



# CENTER HIKING CLUB

*Established 1939*

## SPRING 2019 SCHEDULE

### GENERAL INFORMATION

**MEMBERSHIP:** Everyone interested in hiking is welcome. Membership dues per calendar year are \$5.00 for individuals and \$7.00 for families. Nonmembers are invited but are assessed \$2.00 per day except for guest hike leaders. All persons, regardless of age, must pay transportation costs.



**RESERVATIONS:** Reservations are not necessary unless the listing is preceded by a telephone symbol. Reservation trips are by private automobile. Hikers needing transportation and drivers having room for riders should call the person taking reservations. Please call as early as possible before the trip and only between 10:00 a.m. and 9:30 p.m., unless otherwise noted. ***If you have made a reservation and must cancel, please notify the leader.***

**COSTS:** The cost for an event includes a car pool fee (where applicable) paid to the drivers and a nonmember fee collected by the leader for the club. Unless otherwise noted, entrance fees and/or tolls are considered in determining the amount of the car pool fee and are paid by the drivers. For hikes that require entrance to Skyline Drive, the entrance fee is **not part of the car pool fee**; for each car the entrance fee is shared by all passengers and the driver. ***In some cases, there will be no Skyline Drive entrance fee for a car that presents a park pass at the gate.*** Some events may offer special activities that call for additional costs. All the cost requirements of an event are identified in the schedule.

**CHANGES:** Normally, hikes will run as scheduled. Uncontrollable circumstances, such as bad weather or a shortage of cars, may result in a trip alteration or cancellation.

**WHAT TO BRING AND WEAR:** When the trip begins before noon, bring enough food and liquid for a full day's outing. It is best to bring something to drink even on short hikes. Wear sensible clothing and sturdy shoes. Hiking boots are recommended on mountain hikes. Dress in layers for cold or wet weather.

**RULES:** Hikes are informal, but always follow the leader. Pay attention to any instructions he or she gives before or during the hike. **Pets are not allowed on club outings.**

**NOTICE:** ***You hike at your own risk. You are responsible for your own safety and must assume all risks and liabilities on all outings with the Center Hiking Club. Its leaders, officers, and representatives will not be liable for any injuries, loss, or damage to persons and/or properties, direct or consequential, arising out of any trip and/or activity of the Center Hiking Club. As unpaid volunteers, trip leaders should not be relied upon to have any special skills or training.***

**ABBREVIATIONS:** AT = Appalachian Trail; CHC = Center Hiking Club; NPS = National Park Service; GWNF = George Washington National Forest; SNP= Shenandoah National Park

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### CENTER HIKING CLUB OFFICERS (2016-2017)

President	Debbie Kramer	(301) 773-7527
Vice Presidents	Michael Searles	(703) 677-7777
	Gail Nathanson	(301) 572-6951
Secretary	Marcia Swanson	(301) 434-7266
	9013 Glenville Road	
	Silver Spring, MD 20901	
Treasurer	Mike McLain	(202) 829-7749
Directors of Trails	Beryl Gilmore	(202) 333-1807
	Russ Shulman	(703) 860-6735

### **SAT, MAR 2 -- OLD TOWNE ALEXANDRIA AND BEYOND**

Hike 6-8 easy miles from Old Town Alexandria to Dykes Marsh and back. Along the way we will encounter urban dwellings, the under belly of the Woodrow Wilson Bridge and marshlands. Bring water, pack a lunch, and wear hiking boots. Optional early dinner at the South Side Restaurant. Cost: \$2 for nonmembers. Meet at 11:00 a.m. at King Street Metro. Leader: Debbie K. (301) 773-7527.

### **SUN, MAR 3 -- LEESYLVANIA STATE PARK**

A moderate 10-11 mile hike in Leesylvania State Park nearby wetlands and the Potomac Heritage Trail. Other features: Civil War battery, old house sites, the Potomac River and boardwalks through marshy areas. Cost: \$3 (+\$2 for nonmembers). Meet at 9:00 a.m. at Van Dorn Metro. Leaders: Duncan T. and Nora P. (703) 527-2349. (Alternative dates: Mar. 17, Mar. 24).

### **SAT, MAR 9 -- LAKE ACCOTINK**

Walk 6 easy miles through nature trails in Fairfax County to North Springfield. Watch waterfowl and other wildlife. Cost: \$2 (+\$2 for nonmembers). Meet at 10:00 a.m. at Vienna Metro (north side). Leader: Stu S. (703) 517-3490.

### **SUN, MAR 10 -- UPPER ROCK CREEK TRAIL, DERWOOD, MD**

A new addition to our repertoire: a natural surface trail. We'll walk about 7 or 8 miles out and back at an easy pace; distance may be shortened your distance. Bring lunch/snacks and water. Cost: \$1 (+\$2 for nonmembers). Meet at 10:00 a.m. at Shady Grove Metro; turn right at the exit turnstiles and exit through the lower level tunnel to the bike lockers just outside. Leader: Margaret C. [MargtChapm@aol.com](mailto:MargtChapm@aol.com), (301) 977-8988. Call between 7 a.m. and 8 p.m. E-mail is preferred.

### **SAT, MAR 16 -- BROOKLAND NEIGHBORHOOD**

A 6-mile (approx.) hike in the city. Join us while we explore the historic neighborhood of Brookland. Stops along the way include the Basilica, the St. John Paul Shrine, the Franciscan Monastery (the incredible gardens should be in bloom), Fort Bunker Hill, and the Chuck Brown Memorial. We will stop for lunch at Brookland Pint before a short walk back to the starting point. Cost: \$2 for nonmembers. Meet at 10:00 a.m. at Brookland CUA Metro. Leader: Sandra H. (301) 301-524-9654.

### **SUN, MAR 17 -- POHICK BAY**

A moderate hike totaling 10 miles in Pohick Bay Regional Park and Meadowood Recreation Area. Views of Pohick Bay and pretty streams. Cost: \$3 (+\$2 for nonmembers). Meet at 9:00 a.m. at Van Dorn Metro. Leaders: Duncan T. and Nora P. (703) 527-2349.

### **SAT, MAR 23 -- GAMBRILL STATE PARK**

A moderate 5.5-mile hike near Frederick, Md. with views and one long uphill section. Optional early dinner afterward. Cost: \$6 (+\$2 for nonmembers). Meet at 11:00 a.m. at Twinbrook Metro (Rockville Pike side). Leaders: Ron W. (703) 931-2526 and Debbie K. (301) 773-7527.

### **SUN, MAR 24 -- OLD TOWN TO FAIRLINGTON AND SHIRLINGTON**

A moderate-to-brisk 6-mile hike through the lovely neighborhoods of Old Town and then west to Fairlington and Shirlington. There will be a stop for coffee and snacks in Shirlington. The equally interesting return route is via Del Ray. Expect moderate hills on this Alexandria-Arlington walk. Optional lunch in Old Town. Cost: \$2 for nonmembers. Meet at 10:00 a.m. at King Street Metro. Leader: Kevin C. (703) 346 2292, [kevchis@aol.com](mailto:kevchis@aol.com).

### **SAT, MAR 30 -- FRASER PRESERVE, RESTON**

Hike 7-8 easy-to-moderate miles at a little-known nature preserve along the Potomac River in Reston. See views of the river and remnants of a canal. The route is not totally flat; there are two hills of about 400-500 ft. each. Requires a short shuttle from the metro to the trail head. Cost: \$2 (+\$2 for nonmembers). Meet at 10:00 a.m. at Reston Metro (north side pedestrian bridge). Leader: Russ S. (571) 242-9507.

**SUN, MAR 31 -- UPPER ROCK CREEK TRAIL, DERWOOD, MD**

A new addition to our repertoire: a natural surface trail. We'll walk about 7 or 8 miles out and back at an easy pace; distance may be shortened. Bring lunch/snacks and water. Cost: \$1 (+\$2 for nonmembers). Meet at 10:00 a.m. at Shady Grove Metro; turn right at the exit turnstiles and exit through the lower level tunnel to the bike lockers just outside. Leader: Margaret C. [MargtChapm@aol.com](mailto:MargtChapm@aol.com), (301) 977-8988. Call between 7 a.m. and 8 p.m. E-mail is preferred.

**SAT, APR 6 -- SKY MEADOWS HIKE**

A moderate 5.5 - mile hike starting in Sky Meadows SP and climbing up to and along the AT. Optional dinner afterwards at the Golden Corral Restaurant. Cost: \$7 (+\$2 for nonmembers). Meet at 11:00 a.m. at Vienna Metro (north side). Leader: Stu S. (703) 517-3490.

**SUN, APR 7-- LITTLE GUNPOWDER, MD**

A moderate 11-mile hike north of Baltimore in Gunpowder Falls State Park. Highlights: a Holly Grove, an old mill, a covered bridge and the Little Gunpowder River. Cost: \$10 (+\$2 for nonmembers). Meet at 9:00 a.m. at Forest Glen Metro. Leaders Duncan T. and Nora P. (703) 527-2349.

**SAT, APR 13 -- BLUEBELL HIKE, SHENANDOAH RIVER STATE PARK**

A moderate 7-mile hike. If the timing is right, our senses will be filled to capacity at the sight of hundreds and hundreds of bluebells carpeting the banks of the Shenandoah River. The river is never far away on this hike up and down the small hills nearby. There are two or three very steep but very short climbs and lots of long flat stretches along the river. Cost: \$10 (+\$2 for nonmembers). Meet at 9:00 a.m. at Vienna Metro. Leader: Beryl G. (703) 606-8382.

**SAT, APR 13 -- COLLEGE PARK TROLLEY TRAIL, RIVERDALE PARK, HYATTSVILLE**

A 6-mile (approx.) hike starting at College Park Metro. Join us while we explore the historic neighborhood of Riverdale Park and the newly revitalized Arts District of Hyattsville. We will take the Trolley Trail to Riverdale Park and stop by the Riverdale House Museum. Next we will walk to Hyattsville and explore the unique downtown area, which includes great examples of public art projects. There are plenty of restaurant to choose from for replenishment before we circle back to the College Park Metro. Cost: \$2 for nonmembers. Meet at 10:00 a.m. at the Kiss and Ride side of the College Park Metro. Leader: Sandra H. (301) 524-9654.

**SUN, APR 14 -- DC PALM SPRING HIKE**

Don your Easter bonnet or hiking cap for this 5-6 mile circuit hike through Dupont Circle, Kalorama, Adams Morgan and Mt. Pleasant. Along the way we will stop at the peace garden, stroll through Rock Creek Park, and stop for lunch or hot chocolate at a churreria. Cost: \$2 for nonmembers. Meet at 11:00 a.m. at Dupont Circle Metro, Q Street entrance. Leader Debbie K (301) 773-7527

**SAT, APR 20 -- BIKE TOUR -- PARKS AND BOUNDARY STONES #1**

Unsuitable for fast cyclists. Bike about 35 miles at a leisurely pace on an all-day tour of historic places. We'll travel along the Arlington boundary to Jones Point in Alexandria and stop often to visit eleven DC boundary stones and other historical sites. We'll return along the Mount Vernon, W&OD and Four Mile Run Trails. Trip will be cancelled if chance of rain is greater than 50 percent. Cost: \$2 for nonmembers. Meet at 9:15 a.m. at East Falls Church Metro. Leader: Bernie B. (703) 243-0179. [bhberne@yahoo.com](mailto:bhberne@yahoo.com).

**SUN, APR 21 -- HUNTLEY MEADOWS**

Join us for a leisurely 2-mile walk at a beautiful nature preserve. Bring water, snacks and a cooperative spirit. Cost: \$2 (+\$2 for nonmembers). Meet at Huntington Metro (downstairs by the Huntington Avenue entrance) at 11:00 a.m. (depart at 11:10 a.m.) or at the Visitor Center parking lot (3701 Lockheed Blvd. Alexandria, VA 22306) at 11:30 a.m. (depart at 11:40 a.m.). Leader: Michael S. (703) 677-7777, before 9 pm.

**SAT APR 27 -- ARLINGTON BIKE TOUR**

Unsuitable for fast cyclists. Bike about 23 miles at a leisurely pace on an all-day circuit tour of historic places through streets and parks of Arlington, stopping often at notable points. Bring lunch and water. Cost: \$2 for nonmembers. Meet at 9:00 a.m. at Ballston Metro at top of escalators. Leader: Bernie B. (703) 243-0179, [bhberne@yahoo.com](mailto:bhberne@yahoo.com).

**SUN, APR 28 -- ECCENTRIC HIKE**

Eccentric hike: an easy 5 miles to six oddball or ridiculous sites in local history, from Foggy Bottom to Dupont Circle. Lunch optional. Lace-up shoes recommended. Cost: \$2 for nonmembers. Meet at 11:00 a.m. at Foggy Bottom, GWU Metro. Leaders: Bill D. and Ann F. (301) 656-1798.

**SAT, MAY 4 -- MASON NECK STATE PARK**

A 5-mile hike over level or gently-rolling terrain along and near the Potomac River in southern Fairfax County. Cost: \$2 plus park entrance fee (+\$2 for nonmembers). Meet at 10:00 a.m. at Van Dorn Metro. Leaders: Ron W. (703) 931-2526 and Gail N. (301) 572-6951.

**SUN, MAY 5 -- RESTON & LAKE FAIRFAX**

Hike 7-8 miles from Reston-Wiehle Metro to Lake Fairfax Park. Lunch at the spillway (BYO); return by the same route. We will see lots of backyards, campgrounds, a skatepark and, of course, the lake. Cost: \$2 for nonmembers. No carpool required. Meet at 10:00 a.m. at the Reston-Wiehle Metro (north side, in front of Starbucks in the plaza). Leader: Russ S. (571) 242-9507.

**SAT, MAY 11-- CALEDONIA STATE PARK**

Enjoy a moderate 8-mile hike on parts of the AT along streams lined with hemlocks and rhododendrons. Optional dinner afterwards in Gettysburg. Cost: \$10 (+\$2 for nonmembers). Meet at 9:30 a.m. at Twinbrook Metro (Rockville Pike side). Leader: Stu S. (703) 517-3490.

**SAT, MAY 18 -- - ELKWALLOW, MATTHEWS ARM**

Enjoy a moderate-to-strenuous 8-mile hike in northern SNP in the Matthews Arm Campground area. Optional dinner. Cost \$10 (+\$2 for nonmembers). Meet at 9:00 a.m. at Vienna Metro (north side). Leader Stu S. (703) 517-3490.

**SAT, MAY 18 -- HUNTLEY MEADOWS**

Join us for a leisurely 2-mile walk at a beautiful nature preserve. Bring water, snacks and cooperative spirit. Cost: \$2 (+\$2 for nonmembers). Meet at Huntington Metro (downstairs by the Huntington Avenue entrance) at 11:00 a.m. (depart at 11:10 a.m.) or at the Visitor Center parking lot (3701 Lockheed Blvd. Alexandria, VA 22306) at 11:30 a.m. (depart at 11:40 a.m.). Leader: Michael S. (703) 677-7777, before 9 pm.

**SUN, MAY 19 -- CHIMNEY ROCKS, MICHAUX STATE FOREST**

A moderate-to-strenuous 9-mile hike in southern Pa. along the AT and side trails. Views from Chimney Rocks. Interesting scrambling around Shafer Rock. Cost: \$10 (+\$2 for nonmembers). Meet at 9:00 a.m. at Twinbrook Metro (Rockville Pike side). Leaders Duncan T. and Nora P. (703) 527-2349.

**FRI, MAY 24 – AMERICAN UNIVERSITY EVENING HIKE**

Join us on this easy-to-moderate 5-miler through parts of Glover Archbold Park, surrounding neighborhoods, and the AU Campus. Optional Mexican dinner afterwards at Tenleytown's Guapo's Restaurant. Cost: \$2 for nonmembers. Meet at 6:30 p.m. at Tenleytown Metro, east side of Wisconsin Avenue. Leaders: Weber L. (703) 477-7148 and Marcia S. [Mkswan9013@aol.com](mailto:Mkswan9013@aol.com).

**SAT, MAY 25 -- CENTRAL ARLINGTON HISTORY TOUR**

An easy all-day walk of 10-12 miles touring various historic points in central Arlington, including colonial, Civil War, trolley and W&OD Railroad sites. We will stop at cemeteries, log cabins, historic springs, old mill sites, a George Washington survey site, a D.C. boundary stone, and a library. Cost: \$2 for nonmembers. Meet at 9:00 a.m. at Clarendon Metro (top of escalators). Leader: Bernie B. (703) 243-0179, [bhberne@yahoo.com](mailto:bhberne@yahoo.com).

**SAT, MAY 25 -- CATOCTIN MOUNTAIN**

Enjoy an 8-mile moderate-to-strenuous hike in this beautiful national park. Highlights include waterfalls, vistas of Frederick valley and unusual rock formations. There will be some uphill slogs. Bring water and lunch and wear hiking boots. Cost: \$7 (+\$2 for nonmembers). Meet at 10:00 a.m. at Shady Grove Metro, east side. Leader: Debbie K (301) 773-7527.

**SUN, MAY 26 -- TROUT POND SWIMMING HIKE**

A moderate-to-strenuous 8-mile hike in GWNF with a visit to West Virginia's largest natural pond for a swim and relaxation on a sand beach. Facilities available. Leave swimming gear in car. Optional dinner at a local 1940s style restaurant. Cost: \$12 (+\$2 for nonmembers). Meet at 9:00 a.m. at Vienna Metro (north side). Leader: Stu S. (703) 517-3490.

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**ASSESSING DIFFICULTY OF TERRAIN**

**The Center Hiking Club has no codified policy for assessing difficulty of terrain. The rating given to the terrain of a hike (easy, moderate or strenuous) is the judgment of the leader. A specific hike may receive different ratings from different leaders. Before joining a hike, anyone concerned about terrain should contact the leader for a helpful description of the trail.**

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## President's Letter

Dear Center-ists,

It is spring with its promise of warm weather, light-filled days and flowering trees. Center Hiking Club is ready to celebrate spring's arrival with hikes to Chimney Rocks, Michaux State Forrest (Pa.), Elkwallow (SNP), Gambrill State Park and Caledonia State Park. CHC also offers jaunts in Huntley Meadows, Fraser Preserve (Reston) and Upper Rock Creek Park. For those who enjoy the urban environment we have walks through the Brookland neighborhood, with stops at a Franciscan Monastery; visits to six oddball sites in Washington DC; and an all-day history tour of Arlington. In short, we have something for everyone. So lace up those boots. See you on the trail.

*Debbie*

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**Want to join the Center Hiking Club? Send your dues (\$5 for individuals, \$7 for families) to Marcia Swanson, Secretary, 9013 Glenville Road, Silver Spring, MD 20901.**

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**Notice:** The Center Hiking Club e-mails the hiking schedule to its members. Those who have not yet given their e-mail address to the club and who wish to receive a copy of the schedule in this manner are encouraged to send the required information to Secretary Marcia Swanson at [mkswan9013@aol.com](mailto:mkswan9013@aol.com) and Editor Ellen Averbach at [elaver@comcast.net](mailto:elaver@comcast.net). CHC recommends that members provide their postal address as well if they have not done so in the past.

The Adobe Acrobat version of the schedule will continue to be available through the CHC website, <http://centerhikingclub.org>.