and especially how to avoid enticing a bear to visit his campsite.



Trail friends Eric, Rolf and Elizabeth.

Asphaug found most of the BMT to be well-marked. However, blazing with the easily recognizable white diamond is not allowed along the trail in the Wilderness Areas of Georgia and Tennessee. The FarOut app was a big asset for getting through this area ... with the caveat that hikers need to remember to check that cloud cover or forest foliage does not block the app from updating their position.

Asphaug unequivocally dispelled the notion that the BMT is a rocky, root-filled trail that goes straight up and down mountains. Instead, he found the BMT makes judicious use of switchbacks – the ascents and descents being quite reasonable.

Nevertheless, he found the BMT to be a “serious trail” with some segments being “kick-ass hard” – especially the trail to the north and south of the Hangover in North Carolina. In the Great Smoky Mountains National Park, recent blowdowns around Pole Creek were a hazard and difficult to get around.

“The BMT is tougher in stretches than the Colorado trail,” said the 65-year-old Asphaug. “I was glad I did a lot of walking on a treadmill with an incline. Older hikers need to take it slow; make sure they have plenty of water; get plenty of rest and recognize there’s safety in numbers.”

Additional tips included being realistic about your physical condition ... that you really are in shape for the trek ahead. Learning how to “pack light” and including trekking poles with your gear are a “must” for all back-packers/thru hikers.

“I enjoy thru hiking. I don’t think I’ll be a major thru hiker, but shorter trips of two to three weeks are in my future. I like the rhythm of the trail, setting up camp, watching the sun set as I go to sleep,” said Asphaug, whose trail name is Kinnikinnick, (like the plant, he covers the ground slowly).

“The solitude on the BMT is appealing,” he continued. “At the same time, when you do meet people, you always stop to say ‘hi’ – whether a day hiker or thru hiker, we always tended to stop for a chat.”

Asphaug also commented on the quest to have the BMT designated a National Scenic Trail. A uniquely different experience from the AT, he found the BMT to be wonderfully wild – a great way to experience nature in its true form. The designation also may alleviate some of the traffic on the AT and it would be an economic benefit for nearby rural communities.

Would he recommend the BMT to other hikers? The answer is “yes”. In fact, next year he is planning to return with his wife to introduce her to the peace and solitude of the BMT!

While on the trail.....



Nottely Dam by Kelly Motter

We had a nice very sociable hike on this beautiful Sunday as we “got to know one another”.

We encountered lots of dogs and owners to share the trail with! We also did some ‘leave no trace’, picking up trash along this 2.5- mile trail.

Raymond Laws, Paula Laws, Nancy Bragg (guest) and Laura Turner find a resting spot to enjoy the spring foliage.



**Bill and Tom thru hiking near Buck Bald.
Photo courtesy of Judy Price**

Lady Slipper Hike

by Joy Forehand with photos courtesy of Mark Ogilvie and Jenny Pye

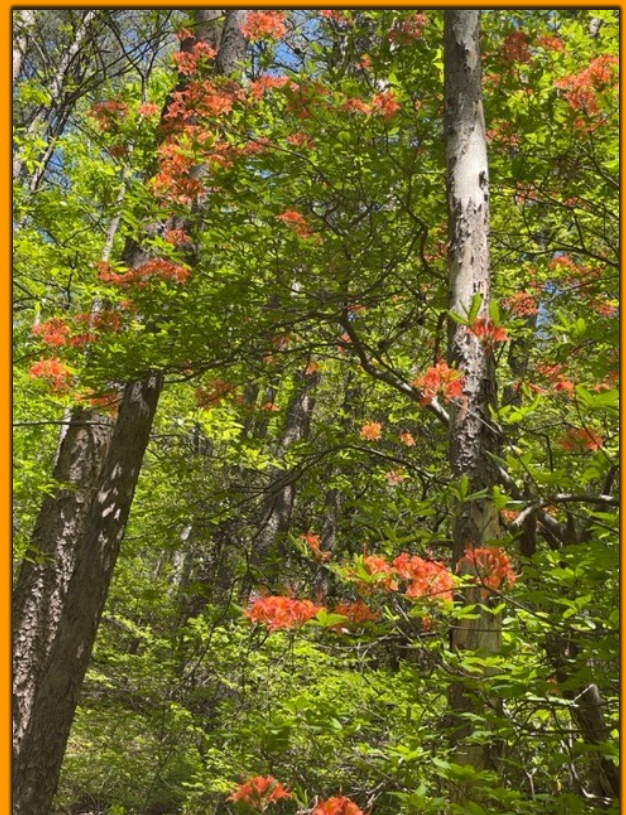


Hikers enjoyed cool weather for the May 3 Lady Slipper Hike on the Weaver Creek Section of the Benton MacKaye Trail (BMT).

Perhaps because of the cold winter, the flame azalea, trillium, dwarf-crested iris and bear corn were not as plentiful this year. But the lady slipper gardens did not disappoint and in fact had expanded since last year!

A slow pace to enjoy the spring foliage made the usually challenging hike on the Weaver Creek section of the BMT an enjoyable trek through the woods.

Hikers included: Connie Dassinger, Billy Kinney, Carlotta Morgan, Mark Ogilvie, Martha Payne, Penny Strickland, Clare Sullivan, Kathy Williams, Jenny and Rob Pye and Hike Leaders Joy and Frank Forehand.



Courtesy and Safety Go Hand in Hand

by Joy Forehand with photos courtesy of Joy Forehand and Mike Kovitch

After a week of the hustle and bustle of city life, weekend day hikers and backpackers look forward to a leisurely stroll through the woods. They yearn for all that a meandering forest pathway has to offer – peaceful solitude, incredible vistas, colorful spring flowers or fall leaves, bubbling streams and cascading waterfalls. Adhering to the principles of common-sense courtesy and safety will go a long way to ensure a weekend trek is the enjoyable journey hikers crave.

The Basics

Courtesy to Others on the Trail

- ◆ Become familiar with the principles of [‘Leave No Trace’](#).
- ◆ Yield to those hiking uphill.
- ◆ Yield to horses by quietly stepping to the downhill side of the trail and remain quiet.
- ◆ Bikers should yield to hikers and horses by coming to a full stop and moving to the side of the trail.
- ◆ Keep pets on leash at all times. Do not allow them to approach other hikers without first asking permission. Always come prepared to pick up after them and carry their poop out of the woods.
- ◆ Contribute to the peaceful solitude of the forest by refraining from loud chatter or music.

Safety Guidelines

- ◆ Make sure you’re in shape for your chosen hike.
- ◆ Plan your route and have a GPS system and/or map with you ... preferably both.
- ◆ Include a first aid kit in your gear.
- ◆ Stay on the trail.
- ◆ Do not disturb or feed the wildlife.
- ◆ For bear safety guidelines, go to [Be Bear Prepared](#).



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Temporary Markers

- ◆ Hikers also should be aware of the Courtesy and Safety Guidelines that apply to temporary markers (usually flags or streamers) on the trail. These markers should NOT be removed by passing hikers.
- ◆ Trail workers use flags to mark areas in need of maintenance. Occasionally, this may seem like an inordinate number of flags but on one section of the BMT, there are over 70 water diversions that may need to be marked for cleaning!
- ◆ The Forest Service (USFS) and the Benton MacKaye Trail Association also use flags to mark a potential reroute for the trail.
- ◆ Scientific projects may use flags and/or special “boxes” to glean information, such as what type of mosquitos are present in the area.
- ◆ In an effort to open the National Forest to a diverse range of users, the USFS periodically allows group activities, such as long-distance race events, on its trail systems. These events sometimes include portions of the BMT. However, BMTA is not part of the planning, scheduling or organization of these events. Event organizers mark the course with flags or streamers up to seven days before an event and are required by the USFS to remove the markers within seven days of the completion of the event.
- ◆ For the safety of the runners/riders, it is especially important for these course markers to remain in place. Without these markers participants could become lost and/or, in a worst-case scenario, become injured because they were unable to follow the official route.
- ◆ If a hiker believes a flag is not for an approved purpose, the USFS asks that he take a picture of the flag and submit the picture with the flag’s location to the USFS. Otherwise, the USFS cannot do anything to address the problem.



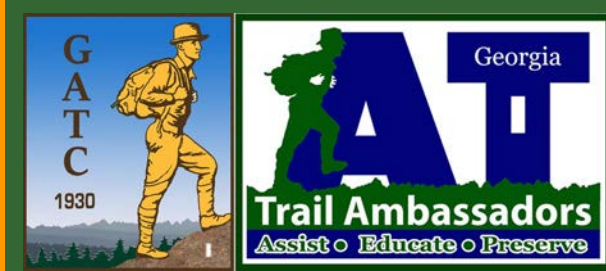
Following these guidelines will put hikers and backpackers well on their way to enjoying a day on the trail and returning home safely.

To see what BMTA volunteers do to keep the BMT safe and open for all to enjoy, we invite you to join us on a BMTA Maintenance Trip. There’s a job for everyone!

Check the [Calendar](#) for the next trip!

For additional Courtesy and Safety Guidelines, go to [Forest Service](#) and [Hiking Etiquette](#).





Trail Skills Workshop Save the Date!

Make plans to attend the seventh annual Trail Skills Workshop (TSW) at Lake Winfield Scott (near Suches GA), September 23 – 24, 2023. This is a training event focused on teaching the most current trail construction and maintenance methods applicable for Eastern landscapes.

As a special bonus, on Saturday, September 23, Morgan Sommerville will be leading an Advanced Trail Maintenance class for experienced maintainers. This is an occasion for members to work with one of the leading authorities of trail design and construction to refine their techniques.

The Trail Skills Workshop is an excellent opportunity for participants to learn and perfect trail skills. Skilled instructors are provided from the Georgia Appalachian Trail Club (GATC), the United States Forest Service (FS) and the Appalachian Trail Conservancy (ATC). The \$30.00 fee (\$25.00 for GATC members) includes: all courses, a T-shirt, two nights camping and Saturday cookout and entertainment.

This event allows attendees to participate in a variety of classes to learn and improve their trail work expertise. In addition, there is plenty of time to socialize and develop new friendships.

The \$25.00 (\$30.00 for non-members) covers the program, camping, dinner Saturday night and a T-shirt. Registration will open in July. For questions etc. contact tsw@georgia-atclub.org.

Submitted by Jay M Dement, jay@jayDphotos.com, 404-731-1901



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.

June

June 9 (Friday) Standing Indian on the AT. Five-mile round-trip hike to the best views in North Carolina! This trip is rated moderate, although we will take a slow easy pace up to Standing Indian to enjoy lunch on the summit. Contact Hike Leader Kelly Motter at hikeleaderKM@bmtamail.org.

June 12 (Monday) Quartz Loop - BMT to Thunder Rock Campground. Easy/moderate 4-5-mile hike. Contact Hike Leader Ralph Collinson at hikeleaderRC@bmtamail.org.

June 17 (Saturday) Watch the water arrive! Start at the Ocoee Whitewater Center and then hike the BMTA from FS Road 221 to Thunder Rock and see the rhododendrons in bloom. Easy 3.4 miles. Contact Hike Leader Clare Sullivan at hikeleaderCS2@bmtamail.org.

June 21 (Wednesday) 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 hikeleaderKC@bmtamail.org.



June 24 (Saturday) TN/NC Maintenance Trip. Sections 18d/e and 19a. Contact Nelson Ashbrook at tn-ncmaintdirector@bmtamail.org.

June 27 (Tuesday) Boyd's Gap to Old Cooper Road to Thunder Gap Campground. Easy/moderate 4-5-miles. Contact Hike Leader Ralph Collinson at hikeleaderRC@bmtamail.org.

June 28 (Wednesday) Brush Creek Trail. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Easy/moderate 7 miles. Almost all gently downhill. Shuttle. Contact Hike Leader Ken Cissna at hikeleaderKC@bmtamail.org.

July



July 8 (Saturday) GA Maintenance Trip. Section 3c – Rhodes Reroute. Contact Bob Cowdrick at gamaintdirector@bmtamail.org.

July 10 (Monday) 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 75th!** Contact Hike Leader Ken Cissna at hikeleaderKC@bmtamail.org.

July 14 (Friday) Rhododendron Trail to Bear Paw Trail and return. Easy/moderate 4-5 miles. Contact Hike Leader Ralph Collinson at hikeleaderRC@bmtamail.org.

July 17 (Monday) Wildcat Management: Monument Road to Falls Creek Falls, short side trip to Buice Falls, uphill side trip to Rocky Ford Trail Cascades, Turner Trail, Campground with ½-mile road walk to cars. Shuttle required. Hikers need GA DNR pass to hike in this state Wildlife Management Area and can obtain it online and print. Approximately 8 moderately/strenuous miles. Contact Hike Leader Steve Dennison at hikeleaderSD@bmtamail.org.



July 22 (Saturday) TN/NC Maintenance Trip. TBA
Contact Nelson Ashbrook at tn-ncmaintdirector@bmtamail.org.

July 25 (Tuesday) Jack Rabbit Trails. Easy/moderate 4-5 miles of easy/moderate miles. Contact Hike Leader Ralph Collinson at hikeleaderRC@bmtamail.org.

July 28 (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 hikeleaderKC@bmtamail.org.

August

August 4 (Friday) Bear Creek Trail. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Moderate 7 miles. Contact Hike Leader Ken Cissna at hikeleaderKC@bmtamail.org.



August 12 (Saturday) GA Maintenance Trip. TBA
Contact Bob Cowdrick at gamaintdirector@bmtamail.org.

August 16 (Wednesday) Turtletown Falls. Easy/moderate 4-5 easy/moderate miles with beautiful falls. Contact Hike Leader Ralph Collinson at hikeleaderRC@bmtamail.org.

August 18 (Friday) Emery Creek. Moderate 5 miles. The trail for this in-and-out hike is fairly easy, but 26 stream crossings (a number up to your ankles and two around your knees) and a section of potentially slippery rock toward the beginning and again at the end make it more difficult than it otherwise would be. Holly and Emery Creeks, two lovely waterfalls and a beautiful trail make it worth the trouble. Contact Hike Leader Ken Cissna at hikeleaderKC@bmtamail.org.



August 26 (Saturday) TN/NC Maintenance Trip. TBA
Contact Nelson Ashbrook at tn-ncmaintdirector@bmtamail.org.

August 28 (Monday) BMT Dyer Gap to Flat Top Mountain and return, then Dyer Gap to South Fork Trail briefly for Upper and Lower Shadow Falls then to the Pinhoti Trail intersection. About 7.3 moderately/strenuous miles. Contact Hike Leader Steve Dennison at hikeleaderSD@bmtamail.org

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

2023 BMTA Annual Meeting & Hike Fest
Tellico Plains, Tennessee
November 2 – 5, 2023

Rooms Cabins Campsites

BOOK NOW!

Go to [Accommodations](#) for Details.

**Your Membership Dues Help Us
Preserve, Protect and Maintain the BMT**

Please Join or Renew Your Membership Now!

MEMBERSHIP

...leave a footpath for generations to follow!

**The deadline for the July Newsletter is Wednesday, June 28.
Thank you!**