

~~**SAT JUN 5: GUNPOWDER FALLS STATE PARK.** Follow the path of the Susquehannocks as we enjoy a moderate 8+ mile hike. The pace is moderate to fast. Highlights include forest paths, a 100-foot dam named after a girl's favorite horse, and Gunpowder Falls River. Optional dinner afterwards. Cost: \$5 (+\$2 for nonmembers). Meet at 9:00 a.m. at Cheverly Metro. Leader: Debbie K. (301) 773-7527.~~

SAT JUN 5: GREENBELT PARK. Amble 6 easy miles through this tree lined park. Optional lunch at the New Deal Cafe. Meet 9:00am Cheverly Metro. Cost: \$2.00 (+\$2 for nonmembers). Leader: Debbie K. (301) 773-7527 (revised hike)

SAT JUN 5: LITTLE BENNETT REGIONAL PARK. An easy-to-moderate 10-mile hike over undulating terrain that is mostly downhill. Meet at 9:15 a.m. at Twinbrook Metro (Rockville Pike side). Cost: \$4 (+\$2 for nonmembers). Leader: Jan Z. (301) 468-1896.

SUN JUN 6: HERITAGE TRAIL-- PART I. Walk about 7 miles along the scenic Potomac River. Enjoy beautiful views and a quiet escape from the urban area. The pace is moderate. If it rains shortly before or on the day of the event, contact the leader to learn whether the hike will take place. Cost: \$2 for nonmembers. Meet at 9 a.m. at Rosslyn Metro. Leader: Kevin C. kevchis@aol.com, (703) 346 2292.

SAT JUN 12: SENECA CREEK STATE PARK. An easy-to-moderate 7.5-mile hike in a lovely local park. We may see some wildlife and/or wild flowers. Trail may be muddy. Expect some hills. Cost: \$1 (+\$2 for nonmembers). Meet at 9:30 a.m. at Shady Grove Metro, east side. Leader: Marcia S. mkswan9013@aol.com, (301) 434-7266.

SUN JUN 13: HERITAGE TRAIL-- PART II. Walk about 8 miles from Chain Bridge to Turkey Run at a moderate pace. Riparian views; even quieter than Part I. Enjoy Nature's bouquets. If it rains shortly before or on the day of the event, contact the leader to learn whether the hike will take place. Cost: \$2 (+\$2 for nonmembers). Meet at 9 a.m. at Rosslyn Metro. Leader: Kevin C. kevchis@aol.com, (703) 346-2292.

SUN JUN 13: ROCKYMOUNT. A moderate-to-strenuous 10-mile hike in a wild and rugged section of SNP. Great views from a rocky perch and a walk along a shady stream. Cost \$14 plus park-entrance fee (+\$2 for nonmembers). Meet at 9 a.m. at Vienna Metro. Leader: Buz G. (703) 765-0833, BuzGroshong@earthlink.net.

TUE JUN 15: VIENNA STROLL. An easy 2-4 miles through business and residential areas in Vienna. Return by 9 p.m. Possible snack stop. Cost: \$2 for nonmembers. Meet at 7 p.m. at Vienna Metro (north side). *NOTE: You must have a SmarTrip Card to use the Metro parking lot.* Leader: Rana H. (703) 532-2031.

SAT JUN 19: HISTORIC ARLINGTON BIKE TOUR. Unsuitable for fast cyclists. Bike about 23 miles at a leisurely pace on a county-endorsed historic circuit through streets and parks of Arlington. We'll stop often at notable points. Bring lunch and water. Cost: \$2 for nonmembers. Meet at 9 a.m. at Ballston Metro at top of escalators. Leader: Bernie B. (703) 243-0179, bhberne@yahoo.com.

SAT JUN 19: ROUND TRIP BIKE RIDE -- BYO PICNIC LUNCH. Bike 25 miles at an average speed of about 10 mph to Wheaton Regional Park. This will probably be a joint ride with the Potomac Pedalers D group. Cost: \$2 for nonmembers. Meet at 9:45 a.m. at Shady Grove Metro, east side by bike lockers. Riding starts at 10 a.m. Leader: Margaret C. (301) 977-8988, evenings.

SUN JUN 20: WHITE ROCK CLIFF-- RACER CAMP HOLLOW. A moderate-to-strenuous 11-mile hike in GWNF on the Virginia-West Virginia border. Enjoy streams and views from White Rock Cliff. Cost: \$11 (+\$2 for nonmembers). Meet at 9 a.m. at Vienna Metro. Leaders: Duncan T. and Nora P. (703) 527-2349.

SUN JUN 20: SLIGO CREEK LOWER REACHES. Hike 6 or 7 easy miles along Sligo Creek, then uphill out of the creek bed and into downtown Silver Spring. Bring lunch money. Cost: return metro fare from Silver Spring Metro station (+\$2 for nonmembers). Meet at 9:30 a.m. at the West Hyattsville Metro station on the Green Line. Leader: Margaret C. (301) 977-8988, evenings.

FRI JUN 25: C&O CANAL EVENING HIKE. Enjoy this easy 5-miler on the C&O Canal towpath as we go from Rosslyn to Fletcher's Boat House and back. Optional Tex-Mex dinner after the hike. Cost: \$2 for nonmembers. Meet at 6:30 p.m. at Rosslyn Metro. Leaders: Weber L. (703) 525-3357 and Marcia S. Mkswan9013@aol.com

SAT JUN 26: CLEVELAND PARK TO FOLK LIFE FESTIVAL. Hike 8 easy miles from Cleveland Park to the Folk Life Festival on the Mall via the Naval Observatory and Georgetown. Cost: return metro fare (+\$2 for nonmembers). Meet at 10:30 a.m. at Cleveland Park Metro (east side of Connecticut Avenue--the side with the parking lot). Leader: Mike M. (202) 829-7749.

SUN JUN 27: A LOCAL MONTGOMERY COUNTY PARK. We'll hike about 4 to 6 miles, depending on weather and other conditions. Meet at 9 a.m. at Twinbrook Metro. Cost: Less than \$4 (+\$2 for nonmembers). Leaders: Mike S. & Henri G. (301) 294-0132, Mikkes@me.com

SUN JUN 27: TRAIL WORK TRIP. Help maintain a trail in Shenandoah National Park. Most of the work will be cutting weeds and pruning mountain laurel. We may paint blue blazes. Bring willing hands and lunch; leader will provide tools. Call for information. Cost: \$0. Meet at 9 a.m. at Vienna Metro. Leader: Buz G. (703) 765-0833, (BuzGroshong@earthlink.net).

TUE JUN 29: OLD TOWN ALEXANDRIA STROLL. An easy 2-4 miles through business and residential areas and cemeteries in Old Town Alexandria. Return by 9 p.m. Possible snack stop. Cost: \$2 for nonmembers. Meet at 6:45 p.m. at King Street Metro (south side--by the Kiss & Ride, at original entrance). Leader: Rana H. (703) 532-2031.

SAT JUL 3: GREAT FALLS, MARYLAND GOLD MINE HIKE. Hike an easy-to-moderate 8 miles through an historic area of Montgomery County and then to Great Falls of Potomac, Maryland. Cost: \$2 (+\$2 for nonmembers). Meet at 9:15 a.m. at Twinbrook Metro (Rockville Pike side). Leader: Jan Z. (301) 468-1896.

SUN JUL 4: BETHESDA TO ROSSLYN. An easy-to-moderate 8-mile hike on the Capital Crescent Trail. Optional dinner afterwards in Rosslyn. Cost: return metro fare (+\$2 for nonmembers). Meet at 11 a.m. at Bethesda Metro. Leader: Stu S. (703) 517-3490.

SAT JUL 10: NORTHWEST BRANCH. Hike 8 easy-to-moderate miles along a stream in the middle of the city but still feel secluded in the "wild." Requires a shuttle. Cost: \$2 (+\$2 for nonmembers). Meet at 9:00 a.m. at Glenmont Metro next to the Kiss & Ride parking lot, by the escalators. (Entrance to the Kiss & Ride parking lot is from Glenallen Avenue.) Leader: Marcia S. mkswan9013@aol.com, (301) 434-7266.

SAT JUL 10: DAYTIME IS FOR SISSIES. This 7+-mile amble from Old Town Alexandria to Bell Haven Park, and back, features cobblestone roads, bike trails, views of the Potomac River and Dykes Marsh. Optional dinner afterwards at a Southern-style restaurant. Cost: \$2 for nonmembers. Meet at 4:00 p.m. at King Street Metro. Leader: Debbie K. (301) 773-7527.

SUN JUL 11: EAST FALLS CHURCH TO BALLSTON. An easy 4-mile hike on the W&OD trail with a stop at Bonair Rose Garden and an historic railroad car. Optional dinner afterwards. Cost: return metro fare (+\$2 for nonmembers). Meet at 2 p.m. at East Falls Church Metro. Leader: Stu S. (703) 517-3490.

SUN JUL 11: HIKE LEADERS' SOCIAL. Meet at 6:30 p.m. at Ellen's place to plan the fall schedule. Bring a dish or drinks to share – and your hike descriptions. New hike leaders and sweeps are always welcome. For directions email or call Ellen A. elaver@comcast.net, (703) 998-8617.

TUE JUL 13: VIENNA STROLL. An easy 2-4 miles through business and residential areas in Vienna. Return by 9 p.m. Possible snack stop. Cost: \$2 for nonmembers. Meet at 7 p.m. at Vienna Metro (north side). *NOTE: You must have a SmarTrip Card to use the Metro parking lot.* Leader: Rana H. (703) 532-2031.

SAT JUL 17: GREAT FALLS -- DIFFICULT RUN. An easy 4.7-mile hike in Great Falls Park, Virginia. We should have great views of the falls and Mather Gorge. The terrain is fairly level, but there is one significant uphill and some rock scrambling. Be prepared for muddy conditions along Difficult Run. Cost: \$2 plus park-entrance fee (+\$2 for nonmembers). There is no entrance fee for a car that can produce a National Park Service pass at the gate. Meet at 10 a.m. at East Falls Church Metro or at 10:45 a.m. at the park Visitor Center (in the courtyard outside the restrooms). Leader: Ron W. (703) 931-2526.

SUN JUL 18: ROCKY MOUNTAIN -- BROWN MOUNTAIN. Enjoy a 10-mile moderate-to-strenuous hike with great views along the Rocky Mountain-Brown Mountain Trail. Cool off in Big Run in southern SNP. Cost \$14 plus park-entrance fee (+\$2 for nonmembers). Meet at 9 a.m. at Vienna Metro. Leader: Buz G. (703) 765-0833 (BuzGroshong@earthlink.net).

FRI JUL 23: WASHINGTON DC NEIGHBORHOODS. Join us on this easy 5-miler through various DC neighborhoods, including Georgetown, as we walk from Cleveland Park to Rosslyn. Optional Chinese dinner afterwards. Cost: \$2 for nonmembers. Meet at 6:30 p.m. at ~~Rosslyn~~ **Cleveland Park** Metro. Leaders: Weber L. (703) 525-3357 and Marcia S. Mkswan9013@aol.com (change to printed schedule)

SAT JUL 24: TROUT POND. A moderate-to-strenuous 10-mile hike in GWNF with good views and a visit to West Virginia's largest natural pond. An optional swim is included, as is an optional dinner after the hike. Cost: \$14 plus a modest park-entrance fee that includes swimming and a changing room (+\$2 for nonmembers). Meet at 9 a.m. at Vienna Metro. Leader: Stu S. (703) 517-3490.

SUN JUL 25: CALVERT CLIFFS. Enjoy two separate hikes along the Chesapeake Bay totaling 10 easy-to-moderate miles. Visit the famous fossil-filled Calvert Cliffs and several ponds, including Duncan Pond. Optional early dinner stop in Solomons. Cost: \$10 (+\$2 for nonmembers). Meet at 9:30 a.m. at Van Dorn Metro. Leaders: Duncan T. and Nora P. (703) 527-2349.

TUE JUL 27: OLD TOWN ALEXANDRIA STROLL. An easy 2-4 miles through business and residential areas and cemeteries in Old Town Alexandria. Return by 9 p.m. Possible snack stop. Cost: \$2 for nonmembers. Meet at 6:45 p.m. at King Street Metro (south side--by the Kiss & Ride, at original entrance). Leader: Rana H. (703) 532-2031.

SAT JUL 31: BEAR CHURCH ROCK. A moderate-to-strenuous 8-mile hike to remote Bear Church Rock in central SNP via Staunton River and Jones Mountain Trails. Excellent views. Cost: \$11 (+\$2 for nonmembers). Meet at 9 a.m. at Vienna Metro (north side). Leaders: Arleen R. (202) 528-9654 and Stu S. (703) 517-3490.

SUN AUG 1: RIP RAP HOLLOW. A moderate-to-strenuous 10-mile hike in southern SNP with great views from Calvary Rocks. Possible dip in a cool mountain stream in Rip Rap Hollow. Cost \$14 plus park-entrance fee (+\$2 nonmembers). Meet 9 a.m. at Vienna Metro. Leader: Buz G. (703) 765-0833 (BuzGroshong@earthlink.net).

~~**TUE AUG 3: VIENNA STROLL.** An easy 2-4 miles through business and residential areas in Vienna. Return by 9 p.m. Possible snack stop. Cost: \$2 for nonmembers. Meet at 7 p.m. at Vienna Metro (north side). *NOTE: You must have a SmarTrip Card to use the Metro parking lot.* Leader: Rana H. (703) 532-2034. **Cancelled**~~

SAT AUG 7: HAZEL MOUNTAIN-WHITE ROCKS – HIKE / SWIM / EXPLORE. This strenuous 10-mile hike will go up the Hazel River to White Rocks for lunch. After lunch there will be a stop at Cave Falls for swimming and possible cave exploration. Cost: \$10 (+\$2 for nonmembers). Meet at 9 a.m. at Vienna Metro (north side). Leader: Russ S. (703) 860-6735.

SUN AUG 8: SENECA CREEK STATE PARK. An easy-to-moderate 7.5-mile hike in a lovely local park. We may see some wildlife and/or wild flowers. Trail may be muddy. Expect some hills. Cost: \$1 (+\$2 for nonmembers). Meet at 9:30 a.m. at Shady Grove Metro, east side. Leader: Marcia S. mkswan9013@aol.com, (301) 434-7266.

SAT AUG 14: LAKE FRANK AND LAKE NEEDWOOD. An easy-to-moderate 9-mile, figure-8 hike around these two lakes in upper Rock Creek Park. Cost: \$2 (+\$2 for nonmembers). Meet at 9:15 a.m. at Twinbrook Metro (Rockville Pike side). Leader: Jan Z. (301) 468-1896.

SUN AUG 15: OVERALL RUN HIKE AND SWIM. This moderate 9-mile hike will go to Overall Run Overlook for lunch, where we will view the highest waterfall in Shenandoah National Park. The event will include a stop for swimming at the end. Cost \$10 (+\$2 for nonmembers). Meet at 9 a.m. at Vienna Metro (north side). Leader: Russ S. (703) 860-6735.

FRI AUG 20: WASHINGTON DC PARKS AND GEORGETOWN. Come with us on this easy-to-moderate 5-miler through several DC parks (including Glover Archbold, Whitehaven and Dumbarton Oaks), then through Georgetown and back to Rosslyn. Optional Tex-Mex dinner afterwards. Cost: \$2 for nonmembers. Meet at 6:30 p.m. at Roslyn Metro. Leaders: Weber L. (703) 525-3357 and Marcia S. Mkswan9013@aol.com



SAT-SUN AUG 21-22: BIRTHDAY PARTY/CAMPING WEEKEND. Camping/hiking/BBQ at John & Judy's 6-acre forest home just west of Martinsburg, WV, approximately 1.5 hours from the DC area. Friday: campout by request. Saturday: eight-mile circuit hike in Sleepy Creek Recreation Area, BBQ picnic, new-decade birthday party for Ron Wise & Henri Gomez. Campfire & camping in large area behind house. Sleeping area for 4 inside rustic cabin, sleeping area for 2 couples and 3 singles inside the house. Some camp stoves and tables provided. Bring all other food and gear. Sunday: hiking and/or tubing in Back Creek along property, horseshoes, fishing (no license necessary), morning coffee and juice in screen room. Bring all other food and gear. Carpooling encouraged. Limit 30 people or 12 vehicles. Cost: \$8 for Saturday BBQ picnic. RSVP. Leader: John Powers (304) 754-7919

SAT AUG 21: TROUT POND. A moderate-to-strenuous 10-mile hike in GWNF with good views and a visit to West Virginia's largest natural pond. An optional swim is included, as is an optional dinner after the hike. Cost: \$14 plus a modest park-entrance fee that includes swimming and a changing room (+\$2 for nonmembers). Meet at 9 a.m. at Vienna Metro. Leader: Stu S. (703) 517-3490.

SUN AUG 22: COMPTON PEAK -- NORTH MARSHALL. A moderate-to-strenuous 11-mile out-and-back hike on the AT in SNP with plenty of views. Cost: \$10 plus park-entrance fee (+\$2 for nonmembers). Meet at 9 a.m. at Vienna Metro. Leaders: Duncan T. and Nora P. (703) 527-2349.

THU AUG 26: HIKE SCHEDULE MAILING. The few, the proud, the mailers: The members of the Center Club pizza eating team make sure you get your schedule as they savor their slices. For meeting time and place call Duncan T. (703) 527-2349.

SAT AUG 28: HISTORIC CENTRAL ARLINGTON. An easy walk of 10-12 miles to 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 a.m. at Clarendon Metro. Leader: Bernie B. (703) 243-0179, bhberne@yahoo.com.

SAT AUG 28: POLE STEEPLE -- SUNSET ROCKS. A moderate-to-strenuous 10-mile hike in Michaux State Forest, Pennsylvania, with views from Pole Steeple and Sunset Rocks. Optional swimming in cool Fuller Lake. Bring a swimming suit. Optional dinner afterwards. Cost: \$11 (+\$2 for nonmembers). Meet at 9 a.m. at Twinbrook Metro. Leaders: Duncan T. and Nora P. (703) 527-2349.

SUN AUG 29: BALTIMORE INNER HARBOR. Join us in our moderately paced 7+-mile exploration of the harbor. Highlights include a walk around Fort McHenry, Federal Hill and Fells Point, with views of the Visionary Museum and the National Aquarium. A lunch stop with the option of dining at a neighborhood restaurant is on the menu. Cost: \$5 (+\$2 for nonmembers). Meet at 10:00 a.m. at Cheverly Metro. Leader: Debbie K. (301) 773-7527.

TUE AUG 31: OLD TOWN ALEXANDRIA STROLL. An easy 2-4 miles through business and residential areas and cemeteries in Old Town Alexandria. Return by 9 p.m. Possible snack stop. Cost: \$2 for nonmembers. Meet at 6:45 p.m. at King Street Metro (south side--by the Kiss & Ride, at original entrance). Leader: Rana H. (703) 532-2031.

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.

FROM THE PRESIDENT

Fellow outdoor fans,

The summer schedule offers a large number and a great variety of events, a surprising outcome for a season when many members are on travel.

We have two new hike leaders, Arleen Richter and Kevin Chisholm. Each has submitted events for the summer schedule. On behalf of the Center Hiking Club, I welcome them to our corps of hike leaders.

Our long-time, dedicated hike leader Stu Schlafer will have to take it easy for a short period of time because of an operation in early June, but he has assured me that he will be operating at 100 percent capacity before long.

We still don't have a vice president; I continue to hope that someone will step forward.

Please review the modification to the front page under **COSTS**.

Enjoy our hikes.

Jan

Want to join the Center Hiking Club? Send your dues (\$5 for individuals or \$7 for families) to Attilio & Patti Abate, Membership Secretaries, 4609 Weston Place, Olney, MD 20832.

**Visit the Center Hiking Club's website on the Internet.
The address is www.centerhikingclub.org**