



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

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### BMTA Officers 2022-2023

- President: Ken Cissna
- Vice President: Clare Sullivan
- Secretary: Judy Price
- Treasurer: Lydia Burns
- GA M/D: Bob Cowdrick
- TN/NC M/D: Nelson Ashbrook
- Smokies Coord: David Watkins
- Hiking Director: Kelly Motter
- Membership: Frank Forehand
- Communications: Joy Forehand
- Conservation: Patrick Ward
- Past President: Barry Allen
- Store: Sue Ricker
- Newsletter: Kathy Williams
- State Rep GA: Darcy Douglas
- State Rep TN/NC: Steve Barnes



**BMTA Headquarters**



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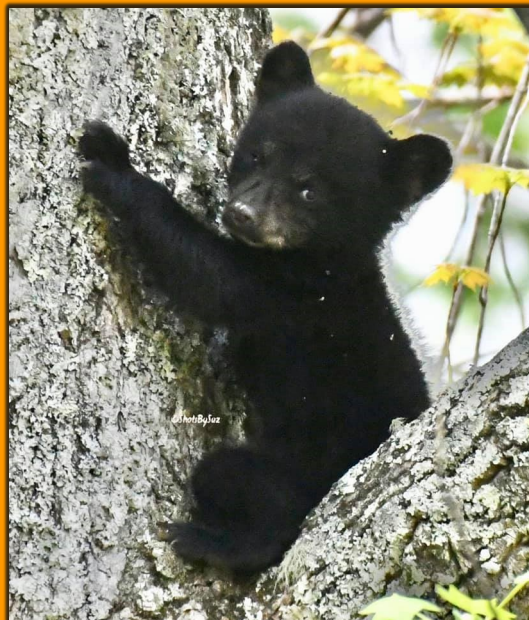
## Bear Stories from Clayton

by Clayton Webster with photos courtesy of Clayton Webster and Suzanne Zuckerman

Back in the 1960s, it was thought there were only about 50 black bears in the Great Smoky Mountains National Park (GSMNP). The Park asked the University of Tennessee to conduct a study to estimate the number of bears in the GSMNP. In 1968, they assigned a professor, Michael Pelton, who was studying cottontail rabbits at the time, to begin the study.

Michael graduated from Central High School in 1958 with me. He was a star on the basketball team – a great leaper. We called him “Spider” because when he got a rebound, his legs went straight out as he jumped. This allowed him to get a great position under the board. At my 60th high school reunion, I was at the table with Michael and his wife Tamra. He told me many stories about how he led the bear study that now has been going on for well over 50 years. Today, the bear population is estimated at over 1,900 bears!

What the National Park Service (NPS) didn't know was there were bears deep in the backcountry that didn't come out with the ‘tourist bears’. Michael immediately made changes to the way that bears were handled in the Smokies. When his study began, there were no bear-proof garbage cans in the Park. In fact, rangers encouraged bear and people interactions as a way to get tourists into the Park. Every pull-off on the Newfound Gap Highway had a regular garbage can. It also had an "assigned" bear that hung out there to feast on the picnic discards. These pull-offs were changed to bear proof cans.



Once, as I drove on the road between Gatlinburg and Cherokee, I saw 24 bears in one day. They were hanging out at the overlooks and pull-offs.

The Chimney Picnic Area (a former campground) would be overloaded with visitors every weekend. The non-bear proof cans would not be emptied until Monday.

Michael replaced all of the trash cans with bear-proof cans. He also recruited volunteers to remove the garbage by Sunday evening.

On Mount LeConte which I have climbed 51 times, the garbage was dumped in a pit behind the dining hall. A worker would come out after supper with two five-gallon buckets of garbage. Another worker had two handfuls of rocks to throw at the bears lined up at the edge of the woods. Now, garbage and trash is carried back down the mountain by llamas. Because the hikers fed them, bears used to hang out at LeConte, even in the daytime. When the dinner bell rang, the bears knew the cabins would be empty. The bears would break into the cabins and enjoy the tasty snacks people had in their back packs. Now, guests at LeConte are required to put their food – even toothpaste – in a 55-gallon can in the office.



One time when I was at LeConte, a bear broke into the kitchen six days in a row. Now, workers are required to run the bears off with sling shots. If the bears come back, a trap will be waiting for them. The NPS goes up the mountain, sets the trap and spends the night waiting to catch the bear. The offending critter is darted, a tattoo put on his lip, a tooth pulled and a collar put on him or a tag placed in his ear.

When the bear wakes up, he's dizzy and has a headache as well as a toothache. That bear does not want to see a human again! If the bear forgets and he comes back to the lodge, they trap him and take him deep into the backcountry – over to Big South Fork or into the Cherokee National Forest.

In 1971, when I was going to spend the night in the shelter on LeConte and got my backcountry shelter permit, they also gave me a postcard pre-addressed to Dr. Michael Pelton. It had questions about any and all bear sightings – when, where, how did it react, etc. All of this info was used by Michael and his students in their study of bear behavior. Every weekend, Michael and his students would hike more than 100 miles deep into the backcountry to study the non-tourist bears and to learn how their health varied from the tourist bears who ate "people food".

The trail shelters used to have chain link across the front to keep the bears out. Unfortunately, campers would feed the bears through the fence. So, the NPS removed the fences and set up cables to haul a hiker's food up for the night. With the front wide open, you better not have any food in the shelter – unless you really want a furry visitor.

Michael recognized early on that a "fed bear is a dead bear". By taking away the bears' access to "people food", the bears began to forage for food the way they were supposed to. This is a big part of the reason the population has gone from around 300 bears to approximately 1,900 bears now – that still is only about two bears per square mile. The Sugarland Valley is said to have the largest bear population per square mile of anywhere else in the world.

Unfortunately, the city of Gatlinburg still is not on board, or the situation might be even better. Most of the restaurants and motels in Gatlinburg do not have bear-proof containers. When the Over the Hill Hiking Group stayed at Zoder's Inn, the next morning all of the garbage cans were turned over and there was a bear down by the creek going through a pile of garbage bags.



Photo courtesy of Suzanne Zuckermann

Michael is retired now. He lives in SW Virginia in a historic home on a large farm that is 31 miles from the nearest grocery store. But twice a year he is at the Swag in North Carolina. People pay well over \$1,000 a night to hear his after-dinner bear presentation at the historic lodge that sits at 5,000' on the National Park boundary. Many come back every year just to hear him speak.

His wife told me she used to crawl into the bear dens in the wintertime. This was when they were getting the pregnant females to start stocking the Big South Fork when it became a National Park. There were zero bears in Big South Fork when it became part of the National Park System. Now there are over 300 bears and Gregg White, manager of Charit Creek Lodge, says it may be closer to 500 bears.

For more information on Michael Pelton and the Bears, go to <https://our.tennessee.edu/2018/still-roaming/> and [Black Bears and Beautiful Hikes at The Swag with Michael Pelton & Tamera Willis](#)

Happy Trails, Clayton Webster

## Boxie's Corner: A Snake in the Grass!!!

by Darcy Camp

“What do you do if you're on the trail and come across a snake? Several members have done exactly that recently.

Boxie would like to state a few facts about snakes which may make you somewhat less fearful. Snakes, due to their height and eye placement, can see about 18” up from the ground. That certainly is not enough to identify you as a human, but clearly is adequate for one to determine that you are 1) not food, and 2) much larger than it is! Both of those things are usually enough to deter a snake from bothering you, unless, of course, you bother it! Snakes are basically interested in eating, safety, and warmth. If you threaten none of these, the snake will not bother you! Snakes (those found in the U.S.) do not eat people. The warmth factor is why we sometimes find them on the trail or on trees – it is sunny and pleasant! So, leaving the snake alone, backing away so as not to frighten it, standing still while it leaves, making enough disturbance that it will leave before you ever get there (they do not have ears, but have bone conduction, so can sense vibrations), or going around it are all techniques which are effective.

If you are bitten, do not use the cut and suction method of the past. Do not apply a tourniquet unless it is loose enough to allow blood flow. The current advice is to get medical help as quickly as possible, so LEAVE the trail quickly. Medical personnel report losing more limbs due to infection or gangrene from lack of blood flow than deaths from snake bite.

As with all wildlife in our forests, respect for the rights of the animal will generally result in a pleasant encounter which leaves everyone satisfied!”

This was published in the *August 1991 BMTA Newsletter* with a little picture of Boxie with a snake nearby. Interesting that this advice is still pertinent!

## BMTA's Annual Meeting & Hike Fest Check List for Attendees



- ◆ **Register** for the Annual Meeting & Hike Fest.
- ◆ **RSVP** for the Awards Banquet on Saturday.
- ◆ Book your accommodations.  
*Only 2 Queen Rooms left at the Retreat Cabin!*  
Contact **Clare Sullivan**.
- ◆ Go to the **Annual Meeting & Hike Fest** webpage.  
Learn about **Other Available Accommodations**.  
Get the **Hike Sign Up Form**.  
Check out the **Raffle** items!  
Get information on **Non Hiking Activities**.
- ◆ Don't forget your hiking gear — trekking poles, backpack and hiking boots.
- ◆ Layered clothing for your comfort is a good idea for any hike.

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Tellico Plains, TN  
November 2-5, 2023

# Storm Floods BMTA Work Center

by Bob Cowdrick

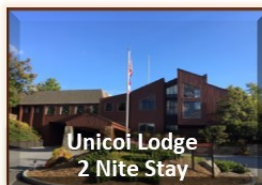
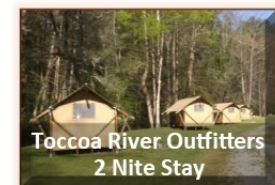
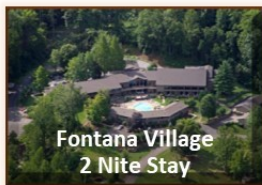
During a late August storm the BMTA Work Center was flooded. Joe Cantwell visited the work center and reported on Tuesday that the water was 17 inches inside the rooms. On Thursday, Joe and his crew of Kelly Motter, Dave Ricker, Andy Meeks, Ian Guttridge, Bob Nelson and Bob Cowdrick were able to remove the tools, bins and equipment. They then pressure-washed the rooms and returned the tools back into a cleaned-out facility. What a fantastic job this crew did. Kudos to all of them!





# Raffle!

**BMTA's Annual Meeting & Hike Fest Raffle November 4, 2023**  
Tellico Plains, Tennessee



Tellico  
**GOODS  
& GEAR**



<b>BMTA's Land Acquisition Fund</b>	\$10 each or
Tickets available at the meeting!	3 for \$25
	7 for \$50
	16 for \$100



For a complete list of Raffle items go to [Raffle.](#)



## Membership Drive Starts Today Join or Renew Now!

### Support the Trail You Love

- ◆ Membership fees & donations are the primary source of funds for preserving, protecting and maintaining the BMT.
- ◆ Become a Member by Donation—For a donation of \$50, \$100, \$250, \$500, you will receive an Individual, Family Membership or Corporate Membership for 2024.
- ◆ Donate to BMTA's Land Acquisition Fund (LAF) so we will be ready to act when a parcel that would be valuable for the trail corridor comes on the market.

[Membership](#)

[Donate](#)

[Donate to LAF](#)

*Memberships purchased between October 1 and December 31, 2023 will be good thru December 31, 2024.*



The Blue Ridge Ranger District is hosting a Crosscut A/B/C course November 13-17.

The link to register is:

<https://wildernessskillsinstitute.org/sawsi/2023-georgia-crosscut-saw-certification-course/>.

Complete details are in the link. First come first serve so check it out and sign up early if you're interested!

# Not Because It's Not Easy, But Because It is Worth It

by Bob Cowdrick

The BMTA Georgia September Maintenance Trip on September 9, was not an easy workday, but well worth it.

When I surveyed the crew members asking them what they did recently that was not easy but was worth doing, the responses were intriguing.

They included hiking in Acadia National Park, watching grandkids, hiking Springer Mountain, BMTA maintenance trips, rehabbing a building, cutting trees while being stung by bees, hiking the AT in New Hampshire, making supper, fixing a car, running a 380-mile trail race, house projects, rock work, splitting firewood, remodeling a bathroom, blazing Watson Gap, washing the dishes, chainsaw work, working toward an Eagle Scout award, attending the Scout Jamboree, watching the Braves game and participating in the Marine Corp Honor Guard. No two responses were the same. But all were worth it!

One task all of the crew members agreed upon was that working on Section 8 was not an easy day's work but it was well worth it.



Safety briefing ahead of a challenging day.

Continued next page



John Oudin, with the help of Ken Andrews, Ray Laws and Chuck Clarke hiked from Bushy Head Gap to Hudson Gap, removed six blowdowns, cleaned 14 water diversions and got off the trail before the rain started. Water diversions in particular are not easy, but worth it.

Clare Sullivan, Ed Sullivan, Garrett Briick and Leah Briick ventured into Hudson Gap to remove some blowdowns, along with some significant brushing and lopping back the overgrowth. They unfortunately did not get off the trail before the rain arrived. It's never easy working in the rain.

Patrick Ward needed some help removing a 30-inch red oak. With the help of Barry Allen, Steve Bayliss, Bill Cox, Steve Dennison, Art Kolberg, Bob Nelson and Will Kirchoffer, they got that tree off the trail in six cuts! Needing something else to do, they brushed out 2.5 miles from McKenny to Fowler Mountain. Eight crew members make for easy work.

Bob Cowdrick joined Brian Trinkle (sawyer) and Shane Morrison (crew leader) for an easy job. Just hike in 3.5 miles, cut two trees, hike out 3.5 miles. Bob carried the saw (not easy) while Brian and Shane provided trail commentary (easy).

Joe Cantwell convinced Daphne Martin, Kenny Martin, Madison Martin, Kelly Motter and Laurie Schatz to help him cut out five blowdowns and brush out 2.8 miles of trail. The only easy part of the job was it was all downhill.

All 25 BMTA members went into the woods, accomplished the tasks and came out of the woods without injuries. That was a successful day.

Who would have guessed that together we:

- ◆ 199 hours of volunteer time
- ◆ 16 blowdowns removed
- ◆ 14 water diversions
- ◆ 9.3 miles of brushing
- ◆ 1 first time BMT trail worker
- ◆ 0 injuries

Impressive numbers!

Our next Georgia maintenance trip is Saturday, October 14. Please consider joining us!



## Benton MacKaye Trail Store



**NEW!**

**BMT Hiking Stick Medallion**

**Get yours today!**

*\*Items usually ship within a week.*

*Please be aware shipments are taking longer than usual to arrive.*

# Nominees for 2023-2024 Board of Directors

by Darcy Douglas



## Nominating Committee's Slate of Nominees for BMTA's 2024 Board

*Nominating Committee:*

*Darcy Douglas, Chair, David Blount, Nelson Ashbrook, David Watkins and ex officio member, Ken Cissna*

	2024 Board Candidates	
Position	Current	Nominee
President	Ken Cissna	Bob Cowdrick
Vice President	Clare Sullivan	Clare Sullivan
Secretary	Judy Price	Jesse Hayden
Treasurer	Lydia Burns, CPA	Lydia Burns, CPA
GA Maintenance	Bob Cowdrick	Joe Cantwell
TN/NC Maintenance	Nelson Ashbrook	Nelson Ashbrook
Smokies Coordinator	David Watkins	David Watkins
Membership	Frank Forehand	Frank Forehand
Communications	Joy Forehand	Joy Forehand
Conservation	Patrick Ward	Patrick Ward
Hiking	Kelly Motter	Kelly Motter
State Rep – GA	Darcy Douglas	Presidential Pick
State Rep – TN/NC	Steve Barnes	Presidential Pick
Immediate Past President	Barry Allen	Ken Cissna

This year's Nominating Committee, chaired by Darcy Douglas, compiled this slate of officers for your consideration. Per our Bylaws, elections will be held at the 2023 Annual Meeting, set for the Alumni Center, in Tellico Plains, TN, on November 4, 2023.

Additional nominations may be made from the floor at the meeting.

Thanks to the Nominating Committee members for their work to put this list together. And a special thanks to all the nominees for their willingness to serve the association as officers next year!

## Things We Should Carry - Helmet

by Bob Cowdrick



You will never find me on a BMTA maintenance trip, or out with other BMTA members on a maintenance event, without my helmet on my head. Helmets are essential safety equipment for all trail maintenance workers to protect against potential head injuries. That is why we all wear helmets during our work-days.



When choosing helmets for work on the BMT, consider the following factors:

- ◆ **Safety Standards:** Ensure that the helmet you choose meets the safety standards. Helmets for trail maintenance should meet ANSI Z89.1-2014 (Type I or II) or equivalent standards. A minimum of 3 straps on the inside of a helmet to better spread any impact load striking the helmet.
- ◆ **Type of Work:** Consider the specific tasks involved in trail maintenance. Are you primarily using hand tools, or will it be a chainsaw or brushcutter? For more hazardous tasks, helmets with face shields or visors may be necessary.
- ◆ **Fit and Comfort:** Proper fit is crucial for a helmet's effectiveness. Helmets should be adjustable to fit securely on your head without being too tight or too loose. Adjustable headbands are very helpful.
- ◆ **Ventilation:** Depending on the climate and work conditions, helmets with good ventilation may be preferred to prevent overheating, especially during the summer months.
- ◆ **Durability:** Trail maintenance can be tough on equipment, so choose a helmet that is durable and can withstand rough treatment and exposure to the elements.
- ◆ **Visibility:** Consider helmets with high-visibility colors. The BMTA has orange helmets that we lend maintainers if needed.
- ◆ **Weight:** Helmets should be lightweight to reduce strain on your neck and head.
- ◆ **Maintenance:** Regularly inspect and maintain your helmet to ensure they remain in good condition. Replace helmets if they become damaged or reach their expiration date. Most helmets have a 5-year lifespan.

The USFS reports that based on injury statistics, felling standing trees (including snags) is one of the most dangerous activities for trail workers. Most of us are not certified for felling trees but that being said, helmets provide an added layer of safety from falling limbs, branches and rocks.

Safety is our number one priority on BMTA workdays. Let's continue our good record!

# Hike to The Narrows of the Hiawassee River, Tennessee

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

September 12 was a perfect end-of-summer day as 18 fun-loving hikers trekked to The Narrows of the Hiawassee River near Reliance, Tennessee. The hike began on a decommissioned trail and then joined a section of the Benton MacKaye Trail that is recognized as one of the most beautiful on the trail (Section 13d –Towee Creek >> Wildcat Creek).



The decommissioned trail is accessed at the base of the suspension bridge at the Hiawassee Dam. Hikers were treated to the river's majesty as they looked out from the bridge.



Ed Sullivan enjoying one of the many rocky outcroppings.

Continued next page

A tiny cave added a bit of intrigue to the day. Shortly thereafter, the hikers encountered a tree with a white blaze. But it wasn't just the blaze that was noteworthy. A beaver had worked diligently to take the tree down to add to his dam. Alas, propped up by another tree, the blazed tree did not fall.



**"Beaver Blazing?!"**



**Ray and Paula Laws emerge from their "caving experience!"**



**Rocks at The Narrows.**

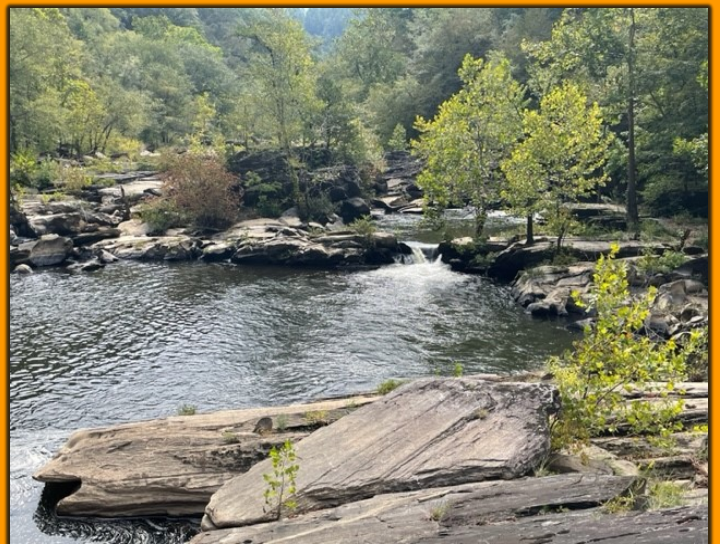


**Happy!!**



A spectacular display of Ruth's Golden Asters awaited the hikers at the Narrows. An extremely rare flower, it only grows in rocks along the Ocoee and Hiwassee Rivers in Polk County, Tennessee.

When the hikers arrived at the river everyone dropped their backpacks to explore the wide array of colorful rock formations that make this a truly magical area. Ed Sullivan enjoyed a quick swim in the river. Daphne Martin and Wendi Chatham took turns getting inside one of the largest of the river's many potholes.



## Out and About



Bill Cox uses a silky saw on Section 10a.



Steve Dennison, Bill's partner on Section 10a.



Ian Guttridge keeping it open on Section 7b.



Hikers took in the bird banding at Whigg Meadow!  
Photo courtesy of Ray Laws.



## Leave No Trace 101 Course Offered

You love to venture out on a hike to enjoy all the surrounding landscape has to offer – secluded forests, cascading waterfalls, scenic vistas, iconic landmarks and more. But have you thought about how your hike may affect the trail? Have you thought about the impact of 1,000 people/week taking that same journey have on the narrow pathway? Do they leave trash, damage the forest ... perhaps disturb the wildlife?

If you would like to learn how to do your part to preserve the natural areas you love, there's a simple solution: make less of an impact. To help you do that, Leave No Trace is offering a FREE course that will help you to develop the knowledge and skillset to leave not a trace of your visit in the forest.

According to statistics, one person, trained in Leave No Trace, is five times more likely to protect nature. ONE person, trained in the Leave No Trace precepts, will go on to educate 256 additional people!

This course is your chance to become proficient in applying the principles of Leave No Trace. The following topics will be discussed:

- ◆ What is the #1 thing folks can start doing today to Leave No Trace in nature?
- ◆ What are most people surprised to learn during Leave No Trace training?
- ◆ Which of the Seven Principles do you think gets overlooked the most?
- ◆ What should folks do when they see someone not following one of the principles?



**Mr. Bones and Grumpy Pumpkin took the course and immediately went to clean the trail!!**

The new, free online course, Leave No Trace 101, is for everyone who wants to be more environmentally aware when recreating outdoors. In less than two months, over 5,200 folks have taken the 30-minute course.

The goal is to reach 20,000 participants by the end of the year. (Nudge, nudge ... be one of them!)

For additional information, go to Leave No Trace 101 and enroll today.



# Dahlonega Trail Fest

by Whitney June

Despite the threat of rain, the Dahlonega Trail Fest was a highly successful event for the Benton Mackaye Trail Association. The festival celebrates outdoor recreation and the variety of ways to explore the abundant resources of the North Georgia Mountains. It has become a unique opportunity for us to showcase the Benton MacKaye Trail for potential hikers, to seek additional members of our organization, and to interface with other organizations that do valuable work in the area.

Although the crowds varied with the rain showers, we had 30 people sign up to receive the monthly newsletter and we have already seen three of those signups turn into memberships. As a volunteer-run organization, one of the primary goals of our attendance at these festivals is to increase awareness for the importance of giving back to the trails on which we hike and camp. Every membership counts!

The highlight of this festival, and the thing that sets us apart from other organizations, is our inter-active cross-cut station. Under the instruction of sawyers Steve Bayliss and Connor Bayliss, both kids and adults had the opportunity to power one end of the saw and then take home the section they cut. This event takes a lot of equipment and sweat equity, so many thanks to Steve and Connor for their hard work. It was a great way to convince a younger generation that trail maintenance actually is a lot of fun!

Ken Cissna gave an informative presentation on the history of the BMT, along with the recreational opportunities along the trail.



The booth was staffed by Vicki Yunker, Whitney June, Kathy Williams and Margaret Meadows. Joy and Frank Forehand were vital in preparing the festival setup beforehand and returning at the end of the day to pack everything up for the next festival. Many thanks to our volunteers!

We already are busy thinking of new ways to improve our outreach next year. Festivals are just one of the ways we seek to boost membership and participation in support of the trail we love so much. Please contact [Joy](#) if you'd be interested in volunteering at one of our events – all it takes is the willingness to share your knowledge of the BMT!



## September Tennessee Maintenance Trip

by Clare Sullivan with photos courtesy of Clare Sullivan, Brenda Harris and Daphne Martin

Since September 23, 2023, was National Public Land's Day we began our workday by sharing our favorite place on America's public lands. Our responses ranged from Mesa Verde National Park to Yellowstone National Park to the Grand Canyon and the Great Smokies Mountains National Park. However, the public land receiving the most accolades was the Cherokee National Forest! Yes, we were working on a spectacular segment of the Benton MacKaye Trail (BMT).

Rick Harris led a crew to clear 13 trees along Lost Creek. Sawyer Joe Cantwell and swampers Daphne and Kenny Martin were on Rick's "saw team". Madison Martin and Steve Cartwright lopped and brushed the trail through the stunning limestone gorge.

Ed Sullivan led a crew of six to clear Childers Creek to Big Bend. Judy Price refreshed the John Muir blazes along the section of the John Muir National Recreation Trail/BMT maintained by Cherokee Hiking Club (CHC). Six CHC volunteers brushed and cleared the trail. Crew members were James Anderson, Ian Guttridge, Will Kirchoffer, Keith Mertz and Steve Dennison.

Laurie Schatz, Art Kolberg, Chris Behrens, Brenda Harris and Clare Sullivan cleared the trail from the Big Bend parking area to Towee Creek.



Continued next page



Reeach... Brenda!



What is that? Oh, it's Clare!



Judy Price, smiling and wearing a different hat!



Sawyer Ed Sullivan with Swamper Will Kirchoffer.



Brenda Harris explaining to fly fishermen why we were brushcutting.



Having worked up an appetite during the morning's trail work, the group was delighted to welcome Chef Patty and her scrumptious cuisine for lunch.

BMTA's resident chef had taken a two-month break from maintenance days to move from Tennessee to Blairsville, GA.

The stunning landscape and camaraderie with friends – especially Chef Patty's mouthwatering apple pies – made the maintenance trip enjoyable and fun!

So good to have Chef Patty back!

# 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.

### October

**October 11** (Wednesday) Long Creek Falls Trail. Moderate 4-mile hike in Hiawassee. Contact Hike Leader Ralph Collinson at [hikeleaderRC@bmtamail.org](mailto:hikeleaderRC@bmtamail.org).



**October 14** (Saturday) GA Maintenance Trip. Sections 10a-b-c-d – Watson Gap >> Double Spring Gap  
Contact Bob Cowdrick at [gamaintdirector@bmtamail.org](mailto:gamaintdirector@bmtamail.org).

**October 16** (Monday) Hike to Buck Bald and return. Approximately 4 miles.  
Contact Hike Leader Steve Dennison at [hikeleaderSD@bmtamail.org](mailto:hikeleaderSD@bmtamail.org).

**October 19** (Thursday) BMT Highway 515 to Weaver Creek and return. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog) Easy 5 miles. Mostly along dirt roads. One “rock hopping” stream crossing could get your feet wet depending on stream levels and recent rainfall.  
Contact Hike Leader Ken Cissna at [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

**October 25** (Wednesday) Blue Hole and High Shoals Falls Trails. Moderate 2.6 miles with two nice waterfalls in the Blairsville area. Contact Hike Leader Ralph Collinson at [hikeleaderRC@bmtamail.org](mailto:hikeleaderRC@bmtamail.org).



**October 28** (Saturday) TN/NC Maintenance Trip. Section 19 – Tapoco >> Fontana Village  
Contact Nelson Ashbrook at [tn-ncmaintdirector@bmtamail.org](mailto:tn-ncmaintdirector@bmtamail.org).

### November



#### November 2-5

#### Annual Meeting Hike Fest



**November 8** (Wednesday) Raven Cliff Falls. Enjoy this beautiful water fall with a total (in and out) hike of 5 miles. One water crossing involving logs and rocks at the beginning. Suggest water shoes.  
Contact Hike Leader Ralph Collinson at [hikeleaderRC@bmtamail.org](mailto:hikeleaderRC@bmtamail.org).

Continued next page

**November 10** (Friday) BMT: Three Forks to Hickory Flat on the AT, along FS road to No Name Bald and back on BMT. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Moderate 7 miles. Hoping we'll get some nice fall colors. Plus, Long Creek and Long Creek Falls. Contact Hike Leader Ken Cissna at [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org)



**November 11** (Saturday) GA Maintenance Trip. TBA  
Contact Bob Cowdrick at [gamaintdirector@bmtamail.org](mailto:gamaintdirector@bmtamail.org).

**November 20** (Monday) Boyd's Gap to Old Copper Road to Thunder Road Campground. This is an easy hike, mostly downhill in the Ocoee area, approximately 5 miles. Contact Hike Leader Ralph Collinson at [hikeleaderRC@bmtamail.org](mailto:hikeleaderRC@bmtamail.org).

**November 24** (Friday) Amadahy Trail. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Five-mile easy to easy/moderate. Good hike for the day after Thanksgiving. Contact Hike Leader Ken Cissna at [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).



**November 18** (Saturday) TN/NC Maintenance Trip. TBA  
Contact Nelson Ashbrook at [tn-ncmaintdirector@bmtamail.org](mailto:tn-ncmaintdirector@bmtamail.org).

## December

**December 4** (Monday) Unicoi State Park to Helen and return. This is a 5.5 to 6-mile moderate hike to enjoy the wonderful town of Helen. Contact Hike Leader Ralph Collinson at [hikeleaderRC@bmtamail.org](mailto:hikeleaderRC@bmtamail.org).



**December 9** (Saturday) GA Maintenance Trip. TBA  
Contact Bob Cowdrick at [gamaintdirector@bmtamail.org](mailto:gamaintdirector@bmtamail.org).

**December 15** (Friday). BMT. Dally Gap to Jack's River and back to cars. DOG-FRIENDLY HIKE (adult humans may bring a leashed dog). Moderate 5 miles. Contact Hike Leader Ken Cissna at [hikeleaderKC@bmtamail.org](mailto:hikeleaderKC@bmtamail.org).

**December 18** (Monday) Rhododendron Trail to Chestnut Mountain Trail to Bear Paw Loop and return. This is a 5-mile moderate hike in the Ocoee area. Contact Hike Leader Ralph Collinson at [hikeleaderRC@bmtamail.org](mailto:hikeleaderRC@bmtamail.org).

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

## Hunting Season is Here! Get Out Your Orange!!

Click on the following websites for more detailed information:

**Georgia:** [Georgia Hunting & Fishing Seasons & Rules | eRegulations](#)

**Tennessee:** [Tennessee Deer Season Dates, Regulations and Other Information \(tn.gov\)](#)

**North Carolina:** [Hunting in North Carolina \(ncwildlife.org\)](#)



Mr. Bones always wears his orange! It matches his BMTA cap!!

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The deadline for the November Newsletter is Wednesday, November 8, 2023.  
Thank You!

# Welcome 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!



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