

Rev (B) 11/19/11

CENTER HIKING CLUB


Established 1939

WINTER 2011_2012 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 it 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 a good idea 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 SHALL 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 GWNF = George Washington National Forest
SNP = Shenandoah National Park

CENTER HIKING CLUB OFFICERS (2009-2010)

President	Jan Zaal	(301) 468-1896
Vice President	Blair Blankinship	(301) 572-6951
Secretary (Membership)	Attilio & Patti Abate 4609 Weston Place Olney, MD 20832	(301) 570-6070
Secretary (Hike Reports)	Marcia Swanson	(301) 434-7266
Treasurer	Mike McLain	(202) 829-7749
Director of Trails	Jim Houghton	(703) 266-2209

SAT, DEC 3 BEAR CHURCH ROCK: An 8-mile moderate-to-strenuous hike to remote Bear Church Rock via the Staunton River and Jones Mountain Trails. The views of central SNP are excellent. Cost: \$11 (+\$2 for nonmembers). Meet at 9:00 a.m. at Vienna Metro (north side). Leader: Stu S. (703) 517-3490.

SUN, DEC 4 OLD RAG MOUNTAIN: A must-do local classic. Nine miles of hiking and rock scrambling. Strenuous. Great views at the top of Old Rag Mountain. Cost: \$9 plus park-entrance fee (+\$2 for nonmembers). Meet at 9:00 a.m. at Vienna Metro. Leader: Buz G. (703) 765-0833 (BuzGroshong@verizon.net).

SAT, DEC 10 THE MALL AND THE NATIONAL AND CAPITOL CHRISTMAS TREES: An easy 7 miles (approximately) at a reasonable pace. We'll walk by the Washington Monument, the WWII Memorial, the new Martin Luther King Memorial, the DC War Memorial, the Korean War Memorial, the Lincoln Memorial and the Vietnam War Memorial. We'll then continue to the Ellipse to bathe in the lights of the National Christmas tree and warm our "bods" by the Yule logs. There will be a break at the cafe area of National Gallery Sculpture Garden. After that, we'll pass by the art galleries and Capitol reflecting pool to the Capitol Christmas tree, where we'll linger awhile. Then we'll walk to the front of the Capitol, passing the Supreme Court and Library of Congress. For those inclined, we'll stop at the Dubliner Pub near Union Station for refreshments or dinner (moderate prices). Those not inclined may take their leave and head back to Smithsonian Metro or use Union Station metro. Cost: \$2 for nonmembers. Meet at 1:00 p.m. at Smithsonian Metro, mall side. Leader: Beryl G. (202) 333-1807.

SUN, DEC 11 EMBASSY ROW: An easy 3-mile hike down Massachusetts Avenue's 'Embassy Row', then through the Woodley neighborhood and, finally, to the Woodley Park-Zoo Metro station. Brief stops along the way for commentary. Lunch optional. Cost: \$2 for nonmembers. Meet at 10:00 a.m. at Dupont Circle Metro, Q Street entrance (exit at 20th & Q Sts). Leaders: Bill D. and Ann F. (301) 656-1798.

TUE, DEC 13 VIENNA STROLL: An easy 2-to-4 miles through business and residential areas in Vienna. Return by 9:00 p.m. Possible snack stop. Cost: \$2 for nonmembers. Meet at 7:00 p.m. at Vienna Metro (north side), near the exit from the covered walkway. *Note: You must have a SmarTrip Card to use a Metro parking lot.* Leader: Rana H. (703) 532-2031.

SAT, DEC 17 SKYLAND TO CRESCENT ROCK SNP: A moderate 8-mile hike on trails near Skyland Lodge. Views from Stony Man Mountain, Millers Head and Crescent Rock. Optional dinner afterwards. Cost: \$12 plus park-entrance fee (+\$2 for nonmembers). *There will be no park-entrance fee for a car that presents a park pass at the gate.* Meet at 9:00 a.m. at Vienna Metro (north side). Leader: Stu S. (703) 517-3490.

SAT, DEC 17 22ND ANNUAL HOLIDAY LIGHTS HIKE: A three-part event -- an easy 5-mile hike on the Fredericksburg Battlefield, then dinner at Sammy T's and, finally, a 2-to-4 mile walk through Fredericksburg. Cost: \$10. Meet at 11:00 a.m. at Huntington Metro (Huntington Ave. entrance). Leader: Mike M. (202) 829-7749.

SUN, DEC 18 BULL RUN MOUNTAIN I: A moderate 8-mile hike in this land conservancy along I-66. Highlights include a great view, ruins and streams. Cost: \$3 (+\$2 for nonmembers). Meet at 9:00 a.m. at Vienna Metro. Leader: Russ S. (703) 860-6735.

SUN, DEC 18 GREAT FALLS, VIRGINIA: Join us for this 9-mile hike at a moderate pace (2-2.5 mph) with a climb of about 500 ft. Bring a cooperative spirit, lunch and water; dress for the weather. Cost: \$3:00 plus park-entrance fee (+\$2 for nonmembers). Meet at 10:00 a.m. at East Falls Church Metro or at 10:40 a.m. at the Visitors Center (outside lower level near restrooms). Leader: Michael S. (703) 677-7777 (before 9:00 p.m.).

TUE, DEC 20 OLD TOWN ALEXANDRIA STROLL: An easy 2-to-4 miles through business and residential areas and cemeteries in Old Town Alexandria. Return by 9:00 p.m. Possible snack stop. Cost: \$2 for nonmembers. Meet at 6:45 p.m. at King Street Metro (inside, near the bike racks -- south entrance, where the Kiss & Ride is located). Leader: Rana H. (703) 532-2031.

SAT, DEC 24 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, DEC 25 CHRISTMAS HIKE: Hike 8 easy-to-moderate miles through Glover Archbold Park, along the C&O Canal and through Battery Kemble Park. Return via Rosslyn Metro. Optional dinner stop in Rosslyn. Cost: return metro fare (+\$2 for nonmembers). Meet at 11:00 a.m. at Tenleytown Metro (west side). Leader: Stu S. (703) 517-3490.

SAT, DEC 31 BETHESDA TO ROSSLYN: An easy-to-moderate 8-mile hike on the Capital Crescent Trail. Optional dinner stop in Rosslyn. Cost: return metro fare (+\$2 for nonmembers). Meet at 1:00 p.m. at Bethesda Metro. Leader: Stu S. (703) 517-3490.

SUN, JAN 1 SUGARLOAF MOUNTAIN: Celebrate the New Year with this beautiful 7-to-8 mile moderately paced hike on a lone mountain in Montgomery County. There is an 800 foot elevation gain, and parts of the trail are rocky. But the views of the Monocacy Valley and rolling farm land make the journey worth the effort. Cost: \$3 (+\$2 for nonmembers). Meet at 10:00 a.m. at Twinbrook Metro. Leaders: Debbie K (301) 773-7527 and Ron W. (703) 931-2526.

SAT, JAN 7 GREAT FALLS, MARYLAND-GOLD MINE HIKE: Hike an easy-to-moderate 8 miles through an historic area of Montgomery County; visit the Great Falls of the Potomac, Maryland side. Cost: \$2 (+\$2 for nonmembers). Meet at 9:15 a.m. at Twinbrook Metro (Rockville Pike side). Leader: Jan Z. (301) 468-1896.

SUN, JAN 8 GREAT FALLS AND RIVERBEND PARKS: A scenic 11-mile moderate hike in Great Falls Park along Difficult Run and the Potomac River to Riverbend Park. Return in reverse direction. Cost: \$2 (+\$2 for nonmembers). Meet at 9:30 am at East Falls Church Metro or 10:00 a.m. at the Great Falls Visitor Center. Leaders: Duncan T. and Nora P. (703) 527-2349.

SAT, JAN 8 BAKERY HIKE: Come out of the cold and drop into Old Towne Alexandria for a bakery hike. Walk four easy miles through the streets of Old Towne. Duck into bakeries and coffee shops for a hot cup of coffee or tea and a sweet treat. Cost: \$2 for nonmembers. Meet at King Street Metro at 1:00 p.m. Leader: Lenny G. (703) 276.0596. (Hike had been cancelled, now re-instated)

SUN, JAN 8 HIKE LEADERS SOCIAL: Meet at 6:30 p.m. at Jim's place to plan the spring schedule. Bring a dish or drinks to share and your hikes. New leaders and sweeps are welcome. For directions, call or e-mail Jim H. (703) 266-2209 (deucepoints@gmail.com).

SAT, JAN 14 GAMBRILL STATE PARK: A moderate 7-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, JAN 15 WHITE OAK CANYON -- CEDAR RUN: Maybe this year the falls will be frozen. A strenuous 8-mile hike that goes up White Oak Canyon and returns down Cedar Run. Cost: \$9 plus park-entrance fee (+\$2 for nonmembers). Meet at 9:00 a.m. at Vienna Metro. Leader: Buz G. (703) 765-0833 (BuzGroshong@verizon.net).

SAT, JAN 21 SNOW-TUBING AT WHITETAIL: Enjoy an afternoon of snow tubing in the beautiful, scenic hills surrounding Whitetail Ski resort in nearby Pennsylvania. Snow tubes are provided. Ride to the top on a moving carpet lift and enjoy the ride down on 10 groomed lanes. Snow tubing is fun and safe for all ages. After your runs, head inside for a hot drink. Wear warm and snow resistant clothes. Don't forget to wear gloves (or mittens). Snack bar on site. Lunch before tubing at Clear Springs Diner. Cost: \$26.00 for tubing and \$10 for the carpool (+\$2 for nonmembers). Meet at 9:30 a.m. at Twinbrook Metro (Rockville Pike side). Leaders: Gail N. (301) 572-6951 and Henri G. (301) 294-0132.

SAT, JAN 21 BRUNCH AND HIKE: Start with brunch at Boeeymonger Restaurant. Then hike 8 easy-to-moderate miles through Glover Archbold and Battery Kemble Parks and along the C&O towpath. Stop in Georgetown and return via Rosslyn Metro. Cost: return metro fare (+\$2 for nonmembers). Meet at 11:00 a.m. at Friendship Heights Metro (Western Ave/Military Road side). Leave restaurant at 12:15 p.m. sharp. Leader: Stu S. (703) 517-3490.

SUN, JAN 22 GREAT FALLS, VIRGINIA: Join us for this 9-mile hike at a moderate pace (2-2.5 mph) with a climb of about 500 ft. Bring a cooperative spirit, lunch and water; dress for the weather. Meet at 10 a.m. at East Falls Church Metro or at 10:40 a.m. at the Visitors Center (outside lower level near restrooms). Cost: \$3 plus park-entrance fee (+\$2 for nonmembers). Leader: Michael S. (703) 677-7777 (before 9:00 p.m.)

SAT, JAN 28 SHADY GROVE TO ROCKVILLE: We'll walk one way from the meeting point to Rockville -- through Needwood Park if trail conditions are favorable or through residential streets otherwise. The distance will fall within 4 to 8 miles, depending upon weather and trail conditions. No need to pack a lunch; we'll have lunch in Rockville at La Tosca or at the Thai restaurant next to the library. Bring water, lunch money and return metro fare. Cost: \$2 for nonmembers. Meet at 10:00 a.m. at Shady Grove Metro, NE side. Leader: Margaret C. (301) 977-8988 (evenings).

SUN, JAN 29 HERITAGE TRAIL-- U STREET CORRIDOR: A 4-to-5 mile walk to historical sites in the U Street area and to nearby interesting places. Dinner stop at a U Street restaurant or at Ben's Chili Bowl, if space is available. For an official guide, go to culturaltourismdc.org. Cost: \$2 for nonmembers. Meet at 1:00 p.m. at U Street/African-American Civil War Memorial/Cardozo Metro (Green/Yellow Lines), 13th Street exit (13th & U Streets). Leader: Mike M. (202) 829-7749.

SAT, FEB 4 SKY MEADOWS: A moderate 10-mile hike starting in Sky Meadows State Park. The high point is a climb up to the AT for views. Cost: \$8 (+\$2 for nonmembers). Meet at 10:30 a.m. at Vienna Metro (north side). Leader: Stu S. (703) 517-3490.

SUN, FEB 5 BULL RUN MOUNTAIN II: A moderate 8-mile hike in this land conservancy along I-66. Highlights include a great view, ruins and streams. Cost: \$3 (+\$2 for nonmembers). Meet at 9:00 a.m. at Vienna Metro. Leader: Russ S. (703) 860-6735.

SAT, FEB 11 SUGARLOAF SNP: Enjoy this slow-paced ideal winter hike--not very long (5 miles), not very difficult (moderate with easy sections), and beautiful in the snow (when there is any). The landscape and views are first rate. Optional dinner afterward. Meet at 9:00 a.m. at Vienna Metro (north side). Cost \$10 plus park-entrance fee (+\$2 for nonmembers). Leaders: Gail N. (301) 572-6951 and Ellen A. (703) 998-8617.

SUN, FEB 12 PATAPSCO STATE PARK (AVALON AREA): Walk 11 hilly miles along the Patapsco River, two pretty streams, several view points, ruins and a suspension bridge. This is a moderate-to-strenuous hike. Cost: \$5 (+\$2 for nonmembers). Meet at 9:30 a.m. at Forest Glen Metro. Leaders: Duncan T. and Nora P. (703) 527-2349.

SAT, FEB 18 THE TROLLEY TRAIL TRAVERSING TRAUMA: An easy 6 miles along the old abandoned trolley tract between Rockville and Bethesda that has been converted to a hiker/biker trail. Half the hike will be through surrounding neighborhoods. No lunch stop. Cost \$2 for nonmembers. Meet 9:15 a.m. at Grosvenor Metro. Leader: Jan Z. (301) 468-1896.

SUN, FEB 19 ARLINGTON TRAILS: Explore Lubber Run, Barcroft and Jennie Dean Parks during this 5-to-6 mile stroll through Arlington. Highlights include quiet woods and a long walk along Four Mile Run. Optional lunch or snack in Shirlington or at Bob and Edith's along Columbia Pike. Cost: \$1 (+\$2 for nonmembers). Meet at 11:00 a.m. at Ballston Metro. Leader: Debbie K (301) 773-7527.

THU, FEB 23 HIKE SCHEDULE MAILING: The few, the proud, the mailers: the members of Center Hiking Club pizza eating team make sure you get your schedule as they savor their slices. For meeting place and time call Duncan T. (703) 527-2349.

SAT, FEB 25 EXPLORATION OF HYATTSVILLE: We'll walk about 6 miles and explore old haunts of the leader's childhood and the new Arts District. No need to pack a lunch; we'll stop at a nearby restaurant. Bring water, lunch money and adequate gear. Cost: \$2 for nonmembers. Meet at 10:00 a.m. at West Hyattsville Metro, on the Green line, inside or just outside the one and only entrance, depending upon the weather. Leader: Margaret C. (301) 977-8988 (evenings).

SAT, FEB 25 SNOW-TUBING AT WHITETAIL: Enjoy an afternoon of snow tubing in the beautiful, scenic hills surrounding Whitetail Ski resort in nearby Pennsylvania. Snow tubes are provided. Ride to the top on a moving carpet lift and enjoy the ride down on 10 groomed lanes. Snow tubing is fun and safe for all ages. After your runs, head inside for a hot drink. Optional sleep-over Saturday night at John & Judy's house in a nearby area. Wear warm and snow-resistant clothes. Don't forget to wear gloves (or mittens). Snack bar on site. Lunch before tubing at Clear Springs Diner. Cost: \$26.00 for tubing and \$10 for the carpool (+\$2 for nonmembers). Meet at 9:30 a.m. at Twinbrook Metro (Rockville Pike side). Leaders: John P. (304) 754-7919 (speleo1@aol.com) and Mike S. (301) 294-0132 (Mikkes@mikkes.us).

SUN, FEB 26 ROBERTSON MTN -- CORBIN HOLLOW: A strenuous 9-mile hike to the top of Robertson Mountain. Great views. Descend Corbin Hollow and view relics of the past. Cost: \$9 plus park-entrance fee (+\$2 for nonmembers). Meet at 9:00 a.m. at Vienna Metro. Leader: Buz G. (703) 765-0833 (BuzGroshong@verizon.net).

SUN, FEB 26 GREAT FALLS, VIRGINIA: Join us for this 9-mile hike at a moderate pace (2-2.5 mph) with a climb of about 500 ft. Bring a cooperative spirit, lunch and water; dress for the weather. Cost: \$3 plus park-entrance fee (+\$2 for nonmembers). Meet at 10:00 a.m. at East Falls Church Metro or at 10:40 a.m. at the Visitors Center (outside lower level near restrooms). Leader: Michael S. (703) 677-7777 (before 9:00 p.m.).

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 winter schedule is something to be proud of. Despite the possibility of bad weather conditions, the CHC leaders submitted a full schedule and wide variety of events.

The annual picnic and elections are behind us. All the incumbent officers were reelected. In addition, the CHC elected a new vice president, Blair Blankinship, who will fill a position that has been vacant for more than two years. Welcome aboard, Blair.

We have some sad news to report. Our long-time member Claudia Russel Barquiest has passed away. She died of acute myeloid leukemia on September 4th at Georgetown University Hospital. Her friends and fellow hikers will always remember her as a loyal and cheerful participant. A sympathy message on behalf of the Center Hiking Club is in the [Legacy.com](#) Guest Book.

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**