

Hike No	Hike Title	Rating	Hike Description	Hike Distance	Elevation	Leader	Hike Date	Park Entry Fee	Meeting Place	Meeting Time	Carpool Fee	Location	Activity Type
1	Rock Creek Park	B	A 10 mile circuit hike through beautiful Rock Creek Park in Washington DC. For those that do not want to do the full 10 miles there are many opportunities for shorter routes. Elevation gain 800'.	9	800	Ed Brimberg 703-944-9920(C)		\$0.00	Vienna Metro	8:00:00 AM	\$4.00	DC	Hike
2	Sugarloaf Mountain	B	This is a 9 mile circuit hike on Sugarloaf Mountain in Maryland. Total elevation change is 1800 feet. Sugarloaf Mountain is a conservation/recreation area and is owned and managed by the Stronghold Foundation.	8	1200	Ed Brimberg 703-944-9920(C)	Sunday, February 23, 2014	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$6.00	MD	Hike
3	Duncan Hollow/Knob	A	A 12 mile circuit hike to Duncan Knob with 2200' elevation gain. Starting from Camp Roosevelt we will form a circuit with the Massanutten Trail, Scothorn Gap Trail and Gap Creek Trail. There is a significant rock scramble to Duncan Knob. The rocky Duncan Knob will be our lunch stop with a beautiful 270 degree view. This is one you don't want to miss.	12	2200	Ed Brimberg 703-944-9920(C)	Saturday, April 27, 2013	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$12.00	GWNF	Hike
4	Staunton River	A	This is a difficult 13 mile circuit hike in the southern part of the central section of Shenandoah National Park. Total elevation change is 3000 feet. We will start at the park boundary and follow the scenic Staunton River Trail along the river to its source and continue to The Sag. We will return on the Jones Mountain Trail. We will have a beautiful overlook from Bear Church Rock.	13	2700	Ed Brimberg 703-944-9920(C)	Saturday, March 31, 2012	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	SNP	Hike
5	Edinburg Gap	B	This is a moderate 8.2 mile linear hike on top of Massanutten's Powell Mountain. 1100 feet elevation change. Hike will start at the Woodstock Lookout Tower and take the Massanutten Trail south to Edinburg Gap. We will have lunch at a beautiful spot overlooking the town of Edinburg and experience the changing colors of fall. Requires a 13 mile car shuttle.	8	1100	Ed Brimberg 703-944-9920(C)	Sunday, October 27, 2002	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	GWNF	Hike
6	Canoe Trip - Shenandoah River	C	This is a 12 mile canoe trip on the beautiful South Fork of Shenandoah River. During the trip we will picnic and swim and take as long as we like. We will have 2 people per canoe. Cost is \$35/person and will be paid to the leader the day of the trip. Non-members add \$2. Bring your lunch and swim suit. Limit 20 people. Email (ed.brimberg@hiker.net) or call Ed for reservations which are required by August 19 with no cancellations accepted after that.	12	0	Ed Brimberg 703-944-9920(C)	Saturday, August 23, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	VA	Water
7	Weverton Cliffs/AT	A	This is a 11 mile linear hike on the Appalachian Trail in Maryland. Total elevation change is 1500 feet. The hike will begin at Weverton (near Harper's Ferry) and follow the AT along the top of South Mountain until Lamb's Knoll. There, we will descend along the Bear Spring Cabin Trail. Requires a 8 mile car shuttle.	11	1500	Ed Brimberg 703-944-9920(C)	Saturday, November 22, 2014	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$11.00	MD	Hike
8	Woodstock Tower	A	This is a 13.3 mile one-way hike on Massanutten's Three Top Mountain with an elevation gain of 2000'. Hike will start at the Signal Knob Parking lot on the Massanutten Trail. We will climb to Three Top Mountain on the Tuscarora Trail and then take the Massanutten Trail to the Woodstock Lookout Tower. At the tower we will have a beautiful view of the Seven Bends of the North Fork of the Shenandoah River. Requires a 12 mile car shuttle.	13	2000	Ed Brimberg 703-944-9920(C)	Saturday, July 27, 2002	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$12.00	GWNF	Hike
9	Massanutten East Trail	A	A moderately paced 12-14 mile linear hike along the famous Massanutten Mtn. East Trail from Veach Gap to Buzzard Rocks. Some gentle climbs with good views of the Blue Ridge, Fort Valley, and South Fork of the Shenandoah River.	14	2000	Bob Delmore (703)-491-4632	Sunday, January 10, 1993	\$0.00	Centreville Commuter Lot	7:45:00 AM	\$12.00	GWNF	Hike
10	Prince William Forest Park	B	A 10-11 mile circuit hike through gently rolling wooded terrain provides a variety of opportunities for quiet reflection, nature study, and physical challenge in this Piedmont forest of the Quantico Creek watershed.	11	600	Roy Sammarco (703)-569-2878(H), 703-325-1436(W)	Saturday, January 29, 2005	\$10.00	Woodbridge Commuter Lot	9:00:00 AM	\$3.00	PWFP	Hike
11	Smith Roach Gap	D	Easy 4.8 Mile, Smith Roach Gap to Simmons Gap. One 700 foot elevation change; plenty of time for rest stops, however. Good for moderate and advanced beginners to experience the Appalachian trail.	4	700	Freeman Buxton (703)-430-2180	Saturday, July 13, 1991	\$10.00	Centreville Commuter Lot	8:30:00 AM	\$12.00	SNP	Hike
12	White Rock Cliff/Little Sluice Mtn	A	A moderate 11.7 mile hike along the Tuscarora, Bread Road, and Little Sluice Mountain Trails. The highlight of the hike will be White Rock Cliff with views of the surrounding mountains. Elevation Gain of 1400 feet.	11	1400	Mike Gingerich 703-590-3188	Saturday, July 28, 2001	\$0.00	Manassas Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
13	Orkney Springs Campout		Opportunities for hiking, biking, swimming, and relaxing evenings listening to the concerts at the Shenandoah Valley Music Festival. Campground has indoor bathroom, shower, campstore, and swimming pool. Go on planned hikes or just relax. Reservations required by July 14. We'll set you up for the nights that you want. Camp site fee \$8/night.			Stephanie & Al (703)-369-0888	Friday, July 29, 1994	\$0.00	Orkney Springs		\$20.00	VA	Camp
14	Manassas National Battlefield Park	C	Join us for a 9 mile hike at Manassas National Battlefield Park. We will hike through meadows, woods, and swamps. Meet in front of the Visitor Center. Hikers can either return to the Visitor Center at the 5.5 mile point or do the entire 9.0 miles. Park Entry fee is \$3/person.	6	0	George Heavey 703-402-5067(H)	Sunday, October 28, 2012	\$3.00	Visitor Center	9:00:00 AM	\$0.00	VA	Hike

15	Bluff Trail	A	This 13.5 mile hike passes through a splendid forest growth on the Bluff Trail. On the AT section of the hike we climb two mountain peaks. Fine views. Elevation change 1600 feet.	14	1600	George Evans (703)-978-6154(H)	Saturday, June 10, 2000	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
16	C&O Canal-Rileys Lock	C	C & O Canal from Rileys Lock to Edward's Ferry. Flat, 8 mile linear hike requiring car shuttle. During the Gettysburg campaign, Union troops crossed the river at Edwards Ferry.	8	0	Claire Fromme (703)-273-1782(H)	Sunday, August 11, 1991	\$0.00	Centreville Commuter Lot	8:30:00 AM	\$4.00	C&O	Hike
17	Pine Grove	A	Moderate 13.2 mile dual circuit hike using the Appalachian Trail and connecting side trails. Unusual rock formations and plants, Historic sites, Optional stayover at Ironmasters Mansion (AYH) Appalachian trail \$10/person. Swimming available.	13	1000	Bob Delmore (703)-491-4632	Saturday, August 17, 1991	\$0.00	Lakeridge	7:30:00 AM	\$16.00	PA	Camp
18	Stony Man	C	A 6 mile trail, rough in some places, which passes Little Stony Man Cliffs, passes through Skyland, and continues to Miller's Head with overlooks on Shenandoah Valley. Trail then continues up Stony Man Mountain. Approximately 600 foot elevation change.	6	600	Ed Corack 703-400-8023(C)	Sunday, March 22, 2009	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
19	Sugarloaf Mountain	C	Moderate 8.2 mile circuit on back country trails. Hike will terminate at summit of Sugarloaf Mountain in nearby Montgomery County.	8	1200	Janet Jordan (301)-652-3875	Friday, December 15, 1995	\$0.00	Vienna Metro North Lot	9:00:00 AM	\$5.00	MD	Hike
20	Devils Backbone	A	This is one of the most spectacular sections of the Tuscarora Trail. The views from Pinnacle Rocks are spectacular. One can see Back Creek Valley, Timber Ridge, and the mountains beyond. On a clear day the Allegheny Plateau is visible. This is a linear 13.5 mile hike over northern Great North Mountain.	13		Jeremy Burkes (703)-491-0826(H), (703)-440-1440(W)	Saturday, April 27, 2002	\$0.00	Call leader	7:30:00 AM	\$11.00	VA	Hike
21	Bull Run Occoquan Trail	D	Contemplate the shortest day of the year with an out and back leisurely walk three miles upstream (north) from Fountainhead Park and then return, for an out and back total of six miles. Meet at Fountainhead Park, 10875 Hampton Road, Fairfax Station.	6	0	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Sunday, December 21, 2014	\$0.00	Fountainhead Park	8:30:00 AM	\$0.00	BR	Hike
22	Billy Goat Trail	C	Short rock climb over the Potomac on the Maryland side. The 4 mile trail is not long but is rocky and requires quite a bit of scrambling. Great views of the river below Great Falls.	4	200	Claire Fromme (703)-273-1782(H)	Sunday, July 25, 2004	\$0.00	Vienna Metro	8:30:00 AM	\$4.00	GF/MD	Hike
23	Rock Fish Gap	B	10 mile moderate hike on the Appalachian Trail on Saturday, with optional overnight stay, with camping at Loft Mountain Campground, or lodging at reasonably priced motels nearby. A 6 mile hike is planned for Sunday. Call Freeman for more information.	10		Freeman Buxton (703)-430-2180	Saturday, September 28, 1991	\$10.00			\$13.00	SNP	Camp
24	Cacapon State Park	A-D	Two five mile loops with picnicking in between. Do either loop or both. One loop climbs 1000' to the top of Cacapon Mtn. & the other criss-crosses the park with about a 400' elevation change. "One loopers" and "zero loopers" can visit the lodge, golf course, swimming/boating pond, tennis courts, or horse stables while waiting for the rest of the hikers. Optional swimming after the hike - bring your swimwear and a towel.	10	1000	Mano Malayanur (301)-562-3156(H)	Sunday, August 16, 2009	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	WVA	Hike
25	Great Falls/Difficult Run	C	A five-mile loop along Difficult Run and Mather Gorge near Great Falls. Meet at parking lot on the west side of Georgetown Pike between Old Dominion and the Beltway. Exit the capital beltway onto Georgetown Pike, headed west. Soon after crossing the bridge over Difficult Run (about 3 miles) there is a parking lot on the left. From the direction of Great Falls village (and park), this lot is on the right side of Georgetown Pike about a mile past Old Dominion Drive.	5	300	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Saturday, June 03, 2006	\$0.00	Georgetown Pike Lot	9:00:00 AM	\$0.00	GF/VA	Hike
26	Cove Run/Tuscarora	A	A 11 mile circuit hike in Great North Mountain, VA & WVA with 1400' elevation change. A moderate hike with excellent views from a rocky ridge straddling the Virginia/West Virginia boundary.	11	1400	Doug Bell (301)-972-3439(H), (301)-208-7592(W)	Sunday, August 22, 1999	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
27	Little Devil Stairs	A	A moderately paced 12 mile circuit hike in Northern SNP, including the ascent of Little Devil Stairs as it crosses Keyser Run in a deep ravine. Return via the Piney Branch Trail. Elevation change is 2100 feet. Park entry fee is \$8/person.	12	2100	Gene Vivalda 703-802-6426(H)	Saturday, April 20, 2013	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
28	Pine Hill Gap/Broad Hollow	C	Hike a moderate 6 miles (optional 1 mile side trip to Hot Short Mountain). See the exceptional wonders of SNP. Elevation change 1550'.	7	1550	Stephanie & Al (703)-369-0888	Sunday, November 01, 1992	\$10.00	Centreville Commuter Lot	11:00:00 AM	\$11.00	SNP	Hike
29	C&O Canal/Whites Ferry	B	This is a 9.5 mile linear hike from White's Ferry to Noland's Ferry along the C&O Canal. This completely flat hike will pass over the Monocacy River Aqueduct, which is the longest and possibly most admired C&O Canal structure, built of white granite quarried on Sugarloaf Mountain. Car shuttle required. Meet at White's Ferry Parking Lot near Poolesville, Md. (VA. Hikers - take White's Ferry outside of Leesburg).	9	0	Dave and Beth Erdman 301-903-7141(W), 301-330-1633(H)	Saturday, February 09, 2013	\$0.00	White's Ferry Parking Lot near Poolesville, Md.	9:00:00 AM	\$0.00	MD	Hike
30	Old Rag Summit	A	This is perhaps the most famous and spectacular hike in the area. Nine miles with about 2,200 feet of elevation gain. Steep trail with lots of rock scrambling and boulder hopping near the summit. Slow/moderate pace (2 mi/hr). We will descend by Saddle Trail. Park entry fee is \$8/person.	9	2200	Mano Malayanur (301)-562-3156(H)	Saturday, November 02, 2013	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike

31	Whiteoak Canyon	A	An 8 mile circuit hike with an elevation change of about 2,500 feet. This is a strenuous hike through two steep, wild gorges with multiple waterfalls. Experience Whiteoak Canyon in its full magnificence on the premier, scenic trail in the SNP. We will climb Whiteoak Canyon Trail to the Whiteoak Canyon Fire Road/Horse Trail and descend the Cedar Run trail. Park entry fee is \$8/person.	8	2500	Mac McPherson 703-590-1442(H)	Saturday, October 02, 2010	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
32	Chincoteague Camp Out		Members only, annual Chincoteague camp out. Camp out or stay in a motel. Sand, surf, and easy to moderate hiking. See wild flocks of birds and the famous wild ponies (if we're lucky!). Reservations required.			Stephanie & Al (703)-369-0888	Friday, November 25, 1994					VA	Camp
33	Range View Cabin	B	A 9 mile hike in the Shenandoah National Park up Piney River & returning via Piney Ridge/Thorton Hollow. A short section of the AT will be used with a spur trail to Range View Cabin.	9		Mike Gingerich 703-590-3188	Saturday, December 07, 1991	\$0.00		8:00:00 AM	\$12.00	SNP	Hike
34	Mudhole Gap/Tuscarora	A	From the Elizabeth Furnace Campground parking lot, we will take the forest access road through Mudhole Gap; we will then traverse the Tuscarora Trail and Green Mountain and return via the Sidewinder Trail. After three bracing climbs and two to three stream crossings, we will have hiked 13 miles with 2300 feet of elevation gain.	13	2300	Gene Vivalda 703-802-6426(H)	Saturday, July 21, 2012	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
35	Lewis / Dark Hollow Falls	B	This moderate circuit hike will pass three of the Shenandoah National Park's waterfalls: Lewis Springs, Rose River, and Dark Hollow and also the Black Rock overlook. The hike consists of two climbs, one of 700 feet and another of 1000 feet. The hike is approximately 8 miles.	8	1700	Claire Fromme (703)-273-1782(H)	Sunday, September 04, 2005	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
36	Scott Run Nature Preserve	D	Approximately four miles along the shore of the Potomac and Scott Run. Despite short length and close in location the trail can present some challenges therefore it is not for beginners. Hiking boots are required. 600E elevation gain.	4	300	Joan & Dennis (703)-383-0233(H)	Sunday, March 30, 2003	\$0.00	Vienna Metro	9:00:00 AM	\$3.00	VA	Hike
37	Sky Meadows State Park	B	Travel to Paris (Virginia, that is) for a moderate 9 mile hike along the Appalachian Trail. This is a nearby hike which is often good for deer and bird watching. Share park entrance fee.	9		Jennifer Hine 571-236-2668(C)	Saturday, February 04, 2012	\$4.00	Centreville Commuter Lot	8:00:00 AM	\$5.00	VA	Hike
38	Thornton Hollow	A	A 12 mile hike with an elevation change of 1500 feet in northern section of Shenandoah National Park. We will start on the AT from Skyline Drive within the park. We may add a few extra miles at the middle of the hike, but only if all participants are willing. Although no promises are made, on a number of previous hikes, bears have been sighted along the trail. Four creek crossings.	12	1500	Roy Sammarco (703)-569-2878(H), (703)-325-1436(W)	Sunday, November 06, 2005	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
39	C&O Canal/Edwards Ferry	C	A 9 1/2 mile flat hike along the C&O Canal. Hike will start at White's Ferry, continue past Harrison's Island to Edward's Ferry, and then return back to White's Ferry eliminating need for car shuttle. A \$4.00 round trip ferry ride is to be shared by each carpool.	9	0	Adam Strasel (703)-631-1830(H)	Saturday, September 21, 2002	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$5.00	C&O	Hike
40	Burke Lake Park	D	This hike features a level walk around a scenic lake. Easy 5 mile circuit hike. Call for directions.	5	0	Claire Fromme (703)-273-1782(H)	Sunday, April 13, 2003	\$0.00	Boat Launch Parking Lot	8:30:00 AM	\$0.00	VA	Hike
41	Half Moon Lookout	A	A circuit hike of 11 miles through a rocky gorge to a spectacular view down the valley from Half-Moon Lookout on the Great North Mountain. Elevation change is 2100'. Numerous stream crossings so be prepared.	11	2100	Jeremy Burkes (703)-491-0826(H), (703)-440-1440(W)	Saturday, June 01, 2002	\$0.00	Call leader	8:00:00 AM	\$11.00	GWNF	Hike
42	Buck Ridge/Buck Hollow	A	This challenging nine mile circuit hike in the Shenandoah National Park will ascend the Buck Ridge Trail and continue to Mary's Rock for a 2500 foot elevation gain. Return will be via the Buck Hollow Trail after stopping at Mary's Rock for a panoramic view of the Page Valley.	9	2500	Mina Guevara 571-237-4062	Saturday, October 12, 2013	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
43	Mathews Arm	C	This circuit 5.7 mile circuit hike with 1400 feet elevation gain. Many of the trails were former farm roads in pre-Park days and are now horse trails, so wear boots. The hike will start at Mathews Arm Campground and cover part of Tuscarora & Overall Run Trails. No dogs are allowed on this hike. Hike begins with a long descent and ends with a long ascent. Be prepared for some aerobic workout, despite the short distance.	5	1400	Diane Keefe (703) 895-9533(C)	Sunday, June 10, 2007	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
44	Great Falls	D	Easy scenic hike along Virginia side of the Potomac River about 5 miles. Additional 3 miles for those wanting further distances.d'	8	400	Freeman Buxton (703)-430-2180	Sunday, July 24, 1994	\$5.00	Great Falls	9:30:00 AM	\$0.00	GF/VA	Hike
45	Prince William Forest	A	A 15.5 mile circuit hike along the South Branch Quantico Creek and returning to the parking area along the Quantico Creek and visiting the Old Pyrite Mine.	15	200	Walt Reinhard (703)-221-5424	Saturday, April 10, 1993	\$5.00	Centreville Commuter Lot	8:00:00 AM	\$1.00	PWFP	Hike
46	Blackwater Falls State Park Skiing	Fun	Annual cross-country ski and hiking trip to Blackwater Falls State Park in "Almost Heaven" West Virginia. Plan on some exhilarating skiing and/or hiking. The leader personally guarantees that a memorable time will be had by all. Call Mike for details on lodging and transportation. Lodging fills up early, so call soon! Share gas.			Mike Gingerich 703-590-3188		\$0.00	Call leader			WVA	Ski
47	Hawksbill Mountain	B	Moderate 8 mile hike in Shenandoah National Park. Hike is a circuit with approximately 1400 foot change in elevation. Hawksbill is the highest point in the SNP.	8	1400	Corey Cunningham 703-673-6051	Saturday, July 25, 2009	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike

48	Cabin John Creek Valley	D	Moderately easy hike through the lower valley of Cabin John Creek. An approximately 6 mile linear.	6	100	Mike Gingerich 703-590-3188	Sunday, March 08, 1992	\$0.00	Lakeridge	9:00:00 AM	\$3.00	VA	Hike
49	Hazel Mountain	A	A moderate to difficult 10 mile circuit hike with 2000 foot elevation change. The hike will pass old farming roads will give us an opportunity to cross scenic streams, inspect cabin ruins, and traverse some old abandoned fields and orchards.	10	2000	Mike Gingerich 703-590-3188	Sunday, January 17, 1993	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
50	Gun Powder Falls	C	A moderate 9.25 mile circuit through rolling hills and valleys north of Baltimore. Hike will pass through the scenic gorge of Gunpowder River past the falls.	9	300	Michel Labanca 571-235-9631(C), 703-652-3408(W)	Sunday, October 10, 2004	\$0.00	Vienna Metro	8:00:00 AM	\$12.00	MD	Hike
51	Wolf/Chimney Rocks	B	An interesting 8.7 mile circuit hike in Catoctin Mountain Park near Thurmont, MD with nice views from Wolf Rock and Chimney Rock overlooks. Area is noted for producing charcoal to fuel iron furnaces during the early 1800s.	8	1200	Dave and Beth Erdman 301-903-7141(W), 301-330-1633(H)	Saturday, March 29, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$11.00	MD	Hike
52	Jeremys Run/Knob Mountain	A	Join us for a swim on a 14 mile challenging circuit hike with an elevation change of 2100 feet. Jeremys Run is one of the most beautiful streams in the northern section of the Park. The trail cross the stream 14 times so be prepared to cool down with a refreshing dip in a cool mountain stream.	12	2600	Gene Vivalda 703-802-6426(H)	Saturday, June 21, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
53	Camp Hoover-Hazeltop	B	A 6-8 mile hike with 1400 foot elevation change. Visit Camp Hoover and Hazeltop Mountain. Walk along the Mill Prong and Laurel Prong streams. Views of Big Rock Falls.	8	1400	Claire Fromme (703)-273-1782(H)	Sunday, September 05, 2004	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
54	Little Bennett Regional Park and the Giant Ant Mound Trail	D	This is a spectacular 5.4 mile hike along Little Bennett creek through a 3,700 acre park in nearby Montgomery County. We'll pass by an old one room school house from centuries ago. There is a fun suspension bridge over the wide creek and an amazing end to this hike through a forest filled with hundreds of giant, 3-4 feet tall ant pyramids, the only place in Maryland where giant ant mounds can be found by the hundreds.	5	300	Sylvia Lake 301-503-7954(C)	Sunday, August 29, 2010	\$0.00	Carderock Rec Area, MD	8:30:00 AM	\$4.00	MD	Hike
55	Robertson Mountain	A	This is a difficult 9 mile hike with 2300 feet elevation change. We will take the Weakley Hollow Fire Road to the Robertson Mountain Trail. From there we will take the Corbin Hollow Trail back to the start. Excellent views of Corbin Hollow and Old Rag. Park entry fee is \$8/person.	9	2300	Jennifer Hine 571-236-2668(C)		\$8.00	Centreville Commuter Lot	8:30:00 AM	\$10.00	SNP	Hike
56	W&OD Railroad	C	Easy 9 mile hike along the W & O.D. Trail from Leesburg to Purcellville. Hike will require car shuttle. The trail passes through scenic farmland between the two towns on the former route of the Washington & Old Dominion Railroad.	9	0	Dave and Beth Erdman 301-903-7141(W), 301-802-2448(C)	Saturday, February 05, 2011	\$0.00	Sterling W&OD Lot	9:00:00 AM	\$5.00	W&OD	Hike
57	Bull Run/Occoquan Trail	B	An 11 mile hike over rolling hills along Bull Run and the Occoquan River. Car shuttle required to Hemlock Overlook. Bring your lunch, snacks, and plenty of water. This will be a moderately paced hiked (approximately 2.5 mph moving average; 2.0 mph overall average).	11	200	Emeline Otey 202-462-7049(H) & Marty Rine 571-344-5141(C)	Saturday, March 08, 2014	\$0.00	Fountainhead Park	9:00:00 AM	\$0.00	BR	Hike
58	C&O Canal/Brunswick	B	Easy 10 mile hike on canal trail from Noland's Ferry to Brunswick. During the Civil War Brunswick (then called Berlin) was an important Potomac crossing. Hike will require a car shuttle.	10	0	Claire Fromme (703)-273-1782(H)	Saturday, May 02, 1992	\$0.00	Centreville Commuter Lot	8:30:00 AM	\$8.00	C&O	Hike
59	C&O Canal Bike Trip		Leave from mile 134 near Hancock and bike to Cumberland, MD, mile 184. About 25 miles per day. Stay at Little Orleans Cabin Friday & Saturday nights. Cabin has limited capacity so call early for reservation.			Freeman Buxton (703)-430-2180	Saturday, May 09, 1992	\$0.00	Little Orleans Cabin	9:00:00 AM		C&O	Bike
60	Old Rag Summit	C	A 5.5 mile hike with 1750ft elevation gain. Almost a B hike, some parts of trail are steep, rough and rocky. Hike is on the Saddle Trail, not "Ridge Trail," and is shortest route to Old Rag Summit. Park entry fee is \$5/person.	5	1750	Frank Trippett 703-799-0836(W), 202-230-8082(C)		\$5.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
61	Rose River Falls	B	A moderate to difficult 10 mile circuit hike up the Rose River with an elevation change of about 2000 feet. The return trip is over the Gordonsville Pike, which in the prePark days was an important route across the mountains.	10	2000	Ruth Welch (703)-330-1393	Saturday, May 08, 1993	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$11.00	SNP	Hike
62	Hogback Mountain	A	Moderate 9.5 mile hike in Shenandoah National Park, with 1800 foot elevation. If it is a clear day, we might see the ridges of the Alleghenies and the many bends of the meandering Shenandoah River. This hike is in celebration of National Trails Day 2010.	9	1800	Dave and Beth Erdman 301-903-7141(W), 301-330-1633(H)	Saturday, June 05, 2010	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
63	Overall Run/Heiskell Hollow	A	A 10 mile hike, with 2500 feet of elevation gain, to the highest waterfalls in Shenandoah Park. We will ascend the Heiskell Hollow and Weddlewood Trails, have lunch overlooking Overall Falls, and descend on the Overall Run/Tuscarora Trail. Optional swim near the end of the hike.	10	2500	David Caviness 571-643-3897 & Lou Hurwitz 703-623-9619	Saturday, August 23, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
64	Bear Fence Rock Scramble	B	An approximately 10 mile hike up Slaughter Trail and returning via the Appalachian Trail & Conway River Fire Road with a short rock scramble over Bearfence Mountain with great views at the scramble.	10		Mike Gingerich 703-590-3188	Sunday, June 21, 1992	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
65	Rose River Falls Trail	C	A 5.5 mile circuit hike with 1500 elevation gain that passes Rose River falls and continues on past Dark Hollow Falls and offers view points from the Appalachian Trail as it circles the Big Meadows picnic and camping areas.	4	910	Mac McPherson 703-590-1442(H)	Sunday, March 07, 2010	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$15.00	SNP	Hike

66	Black Rock Cliffs/AT	A	A 12.5 mile hike through various types of terrain on the northern portion of the Appalachian Trail in Maryland from U.S. 40 to Raven Rock Rd. Beautiful views from Annapolis Rocks and Black Rock Cliffs. Car shuttle will be used.	12	1000	Ed Brimberg 703-944-9920(C)	Saturday, September 24, 1994	\$0.00	Pan-Am Shopping Center	8:00:00 AM	\$11.00	MD	Hike
67	Quantico Marine Corps Base	D	Figure-Eight hike of 8 miles, with parking at the midpoint, for those wishing to do only half the walk. See where "Silence of the Lambs" was filmed, gas chambers, and beached boats, climb ropes and see bamboo forest in old make believe Vietnamese village.	8	0	Laura Hiatt (703)-330-9540	Saturday, June 05, 1993	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$3.00	VA	Hike
68	Big Meadows(AT)	C	A 6.5 mile linear hike from Big Meadows Appalachian Trail south to Lewis Mountain, mile post 51.0 to mile post 57.5. Cool summer hike with not much elevation change. Car shuttle required.	6	200	Sylvia Lake 301-503-7954(C)	Sunday, September 19, 2010	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
69	Nicholson Hollow	A	Difficult 12 mile circuit in central Shenandoah National Park. Elevation gain 2500 feet. Several stream crossings of the Hughes River. Pass through old farms and remnants of mountain settlements. Varied terrain. Park entry fee is \$8/person.	12	2500	Ed Brimberg 703-944-9920(C)	Saturday, June 13, 2009	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
70	Ramsey/Es Draft Wilderness	B	A dual circuit, figure eight hike, in this designated wilderness area about 20 miles west of Staunton. Please call. Hike one loop for a 7 mile hike or the outer perimeter of the figure eight for 14 miles.	14		Mike Gingerich 703-590-3188	Sunday, August 09, 1992	\$0.00				WVA	Camp
71	Raven Rocks (AT)	B	Moderate 10 mile hike along the AT near Route 7. 1100 ft elevation gain. We will pass through Crescent and Raven Rocks.	10	800	Claire Fromme (703)-273-1782(H)	Saturday, June 30, 2001	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$5.00	VA	Hike
72	C&O Canal/Dargans Bend	C	Easy 10 mile hike along towpath from Dargan's Bend to Brunswick. We'll plan on having lunch at Harper's Ferry so you don't have to bring a lunch (It's up to you). Car shuttle required.	10	0	Claire Fromme (703)-273-1782(H)		\$0.00	Sterling W&OD Lot	9:00:00 AM	\$11.00	C&O	Hike
73	Fridley Gap/Catherine Furnace	A	A 10 mile linear hike traversing First, Second, and Third Mountains of the southern Massanutten. Total elevation gain is about 1900 feet. Hike ends at a swimming hole so you may want to take a dip while waiting on the cars. Location and time TBD. Car shuttle required.	10	1900	Mike Gingerich 703-590-3188	Sunday, July 27, 1997	\$0.00	Call Leader		\$13.00	GWNF	Hike
74	Laurel Run-Stack Rock	B	A moderate to difficult 8 mile hike with 1600 feet of elevation change. After a steep climb we will follow the rocky ridge of Great North Mountain where prominent rock out cropping give us opportunities for some great views.	8	1600	Bob Kuemmerling (703)-754-9073	Saturday, September 19, 1992	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	GWNF	Hike
75	Sugarloaf Mountain	C	This is an 5.5 mile circuit hike on Sugarloaf Mountain in Maryland. Total elevation change is 990 feet. Sugarloaf Mountain is a conservation/recreation area and is owned and managed by the Stronghold Foundation. We will be taking the Blue-blazed Northern Peak Trail loop.	6	1200	Dave and Beth Erdman 301-903-7141(W), 301-330-1633(H)	Saturday, July 26, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$3.00	MD	Hike
76	C&O Canal Bike Trip		Leave from mile 140, Little Orleans and bike toward Cumberland, MD, mile 184. About 20 miles the first day and 15 miles the second. Stay at campsite in Little Orleans.			Mike Gingerich 703-590-3188	Saturday, September 26, 1992	\$0.00	Little Orleans	9:00:00 AM		C&O	Bike
77	Westmoreland State Park	D	Easy hike along Potomac River beaches and through marshes and pines and near Horsehead Cliffs where fossil shells, shark's teeth and whale bones from the Cretaceous & Tertiary Periods may be found. The Park claims 6+ miles of trails. Hike as much as you want, go back to the car when your done. Mostly level. Bring bathing suit if it suits you. Lunch, picnic from the car. Pets permitted. Not fast paced.	6	0	Mike Gingerich 703-590-3188	Saturday, October 03, 1992		Centreville Commuter Lot	8:00:00 AM	\$12.00	VA	Hike
78	Stack Rock/Trout Pond	A	Dual circuit hike of about 15 miles in the Great North Mountain area. Good views from Stack Rock and along the ridge line. Pleasant descent to Trout Pond and scenic Rock Cliffs Lake. Return via Long Mountain and Laurel Run Trail. Total elevation gain of about 2800 ft. Hike starts near Liberty Furnace ruins. Recommended for experienced hikers.	15	2800	Mike Gingerich 703-590-3188	Sunday, April 20, 1997	\$0.00	Call leader	8:00:00 AM	\$12.00	GWNF	Hike
79	Union Mill/Hemlock Overlook	C	Moderate dual circuit hike in Prince William & Fairfax counties. Approximately 9 miles total distance. Hike will traverse secluded Civil War sites and fortifications on both sides of the Bull Run. Historic commentary will be provided. This is a moderately easy hike with gentle grades and pristine trails rich in history. Trails might be a bit muddy in spots, but visibility should be good.	9	200	Bob Delmore (703)-491-4632	Saturday, October 17, 1992	\$0.00	Osborn High School	9:00:00 AM	\$0.00	BR	Hike
80	Big Schloss	A	A rugged 12 mile circuit in the Great North Mountain area near Wolf Gap Recreation area. Highly varied trail conditions and spectacular views from Big Schloss (literally "castle" in German). Have lunch in two states as you walk the VA/WV line bisecting the Mill Mountain Ridge. Sweeping panoramic views.	12	2200	Jennifer Hine 571-236-2668(C)	Saturday, November 03, 2012	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
81	Chancellorsville Battlefields	D	Civil War history hike of approximately 3-6 miles covering highlights of the Chancellorsville and Wilderness Campaigns. Hike will include the Chancellorsville history trail and one or more optional loop trails. Interpretation of events related to these campaigns will be provided.	6	0	Marian Delmore (703)-491-4632	Sunday, November 08, 1992	\$0.00	Lakeridge	9:00:00 AM	\$4.00	VA	Hike
82	Pass Mountain	A	A fun frolic in central SNP. Circuit hike of 13-14 miles. Hike will traverse an old mountain road used by early settlers, follow the AT, descend the Thornton River trail, and return via Butternut Branch trail. Highly varied trail conditions. Elevation change of about 2000 ft.	14	2000	Walt Reinhard (703)-221-5424	Saturday, November 14, 1992	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike

83	MaryEs Rock	C	A leisurely 3.7 mile hike to the summit of Mary's Rock & return in central SNP. Outstanding panoramic views. Approx. 1200 ft. elevation change. (Not suitable for fastpaced hikers)	3	1200	Ruth Welch (703)-330-1393	Saturday, November 28, 1992	\$10.00	Centreville Commuter Lot	9:00:00 AM	\$8.00	SNP	Hike
84	Keys Gap to Harpers Ferry	C	Approximately 7 miles along the AT ending at historic Harpers Ferry. Opportunity for sightseeing at Harpers Ferry after the hike. Requires car shuttle.	7	500	Dave and Beth Erdman 301-903-7141(W), 301-330-1633(H)	Saturday, November 15, 2008	\$0.00	East Falls Church Metro	8:30:00 AM	\$11.00	VA	Hike
85	Riprap Hollow	A	This is a fairly strenuous hike - especially at the end. It is therefore for seasoned hikers who have already done several A rated hikes. This is a 10 mile circuit in the very picturesque southern end of the SNP with an elevation change of 2030 foot on the western side. We will hike the Riprap Hollow and Wildcat Ridge trails. Excellent views from Calvary Rocks. Many wildflowers should be in bloom, especially the mountain laurel. Bring plenty of water, and perhaps a change of clothes for after the hike.	10	2030	Roy Sammarco (703)-569-2878(H)	Saturday, May 11, 2002	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$16.00	SNP	Hike
86	C&O Canal/Hancock	A	This is a difficult 15 mile hike along the more scenic sections of the C&O Canal near Hancock, MD.	20	0	Mano Malayanur (301)-562-3156(H)	Sunday, December 13, 1992	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	C&O	Hike
87	Lake Accotink	D	Approximately 4 easy, flat miles around the lake. Chance to use the paddle boats and other recreational facilities for those that desire to extend the day. Meet at the Lake Accotink Parking lot under the railroad tracks.	4	0	Joan & Dennis (703)-383-0233	Saturday, August 11, 2001	\$0.00	Lake Accotink Parking Lot	8:00:00 AM	\$0.00	VA	Hike
88	Donaldson Run	C	4 mile circuit hike in Arlington. Hike will start from Potomac Overlook and go down to the Potomac River. Historic sites can be seen along the way. Some climbing but not too strenuous.	4	200	Joan & Dennis (703)-383-0233	Sunday, January 12, 2003	\$0.00	Vienna Metro	9:00:00 AM	\$3.00	VA	Hike
89	C&O Canal/Zero Mile	C	Hike 10 miles from Carderock to Georgetown on the C & O Canal to mile post 0.00. No elevation change.	10	0	Ad Brault (703)-280-1685(H), (703)-591-0911(W)	Saturday, April 09, 1994	\$0.00	Pan-Am Shopping Center	9:00:00 AM	\$3.00	C&O	Hike
90	Stony Man/Limberlost Trail	C	Approximate 7 mile circuit in central Shenandoah National Park. Trail passes Little Stony Man Cliffs, reaches summit of Stony Man Mountain and goes through a hemlock forest. Elevation change is approximately 1400 ft.	7	1400	Claire Fromme (703)-273-1782(H)	Saturday, January 30, 1993	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
91	Sky Meadows State Park	C	We will start at the Sky Meadows State Park visitors center and ascend the South Ridge/North Ridge Trails to the AT. Proceed briefly on the AT to the Old Trail, back to the AT. Turning south, we will go to the Ambassador Whitehouse Trail and lunch overlooking Paris, VA and the Virginia countryside. Back to the visitor center after lunch. The hike is approximately 7 miles with 1,400 feet of elevation gain.	7	1400	Dane Luck 703-850-3266(C)	Saturday, September 06, 2014	\$4.00	Centreville Commuter Lot	8:00:00 AM	\$5.00	VA	Hike
92	Hangover Hike	D	Pohick Bay Regional Park. Approximately 4 miles of varied terrain in this secluded park on the Mason Neck Peninsula. Possibility of spotting eagles and ospreys.	4	0	Joan & Dennis (703)-383-0233	Tuesday, January 01, 2002	\$0.00	Woodbridge Commuter Lot	10:00:00 AM	\$0.00	VA	Hike
93	Elizabeth Furnace/Tuscarora	B	An 8 mile circuit hike with 1600 foot elevation change. Starting at Elizabeth Furnace Recreation area, we will climb to Meneka Peak. Great views along the way including Buzzard Rock overlook, Meneka Peak and Bear Wallow.	8	1600	Arleen Levy 202-528-9654(C)	Saturday, January 23, 2010	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	GWNF	Hike
94	Spotsylvania Battlefield	D	Circuit hike covering main points of the Spotsylvania Battlefield National Park. Total of 7 miles. Easy circuit hike with no elevation change. Scenic trails will include trenches and earthworks in excellent state of preservation. Some interpretation of historic events and battle tactics will be provided.	7	0	Marian Delmore (703)-491-4632	Sunday, April 04, 1993	\$0.00	Lakeridge	9:00:00 AM	\$4.00	VA	Hike
95	Overall Run/Beecher Ridge	B	A circuit hike of 7.5 miles, 2160 feet elevation change. We start at Thompsons Hollow, follow the Overall Run trail & come back on Tuscarora Trail/Overall Run. The climb up Beecher Ridge is steep, but the views of the highest falls in the park make it worth the trip.	7	2160	Tom Lutke (703)-922-7372(H), (703)-660-6615(W)	Sunday, July 03, 2005	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
96	National Zoo Farm to Linden	B	Moderate 8.5 mile hike along Appalachian Trail passes by Denton shelter, beaver pond, and several scenic views. Elevation change 1400'.	8	1400	Mike Gingerich 703-590-3188	Sunday, December 01, 1996	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	VA	Hike
97	Harpers Ferry/Maryland Heights	B	This is a 10 mile hike starting at Weverton, going 3 miles up the canal, and then a steep climb up Maryland Heights and returning to Weverton. We can also go up Weverton Cliffs after lunch. Lunch will be in Harpers Ferry. Elevation is 1900 feet.	10	1900	Claire Fromme (703)-273-1782(H)	Sunday, July 24, 2005	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$8.00	MD	Hike
98	Whiteoak/Hawksbill Summit	A	An 11 mile circuit hike with a whopping 3200 feet elevation change. Hike ascends the Whiteoak Canyon and then Hawksbill Summit, the highest peak in SNP. We descend via Cedar Run Canyon. Attractions include nine waterfalls and outstanding views. Bring two lunches for this one! Park entry fee is \$8/person.	11	3200	Mano Malayanur (301)-562-3156(H)	Saturday, October 06, 2007	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
99	Potomac Heritage Trail	B	Hike a nine-mile segment of the Potomac Heritage Trail (along the Potomac River) from Turkey Run to Theodore Roosevelt Island. Stream crossings, some rock scrambles, waterfalls. No major elevation change but lots of ups-and-downs, not unlike life itself. Car shuttle required. Meet at Turkey Run Park. From either direction on George Washington Memorial Pkwy, take exit for Turkey Run Park, marked by brown sign. Meet in first parking lot on the left after entering (Lot C-1).	9	300	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Sunday, November 24, 2002	\$0.00	Turkey Run Park	8:30:00 AM	\$0.00	VA	Hike

100	The Ascent of Stony Man	A	This hike is 9 miles long with a 1700 foot climb. The hike starts auspiciously with an optional breakfast at Skyland Restaurant. The hike then ascends the Stony Man and the Little Stony Man peaks, and continues on the AT for a while before returning by Nicholson Hollow Trail, Indian Run Trail and Old Rag Fire Road. Excellent views.	9	1700	Mano Malayanur (301)-562-3156(H)	Saturday, April 17, 1993	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
101	Manassas Gap to Dicks Dome	A	This is a 13.5 mile out and back hike, with lunch at Dick's Dome. There is a hard climb at the beginning, but the rest of the hike is mostly a pleasant moderate to fast pace stroll along rolling hills.	14	1500	Jym Stamp 703-249-9494(H)	Saturday, September 14, 2013	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$5.00	VA	Hike
102	Mountindale/Cat octin Trail	A	A delightful Spring ramble over gently rolling hills and through scenic stream valleys in nearby Frederick Co. MD. Abundance of mountain laurel and other interesting terrain features. About 14 miles linear hike, starting at Gambrill State Park and ending at Cunningham Falls State Park.	14	1700	Bob Delmore (703)-491-4632	Sunday, April 10, 1994	\$0.00	Lakeridge	8:00:00 AM	\$11.00	MD	Hike
103	Huntley Meadows Park	D	A pleasant 3 mile hike through an Alexandria wetland park. Some of the best wildlife watching in the Washington metropolitan area. Beltway Exit 177A, Route 1 south for 3.5 miles to a right on Lockheed Boulevard, approx 3 blocks down on the left at Harrison Lane- Park entrance. 3701 Lockheed Blvd., Alexandria, VA 22306	3	0	Jane 703-400-3941(C)	Sunday, March 16, 2008	\$0.00	Trailhead in Huntley Meadows Parking Lot	1:00:00 PM	\$0.00	VA	Hike
104	Harper/Es Ferry for Spouses	D/B	A good hike to bring along your non-hiking spouse or friend. Plans include Bolivar Heights (3 miles) in the morning, lunch at a restaurant in historic Harpers Ferry, and Maryland heights (5 miles, stiff climbing) in the afternoon for those who are willing.	8	1000	Mano Malayanur (301)-562-3156(H)	Sunday, October 29, 1995	\$0.00	Sterling W&OD Lot	9:00:00 AM	\$11.00	WVA	Hike
105	Beginning Backpackers II	C	Beginners backpacking hike. A moderately level 5 mile trip on the AT between Tri County Fire Tower and Manassas Gap Shelter, with 2 additional miles Sunday to Linden. Additional miles are an option. Call hike leaders for details.	7		Freeman Buxton (703)-430-2180	Saturday, May 08, 1993	\$0.00				VA	Camp
106	Leesylvania State Park	D	A 6 mile hike in this VA State Park in Woodbridge. The park boasts many scenic overlooks of the Potomac River including one on the remains of a Civil War Confederate gun battery at Freestone Point. Hike will consist of 4 different trails. There is a \$5 park entrance fee per car.	6	0	Jo Ann Worrell 703-878-2405	Sunday, May 17, 2009	\$5.00	Woodbridge Commuter Lot	8:00:00 AM	\$1.00	VA	Hike
107	Accotink Stream Valley	D	6 miles along the banks of the creek in the heart of suburbia.	6	0	Ad Brault (703)-280-1685(H), (703)-591-0911(W)	Monday, September 02, 1996	\$0.00	Pan-Am Shopping Center	9:00:00 AM	\$0.00	VA	Hike
108	Dickey Ridge	C	This is a one-way afternoon hike in northern SNP, 7 miles long with a 500 foot climb. We plan to finish the hike before nightfall. Attractions include a nice view of the Shenandoah River and the valley bathed in the rays of a setting sun. An ideal hike for beginners, and a fun hike for all. Requires a five mile car shuttle.	7	500	Mano Malayanur (301)-562-3156(H)	Sunday, July 16, 2006	\$15.00	Centreville Commuter Lot	1:00:00 PM	\$8.00	SNP	Hike
109	Kennedy Peak	A	12.5 mile linear hike with 3200' elevation change. Hike will start at the Tolliver Trail and proceed south on the Massanutten Trail to Edith Gap. High point of the hike is Kennedy Peak, highest point in the Massanutten. Car shuttle required. http://mgingerich.crosswinds.net/hikes/Kennedy-Peak/	12	3200	Mike Gingerich 703-590-3188	Sunday, June 06, 2004	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
110	Whiteoak Canyon	A	14 mile circuit hike to the 2nd highest mountain in the park. We will pass Whiteoak Canyon, Stony Man Mountain and Cedar Run. Approximate elevation change 2900 ft. Beautiful view from Stony Man Mountain. We will pass 3 or 4 waterfalls. Park entry fee is \$5/person.	14	2900	Walt Reinhard (703)-221-5424	Saturday, May 29, 1993	\$5.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
111	Beginning Backpackers I	B	Beginners backpacking hike, 12 miles on the AT, Rte 9 to Blackburn Trail Center and return. Camp out at Blackburn Trail Center. Call hike leader for details.	12		Freeman Buxton (703)-430-2180	Saturday, August 27, 1994	\$0.00	Sterling Bike Trail Lot or Rte 9	10:00:00 AM	\$8.00	VA	Camp
112	Signal Knob	A	A 9.8 mile circuit hike on Massanutten Mountain near Strasburg. Sweeping views from overlooks. The high point is Signal Knob, used as a signal relay station during the Civil War. Elevation change 2300 feet.	9	2300	Ashley Lewis 571-255-0191	Sunday, December 08, 2013	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
113	Doyles River-Jones Run AT Circuit	B	This is an 8 mile circuit hike with 3 waterfalls and an elevation change of 1800 ft. Beginning at Browns Gap the hike proceeds south along the AT and descends the Jones Run Trail. We then ascend the Doyles River Trail to the AT south, completing the circuit to Browns Gap.	8	1800	Mark Rietman 703-395-5327(C)	Saturday, October 25, 2014	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$14.00	SNP	Hike
114	Fountainhead Regional Park	C	Approximately 5 miles of gently rolling hills with scenic river views.	5	0	Joan & Dennis (703)-383-0233	Sunday, October 22, 1995	\$0.00	Woodbridge Commuter Lot	10:00:00 AM	\$0.00	VA	Hike
115	Hickory Ridge	D	A leisurely 406 mile hike encompassing several historic sites associated with the development of Prince William Forest Park. This hike will require some bushwhacking to view the ruins of Hickory Ridge, a pre-Civil War Black settlement that existed within the Park confines until the mid 1930's.	6	300	Marian Delmore (703)-491-4632	Saturday, July 10, 1993	\$5.00	Centreville Commuter Lot	9:00:00 AM	\$3.00	PWFP	Hike

116	Urban Hike: Baltimore	B	An 11-mile leisurely stroll (2.5 mi/hr) through some of Baltimore's most historic and ethnic neighborhoods. Starting at Federal Hill area, our tour will take in the Cross Street Market, Federal Hill Park, Poe burial site, Lexington Market, Washington Monument, City Hall, Shot Tower, Johns Hopkins hospital, Butchers Hill, Patterson Park, Fells Point, Little Italy, and the Inner Harbor. Optional light rail trip to the street car museum. Stops en route for coffee/soda and restroom breaks. Lunch at a restaurant at Fells Point. Parking fee (\$16) to park in Baltimore to be shared by all in the car pool. We will meet at Forest Glen Metro (on the Red line, just outside the Beltway) outside the fare gates. Metro station has free parking on weekends. Bring cash for car pool fee, parking in Baltimore, coffee/soda, and lunch (\$35-40?).	7	0	Mano Malayanur 301-562-3156(H)	Saturday, November 14, 2009	\$16.00	Forest Glen Metro outside the fare gates	8:30:00 AM	\$12.00	MD	Hike
117	Backpacking/Harpers Ferry	B	Beginning backpacking hike rescheduled, 13 miles on the AT; 6 miles Saturday and 7 miles Sunday. Start hike at Route 9, stop off at Blackburn Trail Center Campgrounds and proceed to Route 7 the following day. Good opportunity to learn backpacking skills.	13		Freeman Buxton (703)-430-2180	Saturday, July 17, 1993	\$0.00				VA	Camp
118	4th Annual Hangover Hike	D	Approximately 5 fun miles along forest trails and fire roads in nearby PWFP.	5	0	Joan & Dennis (703)-383-0233	Monday, January 01, 1996	\$5.00	Rt 123/I-95 Commuter Lot	10:00:00 AM	\$0.00	PWFP	Hike
119	Midsummer Night's Scheme	B	Big Meadows Campout and Night Hike in SNP. This event has something for everyone, including a cookout, an 8 mile hike with a 1000 foot climb and optional camping at a developed site. Other amenities within easy walking distance. Call Mano for reservations and details.	8	1000	Mano Malayanur (301)-562-3156(H)	Saturday, August 05, 1995	\$10.00	Call leader		\$11.00	SNP	Camp
120	Mason Neck Wildlife Refuge	D	Mason Neck Wildlife Refuge in nearby Gunston, VA. 3.5 easy scenic miles affording views of water fowl, deer and an occasional eagle.	3	0	Joan & Dennis (703)-383-0233	Sunday, July 13, 1997	\$0.00	Woodbridge Commuter Lot	8:00:00 AM	\$0.00	VA	Hike
121	Farms To Forest Hike	D	A pleasant 607 mile hike in the Oak Ridge section of Prince William Forest Park. This area was once settled and farmed for tobacco and forest products. Remnants of old roads and home site can still be seen.	7	0	Joan & Dennis (703)-383-0233		\$5.00	Woodbridge Commuter Lot	9:00:00 AM	\$3.00	PWFP	Hike
122	White Water Rafting		Members only. Five miles of up to Grade III rapids in the Shenandoah and Potomac rivers near Harpers Ferry. Call ASAP for your booking.	0		Mano Malayanur (301)-562-3156(H)	Sunday, August 08, 1993	\$0.00	Centreville Commuter Lot		\$11.00	WVA	Water
123	Blackrock Summit/Trayfoot	A	A vigorous 10 mile circuit hike in the southern section of Shenandoah National Park. Beginning at Blackrock Gap we proceed north along the AT to the summit of Blackrock Mtn. Continue along Trayfoot Mtn. and Paine Run trails to complete a circuit. We'll lunch at a rock outcrop overlooking the Valley at The Grottos. Trayfoot Mtn. is among the more varied trails, with some spectacular overlooks, overgrown trails and stream crossings. Elevation change 2200 ft.	10	2200	Roy Sammarco (703)-569-2878(H), 703-325-1436(W)	Sunday, May 15, 2005	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$16.00	SNP	Hike
124	St. Marys Wilderness		St. Mary's Wilderness is a designated wilderness area in the National Forest System. There are several hike options available from about 2 to 12 miles with gradual to moderate climbs. A waterfall is located in the middle of the wilderness. Sharando Lake and Crabtree Falls are also nearby. The wilderness is located in the George Washington National Forest just south of Waynesboro, VA.	12		niH)	Saturday, August 28, 1993	\$0.00				VA	Camp
125	Mystery Hike		You'll find out where we are going when we get there.			Joan & Dennis (703)-383-0233	Sunday, August 29, 1993	\$0.00	Lakeridge	8:00:00 AM	\$3.00		Hike
126	Beaver Loop	C	An easy 7.5 mile circuit hike along the fall line of the Piedmont Plateau and the South Branch Quantico Creek. Might see some furry fellows and their handwork. Joint hike with Center Hiking Club.	7	0	Stephanie & Al (703)-369-0888	Sunday, May 01, 1994	\$5.00	Centreville Commuter Lot	11:00:00 AM	\$3.00	PWFP	Hike
127	Occoquan/Bull Run Trail	A	A late summer ramble over gently rolling hills and scenic steam valley, starting at Blackburn's Ford and ending at Fountainhead Regional Park. Some historic sites will be seen along the way. About 16 miles total distance. A car shuttle will be used.	16	200	Bob Delmore (703)-491-4632	Saturday, September 18, 1993	\$0.00	Lakeridge	9:00:00 AM	\$3.00	VA	Hike
128	Thornton Hollow	B	Moderate 7.5 mile circuit hike in the northern part of Shenandoah National Park. Elevation change of about 1600 ft. The high point of the hike is Byrd's Nest #4, just off the AT.	7	1600	Claire Fromme (703)-273-1782(H)	Saturday, May 25, 2002	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
129	Rose River Falls/Hawksbill	A	A 10 mile circuit in central SNP with an elevation gain of 1750 feet. Begin at the Upper Hawksbill parking area then Skyland-Big Meadows horse trail to the Rose River Loop Trail and falls, Rose River fire road then along the AT to an ascent of Hawksbill Mtn., the highest peak in SNP.	10	1750	Mina Guevara 571-237-4062	Sunday, August 03, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
130	Fridley Gap	A	A challenging 14 mile circuit hike in the Lee Ranger District of GWNF. We will traverse three ridges as we follow the contour of the Massanutten Mtn. South trail. Car shuttle required.	14		Mike Gingerich 703-590-3188	Sunday, November 05, 1995	\$0.00	Call Leader	7:30:00 AM	\$12.00	GWNF	Hike
131	Two North Sections of Billy Goat Trail	B	A 10 mile circuit hike on the Maryland side of the Potomac River. Lots of rock scrambling. Spectacular views of Great Falls and Mather Gorge. Bring a snack and water for a break along the way.	10	200	Cathy Broad (301) 587-6776(H)	Sunday, January 05, 2003	\$0.00	Carderock Rec Area, MD	12:30:00 PM	\$0.00	GF/MD	Hike
132	C&O Canal/Old Angler's Inn	D	A pleasant 7-8 mile circuit hike along the towpath starting at Old Angler's Inn with a visit to Great Falls Tavern. Hike will include the Olmstead Island access trail.	8	0	Ad Brault (703)-280-1685(H), (703)-591-0911(W)	Sunday, December 03, 1995	\$0.00	Vienna Metro	9:00:00 AM	\$4.00	C&O	Hike

133	Fredericksburg Tour	D	A walking tour of Historic Fredericksburg and sections of the Battlefield. A great time of year to visit the heartland of the Confederacy.			Freeman Buxton (703)-430-2180	Sunday, December 19, 1993	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$8.00	VA	Hike
134	Turkey Run	D	This is a 3.5 mile circuit at Turkey Run Park off the GW Parkway. Walk along the Potomac as well as Turkey Run. A (1+ mile each way) side trip to Dead Run is available to anyone interested.	3	0	Joan & Dennis (703)-383-0233	Sunday, February 16, 2003	\$0.00	Vienna Metro	9:00:00 AM	\$3.00	VA	Hike
135	Mystery Hike	C	Plan on a C hike (less than 10 miles) with very little elevation change.			Mano Malayanur (301)-562-3156(H)	Sunday, March 30, 1997	\$0.00	Vienna Metro	9:00:00 AM	\$5.00		Hike
136	Buzzard Rocks	A	A linear hike of about 10 miles with an elevation gain of 2800 feet along the Buzzard Rocks, Tuscarora and Sherman Gap trails. Mostly ridge hiking with views of the South Fork of the Shenandoah River. Car shuttle required.	10	2800	Gene Vivalda 703-802-6426(H)		\$0.00	Centreville Commuter Lot	8:00:00 AM	\$10.00	GWNF	Hike
137	Appalachian Trail/Panorama	B	An 8 mile hike from Panorama to Stony Man Overlook in Central SNP. Elevation change about 1700 feet. Hike will ascend Marys Rock and the Pinnacle and will require a car shuttle.	8	1700	Mano Malayanur (301)-562-3156(H)	Sunday, November 05, 2006	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
138	Cropley/Gold Mine Tract	D	An easy 7 mile circuit hike using the towpath, Berma Road, and several other trails in the C&O Canal National Historic Park. Hike will pass the ruins of a gold mining operation dating back to the late 19th century and the original Washington aqueduct.	7	0	Marian Delmore (703)-491-4632	Sunday, January 23, 1994	\$0.00	Lakeridge	9:00:00 AM	\$4.00	C&O	Hike
139	Little Bennet Regional Park	D	Explore remnants of the past on this delightful 6-8 mile circuit hike through Little Bennett Valley, once the site of farms and small scale industries. Rolling hills, open meadows and dense woods will be seen on this hike.	8	200	Ruth Welch (703)-330-1393	Saturday, January 29, 1994	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$5.00	MD	Hike
140	Little Devil Stairs	A	A moderately paced 13 mile circuit hike in Northern SNP, including the ascent of Little Devil Stairs up to Hogback Overlook. Return south via the AT to Pole Bridge Link trail joining Piney Branch to Hull School trails to the return down Keyser Run Fire Road. Elevation change is 2300 feet. PATC Map 9	13	2400	Mark Rietman 703-395-5327(C)	Sunday, December 26, 2010	\$5.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
141	Mudhole Gap	B	An adventurous circuit hike of about 11 miles on the Tuscarora and Bear Wallow trails near Powells Fort Camp. Good views on the ascent of Green Mountain. Return via an old logging road. Elevation gain 1000'.	11	1000	Joan & Dennis (703)-383-0233	Saturday, February 05, 1994	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	GWNF	Hike
142	Patuxent River Park	D	An easy 5 miles on the banks of the Patuxent River.	5	0	Mano Malayanur (301)-562-3156(H)	Sunday, February 20, 1994	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$5.00	MD	Hike
143	Riverbend/Great Falls	C	A 7 mile hike starting in Riverbend Park on the Potomac River and continuing to Great Falls and Mather Gorge where we can watch the rock climbers and kayakers.	7	200	Claire Fromme (703)-273-1782(H)	Sunday, December 17, 2006	\$0.00	Vienna Metro	8:30:00 AM	\$3.00	GF/VA	Hike
144	Frederick Municipal Forest	A	This is an unusual but interesting varied hike on the Catocin Trail through rolling hills, stream valleys, and old logging roads. Linear hike of about 14 invigorating miles with an optional dinner stop at the end.	14	500	Bob Delmore (703)-491-4632	Sunday, February 27, 1994	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	MD	Hike
145	Measles Camp, Centreville	B	An historic hike to the site of a Confederate convalescent camp in nearby Fairfax County. We will traverse the valley of the Little Rocky Run and visit several other Civil War sites along the way. Plan for 12 miles.	12	0	Bob Delmore (703)-491-4632	Sunday, November 20, 1994	\$0.00	Lakeridge	9:00:00 AM	\$4.00	VA	Hike
146	Piscataway Park	D	A linear hike of about 7 miles along the Potomac River overlooking Mt. Vernon. This is our first venture into the hinterlands of Prince Georges County.	7	0	Mano Malayanur (301)-562-3156(H)	Sunday, March 20, 1994	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$5.00	MD	Hike
147	Whiteoak Canyon	A	Try this circuit hike to help metabolize your turkey and dressing after Thanksgiving. Our journey of 8 miles traverses two of the deepest and steepest ravines in the Park. The trail passes six waterfalls as it climbs up Whiteoak Canyon and goes down Cedar Run. Elevation change is about 2600 feet. Park entry fee is \$8/person.	8	2600	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Saturday, November 26, 2011	\$8.00	Centreville Commuter Lot	8:30:00 AM	\$12.00	SNP	Hike
148	W&OD Rail Trail Park/Bike Trip	D	Bike with us 20 miles at a moderate speed (8-9 miles per hour) from Sterling to Leesburg and return. Optional breakfast buffet or bring or buy a sandwich. Trip will be rescheduled the following Sunday if inclement weather conditions occur.	20	0	Freeman Buxton (703)-430-2180	Sunday, March 29, 1998	\$0.00	Sterling W&OD Lot	9:00:00 AM	\$0.00	W&OD	Bike
149	Club Social/Meeting	N/A	Hike club members, leaders and potential leaders are invited to attend a pot luck at Roy Sammarco's home in Springfield, VA. Bring a dish to share. Call for information and directions. Members only.			Roy Sammarco (703)-569-2878(H), 703-325-1436(W)			Roy's Home	6:00:00 PM	\$0.00	VA	
150	Harpers Ferry/Tri-State	A	Hike three states, VA, WV, and MD, near Harpers Ferry on this 12 mile circuit hike with 2380 foot elevation change. We will begin on the Appalachian Trail, then traverse Loudoun Heights, follow the C&O canal to the Maryland Heights trail and wind up passing through the historical town of Harpers Ferry. Beautiful views from all trails.	12	2380	Ed Brimberg 703-944-9920(C)	Saturday, June 16, 2012	\$10.00	Sterling W&OD Lot	8:00:00 AM	\$6.00	WVA	Hike
151	Turners Gap/AT	A	This is a 10 mile linear hike on the Appalachian Trail in Maryland. Total elevation change is 1500 feet. We will begin on the Bear Spring Cabin trail then follow the AT north to I-70. We will pass through Washington Monument State Park. Car shuttle is required.	10	1500	Ed Brimberg 703-944-9920(C)	Saturday, May 17, 2003	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$11.00	MD	Hike

152	Pignut Mountain Bushwack	B	You will have a chance to experience leaving the trail for peaks off yonder. We will follow the Piney Branch trail in the Shenandoah National Park to an intermittent stream and bushwack to a ridge and two peaks. Total hike distance is about 6 miles with about 1/2 of it off trail and a total climb of about 1700 feet.	6	1700	Mike Gingerich 703-590-3188	Sunday, April 17, 1994	\$0.00	Call leader		\$11.00	SNP	Hike
153	Keys Gap/Snickers Gap/AT	B	Good opportunity for beginners & others to learn hiking skills & equipment use. Begin at the Route 9 AT crossing, Keys Gap & go 11 miles with mid-point stop at Blackburn Trail Center on Sat. night. Stay at camp center or non-tent owners can use a screened porch at the Trail Center. On Sun. continue to AT crossing at Rt. 7, Snickers Gap. Call hike leaders for details. In event of inclement weather hike will be on the following weekend. Joint hike with Potomac Backpackers Association. Call leaders.	11		Freeman Buxton (703)-430-2180	Saturday, April 23, 1994	\$0.00	Sterling Bike Trail Lot			VA	Camp
154	Jeremy's Run/Neighbor Mountain	A	A 14 mile difficult circuit hike with an elevation change of 2600 feet. Jeremy's Run is one of the most beautiful streams in the northern section of the Park. The trail crosses the stream 14 times so be prepared. We'll begin at the picnic area and hike down Jeremys Run. We'll lunch at the waterfall, and then after about a half an hour begin the long ascent of Neighbor Mt. Return is by the AT.	14	2600	Roy Sammarco (703)-569-2878(H), 703-325-1436(W)	Saturday, November 20, 2004	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
155	White Water Rafting - New River	fun	A fun filled weekend trip to the famous New River Gorge, WV, culminating in a rafting trip down the river.			Mano Malayanur (301)-562-3156(H)	Friday, June 28, 1996	\$0.00	Call leaders			WVA	Water
156	Calvert Cliffs	C	Approximately 10 miles over varied terrain, in beautiful Calvert County, MD. Opportunity for swimming in the Chesapeake Bay, (suits required) as well as fossil hunting.	10	0	Joan & Dennis (703)-383-0233	Sunday, June 19, 1994	\$0.00	Lakeridge	7:30:00 AM	\$12.00	MD	Hike
157	Beginners Backpacking III	B	Easy to moderate backpacking trip in Shenandoah National Park. There will be opportunities for short hikes after setting up camp. We will do communal cooking so reservations are required by April 25. Call for details. Beginners welcome. Share cost of food as well as cooking chores.			Joan & Dennis (703)-383-0233	Saturday, April 30, 1994	\$10.00	Call leader		\$11.00	SNP	Camp
158	Spruce Knob Overnight	A-C	A hiking adventure in the Spruce Knob area of Monongahela National Forest. This area has a variety of landscapes, vast openings, and pastures. Hikes of varying lengths and difficulty will be offered, but all will include the ascent of Spruce Knob, at 4863 feet the highest point in WVA and a visit to Seneca Rocks. We will leave on Friday and return on Sunday. Departure time and accommodations will be coordinated by the leader. Reservations are required.			Bob Delmore (703)-491-4632	Friday, November 11, 1994	\$0.00	TBD			WVA	Camp
159	Whiteoak/AT at Night	B	An evening and night hike in the woods to visit a pretty waterfall. Approximately 8 miles over moderately difficult terrain, but at a medium pace. Bring a flashlight.	8	1200	Mano Malayanur (301)-562-3156(H)	Saturday, August 08, 1998	\$10.00	Centreville Commuter Lot	5:00:00 PM	\$12.00	SNP	Hike
160	NVHC Annual Meeting	Fun	All club members are invited to join in a conference call on Sunday, April 27 at 4:00pm for the NVHC Annual Meeting. The meeting includes official Club business and the election of officers. The call is expected to last about one hour. If you would like to call in, dial 712-432-9998 and enter Access Code - 605681#.			Dave Erdman 301-330-1633(H), 301-903-7141(W)	Sunday, April 27, 2014	\$0.00	Conference Call	4:00:00 PM	\$0.00	VA	
161	Little Devils Stairs at Night	B	Seven miles with 2000 feet of climbing. Climb down the stairs in the evening and climb back up on the fire road under a starry sky. Please bring a flashlight.	7	2000	Mano Malayanur (301)-562-3156(H)	Saturday, July 16, 1994	\$10.00	Centreville Commuter Lot	6:00:00 PM	\$8.00	SNP	Hike
162	Delaware Water Gap Canoe Trip		Canoe, hiking and camping near the Delaware Water Gap, PA. Contact Mano for details.			Mano Malayanur (301)-562-3156(H)	Saturday, June 27, 1998					PA	Water
163	Appalachian Trail/Elk Wallow	B	We will hike about 8.5 miles and gain about 1,700 feet as we walk south on the AT from Elkwallow Gap to Panorama in Northern SNP. We will stop for lunch at Bird's Nest #4 and then cross over Pass Mountain before we reach the end of our hike at the lower Panorama parking lot on highway 211. This hike will require an 8 mile car shuttle.	8	1700	Emeline Otey 202-462-7049(H) & Len Henzke 703-899-5051(C)	Sunday, October 27, 2013	\$15.00	Centreville Commuter Lot	8:30:00 AM	\$11.00	SNP	Hike
164	Ellanor Lawrence Regional Park	D	Approximately 3-4 miles of easy walking. You will get scenery, culture and history. Call for directions.	4		Joan & Dennis (703)-383-0233	Sunday, August 05, 2001	\$0.00	Vienna Metro	8:00:00 AM	\$0.00	VA	Hike
165	Mason Neck Wildlife Refuge	D	Approximately 3 miles of forest trails walking through the refuge.	3		Joan & Dennis (703)-383-0233	Sunday, July 12, 1998	\$0.00	Woodbridge Commuter Lot	8:00:00 AM	\$0.00	VA	Hike
166	Bike Tour in Prince William County		Experience a slice of Old Prince William as we take a little traveled but scenic route in the mid-county area. Plan on 20 miles total distance. NOTE: Helmets are mandatory for this event.	20		Bob Delmore (703)-491-4632	Sunday, August 21, 1994	\$0.00	McCoart County Complex	9:00:00 AM	\$0.00	VA	Bike
167	Overnight in PWFP		The First Annual October Overnight Outing camp out. Do some hiking and trail maintenance in Prince William Forest Park. Call leader for details.			Joan & Dennis (703)-383-0233	Saturday, October 08, 1994	\$5.00	Lakeridge			PWFP	Camp
168	Pot Luck and Play Reading		Pot luck at 7:00pm, followed by a reading of a play from a script. Everyone takes a role.			Janet Jordan (301)-652-3875	Saturday, May 20, 1995		JanetEs Home	7:00:00 PM			
169	Gunston Bike Tour		Leisurely 20-25 miles on the Mason Neck peninsula in Fairfax County. Tour will take in the wildlife refuge, Mason Neck Park, Hallowing Point and the community of Gunston caught in a 1920s time warp.			Bob Delmore (703)-491-4632	Sunday, October 02, 1994	\$0.00	Lakeridge	9:00:00 AM	\$0.00	VA	Bike

170	Lake Accotink	D	A 6.5 mile hike along Accotink Creek and around Lake Accotink. Mostly level, with small elevation change. To get to the meeting place take Beltway (495) Exit 54A West (Braddock Road). Take first right turn into Wakefield Park; go about .6 mile to large parking lot near the Recreation Center Building.	6	0	Andy (703)-978-3673(H) & George (703)-978-6154(H)	Saturday, January 25, 2003	\$0.00	Wakefield Rec Center	9:00:00 AM	\$0.00	VA	Hike
171	Tuscarora Trails Series #1	A	Hike the first leg of the Tuscarora Trail Trail series from the Appalachian Trail in Northern SNP to Hancock, MD. This 12 mile moderately paced circuit hike will pass by Overall Run, Beecher Ridge, and Mathews Arm Trails with an elevation change of 2500 feet. Hikes are planned for the first Sat. of each month until the 144 mile length is completed.	12	2500		Saturday, January 07, 1995	\$10.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike
172	Tuscarora Trail Series #2	A	2nd hike of the Tuscarora Trail Series. Moderately paced, 12 mile hike from Thompson Hollow on the west side of SNP to Veachs Gap on the west side of the Massanutten Mtns. The hike will traverse the valley of the South Fork of the Shenandoah River on country roads and over the Massanutten Mtns. on the old Morgan Road with a 1800 feet elevation change. Car shuttle is required.	12	1800	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, February 04, 1995	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	GWNF	Hike
173	Tuscarora Trail	B	Moderately paced, 9 mile hike with 1200 ft. elevation change from Veach's Gap along the Massanutten Trail where the South Fork of the Shenandoah River and The Point can be seen. Hike ends at Elizabeth Furnace the site of a pre-revolutionary iron furnace on Passage Creek. An additional 4 mile hike to Buzzards Rock is optional. Car shuttle is required.	9	1200	Tom Lutke (703)-922-7372(H), (703)-660-6615(W)	Sunday, August 21, 2005	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	GWNF	Hike
174	Sky Meadows State Park	C	An 8 mile hike through steep meadows and woods beginning at Sky Meadows State Park where we will hike to Manassas Gap Shelter along the Appalachian Trail and return. Bring water, lunch, bug repellent, hat, and hiking boots.	8		Mark Rietman (703)-221-6999(H)	Saturday, April 17, 2004	\$4.00	Centreville Commuter Lot	9:00:00 AM	\$5.00	VA	Hike
175	Bird Knob	B	An 8 mile hike to Bird Knob with a 1000 foot elevation gain along the ridge of Massanutten Mountain. We will pass several wildlife clearings before descending.	8	1000	Craig & Trish (703)-830-2391(H), (703)-754-5567(W)	Sunday, July 29, 2001	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
176	Arlington/Falls Church Walk	D	Easy to moderate 5-7 mile walk in neighborhoods and along bike trails in Arlington and Falls Church. Bring water and sociable spirit.	7	0	Michael Searles (703)-998-7855	Wednesday, October 11, 1995	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
177	Walk in Arlington	D	Join us for a 3-4 mile walk in the neighborhoods of Arlington. If icy or extremely cold conditions (below 20 degrees), check with the leader to make sure walk is still on.	4	0	Beth Lachman (703)-206-9154(H)	Saturday, January 08, 2000	\$0.00	East Falls Church Metro	2:00:00 PM	\$0.00	VA	Hike
178	C&O Canal	C	Join us for an enjoyable hike on the historic C&O Canal. We will meet upstairs by the fair machines. Walk at a slow to moderate pace about 8 miles.	8	0	Michael Searles (703)-998-7855	Saturday, December 19, 1998	\$0.00	Rosslyn Metro Station	10:00:00 AM	\$0.00	C&O	Hike
179	C&O Canal/Key Bridge	C	An easy-to-moderate walk from the Rosslyn Metro across the Key Bridge and then along the C&O Canal. We will return along the same route on this 5 to 7 mile walk. Dress warm.	7	0	Michael Searles (703)-998-7855	Saturday, February 18, 1995	\$0.00	Rosslyn Metro Station	12:00:00 PM	\$0.00	C&O	Hike
180	Annual Cross-Country Ski Trip		At this years two day trip we will ski at New Germany State Park in Western Maryland. Beginners welcome. Contact leader for details. See http://www.geocities.com/Yosemite/S072/ng.htm for pictures of last years trip.			Mike Gingerich 703-590-3188	Saturday, January 24, 1998		Call leader			MD	Ski
181	Wilderness First Aid Class	N/A	A program of the Wilderness Safety Council, this eighteen-hour class in Alexandria includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$240. More information and registration at: http://wfa.net			Chris Tate 703-836-8905	Saturday, November 08, 2014	\$0.00	Call leader		\$0.00	VA	Class
182	Little Crease Mountain	B	This is a rugged 8.5 mile hike with 1800' elevation gain and beautiful views of the Shenandoah River. We will begin on Tuscarora/Old Morgan Road and ascend Massanutten Mountain pass Little Crease Shelter and return on the east Sherman Gap Trail. A short car shuttle on route 613 is involved.	8	1800	Emeline 202-462-7049(H) & Marty 703-978-0179	Sunday, March 24, 2013	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$11.00	GWNF	Hike
183	Tuscarora Trail Series #4	A	A 14 mile moderately paced hike from Elizabeth Furnace over Green and Three Top Mountains, down Doll and Rhodes Ridges and across the North Branch of the Shenandoah River to Route 11. The total elevation change is 2100'. Car shuttle is required.	14	2100	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, May 06, 1995	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	GWNF	Hike
184	Tuscarora Trail Series #5	A	Moderately paced 12 mile hike from Route 11 to Cedar Creek. The hike will take us through the west side of the Shenandoah Valley over Little North Mountain, Sheffer Gap and Tea Mountain for an elevation change of 1900 feet. Car shuttle is required.	12	1900	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, June 03, 1995	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	VA	Hike
185	Beginners Backpacking		A moderately level 7 mile backpacking trip on the AT between Sky Meadows and Manassas Gap Shelter on Saturday, with an additional 2 miles to Linden for breakfast on Sunday. Call for more information.			Freeman Buxton (703)-430-2180						VA	
186	Ascent of Pass Mountain	C+	A 7 mile hike with a 1000' climb. From Panorama we take the AT to Pass Mountain Summit and then on to Byrd's Nest #4. We return by Branch Trail and Skyline Drive. Views from Beahms Gap and Pass Mtn. overlooks and from Panorama restaurant.	7	1000	Mano Malayanur (301)-562-3156(H)	Sunday, April 16, 1995	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$11.00	SNP	Hike
187	Jenkins Gap Night Hike	B	This hike is 8 miles with 800' of climbing, along Skyline Drive in northern SNP. Optional pre-hike dinner in Front Royal. Great moonlit views of the Piedmont and the Shenandoah Valley. Requires an 8 mile car shuttle. Bring a flashlight!	8	800	Mano Malayanur (301)-562-3156(H)	Saturday, May 29, 1999	\$10.00	Centreville Commuter Lot	5:00:00 PM	\$8.00	SNP	Hike

188	Mid-Season Get-Together		Meet your fellow club members in a social setting! Meeting will take place at O'Leary's Restaurant off Lee Highway in Centreville, VA. You pay for your own food and drinks. If possible, please call Mano in advance so he can reserve tables. Call Mano for directions.			Mano Malayanur (301)-562-3156(H)	Thursday, May 18, 1995		Centreville, VA	7:00:00 PM			
189	Jenkins Gap/Hogback Mtn.	A	A 9 mile hike along the AT in northern Shenandoah National Park. Good views of both east and west from North Marshall and Hogback Mtns. Elevation change of 2000'. Car shuttle required.	9	2000	Claire Fromme (703)-273-1782(H)	Saturday, January 04, 1997	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
190	Piney Ridge/Piney Branch	A	A 9 mile hike which will go past two waterfalls along the Piney River. Trail also passes by two cemeteries of original settlers. Elevation change is 2000'.	9	2000	Craig & Trish (703)-830-2391(H), (703)-754-5567(W)	Sunday, November 07, 1999	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
191	Bull Run/Occoquan	C	Do the east end of this trail along the shores of Bull Run. 7 miles from Hemlock Overlook to Bull Run Regional Park. Varied terrain, lots of ups and downs, historic sites. Requires car shuttle.	7	0	Joan & Dennis (703)-383-0233	Sunday, June 04, 1995	\$0.00	Newgate Shopping Center	9:00:00 AM	\$3.00	BR	Hike
192	Catoctin Mountain	C	Join us for an easy to moderate 6-8 mile hike with about 1000' elevation gain. This is a joint hike with the Center Hiking Club. Can also meet at 11:30am at the Visitor Center.	8	1000	Michael Searles (703)-998-7855	Sunday, November 22, 1998	\$0.00	Van Dorn Metro	10:00:00 AM	\$13.00	MD	Hike
193	Evening Walk in North Arlington	D	Come unwind after a busy work day with a moderately paced 3-5 mile evening walk in the neighborhoods of Arlington. We may walk to Ballston or other metro and metro back so bring money for potential metro ride. Meet near mailbox at the East Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, September 20, 2001	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
194	Keys /Snickers Gap AT	A	A 13.5 mile hike along the AT from Keys Gap to Snickers Gap. Pass through the Blackburn Trail Center. Good views from Buzzard Rocks and Crescent Rock. 2000' elevation change. Car Shuttle is required.	13	2000	Ed Brimberg 703-944-9920(C)		\$0.00	Sterling W&OD Lot	8:00:00 AM	\$8.00	VA	Hike
195	Tuscarora Trail Series #6	A	This 14 mile moderately paced hike between Cedar Creek and Paul Gerhard Shelter has a 3500' elevation change. The hike will go up and over Little Sluice, Mill and Great North Mountains with an additional half-mile option to White Rock Cliff. Turkey vultures and possibly other raptures can be seen soaring below the vistas. Car shuttle is required.	14	3500	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, July 01, 1995	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	GWNF	Hike
196	Tuscarora Trail Series #7	A	A 12 mile moderately paced hike from Waites Run to Hawk Campground along the crest of Great North Mtn. that defines the VA-WVA border. Elevation change 2000'. Hikes on the Tuscarora Trail north of Waites Run are rarely scheduled by any of the area hiking clubs. For those that have a goal to complete the entire Tuscarora Trail in the future reserve the first Saturday of each month to complete the remaining 85 miles. Car shuttle is required.	12	2000	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, August 05, 1995	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	GWNF	Hike
197	Tuscarora Trail Series #8	A	A moderately paced 11 mile hike from Hawk Campground to Loman Branch in WVA. Elevation change is 1000'. The name of this section of the trail, Jemina, is taken for her deserted homestead and the 1883 grave located on the trail. The hike begins about 20 miles NW of Strasburg, VA. If the sun shines we should see plenty of butterflies. Car shuttle is required.	11	1000	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, September 02, 1995	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	WVA	Hike
198	Arlington/Falls Church Walk	D	Easy to moderate 5-7 mile walk in neighborhoods and along bike trails in Arlington and Falls Church. Bring water and sociable spirit. Joint hike with Center Hiking Club.	6	0	Michael Searles (703)-998-7855	Friday, November 17, 1995	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
199	Arlington Neighborhood Walk	D	Join us for a moderately to fast paced 3-4 mile walk in the neighborhoods of North Arlington. Bring water, jacket, and money for possible snack stop after the walk. If roads or sidewalks are icy check with leader to see whether the hike is canceled. We may walk to another metro and metro back so bring money for potential metro ride.	4	0	Beth Lachman (703)-206-9154(H)	Saturday, February 17, 2001	\$0.00	East Falls Church Metro	2:00:00 PM	\$0.00	VA	Hike
200	Thursday Evening Walk in Arlington	D	Come unwind after a busy work day with a moderately paced 3-5 mile evening walk in the neighborhoods of Arlington. We may walk to Ballston or other metro and metro back so bring money for potential metro ride. Meet near mailbox at the East Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, April 19, 2001	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
201	C&O Canal Walk	D	A pleasant 6-7 mile walk from the Rosslyn Metro along the C&O Canal in Georgetown and back. Meet just outside the Rosslyn Metro turnstiles.	7	0	Michael Searles (703)-998-7855	Saturday, October 05, 1996	\$0.00	Rosslyn Metro Station	10:00:00 AM	\$0.00	C&O	Hike
202	Ashby Hollow/Ashby Gap	B	A 7.5 mile hike along the Appalachian Trail near Route 7. We will stop for lunch at Rod Hollow Shelter. Elevation change 1200'. Car shuttle required.	7	1200	Claire Fromme (703)-273-1782(H)	Saturday, June 29, 1996	\$0.00	Sterling W&OD Lot	9:00:00 AM	\$8.00	VA	Hike
203	Stony Man/Corbin Cabin	A	An 8.5 mile hike up Stony Man Mountain and down Nicholson Hollow to Corbin Cabin which was built in 1909. Elevation change is 2000'.	8	2000	Claire Fromme (703)-273-1782(H)	Saturday, November 17, 2001	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike

204	Canoe Trip: Shenandoah	Fun	Seven gentle miles along the Shenandoah River. All gear related to canoeing will be provided by the outfitter. Beginners welcome. Two people per canoe. Leader will try and help you find a partner if you don't have one. The cost is about \$35/person including car pool fees. Bring cash, lunch, water, swimwear, towel, change of clothes, and old tennis shoes or some kind of protective footwear. Call or e-mail leader in advance (malayanur@yahoo.com) to sign up.				Mano Malayanur 240-604-6365(C)	Saturday, June 07, 2014	\$0.00	TBD	8:00:00 AM	\$8.00	VA	Water
205	Bull Run/Occoquan	C	West end of the Bull Run-Occoquan Trail, 4 miles along the shores of Bull Run, entering Bull Run Regional Park. Unlike the east end, this is easy walking.	4	0	Joan & Dennis (703)-383-0233	Sunday, August 20, 1995	\$0.00	Newgate Shopping Center	8:00:00 AM	\$0.00	BR	Hike	
206	Mason Neck State Park	D	3.5 miles of easy walking trails through the park with the possibility of spotting eagles and ospreys. Also, a look around the visitors center after the hike.	3	0	Laura Schriener 703-409-0212	Sunday, April 20, 2008	\$4.00	Woodbridge Commuter Lot	10:00:00 AM	\$0.00	VA	Hike	
207	Fairfax City Connector Trail	D	4-5 miles through Central Fairfax between Fairfax Circle and Nottoway Park in Vienna. Paved, mostly wooded trails.♾			Ad Brault (703)-280-1685(H), (703)-591-0911(W)	Saturday, June 01, 1996	\$0.00	Vienna Metro	9:00:00 AM	\$0.00	VA	Hike	
208	Yellowstone/Teton s Training		A 7 mile hike on Saturday with 1400€ elevation change starting at National Zoo Farm, camping out over night and another 4 miles to Manassas Gap shelter on Sunday morning. Good opportunity for those going on the September trip to get in better shape, famalarize with the group and try out equipment for the trip. Others invited. Call for more information.♾	11	1400	Freeman (703)-430-2180 & Mike (703)-590-3188	Saturday, August 12, 1995	\$0.00	Call Leader		\$5.00	VA	Camp	
209	Great Falls/Difficult Run	D	5 to 6 miles out-and-back hike on the River Trail and Ridge Trail with views of Mather Gorge. We will turn around before reaching Difficult Run Trail. Requires some rock scrambling. You may want to consider bringing your own trek poles. No dogs allowed on this particular hike.	5	300	Audrey Roh 571-969-4657(C)	Sunday, February 05, 2012	\$5.00	Great Falls Visitor Center/VA	8:30:00 AM	\$0.00	GF/VA	Hike	
210	Yellowstone/Grand Tetons Trip		A trip to the above spectacular National Parks for backpacking, day hiking, photography, camping, car touring and fun. For Additional details see write up on last page.♾			Freeman (703)-430-2180 & Mike (703)-590-3188	Tuesday, September 05, 1995		Call Leaders		\$0.00	WY	Camp	
211	Hazel Mountain/Sams Ridge	A	This is a 10 mile circuit hike with 2000 feet of elevation gain in the central section of Shenandoah National Park. We will begin outside the park and climb steeply on the Sams Ridge trail. After the climb we will complete the circuit using the Catlett Mountain, Catlett Spur, White Rocks and Hazel River Trails. There are five stream crossings on the Hazel River trail. We will have lunch at a beautiful stream with a small waterfall.	10	2000	Ed Brimberg 703-944-9920(C)	Sunday, March 23, 1997	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike	
212	Penmar/AT	A	A 13.5 mile hike from Maryland to Pennsylvania on the Appalachian Trail. We will begin at Raven Rock Hollow in Maryland and end at Old Forge Road in Pennsylvania. Elevation change 1800'. Car shuttle is required. Driving time to trail head is 70 minutes.	13	1800	Ed Brimberg 703-944-9920(C)		\$0.00	Sterling W&OD Lot	7:30:00 AM	\$12.00	MD/PA	Hike	
213	Thornton Hollow	A	A 13.6 mile hike in the Shenandoah National park with 1100 ft of elevation gain. Hike passes old home sites and a cemetery dating from the early 1800s. Recommended for experienced hikers.	14	1100	Mike Gingerich 703-590-3188	Sunday, October 15, 1995	\$10.00	Call Leader	8:00:00 AM	\$8.00	SNP	Hike	
214	Tuscarora Trail Series #9	A	Devils Backbone Section-A moderately paced 13.5 mile hike over the Great North Mtn from Lohman Branch to Gore, VA. Enjoy the fall colors while climbing up 1600€ to the spectacular view from the Pinnacle Rocks where on a clear day the Allegheny Plateau is visible. A car shuttle is required. PATC map L.♾	13	1600	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, October 07, 1995	\$0.00	Vienna Metro	7:00:00 AM	\$16.00	WVA	Hike	
215	Tuscarora Trail Series #10	A	Dresel Wayside Section-A moderately paced 13 mile hike with only 500€ elevation gain from Gore, VA to Siler, VA. Catch the last of the autumn flowers and fall colors before the winter begins on this relatively easy hike. A car shuttle is required. PATC map L.	13	500	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, November 04, 1995	\$0.00	Vienna Metro	7:00:00 AM	\$16.00	WVA	Hike	
216	Tuscarora Trail Series #11	A	Sleepy Creek Section- A moderately paced 14.1 mile hike from near Siler, VA up Sleepy Creek Mtn ending on Shanghai Rd. in WVA. The trail is uphill all the way for a 1200€ elevation gain through the Sleepy Creek Hunting and Fishing Area. There is a possibility this hike may be rescheduled to avoid encounters with deer hunters. A car shuttle is required. PATC map L.♾	14	1200	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, December 02, 1995	\$0.00	Vienna Metro	7:00:00 AM	\$16.00	WVA	Hike	
217	SNP Night Hike	B	About 10 miles along Skyline Drive (out-and-back) in Northern SNP. Elevation gain is about 1,000 feet. Beautiful moonlit views of the Shenandoah Valley (clouds permitting). Moderate pace (3 mi/hr). Bring water, snack, boots, warm clothes and a flashlight. We plan to be back at Centreville by 1 a.m.	10	1000	Mano Malayanur (301)-562-3156(H)	Saturday, May 17, 2008	\$15.00	Centreville Commuter Lot	6:00:00 PM	\$8.00	SNP	Hike	
218	Yellowstone/Teton Experience		See the picturesque slides from the ClubEs Grand Tetons and Yellowstone National Park trips and other Club photographs. Optional dinner afterwards in a restaurant in Centreville. Call Mano for directions.♾			Mano Malayanur (301)-562-3156(H)	Sunday, November 19, 1995		Centreville Library	4:00:00 PM				
219	Crescent Rock/Ashby Hollow	A	A 10.5 mile hike along the Appalachian Trail near Route 7 and Mt. Weather. Elevation change 2000'. Car shuttle required.	10	2000	Claire Fromme (703)-273-1782(H)	Saturday, May 23, 1998	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$5.00	VA	Hike	
220	Bull Run Marina	C	5 miles of loop trails along the Bull Run Occoquan River.	5	250	Joan & Dennis (703)-383-0233	Sunday, November 19, 1995	\$0.00	McCoart Center	10:00:00 AM	\$0.00	VA	Hike	

221	Caledonia State Park/AT	A	Hike 10 miles on the Appalachian Trail in Pennsylvania. We will hike from the Camp Penn area to Caledonia State Park. Elevation change is 1300. Car shuttle is required. Driving time to trail head is 90 minutes.	10	1300	Ed Brimberg 703-944-9920(C)	Sunday, May 12, 2002	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$12.00	PA	Hike
222	Michaux State Forest/AT	A	Hike 11 miles on the Appalachian Trail in Pennsylvania. We will hike from Caledonia State Park north to Shippensburg Road. Elevation change is 1300'. Although this is in Pennsylvania, the drive is no longer than that to central Shenandoah National Park. Car shuttle is required. Driving time to trail head is one hour 45 minutes.	11	1300	Ed Brimberg 703-944-9920(C)	Saturday, November 23, 1996	\$0.00	Sterling W&OD Lot	7:30:00 AM	\$13.00	PA	Hike
223	C&O Canal/Point of Rocks	A	Hike 13 scenic miles along the C&O Canal from Point of Rocks to Whites Ferry. At the end of the hike we will return to Virginia via a short ferry ride across the Potomac River. This is the only ferry service remaining on the Potomac between Cumberland, MD and Washington. Car shuttle is required.	13	0	Ed Brimberg 703-944-9920(C)		\$0.00	Sterling W&OD Lot	8:00:00 AM	\$5.00	C&O	Hike
224	Brandymore Castle	C	Eight brisk and invigorating miles along the Four Mile Run in Arlington County, with a visit to the historic Brandymore "Castle". Bring lunch or purchase along the way. Return to start via metro.	8	0	Mike Gingerich 703-590-3188	Saturday, June 04, 2005	\$0.00	East Falls Church Metro	9:00:00 AM	\$0.00	VA	Hike
225	Algonkian Park	D	Four easy miles on trails and park roads along the Potomac River. If there is snow on the ground we will convert this outing into a cross-country ski trip. Call leader for ski rental info.	4	0	Mano Malayanur (301)-562-3156(H)	Sunday, February 04, 1996	\$0.00	Sterling W&OD Lot	10:00:00 AM	\$0.00	VA	Hike
226	Cedarville State Forest	D	Six flat miles along a network of trails and dirt roads in the woods.	6	0	Mano Malayanur (301)-562-3156(H)	Sunday, March 31, 2002	\$0.00	Carderock Rec Area, MD	9:00:00 AM	\$4.00	MD	Hike
227	Fort Washington	D	Six easy miles on park trails along the Potomac River. Main attraction is the visit to Fort Washington, a massive masonry fort of the early nineteenth century.	6	0	Mano Malayanur (301)-562-3156(H)	Saturday, January 17, 1998	\$0.00	Vienna Metro	9:00:00 AM	\$4.00	MD	Hike
228	Gathland State Park	A	This is a 10 mile linear hike on the Appalachian Trail in Maryland from Washington Monument State Park to Gathland State Park. Total elevation change is 1500 feet. Car shuttle is required.	10	1500	Claire Fromme (703)-273-1782(H)	Saturday, September 06, 1997	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$11.00	MD	Hike
229	Tuscarora Trail Series #12	A	Sleepy Creek Section- A moderately paced 12.5 mile hike in the West Virginia Sleepy Creek Public Hunting and Fishing Area. Elevation gain of 1000'. The hike begins in the Sleepy Creek Campground Registration Area and ends at Spruce Pine Park, off WVA-9, 14 miles west of Martinsburg, WVA. A car shuttle is required. PATC map L Segments 1 and 2.	12	1200	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, January 06, 1996	\$0.00	Vienna Metro	7:00:00 AM	\$13.00	WVA	Hike
230	Tuscarora Trail Series Final Hike	B	Potomac Section- The 144 mile Tuscarora Trail series ends at Hancock, MD after an easy 9.5 mile hike mostly on roads. The hike begins at Spruce Pine Park, off WVA-9, 14 miles west of Martinsburg, WVA. A car shuttle is required. PATC map L Segment 1.	9	0	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, February 03, 1996	\$0.00	Vienna Metro	7:30:00 AM	\$13.00	WVA	Hike
231	Rock Fish Gap to Turks Gap/AT	A	This is the 1st of a series of once/month south to north hikes on the AT from Rockfish Gap (I-64), the southern entry point of SNP, to Manassas Gap (I-66), 107 trail miles to the north. We will pause on this moderately paced hike from time-to-time to look at the wildflowers on this 12 mile hike with 3000' elevation change.	12	3000	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, March 16, 1996	\$5.00	Vienna Metro	7:30:00 AM	\$13.00	VA	
232	Bull Run/Occoquan Trail	B	An 11 mile hike over rolling hills along Bull Run and the Occoquan River. Car shuttle required to Hemlock Overlook. Bring your lunch, snacks, and plenty of water.	11	0	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Saturday, September 11, 2004	\$0.00	Fountainhead Park	8:30:00 AM	\$3.00	VA	Hike
233	Rose River Bushwhack	A	A 10.2 mile circuit hike which climbs along the banks of the Rose River then follows Hog Branch to Dark Hollow Falls. We return via Rose River Fire Rd. Elevation gain is 1700. The PATC "Circuit Hike" book describes the river as a "good sized stream which tumbles down ledges and boulders that form falls, cascades, and pools along the route." Some rock scrambling will be necessary.	10	1700	Ray Goelz (703)-323-5311	Sunday, June 29, 1997	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
234	Pine Grove Furnace	B	A moderate circuit hike of 9 miles over a variety of terrain, including a short but steep climb to the summit of Pole Steeple. We will pass two scenic lakes, the mid-point of the Appalachian Trail, and an old smelting furnace. Elevation change is 500'.	9	500	Ray Goelz (703)-323-5311	Sunday, March 24, 1996	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$13.00	PA	Hike
235	A "Wee Tramp Down Under"		Dennis and Joan will describe their experiences hiking and sightseeing in New Zealand. Optional dinner afterwards at a restaurant in Centreville. Call Mano for directions.			Mano Malayanur (301)-562-3156(H)	Sunday, March 31, 1996		Centreville Library	4:00:00 PM			
236	Dogwood Half Hundred	A++	The 2000 Dogwood Half Hundred long distance hike will take place in the George Washington National Forest. Both the start and finish will be at Powells Fort Camp and other trails in the Massanutten mountains will be used to form a circuit hike totaling 31 miles configured roughly in a figure 8. An information package and registration form may be obtained by calling the PATC at 703-242-0315 or on the web at: http://www.patc.net . Registration fee is \$25. Deadline is April 7. Limit is 250 applicants.	32		Ric Francke 703-356-2106		\$0.00	Powells Fort Camp	6:30:00 AM	\$0.00	GWNF	Hike
237	SNP-AT Series #2	A	This moderately paced 11.6 mile hike from Turk Gap to Browns Gap has a 2200' elevation change and should give plenty of opportunity to see a few of the early spring butterflies. Beginners please call to verify fitness. PATC Map 11. Car shuttle required.	11	2200	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, April 20, 1996	\$10.00	Vienna Metro	7:30:00 AM	\$19.00	SNP	Hike

238	SNP-AT Series #3	A	A 12.2 mile moderately hike from Browns Gap to Simmons Gap with a 1800€ elevation change. Beginners please call to verify fitness. PATC Map 11. Car shuttle is required.	12	1800	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, May 18, 1996	\$10.00	Vienna Metro	7:30:00 AM	\$16.00	SNP	Hike
239	SNP-AT Series #4	A	A 9.6 mile moderately paced hike from Simmons Gap to Swifts Run Gap with a 2000€ elevation change. Beginners please call to verify fitness. PATC Map 11. Car shuttle is required.	9	2000	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, June 15, 1996	\$10.00	Vienna Metro	7:30:00 AM	\$13.00	SNP	Hike
240	March for Parks		Celebrate National Trails Day by supporting this fund raising event for Prince William Forest Park, one of the premier hiking areas in Northern Virginia and a frequent destination for NVHC. Call leaders for details.			Joan & Dennis (703)-383-0233	Sunday, June 07, 1998	\$5.00				PWFP	Hike
241	SNP Night Hike	B	About 10 miles of hiking under a starry night sky in Central SNP from Skyland to Panorama on Skyline Drive. Optional dinner/snack prior to the hike. Bring a flash light but use it only if you must. Requires a car shuttle.	10		Mano Malayanur (301)-562-3156(H)	Saturday, June 22, 2002	\$10.00	Centreville Commuter Lot	6:00:00 PM	\$11.00	SNP	Hike
242	Outdoor Leadership Workshop		Covering planning, preparation, safety management, and risk assessment, this workshop introduces participants to preventive search and rescue, time control plans, confrontation and intervention, and setting people up for success. Presented by Christopher Tate, Director of the Wilderness Safety Council. Class fee is \$75. 10:30 am 4:30 pm			REI Customer Service (703)-379-9400	Saturday, November 04, 2000		REI Bailey's Crossroads	10:30:00 AM		VA	Hike
243	Hawaii Volcanoes National Park	A	Witness the tumultuous birth of new land, lava fountains, cinder cones, molten rock meeting the ocean, steaming gaseous vents, moon like landscapes on this backpack trip to the Big Island, Hawaii. Dates are flexible. Call the leader for details.			Mike Gingerich 703-590-3188	Sunday, May 19, 1996	\$0.00	Hawaii			HI	Camp
244	Trillium Hike	C	Hike 8 miles thru the largest stand of trillium on the East Coast, and search for the morel mushroom. Optional visit to a winery. 600 feet elevation gain. Short car shuttle required.	8	600	Ray Goelz (703)-323-5311	Saturday, May 04, 1996	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	VA	Hike
245	White Rocks	A	A 10 mile circuit hike along the Hazel River and White Rocks Trails. Visit a secluded, off-trail waterfall and large cave. 1300 foot elevation gain.	10	1300	Jeremy Burkes (703)-491-0826(H), (703)-440-1440(W)	Saturday, August 03, 2002	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
246	Custis Trail	D	4 flat miles in the parks and neighborhoods of Arlington. Return via Metro.	4	0	Mano Malayanur (301)-562-3156(H)	Sunday, May 19, 1996	\$0.00	East Falls Church Metro	10:00:00 AM	\$0.00	VA	Hike
247	Camp Hoover-Hazeltop	B	Beginning at Millam Gap, we will follow a moderately difficult 7.4-mile loop to a falls, to the retreat of a former US president (Camp Hoover), and a return via the Laurel Prong Trail and the AT, which sits astride one of the SNP's highest and most geologically interesting peaks, Hazeltop. 1400 feet elevation gain. For those who wish for more elevation/distance can add Cat Knob and Fork Mountain Trails. Lunch will be at the camp.	7	1400	Marty Rine 571-344-5141(C) & John Lyon	Saturday, November 30, 2013	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
248	Jones Mtn/Staunton River	A+	A strenuous 13 mile circuit hike from Booten's Gap on the Laurel Prong, Jones Mountain, and Staunton River trails, with great views at Cat Knob and Bear Church Rock, where we will have lunch. Return over The Sag and the Laurel Prong trail. Elevation change is 3060€.	13	3060	Andy Kapfer (703)-978-3673		\$10.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	SNP	Hike
249	Frogtown	B	An 8 mile linear hike on the Appalachian Trail from Snickers Gap to the horse training community of Frogtown. Elevation change is 1600'. A car shuttle is required.	8	1600	Andy Kapfer (703)-978-3673	Sunday, March 09, 1997	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	VA	Hike
250	SNP-AT Series #5	A	Swift Run Gap to Bootens Gap. The 1996 Appalachian Trail series enters the Central District of SNP with a 11.6 mile moderately paced hike with a 2700€ climb. Optional climb up Bearfence Mountain with a 270 degree view. Beginners please call to verify fitness. PATC Map 10. Car shuttle is required.	11	2700	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, July 20, 1996	\$10.00	Vienna Metro	7:30:00 AM	\$16.00	SNP	Hike
251	SNP-AT Series #6	A	Bootens Gap to Timber Hollow. A 11.6 mile moderately paced hike on the Appalachian Trail in the Central District of SNP with 2300€ elevation gain. Optional climb up Hawksbill Mountain, highest point in SNP. Car shuttle is required.	11	2300	Craig & Trish (703)-830-2391(H), (703)-754-5567(W)	Saturday, January 30, 1999	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
252	SNP-AT Series #7	A	Timber Hollow to Thornton Gap. A 11.2 mile moderately paced hike on the Appalachian Trail in the Central District of SNP with a 2400€ elevation gain. Optional climb to Marys Rock for one of the most outstanding panoramic views of the entire park. Car shuttle is required.	11	2400	Craig & Trish (703)-830-2391(H), (703)-754-5567(W)	Saturday, February 27, 1999	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
253	Whiteoak Canyon	A	Experience Whiteoak Canyon on this strenuous 10 mile circuit hike on the premier, scenic trail in the SNP. We will climb Whiteoak Canyon Trail, walk through the Lumberlost, cross over Crescent Rock Trail, and return down Cedar Run Trail. Expect to see spectacular water falls, wide ranging vistas, and magnificent scenery. Elevation gain is 3000'. Park entry fee \$8/person.	10	3000	Gene Vivalda 703-802-6426(H)	Saturday, April 19, 2014	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
254	Annual Camping /Rafting Trip	Fun	This year we plan to visit the infamous Youghiogheny River in Ohiopyle State Park, PA. Activities will include bicycling, camping, and white water rafting. Canoeing is an option for the less daring. Cost approximately \$25 PLUS \$50 for rafting. All needed equipment can be rented. Call Mano ASAP for your reservations!			Mano Malayanur (301)-562-3156(H)	Friday, July 11, 1997		Call leader			PA	Camp

255	Weverton to Gathland/AT	C	This is a 7 mile linear hike on the Appalachian Trail in Maryland. Total elevation change is 1000 feet. The hike will begin at Weverton (near Harper's Ferry) and follow the AT along the top of South Mountain until Gathland State Park. Requires a car shuttle.	7	1000	Claire Fromme (703)-273-1782(H)	Saturday, December 01, 2001	\$0.00	Sterling W&OD Lot	8:30:00 AM	\$8.00	MD	Hike
256	Hike Leaders Training		Freeman, Mano and Mike met with various hiking clubs in the area and the participating clubs decided to provide joint hike leader training. This will include first aid, safety and hike leader awareness. A subsequent meeting will also be held at the Blackburn Trail Center, which will probably be an overnight event. More information will be provided to all club hike leaders at a later date.			Freeman Buxton (703)-430-2180	Saturday, September 28, 1996		PATC HQ in Vienna				
257	Sherman Gap	B	This 8 mile circuit hike will begin at Elizabeth Furnace in the George Washington National Forest. We will start on the Sherman Gap trail and return on the Tuscarora Trail. Elevation gain is 1900'.	8	1900	Ashley Lewis 571-255-0191	Sunday, May 04, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
258	SNP-AT Series #8	A	Thornton Gap to Rattlesnake Point. A 10.1 mile moderately paced hike on the Appalachian Trail in the Northern District of Shenandoah National Park with a 2500 foot elevation gain. PATC Map 9. Car shuttle is required.	10	2500	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, October 19, 1996	\$10.00	Vienna Metro	7:30:00 AM	\$13.00	SNP	Hike
259	SNP-AT Series #9	A	Rattlesnake Point to Compton Gap. An 11.8 mile moderately paced hike on the Appalachian Trail in the Northern District of Shenandoah National Park with a 2000 foot elevation gain. Optional 1 mile side trip to Compton Peak and an example of columnar jointing. PATC Map 9. Car shuttle is required.	11	2000	Bill (703)-256-6735 & Jack (703)-339-6716	Saturday, November 16, 1996	\$10.00	Vienna Metro	7:30:00 AM	\$12.00	SNP	Hike
260	Compton Gap	A	Compton Gap to Manassas Gap. A 14.7 mile moderately paced hike on the Appalachian Trail in the Northern District of Shenandoah National Park with a 1900 foot elevation gain. PATC Map 9. Car shuttle is required.	14	1900	Craig & Trish (703)-830-2391(H), (703)-754-5567(W)	Saturday, June 13, 1998	\$10.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike
261	Wilderness/Spotsylvania Battlefields	C	Circuit hikes with a total of 9 miles and no elevation change in the Wilderness/Spotsylvania Battlefields. Visit the first two sites of Virginia's new LEE vs. GRANT Civil War Trail. Scenic trails will include trenches in excellent state of preservation. Much of the sites are as they were in 1864. Interpretation of historic events and battle tactics will be provided. Park entry fee is \$4/person.	9	0	Andy (703)-978-3673(H) & George (703)-978-6154(H)	Saturday, May 04, 2002	\$4.00	Woodbridge Commuter Lot	9:00:00 AM	\$8.00	VA	Hike
262	Lewis /Dark Hollow Falls	A	This moderate circuit hike will pass three of Shenandoah National Park's waterfalls: Lewis Springs, Rose River, and Dark Hollow and also the Black Rock overlook. The hike consists of 2 climbs, one of 700 feet and another of 1000 feet. The hike is approximately 8 miles.	8	1700	Mark Rietman 703-395-5327(C)	Saturday, May 16, 2009	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
263	C&O Canal Walk	D	A pleasant 6-7 mile walk from the Rosslyn Metro along the C&O Canal in Georgetown and back. Meet just outside the Rosslyn Metro turnstiles.	7	0	Michael Searles (703)-998-7855	Saturday, December 07, 1996	\$0.00	Rosslyn Metro Station	10:00:00 AM	\$0.00	C&O	Hike
264	Raven Rocks /Keys Gap	A	Moderate 11 mile hike along the AT near Route 7 and Route 9. 1500 ft elevation change. Eat lunch at Blackburn Trail Center. Car shuttle required.	11	1500	Claire Fromme (703)-273-1782(H)	Sunday, November 24, 1996	\$0.00	Sterling W&OD Lot	8:30:00 AM	\$5.00	VA	Hike
265	Great Falls/Difficult Run Trails	C	Hike about 7 miles through Great Falls Park and Difficult Run trails to Colvin Mill on route 7. Two stream crossings. Bring sandals and walking stick. Prepare to remove shoes.	7	300	Freeman Buxton (703)-430-2180	Sunday, October 13, 1996	\$5.00	Great Falls Visitor Center	9:00:00 AM	\$0.00	GF/VA	Hike
266	Accotink Stream Valley	D	Explore 6 miles through several suburban parks along Accotink Stream.	8	0	Kristin Nettekoven 703-536-4554(H)	Sunday, February 08, 1998	\$0.00	Pan-Am Shopping Center	9:00:00 AM	\$0.00	VA	Hike
267	Quantico Falls Hike	C	Come explore the demarcation between the Piedmont Plateau and the Atlantic Coastal Plain that forms the Falls of Quantico Creek on a 7 mile hike in Prince William Forest Park. This trail is in the central portion of the park; the greatest expanse of a piedmont forest in the National Park System. Elevation gain 500 feet.	7	500	Mike Gingerich 202-370-7957	Sunday, November 30, 2014	\$5.00	Pine Grove Picnic Area (back of lot)	9:00:00 AM	\$0.00	PWFP	Hike
268	Caledon Natural Area	C	Hike 7 miles by the Potomac near Fredericksburg in the Caledon Natural Area. This is an eagle breeding ground. We will be spending part of the time bird watching.	7	0	Joan & Dennis (703)-383-0233	Sunday, November 10, 1996	\$0.00	Woodbridge Commuter Lot	8:00:00 AM	\$11.00	VA	Hike
269	Turkey Trot Hike	B	This 9.5 mile hike takes you through farmland that has returned to nature in the largest natural park area in the metropolitan Washington area. Although signs of human habitation can be seen, it is now home to a resident population of birds as well as deer and numerous smaller animals.	9	0	Joan & Dennis (703)-383-0233	Sunday, November 24, 1996	\$5.00	Woodbridge Commuter Lot	9:00:00 AM	\$0.00	PWFP	Hike
270	South Branch Walk	C	A pleasant walk along the South Branch with its quiet pools and strips of sandy beach. This 7.4 mile hike also passes through hardwood forests laced with springs, fens and creeks.	7	0	Joan & Dennis (703)-383-0233	Sunday, January 25, 1998	\$5.00	Woodbridge Commuter Lot	9:00:00 AM	\$0.00	PWFP	Hike
271	C&O Canal Bike Trip		A two-way bike trip along the C&O Canal near Hancock, MD. Total distance will be 30 level miles at an easy pace (about 8 miles/hour). We will stop for lunch at a restaurant in Hancock, MD, midway through the trip. Helmets and bicycle locks recommended. Call leader in advance.	30	0	Mano Malaynur (301)-562-3156(H)	Saturday, October 12, 1996	\$0.00	Sterling W&OD Lot	9:00:00 AM	\$12.00	C&O	Bike

272	Transportation Hike	C	We will start from East Falls Church Metro station and hike eight level miles on the bike path to National Airport. The last mile of the hike may be done by free shuttle bus. We will return by Metro. We will stop for lunch at one of the nice cafes in picturesque downtown Shirlington (less than \$10). Most of the hike is along the pretty 6four mile0 run. Fast pace, 3.5 mph.	8	0	Mano Malayanur (301)-562-3156(H)	Sunday, December 12, 1999	\$0.00	East Falls Church Metro	10:00:00 AM	\$0.00	VA	Hike
273	SNP-AT Series #11	A	Manassas Gap to Ashby Gap. The Appalachian Trail series continues northward in 1997 with a 12.5 mile moderately paced hike in Northern Virginia with a 2300 foot elevation gain. PATC Map 8. Car shuttle is required.	12	2300	Jack (703)-339-6716 & William (410)-884-9127	Saturday, January 18, 1997	\$0.00	Vienna Metro	7:30:00 AM	\$11.00	SNP	Hike
274	SNP-AT Series #12	A	Ashby Gap to Snickers Gap. A 13.8 mile moderately paced hike on the Appalachian Trail in the Northern Virginia with a 1600 foot elevation gain. PATC Map 8. Car shuttle is required.	13	1600	Jack (703)-339-6716 & William (410)-884-9127	Saturday, February 15, 1997	\$0.00	Vienna Metro	7:30:00 AM	\$9.00	SNP	Hike
275	Appalachian Trail from Snickers Gap to Keys Gap	A	Explore the AT from Snicke's Gap to Keys Gap not far from the DC area on this north-bound 14 mile hike with 3,000 ft of elevation climb. PATC Map 7. Car shuttle required.	14	2400	Michael Fischetti (703)-771-8559(H)	Sunday, October 18, 2009	\$0.00	Sterling W&OD Lot	7:30:00 AM	\$5.00	VA	Hike
276	Great Falls Park/VA	C	Approx. 6-7 miles out-and-back hike starting on Matildaville Trail, then Ridge Trail, then Difficult Run Trail. When we turn around and go back, instead of Matildaville Trail, we will take Old Carriage Road. Meet at the Visitor Center and look for the hike leader who will have a balloon. Reminder: Today Daylight Savings Ends, so make sure your watch has the correct time.	7	300	Audrey Roh 571-969-4657(C)	Sunday, November 06, 2011	\$5.00	Visitor Center	9:00:00 AM	\$0.00	GF/VA	Hike
277	North Valley	C	A 7.1 mile stroll along the banks of Quantico Creek in the largest Piedmont forest in the National Park System. No significant elevation change.	7	0	Joan & Dennis (703)-383-0233	Sunday, January 12, 1997	\$5.00	Centreville Commuter Lot	9:00:00 AM	\$3.00	PWFP	Hike
278	High Meadow	C	A 7.5 mile walk. See old farm and logging roads and a family cemetery in the largest natural park in the Washington area.	7	0	Joan & Dennis (703)-383-0233	Sunday, January 16, 2000	\$5.00	Woodbridge Commuter Lot	9:00:00 AM	\$3.00	PWFP	Hike
279	Oak Ridge	B	A 9 mile hike in Prince William Forest Park, a hardwood forest which is part of the Chesapeake Bay drainage system. Varied terrain with minimal elevation change.	9	300	Mike Gingerich 202-370-7957	Sunday, June 22, 2014	\$5.00	Turkey Run Ridge Group Campground Parking Lot	9:00:00 AM	\$0.00	PWFP	Hike
280	Spring Cleaning Backpacking Trip	C	This short overnight backpacking trip from Linden, VA to the Denton Shelter (3 miles each way) will provide an opportunity to sort out your gear. Good trip for beginners. Call leader for details.	6		Jamie Keeble (703)-978-3460(H)	Saturday, May 20, 2000	\$0.00	Centreville Commuter Lot	2:00:00 PM	\$5.00	VA	Camp
281	Whiteoak Canyon	A	This is a circuit hike of about 9 miles through two of the deepest and steepest ravines in the Shenandoah National Park. The trail passes six waterfalls as it ascends White Oak Canyon for an elevation gain of 2300 feet. Return will be via Cedar Run. Optional swim near end of hike. Park entry fee is \$8/person.	9	2300	Gene Vivalda 703-802-6426(H)	Saturday, July 19, 2008	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
282	Land Navigation Class		A three day course that includes basic map and compass training through advanced, off trail, land navigation. course dates are 9/24, 10/14, 10/21. For details contact Mike Gingerich at <mgingerich@doupled.com>			Mike Gingerich 703-590-3188	Sunday, September 24, 2000		Call leader				Class
283	AT	A	Keys Gap, VA to Weverton, MD. A 14.2 mile moderately paced hike through Harpers Ferry on the Appalachian and Grant Conway Trails. Shorter 10 mile hike possible for hikers wishing to spend time in historic Harpers Ferry. PATC Map 7. Car shuttle is required.	14	2500	Jack (703)-339-6716 & William (410)-884-9127	Saturday, April 19, 1997	\$0.00	Vienna Metro	7:30:00 AM	\$11.00	VA	Hike
284	AT Series #18	A	PA 16 to Caledonia State Park, PA. A moderately paced 14.6 mile hike on the Appalachian Trail with a 1400 foot elevation gain. PATC Map 4. Car shuttle is required.	14	1400	Jack (703)-339-6716 & William (410)-884-9127	Saturday, May 17, 1997	\$0.00	Vienna Metro	7:30:00 AM	\$13.00	PA	Hike
285	SNP Night Hike	B	An out-and-back hike about 10 miles long with 900 feet of climbing along Skyline Drive in Northern SNP. Dinner watching the sunset at Shenandoah Valley Overlook prior to the hike. Beautiful 270 degree view at halfway point at Gooney Manor Overlook. Bring a flash light but use it only if you must. Also bring jacket or sweater, water, and good hiking boots.	10	900	Mano Malayanur (301)-562-3156(H)	Saturday, September 29, 2012	\$15.00	Centreville Commuter Lot	5:00:00 PM	\$8.00	SNP	Hike
286	Leesburg Bike Trip		16 almost level miles on the W & O D Trail from Route 28 to Leesburg and back, with a lunch stop in Leesburg. Slow/moderate pace (8-10 miles/hour). Wear helmets!	16	0	Mano Malayanur (301)-562-3156(H)	Sunday, May 18, 1997	\$0.00	Sterling W&OD Lot	10:00:00 AM	\$0.00	W&OD	Bike
287	Trillium Hike	B	Join us for a moderate 8 mile hike and enjoy the beauty of nature. We will begin at Sky Meadows State Park and follow the AT to Manassas Gap Shelter. This section of the trail has a large collection of Trilliums as well as numerous morel mushrooms. Car shuttle required.	8	600	Freeman Buxton (703)-430-2180	Sunday, April 27, 1997	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$8.00	VA	Hike
288	Overnight Canoe Trip		Approximately 20 miles of canoeing and one night of primitive camping. Limited number of participants. Must provide own canoeing and camping equipment. Call for details.			Joan & Dennis (703)-383-0233	Saturday, June 21, 1997					VA	Water
289	Ashby Gap-Tri-County Tower	B	Approximate 9 mile hike from Tri-County Tower to Ashby Gap along Appalachian Trail mostly south of Route 50. Many trilliums along the trail.	9	1200	Claire Fromme (703)-273-1782(H)	Saturday, May 10, 1997	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$8.00	VA	Hike
290	Compton Gap	A	Come and test your endurance on this 15 mile hike with an elevation gain of 2700'. We will begin on the Appalachian Trail at Route 522 near Front Royal. We will ascend to Compton Gap and then follow the Dickey Ridge Trail to the northern entrance of Shenandoah National Park. A short car shuttle is required.	15	2700	Ed Brimberg 703-944-9920(C)	Saturday, July 12, 1997	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike

291	Dickey Ridge Trail	A	This is a 9.2 mile hike along the Dickey Ridge Trail in Shenandoah National Park. We will begin at the northern park entrance and hike to Compton Gap. Elevation gain is 2800'. Car shuttle is required.	9	2800	Ed Brimberg 703-944-9920(C)		\$10.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
292	Hickerson Hollow	A	This is an 11.5 mile hike with 2500' elevation gain. We will begin on the Appalachian Trail at Route 522 near Front Royal. We will ascend to Compton Gap, follow the Dickey Ridge Trail and return via the Hickerson Hollow Trail.	11	2500	Tom Lutke (703)-922-7372(H), (703)-660-6615(W)	Sunday, May 29, 2005	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
293	Lands Run Falls - Hickerson Hollow	B	This is a 9 mile hike with 1800' elevation gain in the northern section of Shenandoah National Park. We will begin at the 4H Center near Front Royal then pick up the Appalachian Trail to the Dickey Ridge Trail. We will then descend Lands Run to see the falls. From there we will return via the Hickerson Hollow Trail.	8	1700	Ed Brimberg 703-944-9920(C)	Saturday, December 28, 2013	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
294	Christmas Light Walk in North Arlington	D	Join us for a moderately paced 5 mile walk to view Christmas light displays in the neighborhoods of Arlington. Bring water, jacket, and money for possible snack or dinner stop after the walk. If roads or sidewalks are icy, check with leader to see whether the hike is canceled. We may walk to another metro and metro back so bring money for potential metro ride. Meet near the mailbox at the East Falls Church Metro.	5	0	Nancy Lake (703)-352-9006(H)	Sunday, December 14, 2003	\$0.00	East Falls Church Metro	5:30:00 PM	\$0.00	VA	Hike
295	C&O Canal/Zero Mile	B	Moderate, 10 mile hike on the scenic C&O canal. Wear proper hiking boots and bring plenty of water. Lunch in Georgetown at one of the quaint places near the trail.	10	0	Tina Morris (202)-226-6151	Saturday, April 12, 1997	\$0.00	Vienna Metro	9:00:00 AM	\$4.00	C&O	Hike
296	White Rock Cliff/Little Schloss	A	An 15.8 mile circuit hike with two spectacular views. Cedar Creek Trail starts the hike. Tuscarora Trail follows with all of the 1400' elevation gain in 2.5 miles. We stop for our first lunch on White Rock Cliff. The rest of the hike across Little Sluice Mtn. Trail is moderate up and down hiking until the final scramble up Little Schloss for lunch #2. We return down Bread Road Trail.	15	1400	Mike Gingerich 703-590-3188	Sunday, April 04, 2004	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
297	Signal Knob Hike/Cookout/Camp	A	A 9.8 mile circuit hike on Massanutten Mtn with 2300 foot elevation gain. The high point is Signal Knob. After the hike, we will fire up the grill for an assortment of delicacies at the Elizabeth Furnace campground. Some folks are planning to car camp overnight. Bring your own camping gear. Notify leader to estimate food and tent spaces. Cookout Fee: \$6 Camping Fee: \$4 Friends & family welcome for cookout and campout.	10	2300	Craig & Trish (703)-830-2391(H), (703)-754-5567(W)	Saturday, September 27, 1997	\$0.00	Centreville Commuter Lot	9:30:00 AM	\$9.00	GWNF	Hike
298	AT Series #19	A	Caledonia State Park to Woodrow Road, PA. A moderately paced 13.8 mile hike on the Appalachian Trail in PA with a 1700 foot elevation gain. PATC Map 2-3. Car shuttle is required.	13	1700	Jack (703)-339-6716 & William (410)-884-9127	Saturday, August 16, 1997	\$0.00	Vienna Metro	7:30:00 AM	\$13.00	PA	Hike
299	AT Series #18	A	PA 16 to Caledonia State Park, PA. A moderately paced 15.3 mile hike on the Appalachian Trail in Pennsylvania with a 1600 foot elevation gain. PATC Map 4. Car shuttle is required.	15	1600	Jack (703)-339-6716 & William (410)-884-9127	Saturday, July 19, 1997	\$0.00	Vienna Metro	7:30:00 AM	\$12.00	PA	Hike
300	AT Series #20	A	Woodrow Road to PA94, PA. A moderately paced 14.5 mile hike on the Appalachian Trail in Pennsylvania with a 1200 foot elevation gain. PATC Map 2-3. Car shuttle is required.	14	1200	Jack (703)-339-6716 & William (410)-884-9127	Saturday, September 20, 1997	\$0.00	Vienna Metro	7:30:00 AM	\$13.00	PA	Hike
301	Manassas Battlefield Park	D	Join us for an enjoyable hike on trails through this historic and beautiful site. Hike is 5-6 (relatively flat) miles. Meet in front of Visitor Center at 11am or Van Dorn Metro at 10am. Park Entry fee is \$3/person.	5	0	Michael Searles (703)-998-7855	Saturday, December 12, 1998	\$3.00	Van Dorn Metro	10:00:00 AM	\$0.00	VA	Hike
302	Evening Leg Stretch	D	Join us for an enjoyable 1 1/2 to 2 hour walk of 4-6 miles through different neighborhoods of Alexandria and Old Town. Meet at the newspaper racks. Joint activity with the Center Hiking Club.	5	0	Michael Searles (703)-998-7855	Wednesday, January 06, 1999	\$0.00	Braddock Road Metro	6:30:00 PM	\$0.00	VA	Hike
303	Evening Leg Stretch	D	Join us for an enjoyable 1 1/2 to 2 hour walk of 4-6 miles through different neighborhoods of Alexandria and Old Town. Meet at the newspaper racks. Joint activity with the Center Hiking Club.	5	0	Michael Searles (703)-998-7855	Wednesday, February 03, 1999	\$0.00	Braddock Road Metro	6:30:00 PM	\$0.00	VA	Hike
304	Evening Leg Stretch	D	Join us for an enjoyable 1 1/2 to 2 hour walk of 4-6 miles through different neighborhoods of Alexandria and Old Town. Meet at the newspaper racks. Joint activity with the Center Hiking Club.	5	0	Michael Searles (703)-998-7855	Wednesday, March 03, 1999	\$0.00	Braddock Road Metro	6:30:00 PM	\$0.00	VA	Hike
305	Evening Leg Stretch	D	See October 1, 1997 writeup.	5	0	Michael Searles (703)-998-7855	Wednesday, October 22, 1997	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
306	Evening Leg Stretch	D	See October 1, 1997 writeup. This is a joint hike with the Center Hiking Club.	5	0	Michael Searles (703)-998-7855	Wednesday, October 29, 1997	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
307	Capital Crescent Trail	C	Join us for an enjoyable hike. We will meet by newspaper racks inside Rosslyn Metro station (parking here is difficult). We will hike 8-9 miles in 3-4 hours. About 500 feet gradual gain. Bring money for return on Metro from Bethesda. http://mgingerich.crosswinds.net/hikes/CCT/	9	350	Mike Gingerich 703-590-3188	Sunday, January 18, 2004	\$0.00	Rosslyn Metro Station	10:00:00 AM	\$0.00	VA	Hike
308	Potomac Heritage Trail	C	Hike 7-9 miles along the Potomac with a visit to Theodore Roosevelt Island. We will meet by newspaper racks inside Rosslyn Metro station (parking here is difficult). We will hike 7-9 miles in 3-4 hours. Bring lunch and water.	9	0	Michael Searles (703)-998-7855	Sunday, September 14, 1997	\$0.00	Rosslyn Metro Station	10:00:00 AM	\$0.00	VA	Hike
309	Long Branch Nature Center	D	We will take the W&OD path to Long Branch Nature Center. We will tour the center before returning (with possible stop at Rose Garden). This will be 5-7 (relatively flat) miles. This is a joint hike with the Center Hiking Club.	5	0	Michael Searles (703)-998-7855	Sunday, March 08, 1998	\$0.00	East Falls Church Metro	12:00:00 PM	\$0.00	VA	Hike

310	Great Falls (VA)	D	A moderate hike of 6-8 miles along the Potomac River with views of Great Falls. Cost \$4. Meet 10am Van Dorn Metro or 10:45 at the Visitors Center. Joint hike with the Center Hiking Club.	8	300	Michael Searles (703)-998-7855	Saturday, November 28, 1998	\$5.00	Van Dorn Metro	10:00:00 AM	\$8.00	GF/VA	Hike
311	Buck Ridge/Buck Hollow	A	A challenging 9 mile circuit hike, with 2500 feet of elevation gain, in Shenandoah National Park. We will ascend Buck Ridge Trail, and continue to Mary's Rock for a panoramic view of the Shenandoah Valley. We will return on the Buck Hollow Trail.	9	2500	Gene Vivalda 703-802-6426(H)	Saturday, November 16, 2013	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
312	Duncan Knob	A	A 9 mile circuit hike to Duncan Knob with 2000' elevation gain. We will start on the Gap Creek Trail, then form a counterclockwise loop with the Scothorn Gap Trail and Massanutten Trail. We will scramble up (optional) to the rocky Duncan Knob for lunch, with a beautiful 270 degree view. This is one you don't want to miss.	9	2000	Tom Lutke (703)-922-7372(H), (703)-660-6615(W)	Sunday, March 25, 2007	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	GWNF	Hike
313	Manassas Gap to Mosby Campsite	B	A 10 mile hike along the AT south of I-66. This is an in and out hike starting at Manassas Gap with about 1500 feet of elevation with good views of Shenandoah valley. This is a moderately paced hike, e.g., 2.5 mph moving average, 2.0 mph overall average.	10	1500	Marty 571-344-514(C) and John 703-590-2913(H)	Saturday, August 23, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$5.00	VA	Hike
314	Manassas Battlefield	D	This easy 5 mile hike includes an overview of the 1st major battle of the Civil War. There will be a lunch break at the picnic area. Park entry fee is \$3/person.	5	0	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Saturday, November 13, 1999	\$3.00	Visitor Center	10:30:00 AM	\$0.00	VA	
315	Great Falls to Riverbend Park	C	Hike the length of both parks along the Virginia side of the Potomac River and return by way of interior trails. First hike is 5 miles within Great Falls. Second hike after lunch is 4 miles to Riverbend Park and back.	9	0	Henry Bird (703)-351-5883(H)	Saturday, July 26, 2003	\$5.00	Great Falls Visitor Center	10:00:00 AM	\$0.00	GF/VA	Hike
316	Cacapon State Park	D	Enjoy an easy 6 mile hike through gentle rolling hills in Cacapon State Park, near Berkeley Springs WVA. Weather permitting we can swim in the lake afterwards - bring your swimwear. Dinner stop on the way home if desired.	6	500	Mano Malayanur (301)-562-3156(H)		\$0.00	Sterling W&OD Lot	10:00:00 AM	\$8.00	WVA	Hike
317	Mason Neck Park Canoe Trip	Fun	Learn to canoe while observing osprey, great blue herons & bald eagles in their natural habitat. This is an easy 3 hour educational canoe trip ending with breathtaking canoeing into the sunset in a bald eagle preserve. We can't guarantee you will see an eagle but you never know. Limit eleven participants. Advanced reservations required. Canoe fee \$8.			Martha Hawman (703)-802-9040	Saturday, September 06, 1997	\$2.00	Mason Neck Park	4:30:00 PM		VA	
318	Dinner Walk in Arlington	D	Join us for the fifth annual Arlington dinner walk. We will walk through residential neighborhoods to a restaurant, have dinner, and then walk back to the metro. The walk will be about 3-4 miles. We will stop at Joe's Place for Italian food. Bring money for the dinner.	4	0	Beth Lachman (703)-206-9154(H)	Saturday, August 04, 2001	\$0.00	East Falls Church Metro	7:00:00 PM	\$0.00	VA	Hike
319	Thursday Evening Walk in Falls Church	D	Come unwind after a busy work day with a 3-4 mile evening walk in the hilly neighborhoods of Falls Church. We may walk to another metro and metro back so bring money for potential metro ride. Meet near mailbox at the West Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, September 06, 2001	\$0.00	West Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
320	Movable Feasts		Practical, hands-on 6 hour class in the joys of cooking light, fast, and well. How to plan nutritious meals for day hikes and backpacking trips, choose the pack stove that's right for your trip, and prepare food that's memorable and edible! Build a fire, bearproof your food supply, try out several packable stoves, and cook a few dishes. Instructors are graduates of the prestigious Alpine "Cordon Blah" school of backcountry cuisine.			Ray (703)-569-2691 & Larry (301)-215-7135	Saturday, July 26, 1997		Algonkian Regional Park			VA	
321	Beginners Backpacking	B	For beginning backpackers and others who would like to spend the night in the luxurious Denton Shelter. Moderate 8.5 mile hike along Appalachian Trail between the National Zoo Farm and Linden. Perhaps a game of hearts during the evening. Elevation change 1400'. Call leader for details.	8	1400	Freeman Buxton (703)-430-2180	Saturday, July 19, 1997	\$0.00	Apple House	10:00:00 AM	\$11.00	VA	Camp
322	AT Series #21	A	PA 94 to Trindle Rd (PA 641). A 14.5 mile moderately paced hike on the Appalachian Trail near Mount Holly Springs, PA with a 1900 foot elevation gain. PATC Map 1. Car shuttle is required.	14	1900	Jack (703)-339-6716 & William (410)-884-9127	Saturday, March 21, 1998	\$0.00	Vienna Metro	7:30:00 AM	\$16.00	PA	Hike
323	AT Series #22	A	Trindle Road (PA 641) to Sterretts Gap. A 12.7 mile hike on the Appalachian, Darlington and Tuscarora Trails near of Carlisle, Pennsylvania with a 1200 foot elevation gain. This hike is the end point of the AT series and first 3 miles of the Tuscarora Trail series which will continue after a winter break. PATC Map 1. Car shuttle is required.	12	1200	Jack (703)-339-6716 & William (410)-884-9127	Saturday, November 15, 1997	\$0.00	Vienna Metro	7:30:00 AM	\$16.00	PA	Hike
324	AT Series #15	A	Weverton to Turners Gap. A moderately paced 13.9 mile hike on the Appalachian Trail in Maryland with a 2600 foot elevation gain. The hike may be deferred if the roads are icy. PATC Map 6. Car shuttle is required.	13	2600	Jack (703)-339-6716 & William (410)-884-9127	Saturday, December 20, 1997	\$0.00	Vienna Metro	7:30:00 AM	\$11.00	MD	Hike
325	Harmony Hollow	B	An eight mile circuit hike with about 1,200 feet of elevation gain. We will start at the 4-H Center near Front Royal; hike via the AT and Dickey Ridge Trails; lunch at Lands Run Gap; descend along Happy Creek to Harmony Hollow and return to the 4-H Center. This will be a moderately paced hike, stopping at interesting sites along the way.	8	1200	Arleen Levy 202-528-9654(C)	Saturday, June 19, 2010	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$8.00	SNP	Hike

326	Capital Crescent Trail Bike Trip	C	16 almost level miles at a moderate pace (8 miles/hour) from Key Bridge to Bethesda and back. We will stop at an Indian restaurant in Bethesda for lunch (buffet: \$9). Bikes can be rented at Fletchers Boat House (\$12). Meet in front of Key Bridge Marriott (in Virginia). Free streetside parking near Rosslyn Metro. Wear helmets!	16	0	Mano Malayanur (301)-562-3156(H)	Sunday, June 07, 1998	\$0.00	Centreville Commuter Lot	10:30:00 AM	\$0.00	VA	Bike
327	New River Bridge Day	Fun	Participate in the New River Bridge Day celebration (18th). Walk across the bridge and watch various BASE jumpers leap into a chasm 876 feet deep. Walk down into the canyon. Enjoy the breath-taking Fall scenery. Visit nearby attractions such as Summersville Lake and Babcock and Hawks Nest State Parks. Call leader for carpool fee. A good event to bring along your non-hiking partner!		0	Mano Malayanur (301)-562-3156(H)	Friday, October 17, 1997		Call leader			WVA	Hike
328	Harpers Ferry Night Hike	B	This is a 10-mile, one-way hike along the C&O canal near Harpers Ferry. Optional dinner/snack at Brunswick MD prior to the hike. Bring a flash light but use it only if you must. Requires a car shuttle. Moderate pace (3 miles/hour).	10	0	Mano Malayanur (301)-562-3156(H)	Saturday, March 28, 1998		Sterling W&OD Lot	5:00:00 PM	\$8.00	WVA	Hike
329	South River Falls	A	A 10 mile circuit hike with an 1800 foot elevation gain in the southern portion of Shenandoah National Park's Central District. Starting from Skyline Drive, we will use the Appalachian, Pocosin, and South River Falls Trails to reach an interesting waterfall.	10	1800	Doug Bell (301)-972-3439(H), (301)-208-7592(W)	Sunday, May 23, 1999	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
330	Sherman Gap/Tuscarora	B	An 8 mile circuit hike in the Massanutten Mountains with a 2150 foot elevation gain. We will ascend to the ridge on the Tuscarora/Massanutten Mountain East Trail and return via the Sherman Gap Trail.	8	2150	Doug Bell (301)-972-3439(H), (301)-208-7592(W)	Sunday, June 14, 1998	\$0.00	Manassas Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
331	Riverbend/Great Falls Parks	C	A 7 mile hike through Riverbend Park and Great Falls National Park. Bring water and lunch. Part of the hike will be on the rocky River Trail so hiking boots are required.	7	0	Laura Schriener 703-409-0212	Saturday, June 23, 2007	\$0.00	Riverbend Visitor Center Parking Lot	9:30:00 AM	\$0.00	VA	Hike
332	Rock Climbing in Annapolis Rocks		NVHC members are welcome to a camping/hiking/rock climbing event at Annapolis Rocks, MD, conducted by the Adventure Club (http://www.trialnet.com/~dianae/club/). The two-day course provides training in basic and advanced climbing technique. All equipment including tents and sleeping bags provided. Cost: \$160. Limited seats! Must call by Oct. 10. Can call Mano (703) 802-6798) for initial info.			Marilyn O'Fallon (757) 490-2934	Friday, October 24, 1997		Call leader			MD	
333	Outerbanks Camping and Hiking	Fun	Enjoy an eight-mile hike at a moderate pace (3 mi/hour) along the beaches of Ocracoke Island (NC) under a moonlit sky, looking for Blackbeard's ghost. Camp near the beach. Alternative accommodation possible. Visit nearby attractions such as the light house on Cape Hatteras. Cost: \$50 (approx). This is a joint event with Adventure Club. (http://www.trialnet.com/~dianae/club/).	8		Mano Malayanur (301)-562-3156(H)	Saturday, November 15, 1997		Call leader			NC	Hike
334	Evening Leg Stretch	D	See October 1, 1997 writeup.	5	0	Michael Searles (703)-998-7855	Wednesday, November 12, 1997	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
335	Wednesday Night Leg Stretch	D	Walk 3-5 miles at easy to moderate pace through local neighborhoods. Meet by newspaper racks.	5	0	Michael Searles (703)-998-7855	Wednesday, August 26, 1998	\$0.00	Van Dorn Street Metro	6:30:00 PM	\$0.00	VA	Hike
336	Backpacking	A	Backpack Flatrock Plains-Roaring Plains, Monongahela National Forest West Virginia. This may be the most rugged and least traveled area in the entire state. The highest point is only 93ft lower than Spruce Knob. Broad views and scenery in this area rival anything else the Monongahela National Forest has to offer. Approximately 19 miles of hiking and 2000 ft of elevation change.	19	2000	Mike Gingerich 703-590-3188	Saturday, October 11, 1997				\$44.00	WVA	Camp
337	Wilderness First Aid Class	N/A	A program of the Wilderness Safety Council, this eighteen-hour class in Alexandria includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$240. More information and registration at: http://wfa.net			Chris Tate 703-836-8905	Saturday, December 13, 2014	\$0.00	Call leader		\$0.00	VA	Class
338	Doyles River/Jones Run	A	This is an 11 mile circuit hike with 3 water falls and an elevation change of 2500 ft. Beginning at Browns Gap the hike proceeds south along the AT and then descends the Jones Run Trail. We then ascend the Doyles River Trail to the Big Run Loop Trail then return on the AT.	11	2500	Mike Gingerich 703-590-3188	Saturday, March 03, 2001	\$10.00	Manassas Commuter Lot	7:30:00 AM	\$16.00	SNP	Hike
339	Rockytop	A	This is an 14 mile circuit hike with an elevation change of 2400 ft in the southern section of SNP. Beginning at Browns Gap the hike proceeds north along the AT and then covers the Big Loop Trail, the Rockytop Trail and the Big Run Portal Trail. The gorge at "The Portal" is spectacular. Be prepared, there are nine stream crossings.	14	2400	Tom Lutke (703)-922-7372(H), (703)-660-6615(W)	Sunday, August 31, 2003	\$10.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	SNP	Hike
340	Brown Mountain	A	This is an 10 mile circuit hike with an elevation change of 2100 ft in the southern section of SNP. Beginning at the Brown Mountain Overlook we will descend on the Brown Mountain Trail and return via the Big Run-Portal Trail and the Rocky Mountain Run Trail. Be prepared, there are five stream crossings.	10	2100	Ed Brimberg 703-944-9920(C)	Saturday, September 22, 2007	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	SNP	Hike

341	Rocky Mount	A	This is an 10 mile circuit hike with an elevation change of 2800 ft in the southern section of SNP. Beginning at the Twomile Run Overlook we will descend on the Rocky Mount Trail and return on the Gap Run and Rocky Mount Trails.	10	2800	Ed Brimberg 703-944-9920(C)	Saturday, June 25, 2011	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$15.00	SNP	Hike
342	Kennedy Peak	B	A 9 mile circuit hike with 1400' elevation change. Hike will start near Camp Roosevelt on the Stephens Trail and then proceed to Kennedy Peak and return on the Massanutten Trail.	9	1800	Dane Luck 703-850-3266(C)	Saturday, February 08, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
343	AT Series #16	A	Turners Gap (US40A) to Smithburg/Wolfsville Road (MD 17). A 13.6 mile moderately paced hike on the AT near Boonsboro, MD with a 2000' elevation gain. PATC Map 5. Car shuttle is required.	13	2000	Jack (703)-339-6716 & William (410)-884-9127	Saturday, January 17, 1998	\$0.00	Vienna Metro	7:30:00 AM	\$12.00	MD	Hike
344	AT Series #17	A	Smithburg/Wolfsville Road (MD 17) to PA 16. A 12.2 mile hike on the AT near Thurmont, MD with a 2300' elevation gain. PATC Map 5. Car shuttle is required.	12	2300	Jack (703)-339-6716 & William (410)-884-9127	Saturday, February 21, 1998	\$0.00	Vienna Metro	7:30:00 AM	\$12.00	MD/PA	Hike
345	Wilderness Emergency Preparedness		Safety is an important part of wilderness comfort. Effective Planning and risk evaluation help prevent accidents. Christopher Tate with Wilderness First Aid will discuss the gear, habits, and skills that help prevent most accidents. For directions contact: (703)-379-9400.			Christopher Tate (703)-836-8905d	Wednesday, February 11, 1998		Bailey's Crossroads REI	7:30:00 PM		VA	
346	Wilderness Emergency Preparedness		Safety is an important part of wilderness comfort. Effective Planning and risk evaluation help prevent accidents. Christopher Tate with Wilderness First Aid will discuss the gear, habits, and skills that help prevent most accidents. For directions contact: (301)-982-9681.			Christopher Tate (703)-836-8905d	Thursday, February 12, 1998		College Park REI	7:30:00 PM		VA	
347	Claude Moore/Watermelon Hike	D	Hike about 4 miles through the wooded trails in Claude Moore Park in Sterling. Bring your lunch for a mid-hike picnic, the cold watermelon will be provided. See the farm site, woodlands, ponds and historic Vestal Gap Road where British troops marched to the frontier. (If you drive directly to the park then meet at the nature center at 10:45am)	4	0	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Sunday, July 14, 2002	\$0.00	Sterling W&OD Lot	10:30:00 AM	\$0.00	VA	Hike
348	Great Falls Hike/Picnic	D	A short 5 mile morning hike and/or potluck picnic at Great Falls along the scenic River Trail to Difficult Run and then back through the park's interior trails. If you can't make the hike attend the picnic at noon, meet at the picnic table next to the food vendor window at the bottom of the Visitors Center. Bring food to share; plates, utensils, napkins, and soft drinks will be provided.	5	300	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Saturday, August 10, 2002	\$5.00	Great Falls Visitor Center	9:30:00 AM	\$0.00	GF/VA	Hike
349	Hawksbill Mtn/Limberlost Trail	B	Moderate 8 mile hike in Shenandoah National Park. Hike is a circuit originating from Skyland with approximately 1600 foot change in elevation. Hawksbill is the highest point in the SNP. Hike will include portions of the AT and Limberlost Trails.	8	1600	Emeline Otey 202-462-7049(H)	Sunday, November 29, 2009	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
350	Turkey Run	D	A pleasant 7 mile hike along a stream in the Turkey Run section of Prince William Forest Park.	7	0	Mike Gingerich 703-590-3188	Saturday, June 18, 2005	\$5.00	Woodbridge Commuter Lot	9:00:00 AM	\$3.00	PWFP	Hike
351	Hannah Run/Hot Short Mtn	A	Hike past old mountaineer home sites on this 9 mile circuit in the central SNP. Elevation change is 2500'.	9	2500	Claire Fromme (703)-273-1782(H)	Saturday, March 28, 1998	\$10.00	Manassas Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
352	Theodore Roosevelt Island	D	Hikes 7 miles on the Mount Vernon trail from the Rosslyn Metro to Theodore Roosevelt Island.	7	0	Carla Brown 703-785-8321(C)	Sunday, March 22, 1998	\$0.00	Rosslyn Metro Station	12:00:00 PM	\$0.00	VA	Hike
353	Sky Meadows State Park	B	Travel to Paris (Virginia, that is) for a moderate 8 mile hike in Sky Meadows State Park. This is a joint hike with the Center Hiking Club.	8	500	Michael Searles (703)-998-7855	Sunday, May 17, 1998	\$4.00	East Falls Church Metro	10:00:00 AM	\$5.00	VA	Hike
354	Gathland State Park	C	Beginning at Gathland State Park, we will hike approximately seven miles along the South Mountain Ridge to White Rock Cliffs where we will have a panoramic view of the Blue Ridge. We will then return to Gathland State Park. Elevation gain is 1000 feet.	7	1000	Todd Birkenruth (703)-318-7735 (H)	Saturday, April 25, 1998	\$0.00	Sterling W&OD Lot	9:00:00 AM	\$8.00	MD	Hike
355	Tuscarora Trails Series #1	A	A moderately paced hike on the Tuscarora Trail Series starting at the northern terminus on the AT north of Carlisle, PA. After this 14.7 mile hike with a 3000 foot elevation gain only 237 miles and 47,000 feet will remain until you reach SNP. A car shuttle is required. PA AT to PA-74 PATC Map J.	14	3000	Jack (703)-339-6716 & William (410)-884-9127	Saturday, April 18, 1998	\$0.00	Vienna Metro	7:30:00 AM	\$24.00	PA	Hike
356	Tuscarora Trails Series #2	A	Missed the April spring flowers in Virginia. You get a second chance to see them on this moderately paced 12.4 mile hike west of Carlisle, PA on the Tuscarora Trail. Elevation gain is 2200'. A car shuttle is required. PA-17 to PA-233. PATC Map J.	12	2200	Jack (703)-339-6716 & William (410)-884-9127	Saturday, May 16, 1998	\$0.00	Vienna Metro	7:30:00 AM	\$24.00	PA	Hike
357	Tuscarora Trails Series #3	A	A moderately paced 12.5 mile hike west of Carlisle, PA on the Tuscarora Trail between PA-233 and Second Narrows Road. Elevation gain is 2200 feet. A car shuttle is required. PATC Map J.	12	2200	Jack (703)-339-6716 & William (410)-884-9127	Saturday, July 18, 1998	\$0.00	Vienna Metro	7:30:00 AM	\$24.00	PA	Hike
358	Harpers Ferry Night Hike	B	A 10-mile hike along the C&O Canal near Harpers Ferry. Optional dinner prior to the hike. Bring a flash light but use it only if you must. Fast pace (3.3 miles/hour). No car shuttle.	10	0	Mano Malayanur (301)-562-3156(H)	Saturday, May 09, 1998	\$0.00	Sterling W&OD Lot	6:00:00 PM	\$8.00	WVA	Hike
359	Sky Meadows State Park	B	A 8.4 mile hike on most of the trails in Sky Meadows State Park and reaching the junction of the AT, elevation gain 1500 feet.	8	1500	Dave and Beth Erdman 301-903-7141(W), 301-330-1633(H)	Saturday, December 08, 2012	\$4.00	Centreville Commuter Lot	8:00:00 AM	\$5.00	VA	Hike

360	Great Falls Park/Riverbend Park/VA	D	Join us for a short hike, potluck lunch and 2nd short hike at Great Falls. You are welcome to meet the group for any or all of these activities. Hike 5 miles or 10 miles. 1st Hike: 5 mile hike at Great Falls. Part of the hike will be on the rocky River Trail. Meet at the high water marker near the 2nd overlook at 9:30am. Lunch: Group potluck after morning hike from 12-1pm. Bring food to share (leaders will provide plates and silverware). 2nd Hike: 5 miles from Great Falls to and from Riverbend Park. Meet at the high water marker near the 2nd overlook at 1 pm.	5	300	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Saturday, June 06, 1998	\$5.00	Great Falls 2nd Overlook		\$0.00	GF/VA	Hike
361	Basic Rock Scrambling for Hikers		This practical hands-on half day class will provide hikers the fundamentals of route finding and safe movement over rock hazards and obstacles encountered in alpine and rocky environments. Will include scrambling with the use of hands and feet, and elementary climbing techniques. Class at Great Falls Park, VA. Limited to 8 people.			Tony Sanders (202) 362-3819	Sunday, September 12, 1999	\$5.00				GF/VA	
362	Claude Moore Park	D	Claude Moore Park in Sterling is celebrating March for Parks Day. We will join them after a short 4 mile hike. Come out and see historic barn and farm equipment and join them in other activities.	4	0	Freeman Buxton (703)-430-2180	Saturday, April 18, 1998	\$0.00	Sterling W&OD Lot	9:00:00 AM	\$0.00	VA	Hike
363	Turkey Run	C	This hike along the Potomac Heritage Trail is an out-and-back to Fort Marcy for a total of seven miles with a fair amount of up-and-down. Walking time is 3.5 hours at a moderate pace; Fort Marcy offers a charming lunch spot. Take George Washington Parkway (either direction), turn off at entrance to Turkey Run Park, which is marked with a brown sign. Meet at first parking lot on left (Lot C-1) after entering Turkey Run Park.	7	300	Carla Brown 703-785-8321(C)	Sunday, May 15, 2011	\$0.00	Turkey Run Park	8:30:00 AM	\$0.00	VA	Hike
364	Backpacking Trip to the Priest	A	An overnight backpacking trip in the Pedlar District of the George Washington and Jefferson National Forest covering 9.3 miles and 2500 foot elevation gain. Along the way we will pass waterfalls and the Priest, a 4000 foot peak. Group size will be limited.	9	2500	Rich Noonan (703)-791-6018(H)	Saturday, May 09, 1998	\$0.00	Call Leader			VA	Camp
365	Difficult Run Loop Trail	B	Come on a 10-mile, mostly level triangular loop trail in Fairfax County, formed by Colvin Mill Run, Difficult Run, and W&OD Trail. The Difficult Run segment is hikeable only recently with a newly-built fair-weather crossing. Joint hike with the PATC.	10	0	Bill Niedringhaus (703)-821-0975(H)	Sunday, November 08, 1998	\$0.00	Colvin Mill Run Park, Rt. 7	10:00:00 AM	\$0.00	VA	Hike
366	Great Falls to Oakton	A	Come on a 16-mile, mostly level hike from Great Falls to Oakton, roughly following the valley of Difficult Run. This route passes through some of the most remote public lands in Fairfax County. Car shuttle required. Joint hike with the PATC.	16	0	Bill Niedringhaus (703)-821-0975(H)	Sunday, November 01, 1998	\$0.00	Colvin Mill Run Park, Rt. 7	9:00:00 AM	\$0.00	VA	Hike
367	Snickers Gap to Ashby Gap on the AT	A	A 14 mile roller coaster hike on the Appalachian Trail in Northern Virginia between Route 7 (Snickers Gap) and Route 50 (Ashby Gap) with 3500' elevation gain. This hike has 10 different uphill's ranging from 200' 500' each. Car shuttle is required.	14	3500	Ed Brimberg 703-944-9920(C)	Saturday, March 26, 2011	\$0.00	Sterling W&OD Lot	7:30:00 AM	\$5.00	VA	Hike
368	Big Schloss	A	A twelve mile circuit hike climbing up the Stony Creek trail, going along the ridgeline on the Mill Mountain Trail, climbing to the summit on the Big Schloss Trail, and descending on the Big Schloss Cut-off Trail. The hike features some terrific views at the summit of Big Schloss. Elevation gain of 1500 feet.	12	1500	Todd Birkenruth 703-262-0340(H)	Saturday, December 04, 2010	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$10.00	GWNF	Hike
369	Tuscarora Trails Series #4	A	A moderately paced 16.5 mile hike north of Shippensburg, PA on the Tuscarora Trail between Second Narrows Road and PA-641. Elevation gain is 2400 feet. A car shuttle is required. PATC Map J.	16	2400	Jack (703)-339-6716 & William (410)-884-9127	Saturday, August 15, 1998	\$0.00	Vienna Metro	7:30:00 AM	\$24.00	PA	Hike
370	Tuscarora Trails Series #5	A	A moderately paced 15.8 mile hike northwest of Chambersburg, PA on the Tuscarora trail between PA-641 and Cowans State Park. Elevation gain is 1700 feet. A car shuttle is required. PATC Map K.	15	1700	Jack (703)-339-6716 & William (410)-884-9127	Saturday, September 19, 1998	\$0.00	Vienna Metro	7:30:00 AM	\$24.00	PA	Hike
371	Wolf/Chimney Rocks	A	A beautiful 10-mile hike. 2,400 feet of climbing at a moderate pace (2.5 mi/hr). Attractions include a waterfall, views, and rock formations. Optional rock scramble and a short bushwhack.	10	2400	Mano Malayanur (301)-562-3156(H)	Sunday, April 13, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	MD	Hike
372	Canoe Trip	Fun	Seven gentle miles down the Shenandoah near Harpers Ferry. Bring lunch and swimwear and approx \$26 to \$30. Contact Mano at least one week in advance.			Mano Malayanur (301)-562-3156(H)	Saturday, July 24, 2004	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$5.00	VA	Water
373	Pollocks Knob	A	A ten mile out and back hike from Fishers Gap to Pollock's Knob in Central Shenandoah National Park at an elevation of 3,560 feet. Good views of the Ida Valley and Hawksbill Peak. Elevation change of about 1500 feet.	10	1500	Todd Birkenruth (703)-318-7735 (H)	Saturday, April 02, 2005	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
374	Roaring Plains Backpacking	A	High alpine boggy areas, heath, and 3 sided spruce characterize this approximately 26 mile hike designed for experienced hikers accustomed to off trail hiking.	26		Mike Gingerich 703-590-3188	Friday, July 03, 1998	\$0.00	Call leader			WVA	Camp
375	Judy Springs Backpacking	B	Ten mile hike starts at Spruce Knob and descends to Judy Springs, a small isolated meadow nestled in the mountains under West Virginia's highest point.	10	2000	Mike Gingerich 703-590-3188	Saturday, July 25, 1998	\$0.00	Call leader			WVA	Camp
376	Glacier National Park Backpacking	A	A week long adventure to this vast, mostly roadless, National Park in the north west Montana.	26	5000	Mike Gingerich 703-590-3188	Sunday, August 30, 1998		Call leader			WY	Camp
377	Full Moon Hike at Scott's Run Park	D	Come unwind after a long work week with a leisurely 3 mile hike at Scott's Run Park. Bring dinner since we will stop along the River to eat and watch the moon rise. We may be able to see a partial lunar eclipse. Meet: Main parking lot at Scott's Run Park.	3	0	Beth Lachman (703)-206-9154(H)	Friday, August 07, 1998	\$0.00	Scott's Run Park	7:00:00 PM	\$0.00	VA	Hike

378	C&O Canal	C	Join us for an enjoyable hike on the historic C&O Canal. We will meet upstairs by the fair machines. Walk at a slow to moderate pace about 7-8 miles. This is a joint hike with the Center Hiking Club.	8	0	Michael Searles (703)-998-7855	Sunday, September 13, 1998	\$0.00	Rosslyn Metro Station	10:00:00 AM	\$0.00	C&O	Hike
379	Great Falls (VA)	D	About six to eight relatively easy miles. Bring water and lunch. This is a joint hike with the Center Hiking Club. Can also meet at the visitor center at 10:45am.	8	300	Michael Searles (703)-998-7855		\$5.00	Braddock Road Metro	10:00:00 AM	\$5.00	GF/VA	Hike
380	Donaldson and Windy Runs Circuit	D	Easily paced, 4 mile or so hike (just under 2 hours) starting at Potomac Overlook Regional Park (PORP) in Arlington, taking streets to Windy Run and Heritage Trail along the river to Donaldson Run and back to park. Trail crosses stream and has some up and down. Will snack/eat early lunch at picnic area across from the PORP tennis courts. Meet at PORP tennis courts.	4	300	Dick Undeland (703)-243-6631	Sunday, July 19, 1998	\$0.00	Potomac Overlook Regional Park	10:00:00 AM	\$0.00	VA	Hike
381	Tubing the Rappahannock		Join the Adventure Club for their annual lazy float down the river. This will be a 4-6 hour trip. We will stop to have lunch on the river. Bring favorite snacks, lunch, and beverages (cans only! no glass). Cost is \$12.00 (\$2.00 for cooler tubes addn'l). RSVP by 7/24/98. Meet at Rappahannock River Campground.			Keith Hollandsworth (804)-261-3797	Saturday, August 01, 1998	\$0.00	Campground	11:30:00 AM			
382	Pyrite Mine/Orenda Road	D	Approximately 3-4 miles. We will use the Pyrite Mine Road and the North Orenda Road with a side trip on the Cabin Branch Mine Trail to see the remnants of one of the mine machinery buildings.	4	0	Joan & Dennis (703)-383-0233	Sunday, August 09, 1998	\$5.00	Woodbridge Commuter Lot	8:00:00 AM	\$0.00	PWFP	Hike
383	Short Mountain	B	This is a moderate 8 mile linear hike along the Massanutten Trail across Short Mountain. Elevation gain is 1200'. We will begin at Edinburg Gap and hike south to Route 730. Requires a 5 mile car shuttle.	9	1200	Ed Brimberg 703-944-9920(C)	Saturday, September 29, 2012	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
384	Tuscarora Trails Series #6	A	A moderately paced 16 mile hike south on the Tuscarora trail west of McConnellsburg between Cowans Gap and Hells Hill Trail. Elevation gain it is 1500 feet. A car shuttle is required. Joint hike with the PATC. PATC Map K.	16	1500	Jack (703)-339-6716 & William (410)-884-9127	Saturday, October 17, 1998	\$0.00	Vienna Metro	7:30:00 AM	\$16.00	PA	Hike
385	Tuscarora Trails Series #7	A	A moderately paced hike 16 mile east of Hancock, Maryland on the Tuscarora Trail between Hells Hill Trail and Camp Hardy County Park. Elevation gain is 500 feet. A car shuttle is required. Joint hike with the PATC. PATC Map K.	16	500	Jack (703)-339-6716 & William (410)-884-9127	Saturday, November 21, 1998	\$0.00	Vienna Metro	7:30:00 AM	\$16.00	PA/MD	Hike
386	Tuscarora Trails Series #8	A	A moderately paced 14 mile hike mainly on the C&O canal and roads from Camp Hardy County Park through Hancock, Maryland with less than 100 feet elevation gain. A car shuttle is required. Joint hike with the PATC. PATC Map K.	14	100	Jack (703)-339-6716 & William (410)-884-9127	Saturday, December 19, 1998	\$0.00	Vienna Metro	7:30:00 AM	\$16.00	MD/WVA	Hike
387	Beecher Ridge/Overall Run Falls	A	Moderate 9.5 mile circuit hike on the Mathews Arm, Beecher Ridge and Tuscarora-Overall Run Trails in the northern section of Shenandoah National Park. We will take the Mathews Arm trail, descend on the Beecher Ridge trail, and climb up the Overall Run trail to the scenic falls. Elevation change is 2500'.	9	2500	Todd Birkenruth (703)-318-7735 (H)	Saturday, November 07, 1998	\$10.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike
388	Fall Colors in Cass, WVA		Hiking, biking, and a fall color tour on the Cass scenic railroad. Overnight trip. Not too expensive. Call leader for details.			Mano Malayanur (301)-562-3156(H)	Saturday, October 17, 1998		Call leader			WVA	Hike
389	Mason Neck State Park	D	One 3 mile circuit park trail, a snack break, and another 1.5 mile circuit preserve trail. Trails are level forest and marsh trails with good views of Pohick Bay and Great Marsh. Bald Eagles and Osprey nest in this area and migrating birds are attracted to this peninsula. Details at: http://www.mikeshikes.com	3	0	Mike Schwehr (703)-971-9038(H)	Saturday, April 21, 2001	\$2.00	Van Dorn Metro	8:00:00 AM	\$3.00	VA	Hike
390	National Zoo Tour	Fun	Come join us on a two hour tour of the National Zoo in Washington, DC. Our tour will be given by Sharon and Karen, official guides for the zoo and NVHC members. We will ride the Metro to and from the zoo. Limit 25. Reservations required. Rain or shine. Call leader.			Ed Brimberg 703-944-9920(C)	Saturday, October 24, 1998	\$0.00	Call leader		\$0.00	DC	Hike
391	Whiteoak Canyon	B	A seven mile hike with an elevation change of about 1000 feet. See beautiful waterfalls. Park entry fee \$8/person.	7	1000	Sylvia Lake 301-503-7954(C)	Sunday, May 16, 2010	\$8.00	Centreville Commuter Lot	8:30:00 AM	\$12.00	SNP	Hike
392	Tuscarora Trails Series #9	A	A moderately paced 13 mile hike on the Tuscarora Trail south of Hancock, MD from Ruth Morris Forest to Whites Gap. There will be a water crossing. Elevation gain is its 1900 feet. A car shuttle is required. PATC Map L.	13	1900	Jack (703)-339-6716 & William (410)-884-9127	Saturday, January 16, 1999	\$0.00	Vienna Metro	7:30:00 AM	\$16.00	WVA	Hike
393	Tuscarora Trails Series #10	A	A moderately paced 12 mile hike west of Martinsburg, WVA in Sleepy Creek Mountain from Whites Gap to Hampshire Grade Road. There will be a water crossing. Elevation gain is 900 ft. A car shuttle is required. A 22 mile circuit is optional for those who want to avoid a shuttle. PATC Map L.	12	900	Jack (703)-339-6716 & William (410)-884-9127	Saturday, February 20, 1999	\$0.00	Vienna Metro	7:30:00 AM	\$16.00	WVA	Hike
394	Tuscarora Trails Series #12	A	A moderately paced 18 mile hike west of Winchester, VA between Gainesboro, VA and Loman Branch, VA over the Devils Backbone section. Elevation gain is 2600 feet. A car shuttle is required. PATC Map L.	18	2600	Jack (703)-339-6716 & William (410)-884-9127	Saturday, April 17, 1999	\$0.00	Vienna Metro	7:30:00 AM	\$16.00	VA	Hike
395	Black Rock State Park	B	10 miles with gentle ups and downs often overlooking a beautiful lake. Medium pace (2.5 mi/hr).	10	500	Mano Malayanur (301)-562-3156(H)	Saturday, January 09, 1999	\$0.00	Vienna Metro	9:00:00 AM	\$4.00	MD	Hike
396	Patapsco Valley State Park	B	This is a 9 mile hike on several different trails with about 1200 feet of total climbing. Pace: 2.5 mi/hr. Attractions include the Patapsco river and the Bloede dam, overlooks, the B&O railroad, and a grist mill. We will hike in the Avalon area of the park.			Mano Malayanur (301)-562-3156(H)	Saturday, February 06, 1999	\$2.00	Vienna Metro	9:00:00 AM	\$5.00	MD	Hike

397	Gambrill State Park	B	About 10 miles of hiking with some ups and downs. Moderate pace (2 mi/hr). This hike offers excellent views of the historic countryside from well-placed scenic overlooks.	10	500	Mano Malayapur (301)-562-3156(H)	Sunday, November 26, 2000	\$0.00	Vienna Metro	9:00:00 AM	\$5.00	MD	Hike
398	Riverbend/Great Falls Parks	D	Hike 4 easy miles from Riverbend Park to Great Falls Park and back along the Potomac river. Trail can be muddy. Bring snacks or lunch and water. With break at falls, about 3 hours.	4	0	Paula Johnston 703-648-7237(W)	Saturday, January 19, 2008	\$0.00	Riverbend Park Visitor Center	10:30:00 AM	\$0.00	VA	Hike
399	Maryland AT	B	Moderate 8.3 mile hike on the Appalachian Trail. This stretch passes by Black Rock Cliffs and Annapolis Rocks with a panoramic view into Western Maryland. Elevation change is 1500 ft. Car shuttle is required.	8	1500	Todd Birkenruth (703)-318-7735 (H)	Saturday, February 13, 1999	\$0.00	Sterling W&OD Lot	7:30:00 AM	\$11.00	MD	Hike
400	Dickey Ridge	A	An 11 mile (2600' elevation) in-and-out hike. We will ascend the Dickey Ridge Trail; use loop trails to visit Fox Hollow and Snead Farm; lunch at the Visitors center with its commanding view of the Blue Ridge and Massanutten Mountains; return on the Dickey Ridge trail.	11	2600	Andy (703)-978-3673(H) & George (703)-978-6154(H)	Saturday, March 01, 2003	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
401	DC Urban Hike	C	Approximate 7 mile hike starting in Rosslyn, going along the C&O canal in Georgetown, stopping at the new World War II memorial, and then going through Chinatown and ending at Eastern Market on Capitol Hill. Hikers can meet at Rosslyn at 9 AM (or shortly thereafter) instead of Vienna Metro. No need to bring lunch; plenty of choices on route.	7	0	Claire Fromme (703)-273-1782(H)	Sunday, October 31, 2004	\$0.00	Vienna Metro	8:30:00 AM	\$0.00	DC	Hike
402	Turkey Run-Beltway	D	Easy paced 6 miles. from Turkey Run to Fort Marcy and back. Meet at parking lot C1.	6	300	Dick Undeland (703)-243-6631	Sunday, September 26, 1999	\$0.00	Turkey Run Park	9:00:00 AM	\$0.00	VA	Hike
403	Great Falls Virginia	C	About seven miles through Great Falls, VA. Some climbing (400 feet). Moderate pace (2.5 mi/hour). Attractions include beautiful views of Great Falls, Mather Gorge, and Difficult Run.	7	400	Sylvia Lake 301-503-7954(C)	Saturday, April 03, 2010	\$5.00	Great Falls Visitor Center/VA	8:30:00 AM	\$0.00	VA	Hike
404	Hiking the AT Documentary		Have you ever dreamed of hiking the Appalachian Trail? Then come see -The Circle of Dreams- a documentary of the 1990 Expedition Thru-Hike of the Appalachian Trail. After the video, you will have the opportunity to ask Jamie Keeble, one of the expedition members, questions about long distance hiking. Who knows, maybe your dream will come true! This will be held in the Chinn Park Regional Library in Prince William County. Call the library at (703) 792-4800 for directions.			Jamie Keeble (703)-978-3460(H)	Saturday, October 23, 1999	\$0.00	Chinn Park Regional Library	10:30:00 AM	\$0.00	VA	
405	Prince William Forest Park	B	A 10-11 mile circuit hike through gently rolling wooded terrain.	8	0	Joan & Dennis (703)-383-0233	Saturday, November 04, 2000	\$5.00	Woodbridge Commuter Lot	8:30:00 AM	\$0.00	PWFP	Hike
406	Stream Cleanup	Fun	Join us as we tackle trash in Pimmit Run's valley. Meet at Pizza Hut, 6643 Old Dominion Drive, McLean, VA any time between 9:00-10:00am. Cleanup ends at 12 noon. Bring work gloves. Optional lunch afterwards.			Tom McCready (703)-534-5251	Saturday, April 10, 1999		Pizza Hut	9:00:00 AM	\$0.00	VA	
407	Loudoun Heights	B	Moderate 8 mile hike on the Appalachian and Loudoun Heights Trails. Lunch at Split Rock, which offers a superb view of Harpers Ferry and Potomac River gorge, before returning to Harpers Ferry. Elevation gain is 1400 feet.	8	1400	Todd Birkenruth (703)-318-7735 (H)	Saturday, March 13, 1999	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$8.00	WVA	Hike
408	Outdoor Leadership Workshop & Hike	B	For new and established outdoor leaders, this workshop and day hike discusses Leadership Types, Setting People Up For Success, and Modeling Behavior. It covers 8 miles and 1,500 feet of climb at a moderate pace in Shenandoah National Park!	8	1500	Christopher Tate (703) 836-8905	Saturday, May 29, 1999		Call leader			SNP	Hike
409	Tuscarora Trails Series #13	A	A moderately paced 15 mile hike northeast of Wardensville, WVA over the Jemima section of the Tuscarora Trail between Loman Branch and WVA 55. Elevation gain is 2300 feet. A car shuttle is required. PATC Maps F and L.	15	2300	Jack (703)-339-6716 & William (410)-884-9127	Saturday, May 15, 1999	\$0.00	Vienna Metro	7:30:00 AM	\$16.00	WVA	Hike
410	Tuscarora Trails Series #14	A	A moderately paced 18 mile hike east of Wardensville, WVA over the County Line and Sugar Knob section of the Tuscarora Trail between WVA 55 and Peer Trail. Elevation gain is 3100 feet. A car shuttle is required. PATC Map F.	18	3100	Jack (703)-339-6716 & William (410)-884-9127	Saturday, June 19, 1999	\$0.00	Vienna Metro	7:30:00 AM	\$16.00	VA	Hike
411	Backpacking Basics		Covers the most important aspects of backpacking. Topics include: Gear boots & socks, fitting boots, clothing types and layers, packs, tents, sleeping bags & pads, rain gear, stoves & fuel, and more. See course description and print registration from: http://webmentor.com/mwrop/backpack.html			Ted Fryberger (410) 312-2982	Saturday, April 17, 1999		Call leader				Camp
412	Wilderness First Responder		George Mason University's Center for Outdoor Education is sponsoring a Wilderness First Responder course at Hemlock Overlook Regional Park in Clifton, Virginia. The course is being taught by SOLO February 19-27, 2000. Tuition is \$525; overnight accommodations and various meal plans available for an additional cost. For more information visit the web page: www.gmu.edu/departments/hemlock			Martha 703-803-1104	Saturday, February 19, 2000		Call leader			MD	Class
413	Sky Meadows State Park	D	Join us for a 5.5 mile circuit hike at Sky Meadows State Park. We will hike through steep meadows and woods.	6		Lee Stang (703)-280-8935	Sunday, September 12, 1999	\$4.00	Centreville Commuter Lot	9:00:00 AM	\$4.00	VA	Hike

414	AT/Weverton Cliffs	A	This is an 11.5 mile out and back hike with an elevation gain of ~1500' on the AT following the undulating ridge of Maryland's beautiful South Mountain from Compton Gap in Gathland State Park to the scenic Potomac Overlook at Weverton Cliffs with a stop along the way at the Garvey Shelter. The hike will be at a moderate pace, e.g., approximately 2.5 mph moving average, 2.0 mph overall average.	12	1000	Emeline 202-462-7049(H) & Marty 571-344-5141(C)	Saturday, May 25, 2013	\$0.00	Carderock Rec Area, MD	8:30:00 AM	\$7.00	MD	Hike
415	New River Gorge Backpacking		Backpack in and backpack out with a day hike in between. Hike your own distance, 6 to 30 miles. Elevation gain is about 200 feet. No carpooling involved. Travel to trailhead by Amtrak.	30	200	Mike Gingerich 703-590-3188	Friday, April 30, 1999		Call leader			WVA	Camp
416	Fairfax Cross-County Trail - Part 1 of 3	C	Hike along Accotink Creek for about 10 miles at a 3 to 3.5 mph pace. Hike climbs out of valley of Pohick Creek and then descends to Accotink Creek. Mostly flat, 95% off road. Meet at Americana Park ballfield. Beltway, exit 6 west, route 236, toward NOVA college, take the first left, then an immediate left again on the road to the park. Car shuttle required. ♂	10	0	Henri Comeau (703) 451-7965	Saturday, November 06, 1999	\$0.00	Americana Park	8:30:00 AM	\$0.00	VA	Hike
417	Fairfax Cross-County Trail - Part 2 of 3	B	13 miles mostly flat hike following the upper Accotink Creek to Oak Marr Park and down the Difficult Run watershed to Oakton. 90% off road. Car shuttle required. ♂	13	0	Michael Hendler (703)-821-6488	Saturday, November 13, 1999	\$0.00	Call leader	8:30:00 AM	\$0.00	VA	Hike
418	AT Backpack Trip	A	A two night backpack trip Memorial Day weekend along the Appalachian Trail in the Pedlar District of the George Washington National Forest in central Virginia. The trip will cover 19 miles with a 4,200' elevation gain. Highlights will include Spy Rock and open ridge hiking along Cole Mountain. A car shuttle will be required. Group size will be limited.	19	4200	Rich Noonan (703)-791-6018(H)	Saturday, May 29, 1999	\$0.00	Call leader			VA	Camp
419	Maryland Heights	B	About eight miles of hiking with a 1000 foot elevation gain. Attractions include the historic Harpers Ferry, a Civil War fort, and gorgeous views of the Potomac and the Shenandoah rivers. Moderate pace (2 mi/hr). Optional lunch in Harpers Ferry after the hike.	9	1000	Mano Malaynanur (301)-562-3156(H)	Saturday, March 15, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	MD	Hike
420	Backpacking Near Gore	C	Section 4 of the Tuscarora (formerly Big Blue) Trail - 14 miles, 1900 foot elevation gain. Lovely hike just south of Gore, Va. with a gorgeous view at Pinnacle Rock. We will camp near Gore on Friday night. Shuttle has been arranged for Saturday morning drive to southern trailhead. On Saturday hike 6 miles north to Pinnacle Shelter. Sunday hike 8 miles to Gore. Limit 10 participants. Call leader to reserve space. ♂	14	1900	Jamie Keeble (703)-978-3460(H)	Friday, June 04, 1999	\$0.00	Centreville Commuter Lot	7:00:00 PM	\$13.00	VA	Camp
421	Difficult Run	A	Hike on a mostly-wooded dirt trail along the stream with the largest watershed in Fairfax County. Mostly flat, some 200' hills. 12 miles (to Colvin Mill) or 18 miles (to Great Falls Park). Meet at Oak Marr Recreational Center, Jermantown Road, Oakton. Car shuttle required. ♂	12		Tom McCready (703)-534-5251	Sunday, May 16, 1999	\$0.00	Oak Marr Recreational Center	10:00:00 AM	\$0.00	VA	Hike
422	National Trails Day		We are celebrating National Trails Day at Moore Park in Sterling. We will be informing park visitors about NVHC's activities, pointing out the benefits of hiking and signing up new club members at our table. Also, we will provide several short hikes during the day to familiarize park visitors with our club and the park. A few hike leaders and others are needed to lead the hikes and discuss club activities with park visitors. Please call leader if you are interested in helping out. ♂♂		0	Freeman Buxton (703)-430-2180	Saturday, June 05, 1999	\$0.00	Moore Park		\$0.00	VA	Hike
423	Wilderness First Aid Class	N/A	A program of the Wilderness Safety Council, this eighteen-hour class in Alexandria includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$240. More information and registration at: http://wfa.net			Chris Tate 703-836-8905	Saturday, May 31, 2014	\$0.00	Call leader		\$0.00	VA	Class
424	Ramsey/Es Draft Wilderness Backpacking	A	Three days of backpacking and hiking in this beautiful wilderness area 20 mi. west of Staunton, Va. We will backpack 3.7 mi. into a campsite on Jerry's Run Trail the first day, with an optional 6.2 mi. hike to the Confederate Breastworks. Day two brings a 12 mi. circuit hike on Shenandoah Mountain Trail, through some virgin forest, and back down Ramsey's Draft itself. Day three we hike out one of three ways, 3.1-4.1 mi. Lunch at MJ's Diner in Churchville; back in time to leave for the holiday weekend! ♂			Steve Coxie (703)-845-4220	Wednesday, May 26, 1999	\$0.00	Call leader			GWNF	Camp
425	Claude Moore Park Hike and Maintenance	D	Easy 4 mile hike. Pot luck picnic lunch at about 12pm, bring a dish. Also, trail maintenance for interested persons between 1 and 3pm. Bring brush trimmers, dirt shovels or pick ax if you have them, the park's tool supply is limited. Persons interested in maintenance only, can meet at the park's visitors center at 1pm if they choose. ♂	4	0	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Saturday, May 08, 1999	\$0.00	Sterling W&OD Lot	9:00:00 AM	\$0.00	VA	Hike
426	Pinefield Gap and Blackrock	A	Moderate 12.5 mile hike on the Appalachian Trail in the Southern section of Shenandoah National Park. Sites include Trayfoot Mountain, Loft Mountain and Blackrock. Elevation gain of 1200 feet. Car shuttle is required.	12	1200	Todd Birkenruth (703)-318-7735 (H)	Sunday, May 30, 1999	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike

427	Rocky and Brown Mountains	A	Moderate 9.3 mile circuit height on the Rocky Mountain, Brown Mountain, and Big Run Portal trails. There are views of Two Mile Ridge and Rocky Mount. The trail is along one of the most spectacular east-west ridges of the park. Elevation change of 1500 feet.	9	1500	Todd Birkenruth (703)-318-7735 (H)	Sunday, July 18, 1999	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	SNP	Hike
428	Blackrock and Bearfence Mtns	B	Moderate 9.5 mile hike on the Appalachian Trail with two short side trips to views at Blackrock and Bearfence Mountain. This section passes over Hazeltop Mountain the highest point of the Appalachian Trail in Shenandoah National park. Eight mile car shuttle is required. Elevation gain of 1,500 feet.	9	1500	Todd Birkenruth (703)-318-7735 (H)	Sunday, August 15, 1999	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
429	Tuscarora Trails Series #15	A	A moderately paced 14 mile circuit hike northwest of Woodstock,VA in the George Washington National Forest on Old Sulphur Gap, Paddy Mountain, Peer and Tuscarora Trails. Elevation gain is 3,200 ft.. No car shuttle this time. PATC Map F.	14	3200	Jack (703)-339-6716 & William (410)-884-9127	Saturday, July 17, 1999	\$0.00	Vienna Metro	7:30:00 AM	\$12.00	VA	Hike
430	Tuscarora Trails Series #16	A	A moderately paced 12 mile hike northeast of Woodstock, VA over the Fetzer Gap section of the Tuscarora Trail between Cedar Creek and Maurertown. Elevation gain is 1,700 ft. A car shuttle is required. PATC Maps F&G.	12	1700	Jack (703)-339-6716 & William (410)-884-9127	Saturday, August 21, 1999	\$0.00	Vienna Metro	7:30:00 AM	\$12.00	VA	Hike
431	Tuscarora Trails Series #17	A	A moderately paced 14 mile hike southwest of Front Royal, VA over the Massanutten West section of the Tuscarora Trail between Maurertown and Elizabeth Furnace. Elevation gain is 2,300 ft. A car shuttle is required. PATC Map G.	14	2300	Jack (703)-339-6716 & William (410)-884-9127	Saturday, September 18, 1999	\$0.00	Vienna Metro	7:30:00 AM	\$12.00	VA	Hike
432	Mt. Marshall & Bluff Trails	A	A 13-mile circuit hike with 2,160 feet of elevation gain. We will hike on the Mount Marshall, Bluff and the Appalachian trails, rewarding ourselves with great views on the North and South peaks of Mount Marshall. Lunch will be at the Gravel Springs Hut.	13	2160	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Saturday, May 28, 2005	\$10.00	Vienna Metro	8:00:00 AM	\$11.00	SNP	Hike
433	Tuscarora Trails Series #11+-	A	A moderately paced 14 mile hike from Shockeyville to Gainesboro, VA. This hike covers that portion of the Tuscarora Trail not completed in March and additional side trails. Elevation gain is 1,500 ft. A car shuttle is required. PATC Map L.	14	1500	Jack (703)-339-6716 & William (410)-884-9127	Saturday, August 14, 1999	\$0.00	Vienna Metro	7:30:00 AM	\$16.00	VA	Hike
434	Camping in Pocahontas County	Fun	Join us for a fun filled weekend in the beautiful Pocahontas County, WVA. Events include a scenic train ride, a (level) bike ride, a canoe trip down the gentle Greenbrier, a moonlight hike, and much much more. Cost approx. \$75 per head (incl camping, canoe and bike rental, dinner and car pool).			Mano Malayanur (301)-562-3156(H)	Friday, July 23, 1999		Call leader			WVA	
435	Shenandoah River State Park	B	This is an easy ten mile hike near the beautiful Shenandoah river. Bring swim wear, towel and change of clothes for a dip in the river after the hike.			Mano Malayanur (301)-562-3156(H)	Saturday, August 07, 1999	\$3.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	VA	Hike
436	Nature Writing at Lost River State Park	Fun	Want to learn about nature writing and try your hand at it? Then join us for an introductory nature writing workshop at beautiful Lost River State Park, WVA. During the weekend you will enjoy the beauty of fall color during an easy hike, learn about different types of nature writing, and do a little bit of nature writing. We will share cabins. Cost for workshop is \$40. per person for the weekend which covers lodging and instruction supplies. Space is limited to 10. Contact leaders for details.			Mano Malayanur (301)-562-3156(H)	Friday, September 10, 1999					WVA	Hike
437	Riverbend/Great Falls Parks	D	Hike 4 easy miles from Riverbend Park to Great Falls Park and back along the Potomac river. Trail can be muddy. Bring snacks or lunch and water. With break at falls, about 3 hours.	4	0	Paula Johnston 703-648-7237(W)	Saturday, May 15, 2010	\$0.00	Riverbend Park Visitor Center	10:00:00 AM	\$0.00	GF/VA	Hike
438	Lake Accotink	D	A fun, evening stretch. This will be a fast paced 4 mile walk around Lake Accotink - the terrain is mostly flat. Bring lots of water. Call if you need directions.	4	0	Nancy Lake (703)-352-9006(H)	Thursday, July 26, 2001	\$0.00	Snack Bar by Lake	6:30:00 PM	\$0.00	VA	Hike
439	Burke Lake Park	D	This 5-mile circuit hike features a level walk around a scenic lake. Meet at Burke Lake Park Marina parking lot. Enter the park at the Burke Lake Park Entrance on Ox Road, Rt 123. After entering the park go straight, following the road as it curves right and goes into the marina parking lot.	5	0	Moira Biwott 703-599-4183(C)	Sunday, October 05, 2014	\$0.00	Burke Lake Park Marina Parking Lot	10:00:00 AM	\$0.00	VA	Hike
440	Stony Man and Hawksbill Mtns	A	Climb the two highest peaks of Shenandoah National Park on this ten mile hike. We will pass several other overlooks. The hike will begin at the Fishers Gap Overlook and end near Skyland. Elevation gain of 2500 feet. A seven mile car shuttle is required.	10	2500	Tom Lutke (703)-922-7372(H), (703)-660-6615(W)	Sunday, July 30, 2006	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
441	Lake Fairfax Circuit Hike	B	A 10-mile circuit hike through Vienna and Reston on dirt or gravel trails. Several 150' hills. No hiking on roads. Optional lunch at fast-food eateries, or bring own lunch. Frequent restrooms. Half in shade.	10	500	Tom McCready (703)-534-5251	Sunday, July 25, 1999	\$0.00	Colvin Run Mill Park	10:00:00 AM	\$0.00	VA	Hike
442	Titcomb Backpacking	A	A week backpacking trip in the Wind River Range's Bridger Wilderness with magnificent lakes, peaks and glaciers. Wyoming's highest point will be within view. Limited participation, call early, hike fills fast.			Mike Gingerich 703-590-3188	Saturday, September 04, 1999		Call leader			WY	Camp
443	Horseback Riding-Fort Valley	Fun	Join us on a half day horseback ride through the beautiful Massanutten Mountains. Cost is \$80/person which includes 4 hours of riding and a trail lunch. Previous riding experience not required. All rides are led by a trail guide from the Fort Valley Riding Stable. Reservations are required by October 29 with no cancellations accepted after that. Limit 15 people. See their web page at: http://www.fortvalleystable.com		0	Ed Brimberg 703-944-9920(C)		\$0.00	Centreville Commuter Lot	7:30:00 AM	\$12.00	GWNF	Horse

444	Tuscarora Trails Series #18	A	A moderately paced 18 mile hike, southwest of Front Royal from Elizabeth Furnace to Thompson Hollow. Elevation gain is 4,200 feet. Car shuttle is required. PATC maps G and 9.	18	4200	Jack (703)-339-6716 & William (410)-884-9127	Saturday, October 16, 1999	\$0.00	Vienna Metro	7:30:00 AM	\$12.00	VA	Hike
445	Tuscarora Trails Series #19	A	A moderately paced 13 mile hike in the northern section of Shenandoah National Park from Thompson Hollow to Browntown. This hike will cover the last leg of the Tuscarora Trail. Elevation gain is 2,700 feet. A car shuttle is required. PATC map 9.	13	2700	Jack (703)-339-6716 & William (410)-884-9127	Saturday, November 20, 1999	\$0.00	Vienna Metro	7:30:00 AM	\$11.00	VA	Hike
446	Tuscarora Trails Series #20	A		14	2300	Jack (703)-339-6716 & William (410)-884-9127		\$0.00	Vienna Metro	7:30:00 AM	\$12.00	VA	Hike
447	Fairfax Cross-County Trail - Part 3 of 3	B	Northern Part of Fairfax Cross County Hike: Oakton to Great Falls. A scenic 12 mile mostly flat hike that is mainly wooded beginning 12 south of the Potomac River and ending as you step into the Potomac. The hike includes a stream overlook, a horse farm, a rail trail, isolated pond and more. It lies mostly along wooded stream valleys. The route has been hiked end-to-end only once before, on National Trails Day this year. Meet at Great Falls Visitors Center parking lot.	12	200	Mike Gingerich 703-590-3188	Saturday, November 20, 1999	\$4.00	Great Falls Parking Lot	8:30:00 AM	\$4.00	VA	Hike
448	Great North Mtn Trail	A	A ten mile circuit hike along the North Mountain, Laurel Run, and Falls Ridge Trails. Hike offers some good views of the surrounding mountains, large strands for mountain laurels, and giant anthers. Elevation Change of 2000 feet.	10	2000	Todd Birkenruth (703)-318-7735 (H)	Saturday, November 11, 2000	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$12.00	GWNF	Hike
449	Overall Run	A	A ten mile circuit hike on the Tuscarora, Overall Run, and Beecher Ridge Trails of Northern Shenandoah National Park with a strenuous climb up to Overall Run Falls during the second half of the hike. Elevation change of about 2000 feet.	10	2000	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Sunday, September 29, 2002	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
450	Hike Into Y2K	D	Come see how the earth and the sky looked exactly a thousand years ago when Gregorian Chants were the Top 40 hits, and a thousand years before that when Jesus Christ was in his diapers. Come test whether your hiking system is Y2K compliant. We will hike five gentle miles along Skyline Drive in Northern SNP and stop at an overlook to celebrate the arrival of the year 2000 at midnight. Dress warmly and bring a flash light and a camera. A five-mile car shuttle is required.	5	0	Mano Malayanur (301)-562-3156(H)	Friday, December 31, 1999	\$10.00	Centreville Commuter Lot	9:30:00 PM	\$8.00	VA	Hike
451	Hogback Mtn/Sugarloaf	A	This is a double circuit, figure eight hike, of 9.7 miles with an elevation gain of 1,800 feet. In the first half (4.9 miles) we will climb Hogback's highest peak for fine views of Browntown, Dickey Ridge, and Massanutten Mtn. In the second half (4.8 miles) we will cross Piney River, and climb to the AT near Sugarloaf. We will hike on the AT, Sugarloaf, Pine Bridge Link, and Piney Branch Trails. Hikers will have the option of doing one or both circuits.	10	1800	George Evans (703)-978-6154(H)	Saturday, September 02, 2000	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
452	Brown Mtn-Rockytop Backpacking	A	An overnight backpack trip along the Brown Mtn and Rockytop Trails in the southern section of SNP covering 12.3 miles and 2900' elevation gain. Along the way enjoy the fall foliage and views of the surrounding ridges. An optional side trip to Lewis Peak will be considered. A short car shuttle will be required and group size will be limited.	12	2900	Rich Noonan (703)-791-6018(H)	Saturday, October 16, 1999	\$10.00	Call leader			SNP	Camp
453	Compton Peak	A	11.5 mile linear hike from Dickey Ridge Visitor Center to Compton Peak and back. Elevation change is about 1900 ft. Using Dickey Ridge and Appalachian Trails.	12	1900	Claire Fromme (703)-273-1782(H)	Saturday, December 18, 1999	\$10.00	Manassas Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
454	New River Bridge Day	Fun	Hike 10 miles, jump off the New River Bridge to the trail 600 feet below, and hike back; jump optional. Travel to trail head by train and hike 3 to 30 miles, your choice, in the New River Gorge along the New River. The trail is flat except for one climb of about 600 feet.	10	600	Mike Gingerich 703-590-3188			Call leader			WVA	Hike
455	Bull Run Marina	C	From Fountainhead Park to Bull Run Marina (requires a shuttle). 6.5 miles of gently rolling hills and scenic river views. Lots of ups and downs. Elevation gain 600'.	6	0	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Sunday, January 11, 2009	\$0.00	Fountainhead Park	8:30:00 AM	\$0.00	VA	Hike
456	Hemlock Overlook	C	Lovely 5 miles along the scenic Bull Run. Can also meet at Hemlock Overlook Park at 9:30am. Car shuttle required.	5		Jamie Keeble (703)-978-3460(H)	Sunday, June 11, 2000	\$0.00	Vienna Metro	9:00:00 AM	\$4.00	VA	Camp
457	Thornton Hollow	A	A 12 mile hike with an elevation change of 1500 feet in northern section of Shenandoah National Park. We will follow the Thornton River trail, the AT and return via the Hull School trail.	12	1500	Craig & Trish (703)-830-2391(H), (703)-754-5567(W)	Saturday, October 02, 1999	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
458	The Amazing Maize Maze	Fun	Help your team find its way out of a 10 acre corn maze. Located just outside of Lancaster, Pa is the biggest and most popular "human maze" in the area. Call the hike leader for trip details, also visit their web site at: www.amazingmaze.com Carpool fee to be determined.		0	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Saturday, October 16, 1999	\$7.00	Call leader			PA	Hike
459	Black Rock Cliffs	C	A 6.8 mile out-and-back hike on the Appalachian Trail from Myersville, Maryland to Black Rock Cliffs and Annapolis Rocks. Enjoy inspiring views over the valley of Frederick County. Elevation gain of about 800 feet.	7	800	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Sunday, February 02, 2014	\$0.00	Carderock Rec Area, MD	8:30:00 AM	\$8.00	MD	Hike

460	Pass Mountain	A	Get ready for spring on this bracing 11.5 mile hike with 3100 feet of elevation gain. We will begin on the Pass Mountain trail and follow it to the AT. From there we will go south past the very beautiful Mary's Rock overlook. We will then take the Meadow Spring trail and descend on the Buck Hollow trail.	12	3100	Gene Vivalda 703-802-6426(H)	Saturday, March 16, 2013	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
461	Broad Hollow	A	A 8.5 mile circuit hike with 2200 foot elevation gain in Hazel country. We will pass hemlock forests, streams, old home sites, abandoned cabins and orchards. The majority of the hike will be on the Broad Hollow and Pine Hill Gap trails.	8	2200	Ed Brimberg 703-944-9920(C)	Saturday, September 25, 2010	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
462	Sams Ridge	A	A difficult 10 mile circuit hike with 2000 foot elevation change in Hazel country. We will pass through hemlock woods, along White Rocks and the scenic Hazel River.	10	2000	Ed Brimberg 703-944-9920(C)	Saturday, June 28, 2014	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike
463	Mason-Dixon Trail Series #1	A	Hike the entire 187 mile Mason-Dixon Trail for the millennium. From Whiskey Springs on the Appalachian Trail to Brandywine Trail near Wilmington Delaware. The hikes will be on the third Saturday each month and average 18 miles. This hike will be 17 miles from the Appalachian Trail to Gifford Pinchot State Park. A car shuttle is required. Mason-Dixon trail map 1.	17		Jack (703)-339-6716 & William (410)-884-9127	Saturday, February 19, 2000	\$0.00	Call leader		\$19.00	PA	Hike
464	Mason-Dixon Trail Series #2	A	A moderately paced 20 mile hike from Gifford Pinchot State Park to Conewago Heights. A car shuttle is required. Mason-Dixon trail map 2. A good training hike for the 100K in May.	20	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, March 18, 2000	\$0.00	Call leader		\$19.00	PA	Hike
465	Loudoun Heights	B	A 8.8 Mile out and back hike traversing the Appalachian and Loudoun Heights Trails with good views of the Potomac river and Harpers Ferry. Elevation gain of about 700 feet.	9	700	Todd Birkenruth (703)-318-7735 (H)	Saturday, February 16, 2002	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$8.00	VA	Hike
466	Lambs Knoll	B	An eight mile out and back hike on the Appalachian trail in Maryland from Turners Gap to Lambs Knoll. The rocks at Lambs Knoll have scenic views of the Maryland and Northern Virginia peaks and valleys. Elevation change of about 1500 feet.	8	1500	Todd Birkenruth (703)-318-7735 (H)	Saturday, February 12, 2000	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$11.00	MD	Hike
467	Mount Vernon Trail	D	A moderate 7.5 walk on the Mount Vernon path from Belle Haven to the Mount Vernon mansion. Beautiful views of Dykes Marsh and the Potomac River. Wear good walking shoes and bring adequate water. Car shuttle required. Call leader for directions to meeting place.	7	0	Vickie Soderberg (703)-580-1239	Saturday, March 18, 2000	\$0.00	Belle Haven Park Picnic Area	9:00:00 AM	\$3.00	VA	Hike
468	High Point Chase	Fun	Get away from the winter weather with Mano, Mike, and others to visit high points in Georgia, Alabama, and Florida. (No, this is NOT a low-point chase, and yes, Florida DOES have a high point!!) We will fly to Atlanta, rent car(s), eat in restaurants and sleep in motels. Call/e-mail Mano for all details (mmano@erols.com).			Mano Malayanur (301)-562-3156(H)	Thursday, January 13, 2000		Call leader			FL	Hike
469	Winter Weekend in WVA	Fun	Join Mano and others on this relaxing vacation weekend in Cacapon State Park, WVA. We will stay at the lodge and eat in the restaurant. Activities include easy/moderate (rating: C) hikes during day time on Saturday and Sunday, and fun indoor games (ping-pong, shuffle board, pool (nine ball), video and card games) in the evening. Cost: \$80 or \$140 depending on whether you will stay Friday night. Bring a pack of cards. Call early or e-mail mmano@erols.com			Mano Malayanur (301)-562-3156(H)	Friday, January 21, 2000		Call leader			WVA	Hike
470	Greenbrier State Park	B	Eight miles with 1,000 feet of climbing. Very rough and rocky trail, but excellently marked. Attractions include lake, some views, and pretty woods. Amenities include visitor center (heated), rest rooms, and soda machines half way through the hike. Medium pace (2.5 mi/hr). This is NVHC's first visit to this park.	8	1000	Mano Malayanur (301)-562-3156(H)	Sunday, February 06, 2000	\$2.00	Sterling W&OD Lot	8:00:00 AM	\$8.00	MD	Hike
471	St. Mary's River State Park	B	Nine miles with about 1,000 feet of climbing around a pretty lake in Southern MD. Medium pace (2.5 mi/hr). This is NVHC's first visit to this park.	8	1000	Mano Malayanur (301)-562-3156(H)	Sunday, March 26, 2000	\$2.00	Vienna Metro	9:00:00 AM	\$11.00	MD	Hike
472	Sunday Hikes in Great Falls	C	Join Mano, Padma, and others on this "mostly weekly" hikes through Great Falls, MD. Same route every week. 8 miles. FAST PACE! (3.5 mi/hr.) Great way to work toward your Y2K challenge goals. Visit web site below for latest hike plans and cancellations, or e-mail leaders at "mmano@erols.com". "http://www.geocities.com/Yosemite/Falls/1290/sundays.html"	8	0	Mano Malayanur (301)-562-3156(H)	Sunday, April 02, 2000	\$0.00	Carderock Parking Lot #1, MD	1:00:00 PM	\$0.00	MD	Hike
473	Walk in Arlington	D	See January 8, 2000 write-up.	4	0	Beth Lachman (703)-206-9154(H)	Saturday, January 15, 2000	\$0.00	East Falls Church Metro	2:00:00 PM	\$0.00	VA	Hike
474	Walk in Arlington	D	See January 8, 2000 write-up.	4	0	Beth Lachman (703)-206-9154(H)	Saturday, February 05, 2000	\$0.00	East Falls Church Metro	2:00:00 PM	\$0.00	VA	Hike
475	Walk in Arlington	D	See January 8, 2000 write-up.	4	0	Beth Lachman (703)-206-9154(H)	Saturday, February 19, 2000	\$0.00	East Falls Church Metro	2:00:00 PM	\$0.00	VA	Hike
476	Walk in Falls Church	D	Join us for a 3 mile morning walk in the neighborhoods of Falls Church. We will start in front of the Falls Church Community Center near the farmers market, so bring money in case you want to attend the farmers market before or after the walk.	3	0	Paula Johnston 703-648-7237(W)	Saturday, August 23, 2008	\$0.00	Falls Church Community Center	8:30:00 AM	\$0.00	VA	Hike

477	Lunch Walk in Vienna	D	Join us for a lunch walk to Sunflower, vegetarian Asian restaurant in Vienna. We will walk through residential neighborhoods and parks to the restaurant, have a late lunch, and then walk back to the metro. The walk will be about 3-4 miles. Bring money for the lunch.	4	0	Beth Lachman (703)-206-9154(H)	Saturday, December 02, 2000	\$0.00	Vienna Metro	1:00:00 PM	\$0.00	VA	Hike
478	Afternoon Walk in Falls Church	D	Join us for a moderately to fast paced 3-4 mile walk in the hilly neighborhoods of Falls Church. Bring water, jacket, and money for possible snack stop after the walk. If roads or sidewalks are icy check with the leader to see whether the hike is canceled. We may walk to another metro and metro back so bring money for potential metro ride.	4	0	Beth Lachman (703)-206-9154(H)	Saturday, March 10, 2001	\$0.00	West Falls Church Metro	2:00:00 PM	\$0.00	VA	Hike
479	Billy Goat Trail	C	Over 7 miles at an easy pace. From Carderock Park along the C&O Canal (just beyond the Beltway), Billy Goat Trails B and C, up to Gold Mine in Great Falls Park and back to Great Falls Inn (Headquarters), then return along the Canal tow path to Carderock. Meet at first Carderock parking area, reached by turning left after going under the Canal. Bring a lunch.	7	0	Jane 703-400-3941(C) & Melissa 703-598-1410(C)	Saturday, September 20, 2008	\$0.00	Carderock Parking Area	9:00:00 AM	\$0.00	MD	Hike
480	Mason-Dixon Trail Series #3	A	A moderately paced 19-mile hike north of York, PA along the Susquehanna River from Conewego Heights to Wrightsville, PA. A car shuttle is required. Mason's-Dixon trail maps 2 and 3.	19	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, April 15, 2000	\$0.00	Call leaders		\$12.00	PA	Hike
481	Mason-Dixon Trail Series #4	A	A moderately paced 17-mile hike east of York, PA along the Susquehanna River from Wrightsville to York Furnace. A car shuttle is required. Mason-Dixon trail map 4.	17	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, May 20, 2000	\$0.00	Call leaders		\$12.00	PA	Hike
482	Mason-Dixon Trail Series #5	A	A moderately paced 17-mile hike southeast of York, PA along the Susquehanna River from York Furnace to Muddy. A car shuttle is required. Mason-Dixon trail map 5.	17	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, June 17, 2000	\$0.00	Call leaders		\$12.00	PA	Hike
483	Keys Gap/Blackburn Trail Center	A	A 13 mile out and back hike from Keys Gap to the newly renovated Blackburn Trail Center, where we will have lunch before returning to Keys Gap. The hike involves about 1800 feet of elevation gain.	13	1800	Gene Vivalda 703-802-6426(H)	Sunday, September 18, 2011	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$5.00	VA	Hike
484	Big Devil Stairs	A	This is a 9 mile hike with 2,750 feet of elevation gain, on the Mt. Marshall and Bluff Trails, including an "out and back" hike down the Big Devils Stairs Trail; a seldom visited area of SNP with great views. We will have lunch on a rock outcrop overlooking the canyon of the "Stairs." A 5 mile shuttle is required. Hikers will have an option, during the hike, to do an 8.5 mile, 1,000 foot elevation "B" level hike to and from the same locations.	9	2750	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Saturday, July 12, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	SNP	Hike
485	The Priest/Three Ridges Backpack	A	Three day backpack trip in the Pedlar District of the GWNF. The trip will cover 21.5 miles with a cumulative altitude gain of 6,300 feet. Along the way we'll pass waterfalls and two 4,000' peaks. A short car shuttle will be required. Group size will be limited. Call Hike leader for meeting time and place.	21	6300	Rich Noonan (703)-791-6018(H)	Saturday, May 24, 2003	\$0.00	Call Leader			GWNF	Camp
486	C&O Canal/Antietam	C	A 9 mile hike along the C & O Canal starting at Dargan's Bend. Hike will go past limestone kilns and the Antietam Creek aqueduct, built in the 1830s.	9	0	Claire Fromme (703)-273-1782(H)	Sunday, May 07, 2000	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$11.00	C&O	Hike
487	Thompson Wildlife Mgt Area	D	Join us for a 5-6 mile hike at Thompson Wildlife Management Area to hike among trillium and other spring wildflowers. Bring water, jacket, lunch, and hiking boots. We will hike through steep meadows and woods. Meet near mailbox at the Vienna Metro stop.	6		Beth Lachman (703)-206-9154(H)	Saturday, April 29, 2000	\$0.00	Vienna Metro	8:30:00 AM	\$0.00	VA	Hike
488	2000 C&O Canal Hike	C	Join us for a 7-8 mile hike along the C&O Canal. Bring water and snack. Meet at the canal at Great Falls Park, MD, near the Visitor's center.	8	0	Beth Lachman (703)-206-9154(H)	Saturday, June 17, 2000		Great Falls, MD	9:00:00 AM	\$0.00	MD	Hike
489	Burke Lake Walk	D	Join us for a moderately paced 5 mile hike around Burke Lake. Bring water and snack.	5	0	Beth Lachman (703)-206-9154(H)	Sunday, June 03, 2001		Burke Lake Boat House	9:00:00 AM	\$0.00	VA	Hike
490	Thursday Evening Walk in Arlington	D	Come unwind after a busy work day with a moderately paced 3-5 mile evening walk in the neighborhoods of Arlington. We may walk to Ballston or other metro and metro back so bring money for potential metro ride. Meet near mailbox at the East Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, April 26, 2001	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
491	Thursday Evening Walk in Arlington	D	Come unwind after a busy work day with a moderately paced 3-5 mile evening walk in the neighborhoods of Arlington. We may walk to Ballston or other metro and metro back so bring money for potential metro ride. Meet near mailbox at the East Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, May 31, 2001	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
492	Thursday Evening Walk in Arlington	D	Come unwind after a busy work day with a moderately paced 3-5 mile evening walk in the neighborhoods of Arlington. We may walk to Ballston or other metro and metro back so bring money for potential metro ride. Meet near mailbox at the East Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, June 07, 2001	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
493	Thursday Evening Walk in Falls Church	D	Come unwind after a busy work day with a 3-4 mile evening walk in the hilly neighborhoods of Falls Church. We may walk to another metro and metro back so bring money for potential metro ride. Meet near mailbox at the West Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, September 13, 2001	\$0.00	West Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike

494	Thursday Evening Walk in Falls Church	D	Come unwind after a busy work day with a moderately paced 3-5 mile evening walk in the hilly neighborhoods of Falls Church. We may walk to another metro and metro back so bring money for potential metro ride. Meet: near mailbox at the West Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, May 24, 2001	\$0.00	West Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
495	Evening Walk in West Falls Church	D	Come unwind after a busy work day with a 3-4 mile evening walk in the hilly neighborhoods of Falls Church. We may walk to another metro station and metro back, so bring money for potential ride. Meet near mailbox at the West Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, October 05, 2000	\$0.00	West Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
496	North Mountain Trail	A	A ten mile circuit hike which begins along the ridge of Great North Mountain, with some excellent views of , and descends into the valley, before making a steady climb up the ridge and passing a pond before reaching the parking lot. Elevation change of about 1500 feet.	10	1500	Todd Birkenruth 703-262-0340(H)	Saturday, April 18, 2009	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	GWNF	Hike
497	Harpers Ferry- Brunswick	A	About 12 miles of hiking with a 1,000 foot elevation gain. We will visit Maryland Heights (Civil War fort and overlook), hike back down into Harpers Ferry, eat lunch at a restaurant, and then hike down to Brunswick, MD along the Potomac River. Excellent views and scenery. Requires a car shuttle.	12	1000	Mano Malayapur (301)-562-3156(H)	Sunday, September 30, 2001	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	WVA/MD	Hike
498	White Water Rafting on Lower Yough	Fun	Two or three fun filled days of cycling, camping, and hiking, culminating in an exciting guided raft trip down the infamous Lower Yough (Class IV). We will camp at Ohiopyle State Park, PA. Cost: \$100 (approx: rafting, cycling, camping). Call early! Camp sites fill fast. Rafting can be DANGEROUS! However the outfitters are state regulated and have excellent safety records. Check http://www.adventuresports.com/water/awacode.htm for details on river rating and safety.	0		Mano Malayapur (301)-562-3156(H)		\$0.00	Call leader			WVA	Water
499	Fairfax Cross County Trail		Fairfax Trails and Streams, in cooperation with the Fairfax County Park Authority, is sponsoring a ceremonial opening of parts of the Fairfax Cross-County Trail on National Trails Day weekend, June 3-4. There will be separate events over the weekend in different parts of the county: 1) a signpost unveiling in one district ; 2) a carpool or short hike to a signpost unveiling in an adjacent district and; 3) a return hike. The events are expected to take place Saturday morning, midday and late afternoon, and Sunday morning. You may join in any or all of the events. They will be posted at: www.mindspring.com/~potomacgreenways		0	Bill Niedringhaus (703)-821-0975(H)	Saturday, June 03, 2000	\$0.00			\$0.00	VA	Hike
500	End to End Billy Goat Trail	B	A 10 mile circuit hike on the Maryland side of the Potomac River. Lots of rock scrambling. Spectacular views of Great Falls and Mather Gorge. Bring a snack and water for a break along the way. Details at: http://www.mikeshikes.com	10	200	Mike Schwehr (703)-971-9038(H)	Sunday, April 29, 2001	\$0.00	Carderock North Parking Lot	9:00:00 AM	\$0.00	GF/MD	Hike
501	Manassas/Ashby Gap	A	Hike the Appalachian Trail from Manassas Gap (I-66) to Ashby Gap (Route 50). A 12.5 mile with a 2300 foot elevation gain. Car shuttle is required.	12	2300	Trish (703)-830-2391(H)	Sunday, November 05, 2000	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	VA	Hike
502	Mason-Dixon Trail Series #6	A	A moderately paced 16 mile hike along the Susquehanna River SE of York, PA from Muddy Creek, PA to Broad Creek, MD. A car shuttle is required. Mason-Dixon trail maps 5 and 6.	16	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, July 15, 2000	\$0.00	Call leaders		\$12.00	PA/MD	Hike
503	Mason-Dixon Trail Series #7	A	A moderately paced 19 mile hike along the Susquehanna River from Broad Creek, MD to Harve de Grace, MD. A car shuttle is required. Mason-Dixon trail maps 6 and 7.	19	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, August 19, 2000	\$0.00	Call leaders		\$12.00	MD	Hike
504	Mason-Dixon Trail Series #8	A	A moderately paced 19 mile hike from Harve de Grace, MD east to Elk Neck State Forest, PA. A car shuttle is required. Mason-Dixon trail maps 7 and 8.	19	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, September 16, 2000	\$0.00	Call leaders		\$12.00	PA	Hike
505	Mason-Dixon Trail Series #9	A	A moderately paced 13 mile hike from Elk Neck State Forest, PA northeast to Newark, DE. A car shuttle is required. Mason-Dixon trail maps 8 and 9.	13	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, October 21, 2000	\$0.00	Call leaders		\$12.00	PA/DE	Hike
506	Mason-Dixon Trail Series #10	A	A moderately paced 16 mile hike from Newark, DE north to White Clay Creek, PA. A car shuttle is required. Mason-Dixon trail map 9.	16	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, November 18, 2000	\$0.00	Call leaders		\$12.00	DE/PA	Hike
507	Mason-Dixon Trail Series #11	A	This moderately paced 16 mile hike from White Clay Creek, PA to Chadds Ford, PA completes the Mason-Dixon Trail Series. Mason-Dixon trail maps 9 and 10.	16	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, December 16, 2000	\$0.00	Call leaders		\$12.00	PA	Hike
508	North Cascades Backpacking	A	A backpacking adventure of about 60 miles in North Cascades National Park in the far northwest where jagged spires and knife-edge ridges cut with sharp precision into the enamel blue sky. We will fly to Seattle, Washington and drive to the park from there. Share expenses. Limited participation, call early, hike fills fast.	60		Mike Gingerich 703-590-3188	Saturday, August 26, 2000		Call leader			WA	Camp
509	Evening Walk in Pentagon City	D	Come unwind after a busy work day with a 3-4 mile evening walk in the neighborhoods of South Arlington near Pentagon City mall. We may walk to another metro and metro back so bring money for potential metro ride. Meet near mailbox at the Pentagon City Metro.	4	0	Beth Lachman (703)-206-9154(H)	Friday, July 13, 2001	\$0.00	Pentagon City Metro	7:00:00 PM	\$0.00	VA	Hike

510	Evening Walk in Pentagon City	D	Come unwind after a busy work day with a moderately paced 3-4 mile evening walk in neighborhoods around Pentagon City and South Arlington. We may walk to another metro and metro back so bring money for potential metro ride. If smoggy weather, walk may be canceled or shortened, check with leader if hot and smoggy conditions. Meet near mailbox just outside the Pentagon City Metro stop entrance in front of the Ritz Carlton Hotel.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, August 31, 2000	\$0.00	Pentagon City Metro	7:00:00 PM	\$0.00	VA	Hike
511	Evening Walk in North Arlington	D	Come unwind after a busy work day with a moderately paced 3-5 mile evening walk in the neighborhoods of Arlington. We may walk to Ballston or other metro and metro back so bring money for potential metro ride. Meet near mailbox at the East Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, September 27, 2001	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
512	10th Anniversary Hike	D	Join Stephanie & Al, the Club's founders, on a reenactment of the first hike they led for the Northern Virginia Hiking Club in 1990. Easy 5 mile hike along Bull Run in Centreville. Dinner afterward at a local restaurant.	6	0	Stephanie & Al 703-369-0888 (H)	Saturday, July 15, 2000	\$0.00	Centreville Commuter Lot	2:00:00 PM	\$0.00	VA	
513	Billy Goat Trail	C	Out on Section C and B (the easy ones) of Billy Goat Trail, back along the tow path, about 6 miles total, some up and down over rocks. Meet in the middle parking lot of Carderock Park, located between the Beltway and Great Falls, MD. After turning of Clara Barton Parkway, in front of Naval Research Station, cross over the parkway, go under the canal, turn right at the "T": in the road and immediately into the parking area.	6	200	Dick Undeland (703)-243-6631	Sunday, July 16, 2000	\$0.00	Carderock Parking Area	9:00:00 AM	\$0.00	MD	Hike
514	National Public Lands Day	Fun	Volunteers needed to work on trail maintenance, erosion control, and re-vegetation of disturbed areas in Pohick Bay Regional Park as part of National Public Lands Day. No experience needed. Tools and lunch provided. Please consider volunteering for YOUR public lands.			Joe Zilincar (703)-527-925	Saturday, September 23, 2000	\$0.00	Call leader	8:45:00 AM	\$0.00	VA	
515	Harpers Ferry Tubing Trip	Fun	Fun tubing trip lasts about 2 hours on the Potomac River. An easy and fun trip that includes Class I, II and III rapids. Cost is about \$20 (depends on the size of the tube). When you return the tube you get a refund of part of your money. Picnic tables are available next to the parking lot. Sunscreen, old shoes, and a dry set of clothes are recommended.		0	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Saturday, August 17, 2002	\$0.00	Sterling W&OD Lot	9:30:00 AM	\$5.00	WVA	Hike
516	Tuscarora/Cove Run	A	A 10.5 mile circuit hike along the Tuscarora and Vance Cove Trails on Great North Mountain with views of the surrounding mountains. Elevation gain of about 1500 feet.	11	1500	Ed Brimberg 703-944-9920(C)	Saturday, September 25, 2004	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
517	Gold Mine Circuit	C	An easy paced 7 or so miles within the Great Falls Tavern-Anglers' Inn restaurant-gold mine triangle in Maryland. Some up and down and will include going out to the Great Falls lookout. A little over two hours of hiking. Gold discovered here during the Civil War.	7	0	Dick Undeland (703)-243-6631	Sunday, June 10, 2001	\$0.00	Falls Road-MacArthur Blvd	9:00:00 AM	\$0.00	MD	Hike
518	Evening Walk in West Falls Church	D	Come unwind after a busy work day with a 3-4 mile evening walk in the hilly neighborhoods of Falls Church. We may walk to another metro station and metro back, so bring money for potential ride. Meet near mailbox at the West Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, October 12, 2000	\$0.00	West Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
519	Evening Walk in West Falls Church	D	Come unwind after a busy work day with a 3-4 mile evening walk in the hilly neighborhoods of Falls Church. We may walk to another metro station and metro back, so bring money for potential ride. Meet near mailbox at the West Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, October 19, 2000	\$0.00	West Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
520	Evening Walk in West Falls Church	D	Come unwind after a busy work day with a 3-4 mile evening walk in the hilly neighborhoods of Falls Church. We may walk to another metro station and metro back, so bring money for potential ride. Meet near mailbox at the West Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, October 26, 2000	\$0.00	West Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
521	Evening Walk in West Falls Church	D	Come unwind after a busy work day with a 3-4 mile evening walk in the hilly neighborhoods of Falls Church. We may walk to another metro station and metro back, so bring money for potential ride. Meet near mailbox at the West Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, December 14, 2000	\$0.00	West Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
522	Evening Walk in North Arlington	D	Come unwind after a busy work day with a moderately paced 3-5 mile evening walk in the neighborhoods of Arlington. We may walk to Ballston or other metro and metro back so bring money for potential metro ride. Meet near mailbox at the East Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, November 16, 2000	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
523	Evening Walk in North Arlington	D	Come unwind after a busy work day with a moderately paced 3-5 mile evening walk in the neighborhoods of Arlington. We may walk to Ballston or other metro and metro back so bring money for potential metro ride. Meet near mailbox at the East Falls Church Metro	4	0	Beth Lachman (703)-206-9154(H)	Thursday, November 30, 2000	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike
524	Evening Walk in North Arlington	D	Come unwind after a busy work day with a moderately paced 3-5 mile evening walk in the neighborhoods of Arlington. We may walk to Ballston or other metro and metro back so bring money for potential metro ride. Meet near mailbox at the East Falls Church Metro.	4	0	Beth Lachman (703)-206-9154(H)	Thursday, December 07, 2000	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	Hike

525	End of Year Mileage Walk	D	One of the last chances to get in miles for the 2000 year challenges. Join us for a 3-6 mile walk in the hilly neighborhoods of Falls Church. We may walk to another metro and metro back so bring money for potential metro ride. Icy or extreme cold conditions may cancel walk so check with leader if conditions are uncertain. Meet near mailbox at the West Falls Church Metro.	6	0	Beth Lachman (703)-206-9154(H)	Saturday, December 30, 2000	\$0.00	West Falls Church Metro	2:00:00 PM	\$0.00	VA	Hike
526	Great Falls Park/VA	D	Join us for a 4-5 mile hike at Great Falls National Historic Park. Bring water and lunch. Part of the hike will be on the rocky River Trail so hiking boots are required. Meet at the high water marker near the third overlook. No dogs.	5	300	Beth Lachman (703)-206-9154(H)	Sunday, September 04, 2011	\$5.00	Great Falls 3rd Overlook	10:00:00 AM	\$0.00	GF/VA	Hike
527	Prince William Forest Park	C	A 9 mile loop from the Oak Ridge campground through the center of the park and back to the South Branch of Quantico Creek. Elevation gain 540'.	9	540	Craig & Trish (703)-830-2391(H), (703)-754-5567(W)	Saturday, April 07, 2001	\$5.00	Woodbridge Commuter Lot	9:30:00 AM	\$3.00	PWFP	Hike
528	Peanut Farm Visit	Fun	Have you ever tasted fresh peanuts pulled right out of the ground? Join Mano (the expert) on this trip to a peanut farm near Williamsburg, VA to enjoy the taste of fresh peanuts. Learn also how peanuts are processed. \$5 per head for farm visit and peanuts (all you can eat). Optional restaurant lunch.			Mano Malayanur (301)-562-3156(H)	Sunday, October 08, 2000		Call leader		\$13.00	VA	Hike
529	Help The Homeless Walk	D	Everyone, member or not, is welcome on this 5K walk around the Mall for a worthy cause. No need to call in advance - just show up. Bring family and friends. Not only is the event free, but for walking as Mano's guest, you will trigger a \$50 contribution. Meet at East Falls Church Metro (metros will run early that day), or 8:15 outside the Judiciary Square Metro.	3	0	Mano Malayanur (301)-562-3156(H)	Saturday, November 20, 2004	\$0.00	East Falls Church Metro	7:30:00 AM	\$0.00	DC	Hike
530	Billy Goat Trail	C	Eight fast paced, flat miles with lots of rock scrambling. Beautiful views of Great Falls and Mather Gorge.	8	200	Mano Malayanur (301)-562-3156(H)	Sunday, April 21, 2013	\$0.00	Carderock Recreational Area/MD	9:00:00 AM	\$0.00	GF/MD	Hike
531	Big Run Backpack	A+	A backpack trip in the southern section of SNP covering 23 miles and 4200' of elevation gain with numerous swimming holes to soak your feet. Group size will be limited, call leader for hike details. Meeting time and carpool fee TBD.	23	4200	Rich Noonan (703)-791-6018(H)	Saturday, May 29, 2004	\$10.00	Call leader			SNP	Camp
532	Occoquan River Trail	D	An easy 6.5 mile hike from Fountainhead Park to Bull Run Marina. Bring food for lunch at the end of the hike. A car shuttle is required.	7	0	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Saturday, February 08, 2003	\$0.00	Fountainhead Park	9:00:00 AM	\$0.00	VA	Hike
533	Piney Ridge/Piney Branch	A	A 9 mile circuit hike with 2000' elevation gain down Piney Ridge Trail and returning along Piney Branch Trail. Pass a 19th century cemetery and return along the Piney River passing two waterfalls in a deep hemlock forest.	9	2000	Claire Fromme (703)-273-1782(H)	Sunday, November 13, 2005	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
534	Bull Run Mountains	C	A 5-mile hike with 400' elevation gain only 20 minutes from Centreville - a short but rewarding hike in all seasons. The majestic view of the valley from the limestone outcropping at the summit will mark forever your returns to Washington on I-66. This was the site of the Battle of Thoroughfare Gap during the Civil War. See http://www.brmconservancy.org/	5	400	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Sunday, May 11, 2014	\$0.00	Centreville Commuter Lot	8:30:00 AM	\$3.00	VA	Hike
535	2001 Canal Odyssey #1	A	Come join us on this 22 mile start of the 2001 Odyssey on the C&O Canal. The 2001 Odyssey will travel a geocentric nap-of-the-earth 184-mile trajectory along the Holocene era canal. Travel will average about 110,000 feet per day. Total trip time is expected to take nine months. Travelers residing near the Beltway can rendezvous at Buck Rogers, aka Roy, in Frederick Maryland at 0730 hours on the third Saturday of the month. An in route rendezvous for those advanced terrestrials living far beyond the beltway can be arranged. Bipedes not having genetically enhanced night vision should bring a handheld illuminator. A car shuttle is required. Atmospheric and terrestrial conditions may require the cancellation or reprogramming of any mission. Roy Rogers is located on MD 355. First launch will be from Cumberland with a terminal point near Town Creek, MD. Contact leaders for requirements and details.	22	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, January 20, 2001	\$0.00	Frederick, MD	7:30:00 AM	\$13.00	MD	Hike
536	Prince William Forest	C	An 8 mile circuit hike, easy paced, in the southeastern portion of Prince William Forest. We will go from the Visitor Center to the Turkey Run Education Center and back, but on different trails. Bring a snack. Wear hiking shoes and layered clothing. Meet at the Woodbridge Commuter Lot or at PWF Visitor Center.	8	0	Roy Sammarco (703)-569-2878(H), 703-325-1436(W)	Saturday, November 17, 2001	\$5.00	Woodbridge Commuter Lot	8:00:00 AM	\$0.00	PWFP	Hike
537	Mount Marshall	A	A ten mile out and back hike on the Appalachian trail in Northern Shenandoah National Park from Jenkins gap climbing over North and South Marshall Mountains. Elevation gain of about 1500 feet. This is a moderately paced hike, e.g., 2.5 mph moving average, 2.0 mph overall average.	10	1500	Len (703)-899-5051(C) and Emeline 202-461-7049(H)	Saturday, August 16, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
538	Rock Creek Park	D	About six or seven gentle miles in Rock Creek Park. Bring snack and water. Meet at Cleveland Park Metro entrance on the Northbound side of Connecticut Avenue.	6	200	Mano Malayanur (301)-562-3156(H)	Sunday, March 12, 2006	\$0.00	Cleveland Park Metro	1:30:00 PM	\$0.00	DC	Hike

539	Hiking and Words In Cacapon State Park	Fun	Participants will be required to write something related to the outdoors and read it in front of peers. For instance, you could discuss why you hike. Or write a criticism of Bill Bryson's "A Walk In The Woods." Or expound on how religion and politics are related to hiking. Poems welcome. Call leader with suggestions or questions about writing. This will be a day trip to Cacapon State Park. Enough hiking to make the warmth of the indoors seem attractive - all reading to be done by a roaring fire. Kibitzers welcome.			Mano Malayanur (301)-562-3156(H)	Saturday, March 03, 2001		Call leader		\$8.00	WVA	Hike
540	Hiking and Music In Cacapon State Park	Fun	Participants will be required to bring with them a short piece of music (CD or cassette), which somehow relates to the outdoors, to be shared with others. It could be a movement from Beethoven's Pastoral symphony, or "Old Man River," or some obscure piece of Native American outdoor music. Leader will bring a player. Call leader about suggestions or questions. This will be a day trip to Cacapon State Park. Enough hiking to make the warmth of the indoors seem attractive. Kibitzers welcome.			Mano Malayanur (301)-562-3156(H)	Sunday, March 18, 2001		Call leader		\$8.00	WVA	Hike
541	Carderock/Great Falls	C	Eight fast paced (4 mi/hr) miles to Great Falls MD and back.	8	0	Mano Malayanur (301)-562-3156(H)	Saturday, March 15, 2003	\$0.00	Carderock Rec Area	9:00:00 AM	\$0.00	MD	Hike
542	Cunningham Falls	B	An 8-mile hike with 1,200 foot elevation gain. Moderate pace. Attractions include Cunningham Falls, interesting rock formations, stream, overlooks, and lake. Optional rock scramble and a short bushwhack.	8	1200	Mano Malayanur (301)-562-3156(H)	Saturday, March 31, 2001	\$3.00	Carderock Rec Area, MD	9:00:00 AM	\$8.00	MD	Hike
543	2001 Canal Odyssey #2	A	The second mission of the odyssey will be from Town Creek to Little Orleans, MD, 22 miles. Travelers will pass through the Paw Paw tunnel a 19-century masonry marvel. Signs of emerging life will be investigated. If the night sky is cloudless planetary and stellar objects will be identified for participants whose interests has not metamorphosed beyond the larval stage. Meet at 0730 at Roy Rogers located on MD 85 in Frederick, MD. A shuttle is required. Contact leaders for requirements and details.	22	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, February 17, 2001	\$0.00	Frederick, MD	7:30:00 AM	\$13.00	MD	Hike
544	2001 Canal Odyssey #3	A	The third mission of the odyssey will be from Little Orleans to Hancock, 24 miles. Meet at 0730 at Roy Rogers located on MD 85 in Frederick, MD. A shuttle is required. Contact leaders for requirements and details.	24	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, March 17, 2001	\$0.00	Frederick, MD	7:30:00 AM	\$11.00	MD	Hike
545	White Grass Ski Touring Center	Fun	Annual cross-country ski and hiking trip to White Grass Ski Touring Center in "Almost Heaven" West Virginia. Plan on some exhilarating skiing and/or hiking. The leader personally guarantees that a memorable time will be had by all. Call Mike for details on lodging and transportation. Lodging fills up early, so call soon! Share gas.			Mike Gingerich 703-590-3188	Saturday, January 27, 2001	\$0.00	Call leader			WVA	Ski
546	Moonlight Snow Hike	C	Easy 5-7 miles along Skyline Drive in snow under a moonlit sky. Some climbing (500 feet max). No car shuttle. Dress warmly!	7	500	Mano Malayanur (301)-562-3156(H)	Saturday, March 10, 2001	\$10.00	Centreville Commuter Lot	6:00:00 PM	\$8.00	SNP	Hike
547	Exploring Washington on Foot	C	Follow Hike #1 in Bob Bruton's book. Meet at Arlington Cemetery Metro Station and hike past graves of heroes, the honor guard, around Roosevelt Island, and along the C&O Canal. Bring money for lunch near Georgetown during hike. End at Foggy Bottom Metro Station.	9	0	Nancy Lake (703)-352-9006(H)	Sunday, March 13, 2011	\$0.00	Arlington Cemetery Metro Station on Street	9:30:00 AM	\$0.00	DC	Hike
548	C&O Canal/Capitol Crescent Trail	D	Easy 5-6 miles along C&O canal and the Capitol Crescent Trail. Optional dinner/libations in Georgetown afterwards. Call leader to confirm only if weather is bad that day. Joint hike with Center Hiking Club. Judy 703-553-5898 or Russ 703-860-6735. Bring money for dinner. Meet: Rosslyn Metro across from Burger King.	6	0	Judy Stiak (703)-553-5898(H)	Friday, February 09, 2001	\$0.00	Rosslyn Metro	7:00:00 PM	\$0.00	C&O	
549	Walk in Arlington	D	3 - 5 mile evening winter walk in Arlington neighborhoods and on bike paths. Begins and ends at East Falls Church Metro. Meet near mailboxes. Call leader to confirm only if weather is bad that day. Bring money for possible hot chocolate stop.	5	0	Judy Stiak (703)-553-5898(H)	Tuesday, January 23, 2001	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	
550	Walk in Arlington	D	3 - 5 mile evening winter walk in Arlington neighborhoods and on bike paths. Begins and ends at East Falls Church Metro. Meet near mailboxes. Call leader to confirm only if weather is bad that day. Bring money for possible hot chocolate stop.	5	0	Judy Stiak (703)-553-5898(H)	Tuesday, January 30, 2001	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	
551	Walk in Arlington	D	3 - 5 mile evening winter walk in Arlington neighborhoods and on bike paths. Begins and ends at East Falls Church Metro. Meet near mailboxes. Call leader to confirm only if weather is bad that day. Bring money for possible hot chocolate stop.	5	0	Judy Stiak (703)-553-5898(H)	Tuesday, February 27, 2001	\$0.00	East Falls Church Metro	6:30:00 PM	\$0.00	VA	
552	Great Falls Park/VA	D	A 5 mile hike along the River Trail to Difficult Run and then back through the interior trails.	5	300	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Saturday, April 12, 2003	\$5.00	Visitor Center	11:00:00 AM	\$0.00	GF/VA	Hike
553	Furnace Mountain	A	This is an 13 mile circuit hike with an elevation change of 2300 ft in one of the remoter parts of the southern section of SNP. We will begin on the Austin Mountain Trail and return on the Furnace Mountain Trail. Excellent views from the peak of Furnace Mountain.	13	2300	Ed Brimberg 703-944-9920(C)		\$15.00	Centreville Commuter Lot	7:30:00 AM	\$16.00	SNP	Hike

554	Wild for Wildlife Days	Fun	The Virginia Department of Game and Inland Fisheries Wildlife Diversity Division is hosting its second annual Wild for Wildlife Days, a special event focused on the Commonwealth's wildlife. The family-oriented celebration will be held on June 23-24, 2001 at the Northern Virginia 4-H Education and Conference Center in Front Royal, Virginia. There will be classes on birds, backyard wildlife, woodcarving, plant identification, river life, reptiles, wildlife rehabilitation, bats, nature photography, hiking and much more. Classes will be interactive and mostly outdoors. Many classes will include live animals, field trips, and take home material. Professional biologists will be available to answer your wildlife-related questions. Exhibitors from a wide variety of nature and outdoor organizations will also be in attendance. Preregistration if received by June 12, 2001 is \$25/family, \$10/adults, and \$5/children 7 to 12 years old. Registration after June 12, 2001 and on event day is \$40/family, \$15/adults, \$8/children 7 to 12 years old. Children 6 and under are free regardless of registration deadline Registration covers the entire weekend. For more information see their web page at www.dgif.state.va.us		Wildlife Diversity Division at (804) 367-8999	Saturday, June 23, 2001		Call leader			VA	Fun
555	2001 Canal Odyssey #4	A	17	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, May 19, 2001	\$0.00	Frederick, MD	7:30:00 AM	\$11.00	MD	Hike
556	2001 Canal Odyssey #5	A	19	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, June 16, 2001	\$0.00	Frederick, MD	7:30:00 AM	\$11.00	MD	Hike
557	Milam Gap/Three Waterfalls	A	10	2700	Tom Lutke (703)-922-7372(H), (703)-660-6615(W)	Sunday, April 17, 2005	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
558	Signal Knob and Meneka Peak	A	10	2100	Mike Gingerich 202-370-7957	Sunday, June 23, 2013	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
559	Get Ready for Marcy!	A+	15	4200	Mano Malayanur (301)-562-3156(H)	Saturday, June 09, 2001	\$10.00	Centreville Commuter Lot	7:00:00 AM	\$11.00	SNP	Hike
560	Mary's Rock/Hazel Mountain	B	9	1600	Claire Fromme (703)-273-1782(H)	Saturday, September 29, 2001	\$10.00	Manassas Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
561	Bootens Gap	A	8	2000	Craig & Trish (703)-830-2391(H), (703)-754-5567(W)	Saturday, June 23, 2001	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
562	Sugarloaf Mountain	B	8	1000	Michel Labanca 571-235-9631(C), 703-652-3408(W)	Saturday, November 27, 2004	\$0.00	Carderock Rec Area, MD	9:00:00 AM	\$11.00	MD	Hike
563	Cole Mtn./Mt. Pleasant Backpack	A	15	3200	Rich Noonan (703)-791-6018(H)	Saturday, May 26, 2001	\$0.00	Call Leader		\$20.00	GWNF	Camp
564	Prairie Peak Bagger Trips	Fun			Mano Malayanur (301)-562-3156(H)	Friday, March 31, 2006		Call leader			Various	
565	Lake Accotink	D	5	0	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Sunday, June 17, 2001	\$0.00	Wakefield Rec Center	10:00:00 AM	\$0.00	VA	Hike
566	2001 Canal Odyssey #6	A	22	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, July 21, 2001	\$0.00	Frederick, MD	7:30:00 AM	\$11.00	MD	Hike

567	2001 Canal Odyssey #7	A	The seventh mission of the C & O Canal Odyssey will be from Sandy Hook to Dickerson, Maryland, 22 miles. Meet at Roy Rogers on MD 85 in Frederick. A car shuttle is required. Contact leaders for requirements.	22	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, August 18, 2001	\$0.00	Frederick, MD	7:30:00 AM	\$11.00	MD	Hike
568	2001 Canal Odyssey #8	A	The eighth mission of the C & O Canal Odyssey will be from Dickerson to Pennyfield Locks, Maryland, 20 miles. Meet at Roy Rogers on MD 85 in Frederick. A car shuttle is required. Contact leaders for requirements and details.	20	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, September 15, 2001	\$0.00	Frederick, MD	7:30:00 AM	\$11.00	MD	Hike
569	DC Hike	C	Explore Arlington and D.C. on this 8.6 mile hike. We will start at the Arlington National Cemetery, go through Rosslyn, around Theodore Roosevelt Island, across the Potomac River, and through Georgetown, ending at Foggy Bottom. A brisk 8.6 miles with a few short stops to marvel at the many historic sites along the way. Shorter option is only 4 miles to the Rosslyn Metro. Bring water, snacks, and money for return ride via Metro. We will stop for lunch at deli near Georgetown.	9	0	Nancy Lake (703)-352-9006(H)	Sunday, December 11, 2005	\$0.00	Arlington Cemetery Metro	9:00:00 AM	\$0.00	DC	Hike
570	Lake Accotink	D	This is a leisurely 4-mile hike on the flat terrain around Lake Accotink. Northbound Backlick Road, left on Highland Street, and follow this to the park. Meet in front of the falls, which is on your left as soon as you enter the park.	4	0	Giovanna Prestigiaco (703)-425-4465(H)	Sunday, May 03, 2009	\$0.00	In front of falls	11:00:00 AM	\$0.00	VA	Hike
571	Folklife Festival Hike	D	An easy 4-5 miles along city streets and bike paths past the Potomac, the Canal, monuments and ending in Bermuda. Yes, Bermuda, the featured culture of this year's Folklife Festival on the mall. Hike will end there and hikers can return via Metro or stay and savor the food, music and life in Bermuda. Final concert is at 5:30pm. The festival is free but bring money for Metro and food/drinks. Meet at Rosslyn Metro across from Burger King.	5	0	Judy Stiak (703)-553-5898(H)	Sunday, July 01, 2001	\$0.00	Rosslyn Metro	1:30:00 PM	\$0.00	DC	Hike
572	Rick's Georgetown Historical Tour	D	On this 5 mile walking tour through the shaded streets of Georgetown your guide mixes talking about history tidbits with viewing an interesting mix of architectural styles. We start out with a visit to the campus of Georgetown University then winding through the town itself we'll hunt down places of note, like the home that the JFK lived in as a Senator. The hike ends at Park Mall for lunch (1 pm) and a jazz concert by Lambert & Gaylor.	5	0	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Saturday, July 21, 2001	\$0.00	Rosslyn Metro	9:30:00 AM	\$0.00	DC	Hike
573	Reston Pathway Hike	D	Join us on this 3 mile hike through Reston. This high tech town was one of the first planned communities (large-scale, mixed-land-use developments that have socially diverse populations and conform to a single master plan) in the Nation. See for yourself how successful the planners were in mixing nature with other types of land use. The extensive paved and unpaved pathways that connect all of Reston are one of its major assets. Meet at Reston Community Center at Hunters Woods Village Shopping Center.	3	0	Paula Johnston 703-648-7237(W)	Saturday, July 12, 2008	\$0.00	Reston Community Center	8:30:00 AM	\$0.00	VA	Hike
574	Franklin Farms Five Ponds and Sun. Brunch	D	This bedroom suburb community was designed with an extensive paved trail system. Join us in our 5 mile quest through a maze of interior trails that lead us past five small to large ponds. This pleasant winding hike would normally get your leader lost so he'll make sure that he brings his detailed map to make sure we all get safely to brunch at Shiang Yu Chinese Restaurant. Meet at the Franklin Farm Center in front of Shiang Yu Restaurant.	5	0	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Sunday, September 02, 2001	\$0.00	Franklin Farm Center	9:30:00 AM	\$0.00	VA	Hike
575	Weminuche Wilderness Backpacking	A	Approximately 50 miles of backpacking in the Weminuche Wilderness of Colorado. There will be alpine meadows and high spruce stands interspersed with large areas of sharp, granite extrusions and rockslides. Call leader for details.	50		Mike Gingerich 703-590-3188	Friday, August 31, 2001		Call leader			CO	Camp
576	Kerns Mountain	A	12 mile circuit hike with 2000' elevation change. We will begin at the Gap Creek Trail in the Massanutten Mountains and hike the Massanutten trail across Kerns Mountain. We will then return along the Massanutten and Gap Creek trails along Waterfall Mountain. Beautiful views both east and west.	12	2000	Ed Brimberg 703-944-9920(C)		\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
577	2001 Canal Odyssey #9	A	The last mission of the C & O Canal Odyssey will be from Pennyfield Locks, Maryland, to Georgetown, 20 miles. Meet at the C & O Carderock parking lot nearest the restrooms.	20	0	Jack (703)-339-6716 & William (410)-884-9127	Saturday, October 20, 2001	\$0.00	Carderock Rec Area, MD	7:30:00 AM	\$3.00	MD	Hike
578	Cedar Run/Hawks Bill Summit	A	About 10 miles of total hiking (out and back) with 3,200 feet of climbing. Steep and rough trail with four stream crossings. Slow pace (2 miles/hour). Park entry fee is \$5/person.	10	3200	Mano Malayanur (301)-562-3156(H)	Sunday, October 07, 2001	\$5.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
579	Cedar Run/Hawks Bill Summit	A	About 10 miles of total hiking (out and back) with 3,200 feet of climbing. Steep and rough trail with four stream crossings. Slow pace (2 miles/hour). Park entry fee is \$5/person.	10	3200	Mano Malayanur (301)-562-3156(H)	Saturday, October 27, 2001	\$5.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
580	Cedar Run/Hawks Bill Summit	A	About 10 miles of total hiking (out and back) with 3,200 feet of climbing. Steep and rough trail with four stream crossings. Slow pace (2 miles/hour). Park entry fee is \$5/person.	10	3200	Mano Malayanur (301)-562-3156(H)	Sunday, November 25, 2001	\$5.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
581	Rock Creek Park	D	About six or seven gentle miles. Bring snack and water. Meet at Cleveland Park Metro entrance on the Northbound side of Connecticut Avenue.	6	200	Mano Malayanur (301)-562-3156(H)	Sunday, March 03, 2002	\$0.00	Cleveland Park Metro	1:30:00 PM	\$0.00	DC	Hike

582	Cat Rock	A	About 10 miles with plenty of climbing in the Catoctin Park in Maryland. Interesting rock formations and other attractions. Slow pace (2 miles/hour). Park entry fee is \$3/person.	10	200	Mano Malayanur (301)-562-3156(H)	Sunday, December 02, 2001	\$3.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	MD	Hike
583	Astronomy Hike	D	Join Charles and Mano for an evening out observing stars and other stellar objects. Charles will bring a telescope; bring a pair of binoculars if you can. The focus will be on real astronomy; some basic theory will be included before observation begins. We will drive to Northern SNP near Front Royal. Some hiking included (less than five miles). Bring a flash light but use it only when you must. Excellent fall colors on the drive out. Dress warmly!	5		Mano (301)-562-3156(H) & Charles (703)-299-9280(H)	Saturday, October 13, 2001		Centreville Commuter Lot	5:00:00 PM	\$8.00	SNP	
584	Trayfoot Mountain	A	This is a 9.6 mile circuit hike in the southern portion of Shenandoah National Park (Milepost 87). Elevation change is 2200 feet. The hike goes to both Blackrock and Trayfoot Mtns, which offers spectacular views. This hike is for sturdy, experienced hikers only. We will depart from Blackrock Gap Parking area. Bring plenty of water, lunch and energy snacks. Wear hiking shoes and layered clothing.	10	2200	Roy Sammarco (703)-569-2878(H)	Saturday, October 13, 2001	\$10.00	Centreville Commuter Lot	7:30:00 AM	\$16.00	SNP	
585	Antietam Battlefield	C	A 10 mile hike with minimal elevation change at the site of the bloodiest one day confrontation of the Civil War. Many historians consider Antietam to be the decisive battle of the War. The hike will include historical narratives covering all three phases of the conflict.	10	0	Andy (703)-978-3673(H) & George (703)-978-6154(H)	Saturday, September 07, 2002	\$2.00	Vienna Metro	8:00:00 AM	\$11.00	MD	Hike
586	Bull Run/Occoquan	B	An 11 mile linear hike, over rolling hills through a narrow strip of parkland that borders Bull Run Creek and Occoquan River in Fairfax County, moderate pace. Path meanders through the woods and along the creek, passing soccer fields and a marina. Bring water, snacks, and lunch. Directions: From Route 123 near Burke Lake Park, take Henderson Road or, near Lorton, take Hampton Road. Follow signs to Fountainhead Regional Park-10875 Hampton Road. Car shuttle required.	11	200	Nancy Lake (703)-352-9006(H)		\$0.00	Fountainhead Park	9:00:00 AM	\$3.00	BR	Hike
587	Autumn Hike & Kayak Trip	Fun	Start the day with a leisurely hike at Quiet Waters Park in scenic Annapolis, MD. We will hike through the woodlands and enjoy the beauty of the forest along the South River and Harness Creek. Afterwards, we will kayak 2-3 hours on Harness Creek. Potluck picnic, weather permitting; otherwise, bring water and a sack lunch. Should we picnic, bring a snack to munch on between the hike and kayak trip. Decision to picnic or bring lunch will be made the week of the event. Limited to the first 14 people who email the leader at cfhopson@hotmail.com . Cost: \$15.25 per person. Meet: Springfield Mall, Virginia, parking lot, Entrance 2 (Bennigans restaurant), facing Loisdale Road.			Cynthia Hopson (703)-580-5909(H)	Saturday, October 27, 2001	\$4.00	Springfield Mall, Virginia	9:00:00 AM	\$8.00	MD	
588	Horse Ride & Canoe Trip	Fun	Come enjoy the fall foliage on a 1 st hour trail ride over rolling hills and down to the river at the Shenandoah River State Park. This will be followed by an 8-mile canoe trip on the River. Bring water and a sack lunch. Limited to 12 people, first come first serve. Payment must be received by October 12 to reserve your place. No cancellations or refunds after October 16. Contact the leader for more information at cfhopson@hotmail.com . Cost: \$50.			Cynthia Hopson (703) 580-5909(H)	Saturday, October 20, 2001	\$4.00	Centreville Commuter Lot	7:45:00 AM	\$8.00	VA	
589	Great Falls Hike	D	Here's an opportunity to hike once more before ringing in the new year! This will be an easy 3.5 mile hike over gentle terrain in the woods. Along the way we will see the remains of an abandoned gold mine. Further along, the trail joins the bed of the old trolley line that operated from 1913 to 1921. Meet at the parking lot across from the Old Angler's Inn restaurant on MacArthur Blvd. We will car pool to Great Falls Park.	4	200	Cynthia Hopson (703) 580-5909(H)	Saturday, December 29, 2001	\$5.00	Old Angler's Inn Restaurant	9:00:00 AM	\$0.00	GF/MD	
590	Alexandria Hike	D	This 6.4 mile hike will begin at the edge of Old Town Alexandria, travel past several historic sites in the City, then follow the Potomac River waterfront, passing through several waterside parks, and ending at the National Airport Metro Station. Moderate pace. Wear comfortable shoes and bring water, snacks, and money for return metro fare. Meet at the King Street Metro Station (in Virginia on blue line).	6	0	Nancy Lake (703)-352-9006(H)	Sunday, November 04, 2001	\$0.00	King Street Metro Station	9:30:00 AM	\$0.00	VA	Hike
591	Bull Run Mountains	C	This is a 5 mile hike with 400' elevation gain. Explore the Bull Run Mountains National Area. Only ½ hour from the Beltway. The Bull Run Mountains are the most easterly chain in northern Virginia. This was the site of the Battle of Thoroughfare Gap during the Civil War. Visit their site at: http://www.brmsconservancy.org/	5	800	Mike Gingerich 202-370-7957	Sunday, February 03, 2013	\$0.00	Vienna Metro	9:00:00 AM	\$3.00	VA	Hike
592	Cacapon Mountain	B	About 8 miles with 1,000 feet of climbing. Be prepared to hike in snow. Full winter hiking gear including waterproof boots, gaiters, non-cotton, layered clothing, cap, and mittens required. Hike will ascend Cacapon Mountain. Lunch/snack at the Cacapon State Park, WVA after the hike. Mano will buy a beer for anyone who beats him at a game of ping-pong played in the basement of the State Park Lodge. Also available in the basement are shuffle board, pool, and air hockey.	8	1000	Mano Malayanur (301)-562-3156(H)	Sunday, February 10, 2002	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	WVA	Hike

593	South Valley Trail	C	An excursion along the South Valley and High Meadows Trails, returning along the Turkey Run Ridge Trail, an easy 9-mile circuit hike. Elevation change is 200'.	9	200	Mike Gingerich 202-370-7957	Sunday, August 17, 2008	\$5.00	Woodbridge Commuter Lot	10:00:00 AM	\$4.00	PWFP	Hike
594	Grandfather Mtn Backpack Trip	A+	Experience a late winter season hike and wilderness backcountry adventure, camping out on the spectacular Grandfather Mountain in North Carolina. We will ascend to Calloway Peak (5792'), the highest point in the Blue Ridge Mountain Range, via the Profile trail on the western side of Grandfather Mountain. There is likely to be snow on the upper slopes at this time of year. Friday night we will stay at the nearby High Country Inn. Saturday, after breakfast, we take the Profile trail and hike up to the ridge line, cross the Mile High Swinging Bridge and camp at a primitive campsite near the Grandfather trail. Sunday morning we will hike down and return home. Elevation gain is 4000'. Group size is limited to eight (8) hikers. Return: Sunday 8:00PM Carpool Fee: TBD.		4000	Mark Rietman (703)-221-6999(H)	Friday, March 28, 2003	\$12.00	Call leader	9:00:00 AM		NC	Camp
595	Massanutten Mountain Series #1	A	The first hike of the series will be 16 miles on the Massanutten East Trail from the Fish Hatchery to Sherman Gap and back on the Sherman Gap, Botts and Shawl Gap trails. Elevation gain is 3000 feet.	16	1000	Jack (703)-339-6716 & William (410)-884-9127	Saturday, January 19, 2002	\$0.00	Oakton Shopping Center	7:30:00 AM	\$11.00	VA	Hike
596	Massanutten Mountain Series #2	A	The second hike will be 15 miles on the Massanutten East Trail from Milford Gap to Habron Gap and the Tolliver and Habron Gap trails. Elevation gain is 2500 feet.	15	2500	Jack (703)-339-6716 & William (410)-884-9127	Saturday, February 16, 2002	\$0.00	Oakton Shopping Center	7:30:00 AM	\$13.00	VA	Hike
597	Massanutten Mountain Series #3	A	The third hike will be 17 miles on the Massanutten East Trail from Habron Gap to Edith Gap on the Habron Gap and Stephens Trails. Elevation gain is 4000 feet.	17	4000	Jack (703)-339-6716 & William (410)-884-9127	Saturday, March 16, 2002	\$0.00	Oakton Shopping Center	7:30:00 AM	\$13.00	VA	Hike
598	Prince William Forest Park	B	A "close-in" 10-11 mile circuit hike through gently rolling wooded terrain provides a variety of opportunities for quiet reflection, nature study, and physical challenge in this Piedmont forest of the Quantico Creek watershed.	11	800	Roy Sammarco (703)-569-2878(H), 703-325-1436(W)	Sunday, December 18, 2005	\$10.00	Woodbridge Commuter Lot	8:30:00 AM	\$1.00	PWFP	Hike
599	Keys Gap to Blackburn Trail Center	A	A thirteen mile out and back hike from Keys Gap to Blackburn trail center along the Appalachian trail in Northern Virginia, stopping at the David Lesser Shelter with a side trip to Blackburn Trail Center. Elevation gain of approximately 1000 feet.	13	1000	Todd Birkenruth 703-262-0340(H)	Saturday, February 06, 2010	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$7.00	VA	Hike
600	South River Falls	A	This is a 10 mile figure eight with 1800 feet elevation gain. Nicely graded trail follows the South River through a deep gorge to a double cascade 70 foot water fall. It also passes through Kites Deadening, an area of former farm fields, and several cemeteries. Shortly after Kites Deadening there are views of Lewis Mountain, Hazeltop, Jones Mountain and Fork Mountain.	10	1800	Roy Sammarco (703)-569-2878(H), 703-325-1436(W)	Saturday, December 14, 2002	\$10.00	Centreville Commuter Lot	7:30:00 AM	\$12.00	SNP	Hike
601	Urban Woodland Circuit	D	A 5.2 mile circuit hike from Fletcher's boathouse through Wesley Heights and Glover Park to the C&O canal towpath. The trail winds through the stream-lined forests of northwest Washington. There are a couple of short hills to climb and an occasionally rocky path. Meet at Fletcher's Cove (near the arched bridge). Elevation gain 250 feet.	5	200	Nancy Benco 202-363-1639(H)	Sunday, July 13, 2014	\$0.00	Fletcher's Cove by C&O Canal Bridge	9:00:00 AM	\$0.00	DC	Hike
602	Caledonia-Quarry Gap	C	This 7.4 mile figure-eight hike begins in Caledonia State Park (PA), about 20 miles west of Gettysburg on the site of an 1837 iron works burned during the Civil War. Trail follows Old Rolling Mill Race, lined with rhododendron, huge pines and hemlocks. Return is on the AT.	7	820	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Saturday, June 19, 2004	\$0.00	Carderock Rec Area, MD	8:30:00 AM	\$11.00	PA	Hike
603	Prince William Forest	C	An 8 mile circuit hike, easy paced, in the southeastern portion of Prince William Forest from the Visitor Center to the Turkey Run Education Center and back, but on different trails. Bring a snack. If desired, call to meet at Centreville Commuter Lot or PWFP Visitor Center.	8	0	Adam Strasel (703) 631-1830(H)	Sunday, February 24, 2002	\$5.00	Woodbridge Commuter Lot	10:00:00 AM	\$3.00	PWFP	Hike
604	Snow Tubing	Fun	Let's experience the fun of winter! Bring a friend or two, or family members and let's go Snow Tubing down Ski Round Top in Pennsylvania. Children are welcome to come along (accompanied by parent/adult). Must be 45" in height. We will snow tube for an hour and then head out for lunch at one of the local eateries. Price includes use of the tube, runs and ski lifts. Meet at the Tysons Corner Mall (park at JC Penny, spaces facing Circuit City). Cost: \$10/hour.			Cynthia Hopson (703)-580-5909(H)	Saturday, January 26, 2002	\$0.00	Tysons Corner Mall	8:30:00 AM	\$11.00	PA	
605	Manassas Battlefield Hike	C	Moderate 10 mile hike of the first and second Manassas Battlefields. This battlefield was the site of two major Civil War battles. Much of the landscape within Manassas National Battlefield still retains its wartime character. Bring a sack lunch and water. Meet in front of the Visitor Center. Park entry fee is \$3/person.	10	0	Ed Corack 703-400-8023(C)	Sunday, April 14, 2013	\$3.00	Visitor Center	8:30:00 AM	\$0.00	VA	Hike

606	Fairfax Cross-County Trail Caucus		Come get an overview of the Fairfax Cross-County Trail, which stretches north to south across Fairfax County mostly through parkland and provides a backbone to link existing and proposed local stream valley and scenic trails, such as the Potomac Heritage Natl. Scenic Trail. The Cross-County Trail is a multi-use trail for the enjoyment of hikers, bikers, equestrians, etc. Hear about recent progress and plans; share your ideas; and learn how can help as a volunteer. Directions to PATC Headquarters. 118 Park St SE, Vienna VA. From I-66 take Nutley Street toward Vienna, right on 123/Maple Ave; just past W&OD trail turn right on Park St, PATC is the first building on the left.				Bill Niedringhaus (703)-821-0975(H)	Monday, January 28, 2002		PATC Headquarters	7:30:00 PM	\$0.00	VA	
607	Long Mountain & Trout Pond Trails	A	13	2000		Todd Birkenruth (703)-318-7735 (H)	Sunday, March 17, 2002	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike	
608	Key-Chain Circuit Hike	B	9	0		Jane 703-400-3941(C) & Melissa 703-598-1410(C)	Saturday, August 23, 2008	\$0.00	Parking lot for Theodore Roosevelt Island	9:00:00 AM	\$0.00	VA	Hike	
609	Washington DC Hike	C	7	0		Nancy Lake (703)-352-9006(H)	Sunday, February 03, 2002	\$0.00	Foggy Bottom Metro	9:00:00 AM	\$0.00	DC	Hike	
610	Winter Backpack at Dolly Sods	A				Mike Gingerich 703-590-3188	Saturday, January 26, 2002	\$0.00	Call leader			WVA	Camp	
611	Massanutten Mountain Series #4	A	14	1800		Jack (703)-339-6716 & William (410)-884-9127	Saturday, May 18, 2002	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	VA	Hike	
612	Massanutten Mountain Series #5	A	17	1800		Jack (703)-339-6716 & William (410)-884-9127	Saturday, June 15, 2002	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	VA	Hike	
613	Oak Ridge Campground Loop	C	8	0		Roy Sammarco (703)-569-2878(H)	Saturday, April 13, 2002	\$5.00	Woodbridge Commuter Lot	10:00:00 AM	\$3.00	PWFP	Hike	
614	Fox Farm - Snead Farm Loop	C	5	1000		Mark Rietman 703-395-5327(C)	Saturday, February 06, 2010	\$10.00	Centreville Commuter Lot	9:00:00 AM	\$10.00	SNP	Hike	
615	Big Schloss	A	12	2256		Gene Vivalda 703-802-6426(H)	Saturday, October 19, 2013	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike	
616	Billy Goat Trail	C	7	0		Nancy Benco 202-363-1639(H)	Sunday, May 12, 2002		Old Angler's Inn	8:00:00 AM	\$0.00	GF/MD	Hike	
617	Runnymede Park/Sugarland Run Walk	D	4	0		Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Sunday, April 14, 2002	\$4.00	Runnymede Park, Herndon	10:30:00 AM	\$0.00	VA	Hike	
618	Georgetown Hike	D	5	0		Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Sunday, July 21, 2002	\$0.00	Rosslyn Metro	10:30:00 AM	\$0.00	DC	Hike	

619	Lake Fairfax Park Exploration Hike	D	This 5 mile hike explores the park and nearby wooded trails (with some hills) that go into Reston. There's a lunch break with a view of Lake Fairfax. Meet next to the park office building overlooking the lake.	5	0	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Sunday, May 19, 2002	\$0.00	Lake Fairfax Park	10:30:00 AM	\$0.00	VA	Hike
620	Georgetown Evening Walk	D	A 4 mile walk through the architecturally interesting streets of Georgetown, with visits to Georgetown University and Washington Harbour. The hike ends at Georgetown Park Mall for dinner.	4	0	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Friday, June 21, 2002	\$0.00	Rosslyn Metro	6:30:00 PM	\$0.00	DC	Hike
621	North Reston Lake Walk	D	A leisurely Sunday morning 3 mile walk around Lake Anne and Lake Newport. Meet at Lake Anne Plaza near the boat dock.	3	0	Rick Goulet (703)-481-9355 (H), (703)-713-6429 (W)	Sunday, August 18, 2002	\$0.00	Lake Anne Plaza	10:30:00 AM	\$0.00	VA	Hike
622	Moonlight over Marriott Horseback Ride	Fun	We're heading west to the Marriott Ranch. Join us for a 1 1/2 hour evening trail ride across the 4200 acre working cattle ranch nestled in the foothills of the Blue Ridge Mountains. We have reservations for 15 persons on a first-come-first-paid-basis. Cost: \$35.00 and payment in the form of a check must be received by Saturday, June 15th. No refunds after Monday, June 17th.			Cynthia Hopson (703) 580-5909(H)	Saturday, June 22, 2002	\$0.00	Centreville Commuter Lot	7:00:00 PM	\$5.00	VA	Hike
623	Big Savage Backpack	A	A two day, 17 mile, backpack trip to Big Savage State Forest in western Maryland. We'll leave on Friday and do two days of backpacking through the heart of Big Savage State Forest. Call a hike leader to join on this fun trip to the lesser used backpacking areas of Maryland.			Mike Gingerich 703-590-3188 & Doug Delacruz 703-451-9125	Friday, May 10, 2002		Call leaders			MD	Camp
624	Ultimate Cross-County Hike	B	About 11 miles of mostly level hiking on the Fairfax Cross County Trail from the Oak Marr Recreation Center to Colvin Run Mill Park. This celebrates the connecting of the Potomac Heritage trail with the Fairfax Cross County Trail. Meet Oak Marr Rec Center, 3200 Jermantown Road, Oakton. Car shuttle required.	11	200	Mike Gingerich 703-590-3188	Saturday, June 01, 2002	\$0.00	Oak Marr Rec Center	9:00:00 AM	\$4.00	VA	Hike
625	Mt. Whitney/Pacific Crest Trail Backpack	A++	Summit Mt. Whitney the highest peak (14,494 feet) in the Continental U.S. This six day, 42-mile backpacking trip will take us into beautiful backcountry in the Inyo National Forest and Sequoia National Park. Starting from the high alpine lakes at Cottonwood, we'll ascend the New Army Pass (11,200 feet) to enjoy the spectacular views. We will enter Sequoia National Park to connect with the Pacific Crest Trail and take three scenic days to hike to Crabtree Meadows where we will have a day to rest and explore the backcountry. We'll rise early for the steep, but non-technical ascent of the John Muir Trail, summiting Mt. Whitney if weather permits, and then cross over the Trail Crest Pass to spend the night. The final day we'll descend to the Whitney Portal. You must have excellent physical fitness and multi-day backpacking experience. High altitude experience is desirable but not required.	42		Doug Delacruz (703)-451-9125(H)	Tuesday, September 03, 2002		Call leaders			CA	Camp
626	Cranberry Backcountry	A	A three day 18 mile backpacking ramble following isolated valleys and ridges in the Cranberry Wilderness on the Monongahela National Forest. This remote area, supporting vegetation found only here in the U.S., has been compared to the Canadian Tundra.	18		Doug Delacruz 703-451-9125 & Mike Gingerich 703-590-3188	Thursday, July 04, 2002		Call leaders			WVA	Camp
627	Southern SNP Backpack	A	Two night backpack trip that includes Rip-Rap Hollow and the North Fork and South Fork of Moormans River. Route covers 20 miles and 2,500' elevation gain. Group size will be limited, contact leader by May 19.	20	2500	Rich Noonan (703)-791-6018(H)	Saturday, May 25, 2002	\$10.00	Call Leader		\$20.00	SNP	Camp
628	Massanutten Mountain Series #6	A	The sixth hike will be 18.6 miles with a 15.0 mile option on the Sherman Gap, Massanutten East and Milford Gap Trails. Total elevation gain is 3500 feet. Be prepared to ford the South Fork of the Shenandoah River. If the water level or temperature is not favorable the August hike of the series will be substituted. Contact leaders for requirements and details. PATC Map G.	18	3500	Jack (703)-339-6716 & William (410)-884-9127	Saturday, July 20, 2002	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	VA	Hike
629	Massanutten Mountain Series #7	A	The seventh hike will be 17.9 miles with a 16.6-mile option on the Fridley Gap, Boone Run, Second Mountain and Massanutten Peak Trails. The elevation gain is 5100 feet. Contact leaders for requirements and details. PATC Map H.	17	5100	Jack (703)-339-6716 & William (410)-884-9127	Saturday, August 17, 2002	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	VA	Hike
630	Massanutten Mountain Series #8	A	The eighth hike will be 20.3 miles with 17, 6 and 14.6 mile options on the Martin Bottom, Fridley Gap, Massanutten South and Morgan Run trails. Total elevation gain is 4400 feet. PATC Map H.	20	4400	Jack (703)-339-6716 & William (410)-884-9127	Saturday, September 21, 2002	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	VA	Hike
631	Hoover Camp	B	Celebrate President Hoover's 128th Birthday with a hike to his fishing camp on the Rapidan River. We will have lunch on the porch of his retreat and hopefully be able to check out the interior of the buildings and see what it was like at the "Camp David" of the 1920s. This is an 8.5 mile hike with 1,600 feet of elevation.	8	1600	Andy (703)-978-3673(H) & George (703)-978-6154(H)	Saturday, August 10, 2002	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
632	Kerns Mountain	C	A 7 mile hike with 800' elevation change. We will begin at the Gap Creek Trail in the Massanutten Mountains and hike the newly completed Massanutten trail across Kerns Mountain. Beautiful views both east and west. Driving time is 90 minutes and requires a 20 minute round trip car shuttle.	7	800	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Saturday, August 24, 2002	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike

633	Little Devil Stairs	A	On this 10 mile hike with 2100 feet elevation gain. We will ascend Little Devils Stairs to get to the Sugarloaf Trail and have lunch at Hogback Overlook. We will go south on the AT until we reach the Piney Branch Trail. We will then take the Keyser Run Fire Road back to the parking area. There will be many stream crossings. Park entry fee \$8/person.	10	2100	Sylvia Lake 301-503-7954(C)	Sunday, April 18, 2010	\$8.00	Centreville Commuter Lot	8:30:00 AM	\$11.00	SNP	Hike
634	Annapolis Rocks	B	This is an in and out hike of approximately 10.5 miles starting at Washington Monument State Park, Maryland. Hike is on AT with elevation gain of about 1200 ft.	10	1200	Dave and Beth Erdman 301-903-7141(W), 301-330-1633(H)	Sunday, August 19, 2012	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$0.00	MD	Hike
635	Furnace Mountain	A	This is an 10.5 mile hike with an elevation change of 3000 ft in one of the remoter parts of the southern section of SNP. We will begin on the Austin Mountain Trail and return on the Furnace Mountain Trail. Excellent views from the peak of Furnace Mountain. Includes crossing many talus slopes so good boots are necessary. Two mile car shuttle required.	10	3000	Jeff Snay 703-321-3038(H), (703)-308-4032(W)	Saturday, August 24, 2002	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$16.00	SNP	Hike
636	Exploring Washington	D	A 6.1 mile hike from Farragut North Station to Cleveland Park Station via the eastern end of Georgetown, Dumbarton Oaks, Glover Park and the Washington National Cathedral. Come and learn some historical facts and discover some new areas of the city. We'll follow in one of the restaurants along Conn. Ave. for those who wish to linger. Please bring water and wear comfortable shoes. Meet at the Farragut North Station - Take L street exit and meet at NE corner of L St. and Conn. Ave.	6	0	Nancy Lake (703)-352-9006(H)	Sunday, July 07, 2002	\$0.00	Farragut North Station	10:00:00 AM	\$0.00	DC	Hike
637	Exploring Washington	D	A 5.6 mile hike starting at Farragut West Metro Station to Woodley Park Station that includes George Washington University, Washington Circle, the Kalorama and Adams Morgan neighborhoods and the National Zoo. We'll stop for lunch in Adams Morgan and then take a leisurely stroll through the zoo. Please bring water and wear comfortable shoes. Meet at the Farragut West Metro Station - 18th Street exit.	5	0	Nancy Lake (703)-352-9006(H)	Sunday, August 11, 2002	\$0.00	Farragut West Metro Station	10:00:00 AM	\$0.00	DC	Hike
638	Great Falls/VA	C	A 7.5-mile circuit hike in Great Falls Park (Virginia) along the River and Ridge Trails, with spectacular views of Mather Gorge, and then back along Difficult Run and Old Carriage Road, with possible sightings of early wildflowers.	8	0	Nancy Benco 202-363-1639(H)	Saturday, March 15, 2008	\$5.00	Visitor Center	9:00:00 AM	\$0.00	VA	Hike
639	Massanutten Mountain Series #9	A	The ninth hike will be a 16-mile circuit from New Market Gap to Catherine Furnace on the Massanutten Mountain South, Bird Knob and Roaring Run Trails. Total elevation gain is 3200 feet. PATC Map H.	16	3200	Jack (703)-339-6716 & William (410)-884-9127	Saturday, October 19, 2002	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	GWNF	Hike
640	Massanutten Mountain Series #10	A	The tenth hike will be a 16-mile hike from Cub Run Road to Camp Roosevelt on the Massanutten and Taskers Gap Trails with a 6-mile shuttle. Total elevation gain is 1600 feet. PATC Map G.d	16	1600	Jack (703)-339-6716 & William (410)-884-9127	Saturday, November 16, 2002	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	GWNF	Hike
641	Massanutten Mountain Series #11	A	The eleventh hike will be a 16-mile circuit from Edinburg Gap to Mooreland Gap on the Taskers Gap and Massanutten Trails. Total elevation gain is 2900 feet. PATC Map G.	16	2900	Jack (703)-339-6716 & William (410)-884-9127	Saturday, December 21, 2002	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	GWNF	Hike
642	Little Devil Stairs	A	A 12 mile circuit hike in Northern SNP, including the ascent of Little Devil Stairs as it crosses Keyser Run in a deep ravine. We will return on the Piney Ridge trail. Elevation change is 2100 feet. Park entry fee is \$8/person. (A joint hike with the Sierra Club's Metropolitan Washington Regional Outings Program)	12	2100	Mike Gingerich 703-590-3188	Saturday, October 13, 2007	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	SNP	Hike
643	North Valley Trail - Turkey Run Ridge Trail	C	An easy paced, 8 mile circuit hike in the southeastern portion of Prince William Forest Park. Hike from the Park's Visitor Center to the Turkey Run Education Center and back, but on different trails. Bring a lunch, snacks, and water. If you prefer, call to meet us at the PWFP Visitor Center.d	8	0	Mark Rietman (703)-221-6999(H)	Saturday, October 26, 2002	\$5.00	Woodbridge Commuter Lot	9:00:00 AM	\$3.00	PWFP	Hike
644	Mt. Marshall & Bluff Trails	A	A 13.5 mile circuit hike with 2100' elevation gain in the northern section of SNP. Begin at trailhead near Range View Overlook, hike north along the Bluff trail to Jenkins Gap where we stop for lunch, then return south along the Appalachian Trail, enjoying the views from several rocky overlooks along the way.	14	2160	Mark Rietman 703-395-5327(C)	Saturday, April 02, 2011	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$10.00	SNP	Hike
645	Knob Mtn/Neighbor Mtn Weekend Backpack	A	Work off that Thanksgiving feast by trying out your cold weather backpacking and camping skills. A 15 mile circuit hike in the North section of Shenandoah National Park with 2600' elevation gain, beginning from the trailhead near Elkwallow Wayside. On Saturday, we will hike the Knob Mtn trail and make camp along Jeremys Run. On Sunday, we will break camp and hike out along the Neighbor Mtn Trail, returning to Elkwallow via the Appalachian Trail. Leave Saturday 9:00 AM & return Sunday 4:00 PM	15	4000	Mark Rietman (703)-221-6999(H)	Saturday, November 30, 2002	\$10.00	Call leader	9:00:00 AM	\$11.00	SNP	Camp
646	Leonids Meteor Shower Backpack	B	Overnight backpack to George Washington National Forest in central VA to view the last Leonids Meteor "STORM" of our lifetime. Exact location to be finalized, expect 1 hour hike with 800'+/- elevation gain to campsite. Group size will be limited.		800	Rich Noonan (703)-791-6018(H)	Sunday, November 17, 2002	\$0.00	Call Leader		\$20.00	GWNF	Camp

647	Turk Branch - Moormans River	A	This a 9.7 mile hike with an elevation gain of 2730 feet in the southern section of Shenandoah National Park. The hike starts at Jarman Gap, milepost 97 on the drive, and follows the AT. We will make a side trip to Turk Mtn, which offers great views of the surrounding country. We'll cross Skyline Drive and return via Turk Branch and Moormans River trails. Because of the distance from DC, hikers should plan on returning to the commuter lot after 7:00 p.m. This hike is rated A, for experienced, tireless hikers only.	10	2730	Roy Sammarco (703)-569-2878(H), 703-325-1436(W)	Saturday, October 05, 2002	\$10.00	Centreville Commuter Lot	7:30:00 AM	\$16.00	SNP	Hike
648	Na Pali Coast Kauai Backpack	A	May 25 to June 10 An approximately 30 mile backpack along the northern coast of Kauai, Hawaii featuring lush vegetation and splendid waterfalls. Number of participants is limited and will be chosen by lottery from qualified applicants. Very early registration recommended to get park permit. See hike details at http://mgingerich.crosswinds.net/NaPali/	30		Mike Gingerich 703-590-3188		\$50.00	Kauai, Hawaii			HI	Camp
649	Mt. Washington, NH (tentative)		Visit the highest points in the states of New Hampshire and Vermont. We will fly to Manchester, NH (approximately \$100 roundtrip) for a quick visit to Mt. Washington via the cog railway (\$50). We will also visit Mt. Mansfield in Vermont before flying back. Motel stay Saturday night. Share car rental.			Mano Malayanur (301)-562-3156(H)	Saturday, November 02, 2002	\$0.00			\$0.00	NH	Hike
650	Crescent-Rock Creek Circuit	C	An 11-mile hike on the Crescent Trail from Bethesda to Georgetown and then north along Rock Creek Parkway to Connecticut Avenue (Woodley Park metro). Metro back to Bethesda. Meet in front of the Barnes and Noble bookstore. Bring money or a metro card for the ride back. We'll stop for a snack or lunch in Georgetown.	11	0	Nancy Benco 202-363-1639(H)	Sunday, March 01, 2009	\$0.00	Barnes and Noble Bookstore	9:00:00 AM	\$0.00	DC	Hike
651	Mary's Rock via Buck Hollow	A	An 11.5 mile hike with 2800 feet elevation gain. We will begin by hiking through the enchanting Buck Hollow region, crossing Skyline Drive and continuing on the Meadow Spring trail. We will stop for lunch at Mary's Rock, which is one of the best viewpoints in the park. From there, we will continue hiking north on the Appalachian Trail across Thornton Gap and on to Pass Mountain, and make our return by descending the Pass Mountain trail. There will be a short car shuttle between the Buck Ridge & Pass Mountain trailhead parking areas, both on Route 211.	11	2800	Mark Rietman (703)-221-6999(H)	Saturday, December 28, 2002	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
652	New Years Eve Hike	D	We will start at the Northern entrance to SNP and hike along Skyline Drive to an overlook to welcome the new year. About five miles of total hiking with some elevation gain. Bring flash light and warm clothes. No booze, but nonalcoholic wine/beer/hot chocolate should be fine.	5	0	Mano Malayanur (301)-562-3156(H)	Tuesday, December 31, 2013	\$10.00	Centreville Commuter Lot	9:30:00 PM	\$8.00	SNP	Hike
653	Massanutten Mountain Series #12	A	The twelfth hike of the Massanutten Series will be a 17-mile circuit hike from Edinburg Gap to Woodstock Gap on the Massanutten, Wagon Road, Peters Mill Run and Green Mountain Trails. Total elevation gain will be 3200 feet. PATC Map G.	17	3200	Jack (703)-339-6716 & William (410)-884-9127	Saturday, January 18, 2003	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	GWNF	Hike
654	Massanutten Mountain Series #13	A	The thirteenth hike of the Massanutten Series will be a 17-mile circuit hike from Woodstock Gap to Strasburg reservoir on the Massanutten and Tuscarora Trails. Total elevation gain will be 1600 feet. PATC Map G.	17	1600	Jack (703)-339-6716 & William (410)-884-9127	Saturday, February 15, 2003	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	GWNF	Hike
655	Massanutten Mountain Series #14	A	The last hike of the Massanutten Series will be a 17 mile circuit hike on the Sherman Gap, Bear Wallow, Massanutten, Shawl Gap and Tuscarora Trails. Total elevation gain will be 4600 feet. PATC Map G.	17	4600	Jack (703)-339-6716 & William (410)-884-9127	Saturday, March 15, 2003	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	GWNF	Hike
656	Bluff Trail	A	A 13.5 mile circuit hike in the north section of SNP beginning at the trailhead parking lot near Range View Overlook, hiking north along the Bluff trail to Jenkins Gap where we will stop for lunch, then return south along the Appalachian Trail. Several nice views that look west over the Shenandoah valley are accessible from this section of the AT. Elevation gain is 2100'.	13	2100	Gene Vivalda 703-802-6426(H)	Saturday, December 21, 2013	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
657	Signal Knob	A	A 10.6 mile circuit hike along the Signal Knob, Little Passage, and Bear Wallow trails, to the Summit of Signal Knob which has a view of Strasbourg and the surrounding valley. Elevation gain of 2000 feet.	11	2000	Todd Birkenruth (703)-318-7735 (H)	Sunday, March 02, 2008	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
658	Hound Hike at Lake Fairfax Park	D	This 3 mile hike will start and end at Lake Fairfax, but will take us through some residential areas and on the asphalt path system in north Reston. Remember to bring water for your dog. RSVPs required for all Hound Hikes, 48 hours before the hike, by phone or (preferably) email (TesterDesp@aol.com). A hiker limit may be imposed, so RSVP early to get a space.	6	0	Nancy Despeaux (703)-438-9270(H), (703)345-6968(W)	Sunday, November 07, 2004	\$0.00	Lake Fairfax Park	2:00:00 PM	\$0.00	VA	Hike
659	Hound Hike at Ellanor C. Lawrence Park	D	Make your canine companion's day by grabbing the leash & water bottle & him or her on your way out the door to today's hike. This hike is a 3-mile loop around Ellanor C Lawrence Park, and there's a second out-and-back we can do if we want more. Remember to bring water for your dog. RSVPs required for all Hound Hikes, 48 hours before the hike, by phone or (preferably) email (TesterDesp@aol.com). A hiker limit may be imposed, so RSVP early to get a space.	3	0	Nancy Despeaux (703)-438-9270(H), (703)345-6968(W)	Sunday, September 26, 2004	\$0.00	Ellanor C. Lawrence Park	10:00:00 AM	\$0.00	VA	Hike

660	Hound Hike at Lake Accotink	D	If anyone loves hiking more than you do, it's your dog! Bring your best friend with you for his or her choice of one or two 3.85-mile loop hikes around Lake Accotink. See the pet policy first (http://members.aol.com/nvhc/geninfo.html/#pets), please. Map to the park at http://qoc.nova.org/lakeacco.htm . Meet at the Lake Accotink marina & concession stand area (look for the dogs).			Nancy Despeaux (703)-438-9270(H), (703)345-6968(W)	Saturday, March 01, 2003	\$0.00	Lake Accotink	10:00:00 AM	\$0.00	VA	Hike
661	Burke Lake Park	D	This 5-mile circuit hike features a level walk around a scenic lake. Meet at Burke Lake Park, main entrance. When you enter the park from the main entrance, take a left and follow that road to the very first parking area. Sign will say Amphitheater, park against the very first row. We will meet in the parking lot. Park entry fee for non-Fairfax County residents is \$10 (April through October only).	5	0	Dave Gibson 703-919-7956(C)	Saturday, February 15, 2014	\$10.00	Burke Lake Park Amphitheater	1:00:00 PM	\$0.00	VA	Hike
662	Burke Lake Park	D	This 5-mile circuit hike features a level walk around a scenic lake. Meet at Burke Lake Park, main entrance. When you enter the park, from the main entrance, take a left and follow that road to the very first parking area. Sign will say Amphitheater. Park against the very first row. We will meet in the parking lot. Park entry fee for non-Fairfax County residents is \$10 (April through October only).	5	0	Lati Taghavi (703)-201-8213(C)	Sunday, November 18, 2012	\$0.00	Burke Lake Park Amphitheater	10:00:00 AM	\$0.00	VA	Hike
663	Lake Accotink	D	This is a leisurely 4-mile hike on the flat terrain around Lake Accotink. Northbound Backlick Road, left on Highland Street, and follow this to the park. Meet in front of the falls, which is on your left as soon as you enter the park.	4	0	Giovanna Prestigiaco (703)-425-4465(H)	Sunday, May 31, 2009	\$0.00	In front of falls	11:00:00 AM	\$0.00	VA	Hike
664	Winter Moonlight Hike	D	On this six mile hike in Northern SNP (along Skyline Drive) we hope to have not only a clear sky so we can see the full moon, but snow on the ground to reflect the moonlight. Wear non-cotton, layered clothes, waterproof boots, and a warm hat or cap. Bring snack, water, and hot chocolate. Bring a flash light but use it only if you must. If there is unanimous consent, we may stop for dinner en route.	6	0	Mano Malayanur (301)-562-3156(H)	Saturday, January 18, 2003	\$10.00	Centreville Commuter Lot	4:00:00 PM	\$8.00	SNP	Hike
665	Cross Country Ski Trip	Fun	We will start early in the morning and drive to New Germany State Park in Western Maryland for a day of cross-country skiing along the trails in the park. Beginners welcome. Gear can be rented in the park. Outfitters also offer lessons. Snow shoeing is a possibility. Bring lunch. We will drive back in the evening. Total cost is less than \$50. Call or e-mail leader (malayanur@yahoo.com) for details.			Mano Malayanur (301)-562-3156(H)	Saturday, February 18, 2006	\$5.00	Call leader			MD	Ski
666	New York City Urban Hike	C	By reservation only. A linear, urban hike through Manhattan. Hike length is about 7 miles. Highlights include Central Park, 5th Avenue shopping district, Rockefeller Center, Radio City Music Hall, Times Square, Empire State Building, Madison Square Garden, Ground Zero, Wall Street financial district, Battery Park and a real NY pizza or deli stop. Planned stops are lunch and Ground Zero. Bus service is available to NY for \$30 round trip, subject to change. Get back in DC about 9:00PM. http://mgingerich.crosswinds.net/NYC-Hike/	7	0	Mike Gingerich 703-590-3188	Saturday, March 22, 2003	\$0.00	Union Station	2:30:00 AM	\$0.00	NY	Hike
667	Prince William Forest Park	B	A 11 mile circuit hike through this Piedmont forest of the Quantico Creek watershed. A pleasant hike though the quiet forest across trails. Expect about 800' elevation gain as we hike up and down rolling hills throughout the hike.	11	800	Mike Gingerich 202-370-7957	Saturday, April 14, 2012	\$5.00	Pine Grove Picnic Area (back of lot)	9:00:00 AM	\$0.00	PWFP	Hike
668	Blackburn Trail Center	A	A 12 mile out and back hike along the Appalachian trail in Northern Virginia from Keys Gap to the Blackburn Trail Center, with a stop at the David Lesser Shelter. Elevation gain of 1500 feet.	12	1500	Todd Birkenruth 703-582-2185	Saturday, February 01, 2014	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$8.00	VA	Hike
669	Waterfall and Wild Flower Series #1	A	The first hike of the Waterfall and Wild Flower Series will be a 14-mile circuit starting with a bushwhack up the Rose River. Rest stops will at Rose River, Lewis and Dark Hollow Falls to allow the wildflower observers to catch up. Elevation gain is 3300 feet. A 12-mile circuit is optional. PATC Map 10.	14	3300		Saturday, April 19, 2003	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
670	Waterfall and Wild Flower Series #2	A	The second hike of the Waterfall and Wild Flower Series will be a 16-mile hike starting at the Bluff Trail to include about 4 miles of bushwhacking. Elevation gain is 3300 feet. Waterfalls to be visited are Big Devil Stairs, Jordan River and Waterfall Run. There will be a 6-mile shuttle along Skyline Drive. Shorter distances are options. The Walking fern, rare in the Park, could possibly be found. PATC Map 9. Contact leaders for details.	16	3300	Jack (703)-339-6716 & William (410)-884-9127	Saturday, July 19, 2003	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
671	Manassas National Battlefield	D	This is a 5 mile hike with some hills. We will walk the battlefield. This will be a guided tour. Wear hiking boots and remember to bring water. Park entry fee is \$3.00/person.	5	0	Giovanna Prestigiaco (703)-425-4465(H)	Saturday, April 05, 2003	\$3.00	Henry Hill Visitors Center	1:00:00 PM	\$0.00	VA	
672	Manassas National Battlefield	D	This is a 5 mile hike with some hills. We will walk the battlefield. This will be a guided tour. Wear hiking boots and remember to bring water. Park entry fee is \$3.00/person.	5	0	Giovanna Prestigiaco (703)-425-4465(H)	Sunday, April 27, 2003	\$3.00	Henry Hill Visitors Center	1:00:00 PM	\$0.00	VA	

673	Mount Washington Summit Climb	A+	January 2004 Join NVHC hike leader and mountaineer Mark Rietman for an incredible 4-day weekend trip to the White Mountains of New Hampshire that will combine the challenge of climbing the Northeast's highest peak, Mount Washington (6,288 feet) in winter conditions, with the rare opportunity to visit and spend the night at the Mt. Washington Observatory on the summit. On Friday, we will fly to Manchester, NH and drive to our motel in North Conway, NH. Early Saturday morning we will meet our mountain guides from Eastern Mountain Sports Climbing School and proceed to nearby Mt. Washington to begin our summit attempt. Once on top, when day-climbers are heading back down, we will have the privilege of stepping into the heated facility for a delightful evening with the Observatory staff. Dinner is followed by a guided tour of the Observatory to see how they monitor the "worst weather in the world." Sunday morning, we may get to see a breathtaking sunrise from the summit. After breakfast, we will make our way back down the mountain. The rest of the day may be spent exploring the ski-resort town of North Conway and Monday morning we will depart for our flight home. This Mt. Washington Observatory Overnight trip is available only on certain, scheduled dates with EMS Climbing School. The trip is planned for mid or late January, specific dates will be announced by October 2003. Group size is limited to 10 climbers. Please Note: Although not a technical climb, this is a strenuous ascent with the potential for extreme weather and avalanche danger. You must be physically fit and will need proper cold weather clothing for this program. Ask about the required personal gear list. EMS Climbing School provides a guided climb with climbing boots, crampons, and ice axe included. The climbing fee is \$375 (2003 rate) payable to EMS. Total Estimated Trip Cost: \$800 - includes roundtrip airfare, motel room (double occupancy), shared car rental, and EMS climbers fee (including Dinner and Breakfast at the Observatory). In-town meals, other gear rental, and incidental expenses will be extra. \$\$\$			Mark Rietman (703)-221-6999(H)	Tuesday, September 30, 2003		Airport TDB			NH	Camp
674	Hound Hike at Wakefield Park	D	An evening hike -- out of the heat of the day since it's better for dogs. This hike of about 5 miles travels around popular Lake Acotink, so there's a lot of foot and bike traffic. RSVPs required for all Hound Hikes, 48 hours before the hike, by phone or (preferably) email (TesterDesp@aol.com). A hiker limit may be imposed, so RSVP early to get a space.	5	0	Nancy Despeaux (703)-438-9270(H), (703)345-6968(W)	Saturday, June 26, 2004	\$0.00	Wakefield Park	7:00:00 PM	\$0.00	VA	Hike
675	Hound Hike at Riverbend Park	D	This is a 3-mile hike on the Upland Trail at Riverbend Park, for dogs and their humans. Your dog will love the many smells at Riverbend. Remember to bring water for your dog. RSVPs required for all Hound Hikes, 48 hours before the hike, by phone or (preferably) email (TesterDesp@aol.com). A hiker limit may be imposed, so RSVP early to get a space.	3	0	Nancy Despeaux (703)-438-9270(H), (703)345-6968(W)	Saturday, April 17, 2004	\$0.00	Riverbend Park	2:00:00 PM	\$0.00	VA	Hike
676	Waterfall and Wild Flower Series	A	An 11 mile circuit hike to include 4.6 mile bushwhack to the waterfalls on Naked Creek on the Powell Mountain and Appalachian Trails with a 4.6 mile bushwhack. Total elevation gain is 2700 feet. PATC Map 10.	8	2300	Jack Thorsen (703)-339-6716	Saturday, April 16, 2011	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$14.00	SNP	Hike
677	Waterfall and Wild Flower Series #4	A	The fourth of the Waterfall and Wild Flower Series will be a 12-mile circuit with a total elevation gain of 2300 feet on Laurel Run Spur, Falls Ridge and Great North Mountain Trails. There will be a short, but difficult bushwhack down to the falls and back. PATC Map F. Contact leaders for details.	12	2300	Jack (703)-339-6716 & William (410)-884-9127	Saturday, September 20, 2003	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	SNP	Hike
678	South River Falls & Pocosin Mission Trail	A	A 10 mile circuit hike that passes by ruins of the old Pocosin Mission church and cemetery and winds up at the foot of South River Falls (83 feet). Hike begins at the South River Picnic Area located at Skyline Drive MP 62.8 in the Central section of Shenandoah National Park. There will be a possibility of a dip near the end of the hike. This is a moderately-paced hike with stops along the way. Elevation gain is 1800'.	10	1800	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Sunday, May 27, 2012	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	SNP	
679	Big Devil Stairs	A/B	This 9 mile hike on the Mt. Marshall and Bluff Trails has an elevation change of 2750 ft and includes an "out and back" hike down the Big Devils Stairs Trail; a seldom visited area of SNP with great views. We will have lunch on a rock outcrop overlooking the canyon of the "Stairs." A 5 mile shuttle is required. Hikers will have an option to do an 8.5 mile "B" level hike with a thousand foot elevation change to and from the same locations.	9	2750	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Saturday, November 29, 2008	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
680	Bull Run Occoquan Trail	D	This will be a leisurely three miles upstream (north) on a shady trail and then turn around. An out and back, total of six miles.	6	0	Cathy Broad (301) 587-6776(H)	Sunday, September 21, 2003	\$0.00	Fountainhead Park	10:00:00 AM	\$0.00	BR	Hike

681	Hound Hike at Fox Mill Park	D	Your best friend will be the guest of honor for an evening hike, out of the heat of the day. It's just a couple of miles, but a really nice hike. Remember to bring water for your dog. RSVPs required for all Hound Hikes, 48 hours before the hike, by phone or (preferably) email (TesterDesp@aol.com). A hiker limit may be imposed, so RSVP early to get a space.			Nancy Despeaux (703)-438-9270(H), (703)345-6968(W)	Saturday, August 07, 2004	\$0.00	Fox Mill Park	7:00:00 PM	\$0.00	VA	Hike
682	Dickey Ridge – Fox Hollow Hike	A	Starting at Dickey Ridge trail head, hike uphill to the Dickey Ridge Visitor Center, enjoy the views west while having lunch, then explore the Fox Hollow trail before returning downhill to the trailhead. A 10 mile round trip hike with an elevation gain of 1800 feet.	10	1800	Mark Rietman 703-395-5327(C)	Saturday, April 10, 2010	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	SNP	Hike
683	Black Rock Cliffs/AT	A	A 10 mile in and out hike from Wolfsville Rd. to Black Rocks Cliffs and back. Elevation gain is 1500 ft.	10	1500	Claire Fromme (703)-273-1782(H)	Sunday, September 21, 2003	\$0.00	Vienna Metro	8:00:00 AM	\$11.00	MD	Hike
684	Habron Gap	B	An 8 mile hike with 1500 feet elevation gain in the Massanutten Mountains. We will ascend on the Habron Gap trail then head north on the Massanutten trail and descend on the Indian Grave Ridge trail. Beautiful views of Page and Fort Valleys. We will have beautiful views of the fall colors. A short car shuttle is required.	8	1500	Ed Brimberg 703-944-9920(C)	Sunday, October 25, 2009	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	GWNF	Hike
685	Milford Gap	A	A 9 mile hike with 1500 feet elevation gain in the Massanutten Mountains. We will ascend on the Habron Gap trail then head north on the Massanutten trail and descend on the Milford and Tolliver trails. Beautiful views of Page and Fort Valleys. A car shuttle is required.	9	1500	Ed Brimberg 703-944-9920(C)	Saturday, October 26, 2013	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	GWNF	Hike
686	Wine, Cheese, and Blueberries	Fun	The plan includes visiting a winery, a snack with some wine, and a visit to a blueberry patch to collect some blueberries. We may throw in a short hike and/or other activities after these scheduled events. Bring cash for the wine and snacks (about \$30).	0	0	Mano Malayanur (301)-562-3156(H)	Saturday, July 12, 2014	\$0.00	Vienna Metro	11:00:00 AM	\$8.00	VA	Picnic
687	Fall Equinox Celebration at Assateague State Park	Fun	We will leave Saturday noon-ish and return Sunday after breakfast. Saturday night we will car-camp on the beach at Assateague State Park, MD. Events will include a sunrise hike along the beach on Sunday, and a sunset hike if possible on Saturday along the Sinepuxent Bay. Call leader for all details.			Mano Malayanur (301)-562-3156(H)	Saturday, September 20, 2003		Call leader	12:00:00 PM		MD	Camp
688	Leaf Peeping In Vermont	Fun	We will probably fly to a nearby airport and rent a car. Saturday night will be spent at a convenient roadside motel. Call leader by September 12th.			Mano Malayanur (301)-562-3156(H)	Tuesday, September 30, 2003		Call leader			VT	
689	Laurel Fork Backpack	A	A six mile backpack into this little known, remote area of Virginia with a 6-10 mile day hike in between. Depart Friday and hike 3.5 miles to camp. Hike a 6 mile, 10 optional, day hike on Saturday. Do another 3.5 miles backpack out to the trailhead on Sunday. Co-leader Doug Delacruz.	17		Mike Gingerich 703-590-3188	Friday, July 25, 2003	\$0.00	Call leader			GWNF	Camp
690	Dolly Sods Ramble Backpack	A	A 10 mile backpacking ramble about this flat West Virginia mountain top reminiscent of a windswept Canadian tundra. Most of the backpack will be off trail in search of water and an overnight spot.			Mike Gingerich 703-590-3188	Saturday, August 16, 2003	\$0.00	Call leader			GWNF	Camp
691	Long Mountain-Trout Pond	A	A 11.5 mile hike in the beautiful Trout Pond Recreation Area, West Virginia. We will begin on the Long Mountain trail, take a side trail to Chimney Rock, up the Trout Pond trail to an overlook and then return for a walk by Trout Pond and around Rockcliff Lake. Some stream crossings. Elevation change of about 2000 feet. Car shuttle required. http://www.fs.fed.us/r8/gwj/lee/recreation/camping/trout_pond.shtm	11	2000	Ed Brimberg 703-944-9920(C)		\$0.00	Centreville Commuter Lot	7:30:00 AM	\$16.00	GWNF	Hike
692	Waterfall and Wild Flower Series	A	A 10-mile circuit to the waterfalls on Dry Run and Cedar Run to include a 3 mile bushwhack. PATC May 10	10	2500	Jack Thorsen (703)-339-6716	Saturday, June 18, 2011	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$16.00	SNP	Hike
693	Waterfall and Wild Flower Series #6	A	The sixth hike of the Waterfall and Wild Flower Series will be a 15-mile circuit to include about 1 mile of bush whacking to the falls on Big Creek. The hike will be on Powell Mountain, Meadows School, AT, Laurel Prong and Mill Prong Trails with stops at Bear Fence Mountain and Camp Hoover. Total elevation gain is 3300 feet. PATC Map 10.♂	15	3300	Jack (703)-339-6716 & William (410)-884-9127	Saturday, November 15, 2003	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	SNP	Hike
694	Waterfall and Wild Flower Series #7	A	The seventh hike of the Waterfall and Wild Flower Series will be a 13-mile circuit to with a total elevation gain of 4400 feet on Overall Run, Heiskell Hollow and Appalachian Trails. There is a 2.5-mile bush whack to the Greasy and Sterdley Falls. PATC Map 9.♂	13	4400	Jack (703)-339-6716 & William (410)-884-9127	Saturday, December 20, 2003	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
695	Massanutten Mtn Trail Work Trip	C	Get out and help maintain our trails doing some light trail maintenance (clipping, raking, branch removal, etc.). Starting from Edinburg Gap, we will work at an easy pace along a 2.6 mile segment of the Massanutten Mountain Trail going up and over Waonaze Peak. Elev. gain is 1200'. It takes about 4 hrs to cover the trail, out and back. Tools supplied, bring your work gloves, lunch and drinks.	5	1100	Mark Rietman 703-395-5327(C)	Saturday, August 20, 2011	\$0.00	Call leader	9:00:00 AM	\$10.00	GWNF	Hike

696	Old Rag Mountain	A	This classic hike and perennial favorite is a different experience in the winter months without the crowds. Hiking Old Rag is a 9 mile circuit challenging us with an elevation gain of 2200 feet and lots of rock scrambling via the Ridge Trail, but rewarding us with some of the best views in SNP. Descent is easier via the Saddle Ridge Trail and a return along the Weakley Hollow fire road. Park Entry Fee: \$5.00 per person.	9	2200	Mike Gingerich 202-370-7957		\$5.00	Vienna Metro	8:00:00 AM	\$13.00	SNP	
697	Mt. Washington Trip Presentation and Information Meeting		Mt. Washington Summit Climb and Observatory Overnight Trip Slide Show and Orientation Meeting: If you are interested in making a rare winter ascent of Mt. Washington with an overnight stay at the Mt. Washington Observatory, then you should come attend this informative meeting and slide presentation. Information will be presented and discussed about making a summit attempt on Mt. Washington, at 6288 feet, the highest peak in the Northeast and home to the World's Worst Weather. Information about the trip itinerary, what to expect, what to wear, what you will need, gear requirements, transportation, accommodations, trip costs, etc. will be discussed in detail. Refreshments will be served. For more information, see the trip announcement at end of this schedule. Pimmit Hills Library 7584 Leesburg Pike (Route 7) Falls Church, VA. 7:30-8:30 PM d	0	0	Mark Rietman (703)-221-6999(H)	Wednesday, October 29, 2003	\$0.00	Pimmit Hills Library	7:30:00 PM	\$0.00	VA	
698	Robertson Mountain - Nicholson Hollow Trail	A	Get Ready for Mt. Washington Hike #1dWe begin the Mt. Washington series hikes with the very steep ascent of Robertson Mountain. We begin hiking the Weakley Hollow fire road to junction with the Robertson Mountain trail. Ascend to near peak, descend to Old Rag fire road to take the Indian Creek trail past Corbin Cabin, then return along the Nicholson Hollow trail. Excellent views of Corbin Hollow and Old Rag. There are four stream crossings. This is a difficult 12 mile hike with an elevation change of about 2300 feet. Mt. Washington trip hikers should carry a backpack weight of at least 20 lbs. Park Entry Fee: \$5.00 per person. Hikes are open to everyone.	12	2300	Mark Rietman (703)-221-6999(H)	Saturday, December 13, 2003	\$5.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	
699	Knob - Neighbor Mountain Trail	A	Get Ready for Mt. Washington Series Hike #2dNext in the series, we face a rigorous and steep 15 mile hike that begins near Elkwallow Picnic grounds. First we ascend to the peak of Knob Mountain, then descend and cross Jeremy's Run, and make steep ascent of the Neighbor Mountain trail to peak. Hike east along the ridge line to junction with the Appalachian Trail, and return northbound to Elkwallow parking. Two stream crossings. This is a strenuous and unrelenting 15 mile hike with a combined elevation gain of about 3400 feet. Mt. Washington trip hikers should carry a backpack weight of 25-30 lbs. Hikes are open to everyone.	15	3400	Mark Rietman (703)-221-6999(H)	Sunday, December 21, 2003	\$10.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike
700	Marys Rock Summit	A	Get Ready for Mt. Washington Series Hike #3dThis challenging 9 mile circuit hike in the Shenandoah National Park will ascend the very steep Buck Ridge Trail and continue on a more gradual line of ascent to Mary's Rock for a 2500 foot elevation gain. While stopping for lunch at Mary's Rock, we can glimpse a panoramic view of Page Valley. Then, for a change of scenery, we return via the Buck Hollow Trail. Mt. Washington trip hikers should carry a backpack weight of 30-35 lbs. Hikes are open to everyone.	9	2500	Mark Rietman (703)-221-6999(H)	Saturday, December 27, 2003	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	
701	Harpers Ferry Express	B	Moderate 7 mile hike on the Appalachian and Loudoun Heights Trails. Lunch at Split Rock, with superb views of Harpers Ferry and Potomac River gorge. Transportation to trailhead is via excursion train. Round trip cost is \$59. Purchase tickets early to assure your space! Details at http://mgingerich.crosswinds.net/HFE/ d	7	1400	Mike Gingerich 703-590-3188	Sunday, October 12, 2003	\$0.00	Union Station	7:30:00 AM	\$0.00	WVA	
702	Fishers Gap to Skyland	A	A thirteen mile out and back hike from Fishers Gap to Skyland with an elevation change of 1600 feet with fine views of Hawksbill Mountain and the Ida Valley.	13	1600	Todd Birkenruth (703)-318-7735 (H)	Sunday, November 23, 2003	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
703	Northern SNP	A	A ten mile hike along the Appalachian Trail in Northern Shenandoah National Park. Will climb over North and South Marshall Mountains with panoramic views of the Page Valley. Elevation gain of 1500 feet.	10	1500	Todd Birkenruth 703-582-2185	Saturday, January 04, 2014	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
704	Fraser Preserve	C	A six-mile loop with 1200 elevation change in a private nature sanctuary in the northwestern corner of Fairfax County adjacent to the Potomac R. Woodlands, riverbank views, remnants of 200-yr-old canal. Meet at J. Gilbert's Restaurant parking lot, intersection Rt 123 & Old Dominion Drive, McLean.	6	1200	Ed Corack 703-400-8023(C)	Sunday, June 30, 2013	\$0.00	J. Gilbert's Restaurant	8:30:00 AM	\$4.00	VA	Hike
705	Seneca Creek State Park	C	A 6 mile out-and-back hike with 800 feet elevation change on the Greenway Trail in western Montgomery County, Md. The hike includes a full circuit of Clopper Lake.	8	800	Dave and Beth Erdman 301-903-7141(W), 301-330-1633(H)	Saturday, November 01, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$3.00	MD	
706	Rapidan Camp	B	Reflect on the stillness of August with a moderately difficult 7.2-mile loop to a falls, to the retreat of a former US president (Camp Hoover), and a return via the Laurel Prong Trail and the AT, which sits astride one of the SNP's highest and most geologically interesting peaks, Hazeltop. 1,532 feet elevation gain.	7	1532	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Saturday, August 15, 2009	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike

707	Hound Hike at Burke Lake	D	Dogs and their humans love hiking around Burke Lake (~4.5 miles). You can tell, because there's always a lot of traffic on the trails there. So, all dogs on the Hound Hike should be those that do well where there are lots of strangers coming in your direction from both ahead of you and behind you. RSVPs required for Hound Hikes, by phone or (preferably) email (TesterDesp@aol.com).d			Nancy Despeaux (703)-438-9270(H), (703)345-6968(W)	Saturday, October 04, 2003	\$0.00	Burke Lake Park	2:00:00 PM	\$0.00	VA	Hike
708	Winery Visit	Fun	Enjoy a visit to a nearby winery (TBD). We may buy a bottle or two of their wine, along with some cheese and crackers, and weather permitting, enjoy it sitting outside. We may or may not follow it up with another fun activity, such as a short hike. Bring money for wine/cheese (approx.\$10). Please call leader in advance.	0	0	Mano Malayanur (301)-562-3156(H)	Sunday, November 02, 2003	\$0.00	Centreville Commuter Lot	10:00:00 AM	\$8.00	VA	Hike
709	Winter Solstice Celebration	C	Come perform the sacred Solstice rites to ensure that the days do in fact start getting longer. In ancient China, despite their lunar calendar, they found the arrival of winter an excellent excuse for a feast, and in Romania, they drank cider to ensure the fertility of apple trees. We will do our own version: an eight-mile hike (pace: 30 miles/hour) in Great Falls Park followed by a visit to the Old Brogue for a late "tiffin," and who knows, they may even have some cider. Meet at the Great Falls (VA) Visitor Center (in front of the kiosk).	8	300	Mano Malayanur (301)-562-3156(H)	Sunday, December 21, 2003	\$5.00	Great Falls (VA) Visitor Center	10:30:00 AM	\$0.00	GF/VA	Hike
710	Carderock and Cabin John	C	This will be a brisk 7-mile hike along the C&O Canal towpath from Carderock south to Glen Echo Park and back. We will pass 7 locks along this stretch, and look for early morning bird activity. Note Daylight Savings time change.	7	0	Nancy Benco 202-363-1639(H)	Sunday, October 26, 2003	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$0.00	MD	Hike
711	Waterfall and Wild Flower Series #8	A	The eighth hike of the series will be a 8 to 10 mile circuit to include about 1 mile of bush whacking up the middle section of White Oak Run in White Oak Canyon rather than on the trail getting a close-up view of the falls, cascades and warm weather swimming holes. This being a winter hike we should see some nice ice displays. Other trails could include the AT, Old Rag Fire Road, Cedar Run and Hawksbill depending on the time and weather. Elevation gain 4400'. PATC Map 10. Park entry fee is \$5/person.	10	4400	Jack (703)-339-6716 & William (410)-884-9127	Saturday, January 17, 2004	\$5.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	SNP	Hike
712	Waterfall and Wild Flower Series #9	A	Then ninth hike of the Series will be a 15-mile circuit to South River Falls on the Pocosin and Appalachian Trails. Total elevation gain is 3300 feet. No bush whacking. PATC Map 10.d	15	3300	Jack (703)-339-6716 & William (410)-884-9127	Saturday, February 21, 2004	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	SNP	Hike
713	Waterfall and Wild Flower Series #10	A	The tenth hike of the Waterfall and Wild Flower Series will be a 15-mile circuit to with a total elevation gain of 3200 feet to the falls on the Jones and Doyle Rivers. No bush whacking. PATC Map 11.	15	3200	Jack (703)-339-6716 & William (410)-884-9127	Saturday, March 20, 2004	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$16.00	SNP	Hike
714	Manassas Gap	A	A 10 mile out and back hike with 2000 foot elevation gain along the Appalachian Trail from Manassas Gap (I-66) south past the Denton Shelter and return.	10	2000	Ed Brimberg 703-944-9920(C)	Sunday, February 22, 2009	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$6.00	VA	Hike
715	Lake Accotink	D	This is a leisurely 4-mile hike on the flat terrain around Lake Accotink. Northbound Backlick Road, left on Highland Street, and follow this to the park. Meet in front of the falls, which is on your left as soon as you enter the park.	4	0	Giovanna Prestigiacomo (703)-425-4465(H)	Sunday, June 28, 2009	\$0.00	In front of falls	11:00:00 AM	\$0.00	VA	Hike
716	Whiteoak/Hawksbill Summit	A	Get Ready for Mt. Washington Series Hike #5. An 11 mile circuit hike with a whopping 3200 feet elevation change. Hike ascends the Whiteoak Canyon and then Hawksbill Summit, the highest peak in SNP. We descend via Cedar Run Canyon. Attractions include nine waterfalls and outstanding views. Entry fee is \$5/person.	11	3200	Mark Rietman (703)-221-6999(H)	Saturday, January 03, 2004	\$5.00	Centreville Commuter Lot	7:30:00 AM	\$12.00	SNP	Hike
717	Massanutten Mtn Trail Work Trip	B	Get out in the brisk late winter air and help maintain our trails, while doing light trail maintenance at an easy pace along a 2.6 mile section of the Massanutten Mountain Trail in the George Washington National Forest, near Fort Valley, VA. From the Edinburg gap road crossing, we will hike north along the Massanutten Trail, performing trail maintenance duties until reaching the intersection with the Bear Trap Trail. This is a volunteer effort so there are no car pool or park entry fees. Tools are provided, bring lunch and drinks. Call for details and carpool meeting location. Return about 5pm.d			Mark Rietman (703)-221-6999(H)	Saturday, March 13, 2004	\$0.00	Call leader	9:00:00 AM	\$0.00	GWNF	Hike
718	Hound Hike at Twin Branches	D	A great way to meet others that like to hike with their dogs, and exchange information. The hike is 2.5 miles of mostly natural surface trails, much of it in the woods. Remember to bring water for your dog. RSVPs required for all Hound Hikes, 48 hours before the hike, by phone or (preferably) email (TesterDesp@aol.com). A hiker limit may be imposed, so RSVP early to get a space.	2	0	Nancy Despeaux (703)-438-9270(H), (703)345-6968(W)	Sunday, January 09, 2005	\$0.00	Twin Branches Nature Trail	11:00:00 AM	\$0.00	VA	Hike
719	Spring Equinox Celebration	A	Join Mano on a ten-mile hike at Wolf and Chimney Rocks to celebrate the coming of the Spring. Elevation gain is 2,460 feet. Moderate pace. Attractions include Cunningham Falls, interesting rock formations, stream, and scenic overlooks.	10	2460	Mano Malayanur (301)-562-3156(H)	Sunday, March 21, 2004	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	MD	Camp

733	Waterfall and Wild Flower Series #11	A	The eleventh hike of the Waterfall and Wild Flower Series will be 13 miles with a 5-mile shuttle. There will be a scenic but very challenging 1-mile 1900-foot climb over rocks up to Skyline Drive from Greasy Falls. If height bothers you don't consider coming. After the climb, the hike will be on the AT and Jenkins Gap Trail. A 10-mile option without the shuttle is possible. PATC Map 9.	13	1900	Jack (703)-339-6716 & William (410)-884-9127	Saturday, April 17, 2004	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
736	Old Rag Double-Hike	A+	On this 11 mile hike we climb Old Rag Mountain twice by the ridge trail, descending each time by the same route. Total elevation gain is a whopping 4,400 feet with lots of rock scrambling. Slow to moderate pace (2 mi/hr). Good hike for burning lots of calories. Excellent views on either side from the ridge and from the top. Park entry fee is \$5 per person.	11	4400	Mano Malayanur (301)-562-3156(H)	Saturday, April 03, 2004	\$5.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	
737	Old Rag Double-Hike	A+	On this 11 mile hike we climb Old Rag Mountain twice by the ridge trail, descending each time by the same route. Total elevation gain is a whopping 4,400 feet with lots of rock scrambling. Slow to moderate pace (2 mi/hr). Good hike for burning lots of calories. Excellent views on either side from the ridge and from the top. Park entry fee is \$5 per person.	11	4400	Mano Malayanur (301)-562-3156(H)	Sunday, April 25, 2004	\$5.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike
738	Old Rag Double-Hike	A+	On this 11 mile hike we climb Old Rag Mountain twice by the ridge trail, descending each time by the same route. Total elevation gain is a whopping 4,400 feet with lots of rock scrambling. Slow to moderate pace (2 mi/hr). Good hike for burning lots of calories. Excellent views on either side from the ridge and from the top. Park entry fee is \$5 per person.	11	4400	Mano Malayanur (301)-562-3156(H)	Sunday, May 16, 2004	\$5.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike
739	The Three Ridges	A	We will leave early and head down south for a strenuous 10 mile out and back hike along the Appalachian Trail from Reeds Gap, on the Northern Section of the Blue Ridge Parkway, to the top of the panoramic Three Ridges overlook (PATC Map 12). Elevation change of approximately 2000 feet.	10	2000	Todd Birkenruth 703-262-0340(H)	Sunday, September 28, 2008	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$16.00	GWNF	Hike
740	South Run-Lake Mercer Loop	D	A 4.1 mile easy circuit hike mostly along rolling paved bike trail but includes a stretch of gravel road and 0.5 mile on blazed woodland trail. Meet at trailhead near lacrosse practice building behind main recreation center, located on Fairfax Co. Parkway (Route 286) just south of Lee Chapel Rd.	4	0	Dave Gibson 703-919-7956(C)	Saturday, March 16, 2013	\$0.00	South Run Recreation Center	9:00:00 AM	\$0.00	VA	Hike
741	Gila Wilderness	A+	A 36 mile, 6 day backpack trip in the Gila Wilderness in southwest New Mexico. Details at http://mgingerich.crosswinds.net/hikes/Gila/ Call to apply. Carpool expenses will be shared.			Mike Gingerich 703-590-3188	Saturday, August 28, 2004	\$0.00	TBD			NM	Camp
742	Kennedy Peak	B	We will start at the Camp Roosevelt picnic area parking lot, take the Massanutten orange blazed trail towards Kennedy Peak. High point of the hike is Kennedy Peak, highest point in the Massanutten. Return on the same route. Total distance 7.5 miles with 1000' elevation gain.	8	1000	Abhay Bagul 703-573-2058(H), 703-871-8711(W)	Saturday, May 01, 2004	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
743	Rock Creek Trail Bike Trip	B	Bike the Rock Creek trail which runs parallel to Rock Creek. This is a 26 mile trip from Shady Grove to Georgetown. You can reach Shady Grove by Metro or by car. We will start at the Shady Grove Metro station, bike 1 mile to the Rock Creek bike path trail head near the Lake Needwood Boathouse. From there we will follow the trail to the Georgetown waterfront. Dupont Circle Metro is two blocks away from Georgetown. People who park their vehicles at Shady Grove Metro can take Metro from DuPont Circle back to Shady Grove. Others can take Metro back to their destinations. For more information visit: http://bikewashington.org/trails/rockcreek/md.htm	26		Abhay Bagul 703-573-2058(H), 703-871-8711(W)	Saturday, April 17, 2004	\$0.00	Shady Grove Metro	9:00:00 AM	\$0.00	MD	Bike
744	Capital Crescent Trail Bike Trip	C	Bike the Capital Crescent Trail which starts at Bethesda, MD and ends at Georgetown, DC. The trail is approximately 8 miles long. The trail has a 9-foot wide asphalt surface and is in excellent condition. You can reach Bethesda by Metro or by car. Dupont Circle Metro is two blocks away from Georgetown. People who park their vehicles at Bethesda Metro can take Metro from DuPont circle back to Bethesda. Others can take metro back to their destinations. For more information visit: http://bikewashington.org/trails/cct/cct.htm			Abhay Bagul 703-573-2058(H), 703-871-8711(W)	Saturday, June 05, 2004	\$0.00	Bethesda Metro	9:00:00 AM	\$0.00	MD	Bike
745	US National Arboretum	D	Celebrate Mother's Day with a 5-mile walk through the U.S. National Arboretum. At their peak blooms should be rhododendrons, flowering dogwoods, late azaleas, tulip trees, lilacs, and many others. Meet at 9 a.m. at the parking lot at R Street off Bladensburg Road.	5	0	Nancy Benco 202-363-1639(H)	Sunday, May 09, 2004	\$0.00	US National Arboretum	9:00:00 AM	\$0.00	DC	Hike
746	Fido Friday Hike	D	A 2 to 3 mile urban hike in Old Town Alexandria to end by 9:30 p.m. Dogs must be on a 6-8 foot leash, and well-behaved, and owners must pick up.	3	0	Emily Curry 301-231-7038(H)	Friday, March 04, 2005	\$0.00	King Street Metro	7:30:00 PM	\$0.00	VA	Hike
747	Fido Friday Hike	D	A 2 to 3 mile urban hike in Old Town Alexandria (with a stop for hot chocolate at the waterfront) to end by 9:30 p.m. Dogs must be on a 6-8 foot leash, and well-behaved, and owners must pick up.	3	0	Emily Curry 301-231-7038(H)	Friday, November 05, 2004	\$0.00	King Street Metro	7:30:00 PM	\$0.00	VA	Hike

748	Fido Friday Hike	D	A 2 to 3 mile urban hike in Old Town Alexandria (with a stop for hot chocolate at the waterfront) to end by 9:30 p.m. Dogs must be on a 6-8 foot leash, and well-behaved, and owners must pick up.	3	0	Emily Curry 301-231-7038(H)	Friday, December 03, 2004	\$0.00	King Street Metro	7:30:00 PM	\$0.00	VA	Hike
749	Airport Hike	B	An 11 mile round trip hike from the King Street Metro up the Mount Vernon bike path to the airport (mile post 15). Lunch at the Daingerfield Island Marina. Return to King Street Metro by 6:30 p.m.	11	0	Emily Curry 301-231-7038(H)	Sunday, December 12, 2004	\$0.00	King Street Metro	1:00:00 PM	\$0.00	VA	Hike
750	Waterfall and Wild Flower Series #12	A	The twelfth hike of the series will be a 16-mile circuit on the Sherman Gap, Massanutten Loop and Milford Gap Trails. Total elevation gain is 3500 feet. Be prepared to ford the South Fork of the Shenandoah River. If the water level or temperature is not favorable, the August hike of the series will be substituted. Contact leaders for details on the fording. PATC Map G.	16	3500	Jack (703)-339-6716 & William (410)-884-9127	Saturday, July 17, 2004	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	GWNF	
751	Waterfall and Wild Flower Series #13	A	The thirteenth hike of the Series will a 14-mile circuit on the Bluff, Marshall and Appalachian Trails to include the 2 miles of bushwhack to the falls on Waterfall Run. Total elevation gain is 3600 feet. PATC Map 9.	14	3600	Jack (703)-339-6716 & William (410)-884-9127	Saturday, August 21, 2004	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	
752	Waterfall and Wild Flower Series #14	A	The 14th hike of the Waterfall and Wild Flower Series will a 15-mile circuit on the Slaughter, Appalachian, Bearface and Conway River Trails to include the bushwhack to the Devil's Ditch Falls. Total elevation is approximately 3400 feet. PATC Map 10.	15	3400	Jack (703)-339-6716 & William (410)-884-9127	Saturday, September 18, 2004	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	SNP	
753	Lost River State Park GPS Hike	A+	17+ miles, 4,000 ft gain. We will be hiking various well marked trails within this State Park. See breathtaking overlooks, visit an old farm house, climb a fire tower, visit the summer retreat of Robert E. Lee's father, also a general. This is a joint hike with the Sierra MWROP, Northern Virginia Hiking Club and WV Highlands Conservancy. Meet at Oakton Shopping Center Near McDonalds at 7:30 am.	17	4000	Michael Fischetti (703)-771-8559(H)	Saturday, July 24, 2004	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	WV	Hike
755	Wine, Cheese, and Blueberries	Fun	On this winery tour we will get a chance to visit a vineyard, taste some wine, buy and drink some more, perhaps with some crackers and cheese, and also pick blueberries. Bring money (\$20 per head approx) for wine, crackers, and blueberries. This event is suitable for those in wheel chair.			Mano Malayanur (301)-562-3156(H)	Saturday, July 14, 2012	\$0.00	Call leader	10:00:00 AM	\$5.00	VA	Hike
756	SNP Moonlight Hike	B	An out-and-back hike about 9 miles long (total) with 1,000 feet of climbing along Skyline Drive in Northern SNP. Moderate pace (2.5-3 mi/hr). Beautiful 270 degree moonlit view at the halfway point at Gooney Manor overlook. Bring a flash light but use it only if you must. Also bring jacket or sweater, water, dinner, and good hiking boots.	9	1000	Mano Malayanur (301)-562-3156(H)	Saturday, August 09, 2014	\$15.00	Centreville Commuter Lot	6:00:00 PM	\$8.00	SNP	Hike
757	Hound Hike at Twin Branches	D	A great way to have fun with your dog - on a hike with other dogs and their people. This short hike (~ 2 miles) is a part of the Reston trail system, but most of it is natural surface and in the woods. Remember to bring water for your dog. RSVPs required for all Hound Hikes, 48 hours before the hike, by phone or (preferably) email (TesterDesp@aol.com). A hiker limit may be imposed, so RSVP early to get a space.			Nancy Despeaux (703)-438-9270(H), (703)345-6968(W)	Saturday, July 31, 2004	\$0.00	Twin Branches Nature Trail, Reston	7:00:00 PM	\$0.00	VA	Hike
758	Key's Gap to Harper's Ferry and Return	A	A 17+ mile hike from Keys Gap to Harpers Ferry and return, 2,100' gain. We will hike the AT to historic Harper's Ferry, WV for lunch and return.	17	2100	Michael Fischetti (703)-771-8559(H)	Sunday, November 01, 2009	\$0.00	Sterling W&OD Lot	7:30:00 AM	\$5.00	WVA	Hike
759	Waterfall and Wild Flower Series #15	A	The fifteenth hike of the series will be a 14-mile circuit on the Bluff, Marshall and Appalachian Trails to include the 2 miles of bushwhack to the falls on Waterfall Run. Total elevation gain is 3600 feet. PATC Map 9.	14	3600	Jack (703)-339-6716 & William (410)-884-9127	Saturday, October 16, 2004	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
760	Waterfall and Wild Flower Series #16	A	The sixteenth hike of the Series will about 15-mile circuit to include a waterfall yet to be determined. The hike will include a bushwhack. PATC Map 10.	15	3000	Jack (703)-339-6716 & William (410)-884-9127	Saturday, November 20, 2004	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	SNP	Hike
761	Waterfall and Wild Flower Series	A	A 15 mile circuit hike on the Appalachian, Jenkins Gap, Lands Run and Hickerson Hollow Trails. Total elevation gain is 3200 feet. There is an optional side trip to a columnar jointing rock formation. No bushwhack. A shorter option is possible by waiting to be picked up. PATC Map 9.	15	3200	Jack Thorsen (703)-339-6716	Saturday, February 19, 2011	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
762	Rocky Top, Brown & Rocky Mountains	A	This is a 12.3 mile hike with a 6 mile car shuttle, and an elevation gain of 2900 feet in the southern section of SNP. Beginning at Browns Gap the hike proceeds north along the AT and then covers the Big Loop Trail, the Rockytop Trail and Brown Mountain Trail. The gorge at "The Portal" is spectacular.	12	2900	Tom Lutke (703)-922-7372(H), (703)-660-6615(W)	Sunday, July 31, 2005	\$10.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	SNP	Hike
763	GPS Hike: Austin Mtn. and Surrounding Peaks in SNP	A	Joint event with the Sierra Club MWROP. Partially unscouted, 17 mi., ~ 4000 ft gain. Explore seldom visited area - western slope of Southern District SNP with breathtaking views of Massanutten Mountain Range and surrounding peaks of the Blue Ridge. The goal is to cover 3 major vistas of this area. Short bushwhacks to some peaks. Meet at Oakton Shopping Center near McDonalds.	17	4000	Michael Fischetti (703)-771-8559(H)	Saturday, October 30, 2004	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	SNP	

764	Three Peaks on the AT	A	Climb three of Shenandoah's highest peaks (Mary's Rock, the Pinnacle, and Stony Man) on this 10 mile trek along the AT from Thornton Gap to Skyland. Over 3000 feet elevation gain. Car shuttle required.	10	3000	Dean Simmons 443-504-5538(C)	Saturday, October 09, 2004	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
765	Robertson Mountain	A	A 9.5 mile hike with 2500' elevation gain. From the Old Rag parking lot, we will begin our ascent via the Weakley Hollow Fire Road to the Robertson Mountain trail, climbing steeply to the summit, then descending to Old Rag Fire Road, making our return via the beautiful Corbin Hollow Trail and the Weakley Hollow fire road. Park entry fee is \$5/person.	10	2500	Gene Vivalda 703-802-6426(H)	Saturday, December 06, 2008	\$5.00	Centreville Commuter Lot	7:30:00 AM	\$10.00	SNP	Hike
766	Fredericksburg Tour	B	Drive (approximately 50 miles) to Fredericksburg for a tour of the Civil War Visitor's Center, followed by an 11 mile roundtrip hike in Battlefield Park. Late lunch/dinner at Sammy's of Fredericksburg after the hike. Return to Washington by 5 or 6 p.m.	11	0	Emily Curry 301-231-7038(H)	Sunday, January 09, 2005	\$5.00	King Street Metro	9:00:00 AM	\$8.00	VA	Hike
767	Burke Lake Park	D	This 5-mile circuit hike features a level walk around a scenic lake. Meet at Burke Lake Park, main entrance. When you enter the park, from the main entrance, take a left and follow that road to the very first parking area. Sign will say Amphitheater. Park against the very first row. We will meet in the parking lot. Park entry fee for non-Fairfax County residents is \$10 (April through October only).	5	0	Lati Taghavi 703-201-8213(C)	Sunday, July 29, 2012	\$10.00	Burke Lake Park Amphitheater	10:00:00 AM	\$0.00	VA	Hike
768	AT in MD Part 1	A+	See the Appalachian Trail in Maryland in two day hikes (2nd hike is December 4th). This first one goes from Pen Mar to Interstate 70, 19 miles with an elevation gain of 3000 feet. We'll start at Pen Mar and see the northern half of the AT in Maryland, ending at the Interstate. Car shuttle required.	19		Michael Fischetti (703)-771-8559(H)	Saturday, October 02, 2004	\$0.00	Sterling W&OD Lot	7:30:00 AM	\$12.00	MD	Hike
769	AT in Maryland Part 2	A	See the Appalachian Trail in Maryland in two day hikes (1st hike is October 2nd). This second one goes from Interstate 70 to Brownsville Gap, 15 miles with an elevation gain of 2,000 ft. We'll start from the Interstate near Greenbrier State Park and hike South to Brownsville. Car shuttle required.	19		Michael Fischetti (703)-771-8559(H)	Saturday, December 04, 2004	\$0.00	Sterling W&OD Lot	7:30:00 AM	\$12.00	MD	Hike
770	C&O Canal to Harpers Ferry	B	Explore historical Harpers Ferry in the fall. This is a 12 mile out and back hike originating at Brunswick, MD, along the C&O Canal to Harpers Ferry for lunch/exploration, and return. Spend an hour or two enjoying Harpers Ferry at your leisure. We should have nice, crisp fall weather for the hiking.	12	600	Roy Sammarco (703)-569-2878(H), 703-325-1436(W)	Saturday, October 01, 2005	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$7.00	WV/MD	Hike
771	South Run-Lake Mercer Loop	D	A 4.1 mile easy circuit hike mostly along rolling paved bike trail but includes a stretch of gravel road and 0.5 mile on blazed woodland trail. Meet at the trailhead near the field house behind main recreation center, located on Fairfax Co. Parkway (Route 286) just south of Lee Chapel Rd.	4	0	Dave Gibson 703-919-7956(C)	Saturday, November 15, 2014	\$0.00	South Run Recreation Center	1:00:00 PM	\$0.00	VA	Hike
772	Beach Camping on Bodie Island	Fun	Come see the azure blue skies at their best in early Fall in North Carolina. We will camp on the Outer Banks. We will drive down early Saturday and return late Sunday. Activities will include hikes at dawn and dusk, camp fire and potluck, and a ranger program. A side trip to Kitty Hawk to visit the Wright Brothers site is possible, as is an airplane ride. Twice the expense of gas to be split by the pool. Tolls to be shared. Total cost approximately \$50. Gear can be rented. Call or e-mail leaders for details: mmano@erols.com or emily.curry@nist.gov			Mano (301)-562-3156(H) & Emily 301-231-7038(H)	Saturday, October 09, 2004		Call leaders			NC	Camp
773	Urban Hike in Philadelphia	A	On this long (13-mile) walking tour of Philadelphia we will pass by the historic downtown, the Art Museum, and the campus of University of Pennsylvania. Twice the cost of gas to be split among the car pool. Tolls and parking are to be shared. Lunch will be at a roadside restaurant. Wear comfortable hiking or walking shoes and bring approximately \$50 to cover the car pool, tolls, parking, and lunch. If the car pool agrees, dinner is also possible (at the cost of an additional \$20 or so).	13	0	Mano Malayanur (301)-562-3156(H)	Saturday, October 23, 2004	\$0.00	Carderock Rec Area, MD	8:00:00 AM		PA	Hike
774	Edinburg Gap	C	This is a 5 mile out and back hike with 1200 foot elevation gain. This is an ideal hike for those who would like to leave the urban flat terrain of the in town hikes and experience some of the mountain hills and breathtaking views. We will begin at Edinburg Gap in the Massanutten Mountains and hike north on the Massanutten Trail to a beautiful overlook of the Shenandoah valley where we will have lunch. We will then retrace our steps.	5	1200	Ed Brimberg 703-944-9920(C)	Saturday, December 11, 2004	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$12.00	GWNF	Hike
775	Hound Hike - South Reston Paths	D	Nice 3 mile walk around south Reston on the path system. Mostly asphalt trails. Remember to bring water for your dog. RSVPs required for all Hound Hikes, 48 hours before the hike, by phone or (preferably) email (TesterDesp@aol.com). A hiker limit may be imposed, so RSVP early to get a space.	3	0	Nancy Despeaux (703)-438-9270(H), (703)345-6968(W)	Sunday, October 17, 2004	\$0.00	Reston Community Center at Hunters Woods	11:00:00 AM	\$0.00	VA	Hike
776	Hound Hike on the Spartan Trail at South Run Park	D	This is a fairly short hike, about 2 miles, through the woods surrounding the South Run Park facilities. But after the hike you can stop in at the Off Leash Dog Park at South Run. RSVPs required for all Hound Hikes, 48 hours before the hike, by phone or (preferably) email (heatonem@yahoo.com).	2	0	Ellen Heaton 703-440-8998(H), 703-328-7587(C)	Saturday, October 23, 2004	\$0.00	South Run Park	11:00:00 AM	\$0.00	VA	Hike

777	Hound Hike Around Lake Mercer	D	This is a 4-mile circuit hike through the woods around Lake Mercer starting from South Run Park. This is an easy walk along a gently rolling paved bike trail, with a short stretch along a gravel road, and .5 mile on a blazed woodland trail. RSVPs are required for all Hound Hikes. Please send an email (preferred) to heatonem@yahoo.com or call 703-328-7587 at least 48 hours before the hike start time.	4	0	Ellen Heaton 703-328-7587(C)	Sunday, September 13, 2009	\$0.00	South Run Park	10:00:00 AM	\$0.00	VA	Hike
778	Hound Hike at Wakefield Park	D	This is a 5-mile circuit hike starting at Wakefield Park that circles Lake Accotink. The trail is a mixture of paved and wooded path that is mostly level. RSVPs are required for all Hound Hikes. Please send an email (preferred) to heatonem@yahoo.com or call 703-923-9405 at least 48 hours before the hike start time.	5	0	Ellen Heaton 703-440-8998(H), 703-328-7587(C)	Sunday, June 21, 2009	\$0.00	Wakefield Park	2:00:00 PM	\$0.00	VA	Hike
779	Buzzard Rocks	B	An 8 miles in and out hike with 1500 feet elevation gain in the Massanutten Mountains. We will hike on Buzzard Rock Trail to Shawl Gap and then return.	8	1500	Mike Gingerich 202-370-7957	Sunday, August 12, 2012	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
780	Waterfall and Wild Flower Series #18	A	Providing the weather has been cold enough to form ice we will do a ten or more mile circuit hike to include about a mile of bush whacking up White Oak Run to get a close-up view of the falls and cascades in winter. Other trails could include the AT, Old Rag Fire Road, Cedar Run and Hawksbill depending on the time and weather. If the weather has been warm we may seek out another falls. PATC Map 10. Park entry is \$5/person.	10	2000	Jack (703)-339-6716 & William (410)-884-9127	Saturday, January 15, 2005	\$5.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	SNP	Hike
781	Waterfall and Wild Flower Series #19	A	A 15-mile circuit hike with 3600 feet of elevation with a visit to a small waterfall off of the Corbin Mountain Trail. Other trails include Nicholson Hollow, Corbin Cabin Cutoff and Indian Run. PATC Map 10. Park entry fee is \$5/person.	15	3600	Jack (703)-339-6716 & William (410)-884-9127	Saturday, February 19, 2005	\$5.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	SNP	Hike
782	Waterfall and Wild Flower Series #20	A	This will be another hike in the Waterfall and Wildflower series. As of press time this hike had not been scouted. Please check our web site for details as the hike date nears.			Jack (703)-339-6716 & William (410)-884-9127	Saturday, March 19, 2005	\$5.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	SNP	Hike
783	Compton Peak	A	An 11 mile hike with 2200 foot elevation gain. We will ascend on the AT from Rte 522 to the top of Compton Peak, return via Dickey Ridge (with stop at Windham Rocks) and Hickerson Hollow trails. Short car shuttle required.	11	2200	Dean Simmons 443-504-5538(C)		\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	VA	Hike
784	Apple Cider Hike #1	C	About seven miles through Great Falls, VA. Some climbing (400 feet). Moderate pace (2.5 mi/hour). Attractions include beautiful views of Great Falls, Mather Gorge, and Difficult Run. Apple cider after the hike at the Old Brogue in Great Falls, VA. Meet at Vienna Metro at 1 p.m. or Great Falls Visitor Center at 1:30 p.m.	7	400	Mano Malayanur (301)-562-3156(H)	Sunday, January 23, 2005	\$5.00	Vienna Metro	1:00:00 PM	\$4.00	GF/VA	Hike
785	Apple Cider Hike #2	C	About seven miles through Rock Creek Park. Some climbing (400 feet). Moderate pace (2.5 mi/hr). Attractions include the beautiful Rock Creek, Nature Center, and a historic mill. Apple cider after the hike at a pub in Cleveland Park area. Meet at the Cleveland Park Metro on the Northbound side of Connecticut Avenue.	7	400	Mano Malayanur (301)-562-3156(H)	Sunday, March 20, 2005	\$0.00	Cleveland Park Metro	1:30:00 PM	\$0.00	DC	Hike
787	Corbin Cabin Cutoff/Nicholson Hollow	B	This 7.2 mile hike is a loop starting at Mile 37.9 on the Skyline Drive. We descend on the Corbin Cabin Cutoff Trail and ascend via the Nicholson Trail, ending by way of the AT. This hike includes a 1.5 mile out-and-back on the Indian Run Trail (to Corbin Mtn Trail) to provide variety and to allow us to reflect on how George Corbin lived and farmed near the head of the Hughes River before leaving the area when Congress created the SNP. Elevation gain 1,350 feet.	7	1350	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Saturday, February 05, 2005	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
788	Knob and Neighbor Mountains	A	This is one of the most challenging hikes in Shenandoah National Park. 14-15 miles with about 4,000 feet of elevation gain. Moderate pace (2.5 miles/hour). We will start at Elkallow Wayside and climb along the AT, and then take the side trail to Neighbor Mountain. We will then descend steeply to Jeremy's run. Crossing Jeremy's Run and the trail, we will ascend again along the ridge of Knob Mountain. We will take the Knob Mountain Cutoff trail to connect back with the Jeremy's Run trail and gain Elkallow Wayside. Bring plenty of food, water, necessary clothing, and solid hiking boots. Prior A-rated hike experience is required.	15	4000	Mano Malayanur 240-604-6365(C)	Saturday, May 07, 2011	\$15.00	Centreville Commuter Lot	7:00:00 AM	\$10.00	SNP	Hike
789	Hound Hike Around Burke Lake	D	Walk off the Turkey with your four-legged friend! This 5-mile circuit hike features a level walk around a scenic lake. There is a hike limit since we are hiking with dogs, so an RSVP is required for all Hound Hikes, preferably by email, to the hike leader, Ellen Heaton, heatonem@yahoo.com or call 703-440-8998. Please respond no later than 26 November.	5	0	Ellen Heaton 703-440-8998(H)	Friday, November 28, 2008	\$0.00	Burke Lake Park	1:00:00 PM	\$0.00	VA	Hike
790	National Air and Space Udvar-Hazy Museum	Fun	Instead of a hike outside, stroll in the newest National Air and Space Museum near Dulles airport. Each carpool will split the \$12 parking fee.	0	0	Claire Fromme (703)-273-1782(H)	Sunday, February 06, 2005	\$12.00	Centreville Commuter Lot	9:30:00 AM	\$1.00	VA	Hike
791	Gambrill State Park	B	This is a 7-8 mile hike near Thurmont with about 1000 ft. elevation. Good views of the Catoctin and South Mountains.	8	1000	Claire Fromme (703)-273-1782(H)	Sunday, March 13, 2005	\$0.00	Vienna Metro	8:00:00 AM	\$11.00	MD	Hike

792	Mt. Mitchell & Pisgah National Forest Backpack	A	A backpacking trip beginning on May 21 to hike the high point of North Carolina - Mt. Mitchell, and surrounding area of Pisgah National Forest. The Pisgah Ranger District is dominated by Mt. Pisgah on the Blue Ridge Parkway and extends on both sides of the Parkway. It is located roughly between the towns of Brevard, Waynesville and Asheville, NC. This area is especially noted for easy access to many beautiful waterfalls, wonderful hiking and camping opportunities, the Cradle of Forestry, and more. The district also includes the Shining Rock and Middle Prong Wilderness areas. Still in planning stages. Limited to 8 people. Plan on ending trip early Friday, 27 May, leaving time to further explore western NC gems such as Black Mt and Asheville.			Roy Sammarco (703)-569-2878(H), 703-325-1436(W)	Thursday, March 31, 2005		TBD			NC	Camp
793	Inauguration Day Hike	B	Come out and celebrate Inauguration Day on this 10 mile hike on the Potomac Heritage Trail from Theodore Roosevelt Island to American Legion Bridge (at Cabin John). Numerous ups and downs. Car shuttle required.	10	0	Dean Simmons 443-504-5538(C)	Thursday, January 20, 2005	\$0.00	Vienna Metro	9:00:00 AM	\$4.00	VA	Bike
794	Ice Skating at Sculpture Garden Ice Rink	Fun	Come ice skating at the Sculpture Garden Ice Rink in Washington, DC. Basic instruction will be provided for first-timers by the leader. Hot drinks and food will be available at the Pavilion Cafe. Meet at 5:30pm at Sculpture Garden Ice Rink (next to the National Gallery of Art - West Building). Skating session is from 6:00 - 8:00 p.m. Cost is \$15 for admission, skate and locker rental (\$5 refundable locker deposit).			Jacquelyn King 703-626-9536(H)	Saturday, January 29, 2005	\$15.00	Sculpture Garden Ice Rink	5:30:00 PM	\$0.00	DC	Ski
795	Three Ponds-Racer Camp Hollow	A	This is a 11 mile circuit hike with 1700 feet elevation gain. We will start on the Tuscarora/ Pond run trail, proceed to the Tuscarora/Three Ponds trail and return via the Racer Camp Hollow, Old Mailpath and Wilson Cove trails. Beautiful views. At least eight stream crossings so be prepared.	11	1700	Ed Brimberg 703-944-9920(C)	Saturday, March 22, 2014	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	WVA	Hike
796	Three Ponds-White Rocks	A	This is a 12 mile circuit hike with 2000 feet elevation gain. We will start on the Tuscarora/ Pond run trail, proceed to the Tuscarora/Three Ponds trail and return via the Old Mailpath and Wilson Cove trails. Beautiful views from two overlooks. At least eight stream crossings so be prepared.	12	2000	Ed Brimberg 703-944-9920(C)	Saturday, May 29, 2010	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	WVA	Hike
797	Halfmoon Lookout	A	This is a 10.5 mile circuit hike with 2100 feet elevation gain. We will traverse the loop that includes the Bucktail, Bucktail Cutoff, Halfmoon, Halfmoon Lookout and German Wilson trails. We will have lunch at Halfmoon Lookout where we will have beautiful views of Trout Run Valley, Tibet Knob and Big Schloss.	11	2100	Mina Guevara 571-237-4062	Sunday, October 05, 2014	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	GWNF	Hike
798	Waterfall and Wild Flower Series #21	A	A circuit hike of about 14 miles on the Buck Hollow, Buck Ridge, Hazel Mountain and White Rocks trails with 3200-foot elevation gain. Could involve some bushwhacking. PATC Map 10.	14	3200	Jack (703)-339-6716 & William (410)-884-9127	Saturday, April 16, 2005	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
800	Waterfall and Wild Flower Series #22	A	A 16-mile circuit in the Massanutten Mountain on the Sherman Gap, Massanutten Loop and Milford Gap Trails. Total elevation gain is 3500 feet. Be prepared to ford the South Fork of the Shenandoah River. If the water level or temperature is not favorable another hike will be substituted. Contact leaders for details on the fording. PATC Map G.	16	3500	Jack (703)-339-6716 & William (410)-884-9127	Saturday, June 18, 2005	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	GWNF	Hike
801	Neighbor Mountain/Knob Mountain	A	A 12 mile difficult linear hike with an elevation change of 2500 feet. We'll begin along Skyline Drive and start on the AT, then hike Neighbor Mountain first, descend down to Jeremys Run (stream crossings). Then we do a challenging ascent up Knob Mountain and return to Skyline drive via the AT. Three mile car shuttle required.	12	2500	Tom Lutke (703)-922-7372(H), (703)-660-6615(W)	Sunday, October 30, 2005	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
802	Clingmans Dome		The goal is to "bag" the highest point in Tennessee as part of the club's "Top 50" challenge. See http://www.geocities.com/Yosemite/Falls/1290/top50.html for club ascents so far. We will drive to Gatlinburg, Tennessee on Saturday and stay overnight at a motel. On Sunday we will reach the highpoint (second highest east of the Mississippi) in the spectacular Smokey Mountains National Park. We will drive back, reaching the Metro area by 7 p.m. Call or e-mail (mmano@erols.com) leader for details.			Mano Malayanur (301)-562-3156(H)	Saturday, May 07, 2005		Call leader				Hike
803	Big Schloss & Halfmoon Lookout	A	Enjoy spectacular autumn colors! Starting from Wolf Gap, this 12-mile hike proceeds up Big Schloss then passes several other scenic overlooks as it travels the ridgetop to Halfmoon Mountain, before descending to parking area. Elevation gain 2000'. Short car shuttle required.	12	2000	Dean Simmons 443-504-5538(C)	Sunday, October 21, 2007	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	WVA	Hike
804	Fridley Gap	A	A 9 mile hike with 2800 foot elevation gain. From the trailhead at the end of Rte 636 west of Shenandoah, VA, we will follow the Massanutten South Trail to the Fridley Gap trail. We will use this trail to return south to rejoin the Massanutten South trail and return to the parking lot.	9	2800	Ed Brimberg 703-944-9920(C)	Saturday, March 30, 2013	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$16.00	VA	Hike
805	Catoctin Mountains	A	A 10.6 miles hike with 1200 foot elevation gain. From Catoctin Mountain Park visitors center we will visit Cunningham Falls, Hog Rock, Blue Ridge & Thurmont Overlooks, and Wolf & Chimney Rocks.	11	1200	Dean Simmons 443-504-5538(C)	Saturday, February 11, 2006	\$0.00	Vienna Metro	8:00:00 AM	\$11.00	MD	Hike

806	Appalachian Trail in PA Part 1	A+	Appalachian Trail south from Caledonia State Park, (Rt. 30) PA to Pen Mar at MD border. 18 miles, 2000 ft elevation.	18	2000	Michael Fischetti (703)-771-8559(H)	Saturday, April 09, 2005	\$0.00	Sterling W&OD Lot	7:00:00 AM	\$12.00	PA	Hike
807	Appalachian Trail in PA Part 2	A+	Appalachian Trail south from Pine Grove Furnace to Caledonia State Parks (Rt. 30), PA. 20 miles, 4900 ft elevation.	20	4900	Michael Fischetti (703)-771-8559(H)	Saturday, May 07, 2005	\$0.00	Sterling W&OD Lot	7:00:00 AM	\$13.00	PA	Hike
808	Appalachian Trail in PA Part 3	A+	Appalachian Trail south from the ATC Mid-Atlantic Regional Off to Pine Grove Furnace State Park. 20 miles, 3700 ft elevation.	20	3700	Michael Fischetti (703)-771-8559(H)	Saturday, June 18, 2005	\$0.00	Sterling W&OD Lot	7:00:00 AM	\$16.00	PA	Hike
809	Hound Hike at South Run to Burke Lake	C	This is an approximately 8-mile circuit hike from South Run Park to scenic Burke Lake, around the Lake and back. The path is well traveled and mostly on a level surface. Pack a lunch as we will take a break at Burke Lake. RSVPs are required for all Hound Hikes. Please send an email (preferred) to heatonem@yahoo.com or call 703-923-9405 at least 48 hours before the hike start time.	8	0	Ellen Heaton 703-440-8998(H), 703-328-7587(C)	Sunday, May 21, 2006	\$0.00	South Run Park	11:00:00 AM	\$0.00	VA	Hike
810	Kerns Mountain	A	A 14.5 mile circuit hike with 2900' elevation change. We will begin at the Scothorn Gap Trail in the Massanutten Mountains and hike to Duncans Knob for an early lunch, cross over Crisman Hollow Road and hike the Massanutten Trail across Kerns Mountain. We will then return along Massanutten Mountain Trail. Beautiful views both east and west.	15	2900	Tom Lutke (703)-922-7372(H), (703)-660-6615(W)	Sunday, April 24, 2005	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
811	Loft Mountain	A	20 mile circuit hike in the Southern Shenandoah National Park. Starting on the AT on Loft Mountain, we will do a circuit hike going over Rocky Top and Browns Mountain and then return to Loft Mountain. 4500 ft elevation gain. VERY strenuous.	20	4500	Tom Lutke (703)-922-7372(H), (703)-660-6615(W)	Sunday, June 05, 2005	\$10.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	SNP	Hike
812	Bird Watching in Banshee Reeks Nature Preserve	D	Hike 4+ miles in new preserve in Loudoun county. Bring binoculars (we will be making stops to bird watch). Elevation gain ~200 feet, trail may be muddy. Bring snacks or lunch and water. 5+ hours (including 1.5 hours round trip travel time).	4	200	Adam Strasel (703)-631-1830(H)	Saturday, May 14, 2005	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$5.00	VA	Hike
813	Waterfall and Wild Flower Series #23	A	A circuit hike of about 16 miles on numerous trails around Big Meadows to Lewis, Big Rock, Dark Hollow and Rose River Falls with 3300-foot elevation gains. No bushwhacking. A slightly shorter option is possible. PATC Map 10.	16	3300	Jack (703)-339-6716 & William (410)-884-9127	Saturday, July 16, 2005	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
814	Waterfall and Wild Flower Series #24	A	A circuit hike of about 14 miles on the Buck Hollow, Buck Ridge, Hazel Mountain and White Rocks trails with 3700-foot elevation gain to a falls on the Hazel River. PATC Map 10.	14	3700	Jack (703)-339-6716 & William (410)-884-9127	Saturday, August 20, 2005	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
815	Waterfall and Wild Flower Series #25	A	A 15-mile circuit in the on the Appalachian, Bluff, Jordan River, and Mount Marshall trails with about a one mile round trip bushwhack to the falls on the Jordan River. Total elevation gain is 2800 feet. PATC Map 9.	15	2800	Jack (703)-339-6716 & William (410)-884-9127	Saturday, September 17, 2005	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
816	Signal Knob	A	This 11-mile loop begins and ends at the Signal Knob parking area off Rte 676 in Fort Valley. We'll take the very rocky Signal Knob trail to the knob, have lunch, and then return via the Meneka Peak and Tuscarora Trails. Total elevation gain is about 2000 feet.	11	2000	Gene Vivalda 703-802-6426(H)		\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
817	Long Mountain Hike and Swim	B	An 8 mile hike, with a 1000' elevation gain ending in the beautiful Trout Pond Recreation Area, West Virginia. We will begin on the Long Mountain trail, pass Chimney Rock, then walk around Rockcliff Lake with a side visit to Trout Pond. Afterwards we will swim in Rockcliff Lake. Bring a change of clothes as we will swim in the lake after the hike. Car shuttle required. The \$3/car park entry fee is included in the carpool fee. Swimmers will also have to pay \$3. http://www.fs.fed.us/r8/gwj/lee/recreation/camping/trout_pond.shtm	8	1000	Ed Brimberg 703-944-9920(C)		\$3.00	Centreville Commuter Lot	7:30:00 AM	\$17.00	GWNF	Hike
818	Moonlight Canoe Paddle	Fun	Come join us for a Moonlight Canoe tour at Mason Neck in the southeast Fairfax county. See http://www.dcr.state.va.us/parks/masonneck.htm for map of park and details regarding the park. We'll meet at Mason Neck at 7:15 and start out paddle at 7:30. There should be plenty of bird activity as night descends upon the water. Finish time is 10:00 p.m. Tour limited to active club members and in number. Bring water and snacks.			Roy Sammarco (703)-569-2878(H), (703)-325-1436(W)	Saturday, July 23, 2005	\$4.00	Mason Neck State Park	7:15:00 PM	\$0.00	VA	Water
819	Skyland to Panorama	A	A 10 mile linear ridge hike along the Appalachian trail with stops by Stoneyman and Mary's Rock for outstanding views. 2300 foot elevation gain. Car shuttle required.	10	2300	Tom Lutke (703)-922-7372(H), (703)-660-6615(W)	Sunday, July 10, 2005	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
820	Peak Bagger: Missouri, Arkansas, and Louisiana	Fun	On this trip during the Veterans' Day weekend we plan to fly out to St. Louis and drive south to New Orleans, "bagging" along the way Tom Sauk Mountain in MO, Magazine Mountain in AR, and Driskill Mountain in LA, all highest peaks in their states. We will fly back from New Orleans. We will plan on doing some sight seeing in St. Louis, New Orleans, and elsewhere along the way as time permits. Details TBD. Call or e-mail Mano (malayanur@yahoo.com) before Sept. 30th - sooner the better, so you get the best air fares.			Mano Malayanur (301)-562-3156(H)	Friday, September 30, 2005		TBD			MO/AR/LA	Hike

822	July 4th Old Rag	A	EARLY BIRD SPECIAL: Nine miles with about 2,200 feet of elevation gain. Steep trail with lots of rock scrambling and boulder hopping near the summit. Old Rag, with its rocky peaks, many wonderful views and interesting rock scramble is the most popular hike in the Shenandoah. It can also be the most crowded one too. So beat the crowds and the heat and set off for an early morning adventure on Old Rag. With luck, we should even get back in time to take a nap before late afternoon picnics and evening 4th of July festivities. Park entry fee \$5/person.	9	2200	Tom Lutke (703)-922-7372(H), (703)-660-6615(W)	Monday, July 04, 2005	\$5.00	Centreville Commuter Lot	5:00:00 AM	\$11.00	SNP	Hike
823	Waterfall and Wildflower Series #26	A	A circuit hike of about 14 miles on the Rocky Branch, Appalachian, Pass Mountain, Old Butterwood, Thornton River and Hull School trails with a 2900-foot elevation gain. PATC Map 10	14	2900	Jack (703)-339-6716 & William (410)-884-9127	Saturday, October 15, 2005	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
825	Waterfall and Wildflower Series #27	A	A 17-mile circuit in the on the Appalachian, Bluff, Jordan River, and Mount Marshall trails with about a one mile round trip bushwhack to the falls on the Jordan River. Total elevation gain is 3000 feet. PATC Map 9. A 12-mile option is possible with a car shuttle.	17	3000	Jack (703)-339-6716 & William (410)-884-9127	Saturday, December 17, 2005	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
826	Geology Explained: Virginia's Fort Valley and Massanutten Mountains		This fascinating 10 mile hike and geology field trip will be led by the author of the book "Geology Explained: Virginia's Fort Valley and Massanutten Mountains", Dr. Bill Melson. This hike will illustrate some of the fascinating features of the region described in the above book, which will be available for purchase for \$15 at the beginning of the hike. The hike is of moderate difficulty involving a gradual 1500 foot ascent, and traverses rock fields and talus on the Massanutten (Signal Knob), Meneka Peak, and Tuscarora (Bearwallow) trails derived from the Silurian Massanutten formation. Dr. Melson received geology degrees from Johns Hopkins University (BA) and Princeton University (PhD) and is a fellow of the Geological Society of America and the Mineralogical Society of America. Dr. Melson is geologist emeritus at the Smithsonian's Museum of Natural History, Washington, D.C., where he has led geology tours to the Appalachians for the Smithsonian Associates and other organizations for the past forty years. Group size is limited to 20 people. Email leader at: brimberg@cox.net or call to reserve your spot.			Ed Brimberg 703-944-9920(C)	Sunday, October 09, 2005	\$0.00	Call Leader	8:00:00 AM	\$9.00	GWNF	Hike
827	Little North Mountain	A	An 11 mile linear hike with 2000 feet elevation gain on Little North Mountain. We will begin on the Tuscarora/Little North Mountain trail at Fetzers Gap. From there we will take the Sulphur Springs Gap trail back to the end. Car shuttle required.	11	2000	Ed Brimberg 703-944-9920(C)	Saturday, September 21, 2013	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	GWNF	Hike
828	Wine Tasting and Apple Picking	Fun	On this leisurely morning trip we will visit a winery or two in Maryland for some tasting. We may buy and share a bottle of wine, along with some crackers and cheese. On the way back we will stop at a farm to pick apples. Details TBD. Call or e-mail leader (malayanur@yahoo.com) for details.	0	0	Mano Malayanur (301)-562-3156(H)	Saturday, October 08, 2005	\$0.00	Call Leader	10:00:00 AM	\$8.00	MD	Hike
829	The Manhattan Project	C	On this daylong trip to the Big Apple we will take a leisurely walking tour of Manhattan. Details TBD, but minimally will include a walk across Brooklyn Bridge and a visit to Battery Park in Lower Manhattan. Optional cruise. We will leave DC after midnight by the Chinese bus (accessible by Metro), arrive in NYC by 7 a.m., spend the day in NYC, leave by 5 p.m. and return to DC by 10 p.m. Cost approx. \$40 bus fare PLUS expenses for cruise, breakfast, lunch, and coffee stops at roadside restaurants. Bring cash. Call or e-mail leader (malayanur@yahoo.com) for details.			Mano Malayanur (301)-562-3156(H)	Saturday, October 29, 2005	\$0.00	Call Leader	12:30:00 AM	\$0.00	NY	Hike
830	Camp Hoover	B	A 7.5 mile hike with 1500 foot elevation gain in the central section of Shenandoah National Park.. We will begin at Milam Gap and follow the Appalachian Trail south to the Laurel Prong Trail which will take us to the retreat of a former US president (Camp Hoover). We will return via the Mill Prong Trail.	8	1500	Ed Brimberg 703-944-9920(C)	Saturday, November 05, 2005	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	SNP	Hike
831	Dickey Ridge to Jenkins Gap	A	First of three treks to cover the north section of SNP. We'll start at Dickey Ridge trail head, climb arduous Dickey Hill, only to descend and then climb over Compton Peak. 11.2 Miles, 3000-ft elevation gain. Car shuttle required.	11	3000	Dean Simmons 443-504-5538(C)	Saturday, October 29, 2005	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
832	JenkinsGap to Hogback Summit	A	Second of three treks to cover the north section of SNP. Enjoy great views on this trek up and down North & South Marshall and Hogback peaks, ending near Mile Post 22 on Skyline Drive. 10 miles, 2000-ft elevation gain. Car shuttle required.	10	2000	Dean Simmons 443-504-5538(C)	Saturday, November 19, 2005	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
833	Hogback Summit to Panorama	A	This trek completes our three hikes to cover the north section of SNP. Starting from Mile Post 22, we hike south past Elk Wallow then climb Pass Mountain to end at the large Panorama lot on Rte 211. 10 Miles, 1600-ft elevation gain. Car shuttle required.	10	1600	Dean Simmons 443-504-5538(C)	Saturday, December 17, 2005	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike

834	Burke Lake Park-South Run	D	This 6 mile circuit hike features a level walk around a scenic lake. Meet at South Run (located at Reservation Drive on 286, Fairfax County Parkway) behind the gym, there is a path. This path goes to Burke Lake Park. We will walk from South Run and around Burke Lake Park.	6	0	Giovanna Prestigiacomio (703)-425-4465(H)	Sunday, April 30, 2006	\$0.00	South Run	11:00:00 AM	\$0.00	VA	Hike
835	Burke Lake Park-South Run	D	This 6 mile circuit hike features a level walk around a scenic lake. Meet at South Run (located at Reservation Drive on 286, Fairfax County Parkway) behind the gym, there is a path. This path goes to Burke Lake Park. We will walk from South Run and around Burke Lake Park.	6	0	Giovanna Prestigiacomio (703)-425-4465(H)	Sunday, June 25, 2006	\$0.00	South Run	11:00:00 AM	\$0.00	VA	Hike
836	Quarterly Social	D/Fun	All club members and guests are welcome to join a social to hobnob with fellow hikers. A short hike along Four Mile Run will be followed by a Happy Hour at an area restaurant close to Ballston Metro. Everyone pays for their drinks and snacks - bring cash. Return to the starting point (East Falls Church) by Metro. No need to register in advance; just show up.			Mano Malayanur (301)-562-3156(H)	Sunday, December 05, 2010	\$0.00	East Falls Church Metro	5:00:00 PM	\$0.00	VA	Hike
837	Waterfall and Wild Flower Series #28	A	Providing the weather has been cold enough to form ice we will do a ten or more mile circuit hike to include about a mile of bushwhacking up White Oak Run to get a close-up view of the falls, cascades and warm weather swimming holes in winter. This being a winter hike we should see some nice ice displays. Other trails could include the Appalachian, Hawksbill and Cedar Run. If the weather has been warm we may seek out another falls. PATC Map 10.	10	3000	Jack (703)-339-6716 & William (410)-884-9127	Saturday, January 21, 2006	\$5.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
838	Waterfall and Wild Flower Series #29	A	This will be a 15-mile circuit on the Slaughter, Appalachian, Bearfence and Conway River Trails to include the Devil's Ditch Falls. Total elevation is approximately 3400 feet. PATC Map 10.	15	3400	Jack (703)-339-6716 & William (410)-884-9127	Saturday, February 18, 2006	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
839	Waterfall and Wild Flower Series #30	A	This will be a 16-mile 3800-foot elevation hike to Greasy and Sterdley Falls with a 4-mile car shuttle to include a one-mile bushwhack round trip to Sterdley Falls. There will be a scenic but very challenging 1-mile 1900-foot climb over rocks up to Skyline Drive from Greasy Falls. If height bothers you don't consider coming. After the climb the hike will be on the Appalachian and Jenkins Gap Trails. A 10-mile option without the shuttle is possible. PATC Map 9.	16	3800	Jack (703)-339-6716 & William (410)-884-9127	Saturday, March 18, 2006	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$8.00	SNP	Hike
840	Vienna, VA to National Airport	A	Hike from the Vienna metro meeting point to National Airport via sidewalks, the WO&D and Four Mile Run trails; 17 miles and 1,000 ft elevation. Return by metro. Plenty of bail-out points by Metrobus or Rail.	17	1000	Michael Fischetti (703)-771-8559(H)	Sunday, January 29, 2006	\$0.00	Vienna Metro	8:00:00 AM	\$0.00	VA	Hike
841	AT in Central SNP	A	Hike the Appalachian Trail in Shenandoah National Park north from Hawksbill Gap to Thornton Gap; 13 miles and 3,600 elevation gain (PATC Map #10). Car shuttle required.	13	3600	Michael Fischetti (703)-771-8559(H)	Saturday, January 07, 2006	\$10.00	Centreville Commuter Lot	7:00:00 AM	\$11.00	SNP	
842	Bull Run - Occoquan Trail	A	Explore the entire length of this close-by 17.5 mile stream-valley trail with <1000 ft. elevation gain. Car shuttle required. Meet at Bull Run Regional Park Waterpark/Swimming Pool Parking Lot, 7700 Bull Run Drive, Centreville VA 20121. See the following for directions: http://www.nvrpa.org/park/bull_run/content/hours_and_directions . Car Shuttle to start hike at Fountainhead Regional Park. There is no fee to enter the park for Northern Virginia county residents.	18	500	Jennifer Hine 571-236-2668(C)	Saturday, February 02, 2013	\$0.00	Bull Run Regional Park	7:00:00 AM	\$4.00	VA	Hike
843	AT in Central SNP #2	A	Hike the Appalachian Trail in Shenandoah National Park south from Hawksbill Gap to South River Picnic area; 18 miles and 2,800 elevation gain (PATC Map #10). Car shuttle required.	18	2800	Michael Fischetti (703)-771-8559(H)		\$5.00	Centreville Commuter Lot	7:00:00 AM	\$11.00	SNP	
845	Exploring DC	D	Meet at Woodley Park Station and hike 6.0 miles to Union station via Connecticut Ave., the Dupont Circle neighborhood, Logan and Scott Circles, Chinatown and Judiciary Square. Bring money for metro fares. Lunch at Union Square following hike (optional).	6	0	Nancy Lake (703)-352-9006(H)	Sunday, February 05, 2006	\$0.00	Woodley Park Station	10:00:00 AM	\$0.00	DC	Hike
846	Exploring DC	D	Meet at Metro Center Station (13th & G St.) and hike 6.5 miles to Van Ness Station, via downtown, Lafayette Square and the White House, 16th Street, Malcom X park, Rock Creek Park, Pierce Mill and the Hillwood Gardens. Bring money for metro fares. Lunch at one of the restaurants along Connecticut Ave. following hike (optional).	7	0	Nancy Lake (703)-352-9006(H)	Saturday, February 25, 2006	\$0.00	Metro Center Station	10:00:00 AM	\$0.00	DC	Hike
848	Waterfall and Wildflower Series #31	A	A 9-mile circuit hike with 2200 feet of elevation gain to two falls on Big Creek on the Powell Mountain, Meadow School and Appalachian Trails and about 2 miles of bushwhacking. There is an additional 7-mile option to Camp Hoover. PATC Map 10.	9	2200	Jack (703)-339-6716 & William (410)-884-9127	Saturday, April 22, 2006	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
849	Waterfall and Wildflower Series #32	A	This will be a 10-mile circuit with 2400-foot elevation to Riprap Falls on the Riprap, Appalachian and Wildcat Ridge Trails. There will be no bushwhacking. There is a possibility we might see the Large Whorled Pogonia a uncommon native orchid. PATC Map 11.	10	2400	Jack (703)-339-6716 & William (410)-884-9127	Saturday, May 20, 2006	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
850	Waterfall and Wildflower Series #33	A	A 12 mile circuit hike with an easy 3-mile bushwhack to Timber Hollow Falls. We will visit several foundations of old home sites near the falls. The remaining 9 miles will be on the Skyland-Big Meadows Horse, Appalachian and Hawksbill Trails. Total elevation gain is about 3300 feet. PATC Map 10.	12	3300	Jack (703)-339-6716 & William (410)-884-9127	Saturday, June 17, 2006	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike

851	Elk Wallow to Meadow Springs	A	This 11 mile hike with 2900 foot elevation gain completes our traverse of the northern third of Shenandoah National Park. Starting from Elk Wallow, we'll hike south over Pass Mountain to Panorama and then climb Mary's Rock for the scenic views before descending to cars. Car shuttle required.	12		Dean Simmons 443-504-5538(C)	Saturday, April 08, 2006	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
852	Overall Falls	A	A 12 mile hike with 2600 foot elevation gain starting from Thompson Hollow. We will take the Overall Connector Trail to Beecher Ridge and ascend to the AT before turning back along the Tuscarora Trail to view scenic Overall Falls on the descent back to our cars.	11	2600	Dean Simmons 443-504-5538(C)	Saturday, May 06, 2006	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	
853	Catoctin Trail #1	B	First of four B-level hikes to cover the entire length of the Catoctin Trail that runs from Gambrill to the northwest edge of Catoctin Mountain National Park. This first segment covers the portion of the trail that lies within Gambrill State Park near Frederick, MD. Although this hike measures only 5 miles in length, it includes two significant climbs certain to test your mettle. Total elevation gain is about 1500 feet. Short car shuttle required.	5	1500	Dean Simmons 443-504-5538(C)	Sunday, July 11, 2010	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	MD	Hike
855	Exploring D.C. and the Cherry Blossoms	D	A 7 mile urban trek around the Mall, Tidal Basin, and the Capitol. Meet at the Arlington Cemetery Metro Station. We will return from Capitol South Metro, so bring money for Metro fare. Lunch following hike for those who want to linger. Attractions include monuments, the Capitol, and hopefully, the Cherry Blossoms.	7	0	Nancy Lake (703)-599-1969(C)	Sunday, April 02, 2006	\$0.00	Arlington Cemetery Metro Station	8:30:00 AM	\$0.00	DC	Hike
856	Manassas Battlefields	A	Walk the trails of the entire Manassas Battlefield Park, starting at Stone Bridge and hiking at total of 17 miles with 500 feet elevation gain while viewing all 11 sites that figured prominently in the battle.	17	500	Michael Fischetti (703)-771-8559(H)	Sunday, December 06, 2009	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$0.00	VA	Hike
857													
858	Trail Work Trip	D	The Shenandoah Bartenders trail crew will be tending bars, water bars of course. But, hey, that's fun, too. Old Rag's Ridge Trail is loaded with bars, probably at least 72, or something like that. We need help before the crowds arrive. No experience necessary.			Cathie Cummins 703-631-7421(H) evenings only	Saturday, April 15, 2006	\$0.00	Contact Leader		\$0.00	SNP	Hike
859	Trail Work Trip	D	Buck Hollow will be the object of the attention on this trip. North end of this trail needs treadway repairs and upgrades on the stream crossings. Come out and learn trail maintenance basics. We love new faces, and don't worry, we offer on-the-job training. Accommodations at a PATC cabin on Friday and Saturday nights.			Cathie Cummins 703-631-7421(H) evenings only	Saturday, May 20, 2006	\$0.00	Contact Leader		\$0.00	SNP	Hike
860	Trail Work Trip	D	Old Rag Mountain in danger of being overgrown? Maybe, if some good folks don't come out and do something about it. Improve your tennis backhand or racket ball serve, while giving something back to the trail community. Old Rag is designated Wilderness. This is your granddaddy's weed eater.			Cathie Cummins 703-631-7421(H) evenings only	Saturday, June 17, 2006	\$0.00	Contact Leader		\$0.00	SNP	Hike
861	Great Falls Geology Hike	C	A 7-mile geology hike along the River Trail in Great Falls Park, Virginia, with spectacular views of the Potomac River and Mather Gorge. Geologist William Melson will talk about the processes that formed the gorge and its rocks millions of years ago. Hikers will return by way of the Ridge and historic Matildaville trails. Meet at 9 a.m. at the Visitor's Center.	7	100	Nancy Benco 202-363-1639(H)	Sunday, April 23, 2006	\$5.00	Great Falls VA Visitor Center	9:00:00 AM	\$0.00	GF/VA	Hike
862	Billy Goat Trail	C	An 8.5 mile hike along the towpath and the Billy Goat trail's A and B sections, including spectacular views of the Potomac River's Mather Gorge. Includes some mild rock scrambling.	9	0	Cathy Broad (301) 587-6776(H)	Saturday, October 21, 2006	\$0.00	Carderock Rec Area, MD	9:00:00 AM	\$0.00	GF/MD	Hike
863	Duncan Knob	A	A 13.5 mile circuit hike to Duncan Knob with 2200' elevation gain. Starting from Route 211 in New Market Gap we will form a circuit with the Massanutten Connector Trail, Massanutten Trail, Scothorn Gap Trail and Gap Creek Trail. There is a significant rock scramble to Duncan Knob. The rocky Duncan Knob will be our lunch stop with a beautiful 270 degree view. This is one you don't want to miss.	14	2200	Ed Brimberg 703-944-9920(C)	Saturday, April 29, 2006	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	GWNF	Hike
864	Greenwich Village	C	Hike about 8 miles over the Brooklyn Bridge, through the East Village and Greenwich Village, including a brief "history" hike in and around Greenwich Village. Travel by Chinese bus to NY.	8	0	Mike Gingerich 703-590-3188, Mano Malayannur 301-562-3156(H)	Saturday, April 29, 2006	\$0.00	Gallery Pl-Chinatown Metro		\$47.00	NY	Hike
865	NW DC Trails	C	A Metro-accessible hike of about 7 miles starting at Van Ness Metro and ending at Rosslyn Metro. We'll cover the Soapstone Valley, Western Ridge, Melvin Hazen, Glover Archbold, C&O Canal Towpath and then cross the Key Bridge. Be prepared for 11 stream crossings. Please bring fare for Metro.	7	0	Jacquelyn King 703-626-9536(H)	Sunday, October 01, 2006	\$0.00	East Exit Van Ness Metro	1:30:00 PM	\$0.00	DC	Hike
866	Spy Rock/Priest Backpack	A	15 miles and 2700' elevation gain in the Pedlar District of the George Washington National Forest. Enjoy the 360 degree view from Spy Rock, additional side trips possible. Contact leader no later than May 19 for specifics including meeting time and place. Group size will be limited.	15	2700	Rich Noonan (703)-791-6018(H)	Saturday, May 27, 2006	\$0.00	TBD			GWNF	Camp

867	Waterfall and Wildflower Series #34	A	A 16-mile circuit on Massanutten Mountain using the Sherman Gap, Massanutten Loop and Millford Gap Trails. Total elevation gain is 3500 feet. Be prepared to ford the South Fork of the Shenandoah River. If the water level or temperature is not favorable another hike will be substituted. Contact leaders for details on the fording. PATC Map G.	16	3500	Jack (703)-339-6716 & William (410)-884-9127	Saturday, July 15, 2006	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	GWNF	
868	Waterfall and Wildflower Series #35	A	A 15-mile circuit with a total elevation gain of 3200 feet to the falls on the Jones and Doyle Rivers. No bush whacking. PATC Map 11.	15	3200	Jack (703)-339-6716 & William (410)-884-9127	Saturday, August 19, 2006	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	SNP	Hike
869	Waterfall and Wildflower Series	A	A 13 mile circuit hike on White Oak Canyon, Appalachian and Cedar Run trails with a side trip up to Hawksbill Peak. Elevation gain about 3600 feet. If the weather has been cold during the week we should see ice formations on the falls. PATC Map 10.	13	3600	Jack Thorsen (703)-339-6716	Saturday, January 17, 2009	\$5.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
870	Waterfall and Wildflower Series #36	A	A 14-mile circuit in the on the Falls Ridge, Laurel Spur, Great North Mountain and Fat Mountain trails. Total elevation gain is 2900 feet. PATC Map F.	14	2900	Jack (703)-339-6716 & William (410)-884-9127	Saturday, September 16, 2006	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	GWNF	Hike
871	Rock Creek	C	About 6-7 level miles at moderate pace (2.5 mi/hr) on paved trails mostly along the picturesque Rock Creek in Maryland. Some parts are along sidewalks in the neighborhoods of Montgomery County. Optional brief stop at the Mormon Temple. Hike starts at Grosvenor Metro (Red line) and ends at Silver Spring Metro. Return to Grosvenor by Metro. Optional lunch after the hike in Silver Spring. Bring money for lunch and Metro ride.	7	0	Mano Malayanur (301)-562-3156(H)	Sunday, March 15, 2009	\$0.00	Grosvenor Metro, by the ticket booth	9:00:00 AM	\$0.00	DC	Hike
872	Urban Hike: Washington, DC	D	This seven mile hike features some of the well-known and less well-known attractions in downtown DC. Moderate pace (2.5 mi/hr). Lunch at the Old Post Office mall. Bring money.	7	0	Mano Malayanur (301)-562-3156(H)	Saturday, May 18, 2013	\$0.00	Arlington Cemetery Metro (by the ticket booth)	10:00:00 AM	\$0.00	DC	Hike
873	Massanutten Double Transmontane	A	This 10 mile hike features two crossings of Massanutten's east ridge as we first cross from Elizabeth Furnace on the Sherman Gap trail and then, after a short road walk, recross on the Shawl Gap trail. 2,500 feet elevation gain.	10	2500	Dean Simmons 443-504-5538(C)	Sunday, January 14, 2007	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	GWNF	Hike
874	Three-Top Mountain via Mudhole Gap	A	This hike starts near Elizabeth Furnace campground and ascends the logging road to Mudhole Gap and then returns via Three-Top and Green Mountains on the Tuscarora Trail. 12 miles, about 2500 feet elevation gain.	12	2500	Dean Simmons 443-504-5538(C)	Saturday, August 12, 2006	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	GWNF	Hike
875	Catoctin Trail #2	B	Second of four B-level hikes to cover the entire length of the Catoctin Trail. This segment starts at the northern border of Gambrill State Park and then travels along the fairly level crest of the long Catoctin Ridge before descending to the Manor Area at Cunningham Falls State Park. Distance is 9 miles with only modest elevation gain and one long descent. Car shuttle required.	9	500	Dean Simmons 443-504-5538(C)	Sunday, August 15, 2010	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	MD	Hike
876	Prince William Forest Park	C	A 7+ mile hike with 620 feet elevation change in Prince William Forest Park with stream crossings and scenic views. The hike will cover a combination of the South Valley, Turkey Run Ridge and High Meadow Trails. Directions to meeting place from I95: Take VA619 (exit number 150) west for 0.2 miles to the Prince William Forest Park entrance on the right. Go 0.5 miles and make the first left onto Scenic Drive, go 2.0 miles and turn left following the signs for Turkey Run Education Center (TREC). Go 0.3 miles turn right at the sign for TREC and Turkey Run Ridge Campground, in 0.4 miles park at the TREC parking area just past the campground. BRING LUNCH. \$5 park entrance fee per car.	7	620	Ed Corack 703-400-8023(C)	Saturday, December 13, 2008	\$5.00	TREC Parking Area	9:30:00 AM	\$0.00	PWFP	Hike
878	Hound Hike-Bull Run Occoquan Trail	D	We will hike the first three miles (or so) of the trail starting at Fountainhead Regional Park. This trail is wooded and has lots of rolling hills - some can be steep, however they generally aren't long. The trail is out and back and the group can decide how far they want to go. An RSVP is required for all Hound Hikes. Please send an e-mail (preferred) to mamory@aol.com or call 703-497-5755 at least 48 hours before the hike start time.	6	0	Melissa Amory 703-497-5755(H), 703-338-7469(C)	Sunday, September 24, 2006	\$0.00	Fountainhead Regional Park	10:00:00 AM	\$0.00	VA	Hike
879	Urban Hike: Alexandria, VA	C	Approximate 6 mile walk through Old Town Alexandria and the community of Del Ray. Walk will end at Pentagon City.	6	0	Claire Fromme (703)-273-1782(H)	Sunday, August 06, 2006	\$0.00	King Street Metro	9:00:00 AM	\$0.00	VA	Hike
880	Fairfax County Cross County Trail Part 1	A	First of two hikes covering the entire length of the trail. We will hike from Pohick Stream Valley to Oak Marr Park. 19 miles with minimal elevation. Car shuttle required. Take a long hike and still be home well before dinner. Meet by the recreation building at Oak Marr Park, off Jermantown Road near Rt 123 in Oakton. Call if you need directions.	19	200	Michael Fischetti (703)-771-8559(H)	Saturday, August 26, 2006	\$0.00	Oak Marr Park	7:00:00 AM	\$0.00	VA	Hike
881	Fairfax County Cross County Trail Part 2	A	Second of two hikes covering the entire length of the trail. We will hike from the Potomac River to Oak Marr Park. 15 miles with minimal elevation change. Take a long hike and still be home well before dinner. t by the recreation building at Oak Marr Park, off Jermantown Road near Rt 123 in Oakton. Call if you need directions.	15	200	Michael Fischetti (703)-771-8559(H)	Saturday, September 16, 2006		Oak Marr Park	7:00:00 AM	\$4.00	VA	Hike

882	Woodstock Tower Circuit	A	This is 12 mile hike with an elevation gain of 1200'. We will begin on the Massanutten Trail and have lunch at beautiful spot overlooking the town of Edinburg. After that we will take the Bear Trap Trail to Peters Mill Run Road and return to the Massanutten Trail on the 7-Bar None trail.	12	1200	Ed Brimberg 703-944-9920(C)	Saturday, October 30, 2010	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
883	Waterfall and Wildflower Series #37	A	A 12 mile circuit hike to the Dry Run Falls and South River Falls with about 3000 feet of elevation gain. There will be over a mile of bushwhacking. PATC Map 10.	12	3000	Jack (703)-339-6716	Saturday, October 21, 2006	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$16.00	SNP	Hike
884	Waterfall and Wildflower Series #38	A	A 15 mile circuit on the Slaughter, Appalachian, Bearfence and Conway River Trails to include the Devil's Ditch Falls. Total elevation gain is approximately 3400 feet. PATC Map 10.	15	3400	Jack (703)-339-6716	Saturday, November 18, 2006	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	SNP	Hike
885	Waterfall and Wildflower Series #39	A	A 15 mile circuit in the on the Appalachian, Bluff, Jordan River, and Mount Marshall trails with about a one mile round trip bushwhack to the falls on the Jordan River. Total elevation gain is 2800 feet. PATC Map 9.	15	2800	Jack (703)-339-6716	Saturday, December 16, 2006	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
886	Shenandoah Southern Section - Rocky Mount Trail	A	This is a 10 mile circuit hike with an elevation change of 2500 ft in the southern section of Shenandoah National Park. Beginning at the Two Mile Run Overlook we will descend on the Rocky Mount Trail, enjoying the fall foliage as we ascend and crossover the peak of Rocky Mount, returning along a stream valley on the Gap Run trail and intersect with Rocky Mount trail to return.	10	2500	Mark Rietman (703)-221-6999(H), 703-395-5327(C)	Saturday, September 13, 2014	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$14.00	SNP	
887	Shenandoah Southern Series Hike #2 - Brown Mtn-Big Run Hike	A	This is a 10 mile linear hike with an elevation change of 2300 ft in the southern section of Shenandoah National Park. We will hike across the Rockytop and Brown mountains and follow the Big Run stream trail, then ascend the Big Run Overlook trail. Along the way enjoy the views of the surrounding ridges. Car shuttle from the Brown Mtn Overlook to the Big Run Overlook on Skyline Drive.	10	2300	Mark Rietman 703-395-5327(C)	Saturday, June 20, 2009	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$16.00	SNP	Hike
888	Shenandoah Southern Series Hike #3 - Blackrock Summit-Trayfoot Mtn	A	A vigorous 10 mile circuit hike in the southern section of Shenandoah National Park. Beginning at Blackrock Gap we proceed north along the AT to the summit of Blackrock Mtn. Continue along Trayfoot Mtn. and Paine Run trails to complete a circuit. We'll lunch at a rock outcrop overlooking the Valley at The Grottos. Trayfoot Mtn is among the more varied trails, with some spectacular overlooks, overgrown trails and stream crossings. Elevation change 2200 ft.	10	2200	Mark Rietman 703-395-5327(C)	Sunday, May 06, 2007	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$16.00	SNP	
889	Catoctin Trail #3	B	Third of four B-level hikes to cover the entire length of the Catoctin Trail. This segment starts at the Manor Area at Cunningham Falls State Park then climbs Bobs Hill before descending to scenic Cunningham Falls. Distance is 7 miles with total elevation gain of about 1500 feet. Car shuttle required. Park Entry Fee: \$2 MD Residents, \$3 out of state.	7	1500	Dean Simmons 443-504-5538(C)	Sunday, September 12, 2010	\$3.00	Carderock Rec Area, MD	8:00:00 AM	\$10.00	MD	Hike
890	Signal Knob—The Hard Way	A	From Mudhole Gap, we'll take the Tuscarora Trail along Three Top and Green Mountains, then the Meneka Peak trail to the Knob. The return will be along the Massanutten West trail back to Mudhole Gap. 12 miles and 2500 feet elevation gain.	12	2500	Dean Simmons 443-504-5538(C)	Sunday, November 19, 2006	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
891	3 States, 3 Peaks, 3 Bridges	A	From the ATC building in Harpers Ferry, we'll hike through parts of 3 states (WV, VA, MD), cross 3 bridges, and climb 3 peaks (including Loudoun and Maryland Heights) before finishing back in Harpers Ferry. 12 mile circuit hike with 2380 foot elevation change.	12	2380	Dean Simmons 443-504-5538(C)	Sunday, December 17, 2006	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$11.00	WV/VA/MD	Hike
892	Red Line Urban Hike	D	Hike starts at Grosvenor Metro, and runs along the beautiful Rock Creek and on Georgetown Branch Trail, ending in Bethesda. About 6-7 miles at moderate pace (2.5 mi/hr). Optional lunch in Bethesda. We will ride the Metro back to Grosvenor. Bring money for lunch and Metro ride. We will rendezvous with the Sierra Club hikers on the trestle bridge on Rock Creek and complete the hike with them to Bethesda.	7	0	Mano Malaynur (301)-562-3156(H)	Saturday, December 09, 2006	\$0.00	Grosvenor Metro (ticket booth)	9:00:00 AM	\$0.00	MD	Hike
893	Rock Creek Park	A	A 13 mile circuit hike through beautiful Rock Creek Park, including several homes in adjoining Cleveland Park, in Washington DC. Lunch at National Cathedral Gardens. For those that do not want to do the full 13 miles there are many opportunities for shorter routes.	13	500	Warren Tracy (703)-830-0635(H)	Saturday, April 14, 2007	\$0.00	Vienna Metro	8:00:00 AM	\$4.00	DC	Hike
894	Hound Hike	D	Approximately a 5 mile loop though the "best" of Prince William Forest Park. We'll walk a portion of the South Valley Trail along the south fork of Quantico Creek, then we'll go though an old growth hardwood forest to get back to the cars. You must RSVP at least 48 hours before a hound hike, please call or email mamory@aol.com (preferred). Meet at Parking Area H - accessible from either direction on the park loop road but easiest if you go counter-clockwise.	5	200	Melissa Amory 703-497-5755(H), 703-338-7469(C) (C) 703-338-7469	Sunday, November 12, 2006	\$5.00	Parking Area H	10:00:00 AM	\$0.00	PWFP	Hike

895	Laurel Run-Waterfalls	A	This is a 11 mile hike with 3000' elevation gain. The hike begins on the Laurel Run trail which will ascend to the top of Great North Mountain. We then follow the ridge on the North Mountain Trail with excellent views on both sides. We descend on the Falls Ridge trail to a beautiful hidden waterfall. After that we retrace our steps to the Stack Rock trail and take the Laurel Run Spur trail back to the car.	10	2000	Ed Brimberg 703-944-9920(C)	Saturday, April 26, 2014	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	GWNF	Hike
896	Waterfall and Wild Flower Series #40	A	A 7-mile circuit hike to Climbing Rose Falls about 1900 feet of elevation gain. There will be over 3 miles of bushwhacking, some easy and some difficult. Good view from Buzzard Rocks. The cascade should provide a 200 foot ice display if the weather has been cold. Longer option is possible for those who need more. PATC Map 10.	7	1900	Jack Thorsen (703)-339-6716	Saturday, January 20, 2007	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$16.00	SNP	Hike
897	Waterfall and Wild Flower Series #41	A	A 13-mile circuit on the Tuscarora, Appalachian and Browntown Trails to include the Sterdley Falls where we would see a very large colony of relatively rare Walking Ferns. There will be 2 miles of bushwhacking. Total elevation gain is approximately 3200 feet. PATC Map 9.	13	3200	Jack Thorsen (703)-339-6716	Saturday, February 17, 2007	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$13.00	SNP	Hike
898	Waterfall and Wild Flower Series #42	A	A hike of about 15 miles to be determined.			Jack Thorsen (703)-339-6716	Saturday, March 17, 2007		Oakton Shopping Center Rt. 123	7:30:00 AM			Hike
899	Edinburg Gap Circuit	A	This is a 10.5 mile circuit hike with 1900 foot elevation gain. We will begin at Edinburg Gap in the Massanutten Mountains and hike north on the Massanutten Trail where we will loop back on the Bear Trap and 7-Bar None trails to a beautiful overlook of the Shenandoah valley.	11	2600	Ed Brimberg 703-944-9920(C)	Saturday, November 10, 2012	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
900	Mine Gap	A	This is a 11.5 mile circuit hike with 1000 foot elevation gain. We will begin at the Woodstock Tower in the Massanutten Mountains and hike north on the Massanutten Trail where we will loop back on Forest Road 66 and the Mine Gap trail completing the figure nine hike.	12	1000	Ed Brimberg 703-944-9920(C)		\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
901	Overall Falls	A	This 10-mile hike starts in Thompson Hollow and climbs the Beecher Ridge Trail to Overall Falls, which typically forms a magnificent ice display at this time of the year. From the Falls we'll descend the steep Overall Falls/Tuscarora Trail back to the trailhead. Total ascent is 2,500 feet.	10	2500	Dean Simmons 443-504-5538(C)	Sunday, February 17, 2008	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
902	Compton Peak	A	This 11 mile hike starts from the 4H Center near Front Royal and follows the Appalachian Trail to Compton Peak. It offers 2 spectacular views at Possum's Rest Overlook and Compton Peak. After lunch at Compton Peak, we will return via Dickey Ridge and Hickerson Hollow. Be prepared for your pastoral photo op with twin horses at the Promised Land near the end of the hike.	11	2000	Gene Vivalda 703-802-6426(H)	Saturday, January 19, 2013	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
903	Riprap Hollow-Wildcat Ridge	A	This is a 10 mile circuit with an elevation change of 2030 foot on the western side of the very picturesque southern section of SNP. We will hike the AT north to the Riprap Hollow trail, stopping for lunch at Calvary Rocks, then descend into the deep and dark Riprap Hollow, and then ascend the Wildcat Ridge trail to finish. Hearty souls may want to take a dip at the Riprap Hollow swimming hole if the water is not too icy.	10	2030	Mark Rietman 703-395-5327(C)	Saturday, June 18, 2011	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$14.00	SNP	Hike
904	Turk Mountain	A	This is a 10.1 mile linear hike with elevation gain of 2300 feet in the southern section of Shenandoah National Park. The hike starts at Turk Gap, Skyline Drive MP 94, and follows the AT south, ending at McCormick Gap. We will take a side trip to Turk Mountain, which offers great valley views to the west. A car shuttle is required.	10	2300	Mark Rietman 703-395-5327(C)	Saturday, July 07, 2012	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$15.00	SNP	Hike
905	Nicholson Hollow - Corbin Cabin	B	Hike 4 miles up and 4 miles back down following a river in a canyon. The ascent is 1240 feet. We will hike at an easy pace (2.0 mph) on a well maintained trail. There will be a number of stream crossings, so be prepared. We'll have lunch at the 1910 vintage Corbin Cabin. Bring food, snacks and water. Expect low temperatures and a wet trail. Park entry fee is \$8/person.	8	1240	Charlie Burgwardt (607)-227-1867	Saturday, March 10, 2007	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
906	Big Rocky Run and Walney Creek	D	We will explore suburban hiking trails that run between Sully Road (Route 28) and Stringfellow Road near Centreville, VA. Depending on accessibility to trails the hike will be 4 to 6 miles. There is about 100 feet of elevation gain. Expect cold weather and wet trails. Easy pace. The hike take place in Ellanor C. Lawrence Park and on the Rocky Run Stream Valley Trail. Meet at Cabell's Mill Parking Lot, 5235 Walney Road, Centreville, VA.	6	100	Charlie Burgwardt (607)-227-1867	Saturday, January 13, 2007	\$0.00	Cabell's Mill Parking Lot	10:00:00 AM	\$0.00	VA	Hike

907	Mount Vernon	D	Hike 3 miles up to George Washington's Mount Vernon Estate, tour the estate and new museum, and then hike 3 miles back. We will follow the Mount Vernon trail along the Potomac River. There is about 200 feet of elevation gain. We will take up to 3 hours to eat lunch and explore the estate and museum. Bring money for the estate admission (\$13) and lunch at the food court. Expect cold weather. The trail is paved but come prepared for snow, ice and wet areas on the trail. The hike will be at an easy pace. Meet at the picnic area A parking lot in Fort Hunt Park, 8996 Fort Hunt Rd., Alexandria, VA.	6	200	Charlie Burgwardt (607)-227-1867	Saturday, February 10, 2007	\$13.00	Fort Hunt Park	11:00:00 AM	\$0.00	VA	Hike
908	Balls Bluff/Red Rock	C	Hike up to 10 miles through Red Rock Wilderness Overlook and Balls Bluff Battlefield Regional Parks. See rolling forest, the Potomac River and the site of the largest Civil War battle in Loudoun County, VA in the midst of ever more development. Meet in the parking lot of Red Rock Wilderness Park off of Edwards Ferry Road outside Leesburg.	10	0	Meghan Dougherty 910-619-5243(C)	Saturday, January 16, 2010	\$0.00	Red Rock Wilderness Park	9:00:00 AM	\$0.00	VA	Hike
909	Great Falls/Difficult Run	B	Enjoy winter forest and viewing the icy Potomac while hiking up to 12 miles through Great Falls National Park. Meet at the Difficult Run parking lot off of Rt. 193 down the hill, just east of the main park entrance.	12	300	Michael Fischetti (703)-771-8559(H)	Sunday, January 21, 2007	\$0.00	Difficult Run Parking Lot	8:00:00 AM	\$0.00	VA	Hike
910	Fairfax Cross County Trail	A	Hike up to 20 miles through a slice of nature in a highly populated county of over one million people on the less than 1 year old Fairfax Cross County Trail. Meet in front of the Oak Marr Recreation Center. From there, we will shuttle to near Great Falls Park and hike back.	20	200	Michael Fischetti (703)-771-8559(H)	Sunday, February 04, 2007	\$0.00	Oak Marr Recreation Center Recreation Center	7:30:00 AM	\$0.00	VA	Hike
911	Glover Archibold Park	D	Hike about 6-7 miles in Glover Archibold Park in DC. We will stop at a neighborhood restaurant for lunch after the hike. Meet at Tenleytown Metro on the Red Line just outside the fare gates.	7	0	Mano Malaynur (301)-562-3156(H)	Saturday, September 27, 2008	\$0.00	Tenleytown Metro	9:00:00 AM	\$0.00	DC	Hike
912	Maryland Heights	B	An 8 mile circuit hike to Maryland Heights on the Stone Fort & Overlook Cliff trails. Elevation gain of 1200'. We will park at the Visitor Center and take the shuttle bus to start the hike. We will have lunch at Maryland Heights overlooking the town of Harpers Ferry.	8	1200	Laura Schriener 703-409-0212	Saturday, July 17, 2010	\$6.00	Sterling W&OD Lot	8:30:00 AM	\$8.00	WVA	Hike
913	Gathland/Washington Monument State Parks	B	This is a 12 mile hike along the Maryland AT north from Gathland State Park to Greenbrier State Park. 1,300 feet total elevation gain. Lunch at Rocky Run Shelter. Car shuttle required. PATC Map 5/6.	9	1300	Dave and Beth Erdman 301-903-7141(W), 301-330-1633(H)	Saturday, August 25, 2007	\$4.00	Carderock Recreation Area	8:30:00 AM	\$9.00	MD	Hike
915	Waterfall and Wild Flower Series #43	A	This will be a 10-mile circuit with 2400-foot elevation to Riprap Falls on the Riprap, Appalachian and Wildcat Ridge Trails. There will be no bushwhacking. There is a possibility we might see the Large Whorled Pogonia an uncommon native orchid. PATC Map 11.	10	2400	Jack Thorsen (703)-339-6716	Saturday, May 19, 2007	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	SNP	Hike
916	Waterfall and Wild Flower Series #44	A	A 9-mile circuit hike with 2200 feet of elevation gain to two falls on Big Creek on the Powell Mountain, Meadow School and Appalachian Trails and about 2 miles of bushwhacking. There is an additional 7-mile option to Camp Hoover. PATC Map 10	9	2200	Jack Thorsen (703)-339-6716	Saturday, June 16, 2007	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
917	The Priest	A	A difficult out and back hike up one of the most grueling ascents in the Mid-Atlantic region with two excellent views – approximately 8 miles and 3500' elevation gain. For those looking for a personal challenge..	8	3500	Cavin Mooers (703)-862-9372(C)	Saturday, April 28, 2007	\$0.00	Centreville Commuter Lot	7:00:00 AM	\$16.00	GWNF	Hike
918	Old Rag	A	A very fun hike and rock scramble to the best view in Shenandoah Park – approximately 7 miles and 2300' elevation gain. Park entry fee is \$8/person.	7	2300	Cavin Mooers (703)-862-9372(C)	Saturday, May 12, 2007	\$8.00	Centreville Commuter Lot	6:30:00 AM	\$12.00	SNP	Hike
919	Trillium Hike	A	From Manassas Gap just off I-66, we'll take the Appalachian Trail north to Sky Meadows State Park, passing through mile and after mile of trillium blossoms along the way. 11 miles and 2000 feet elevation gain. Ten-mile car shuttle required.	11	2200	Dean Simmons 443-504-5538(C)	Saturday, May 10, 2008	\$2.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	VA	Hike
920	Gambrill State Park	B	Starting near the campground, this loop hike uses the Yellow Poplar Trail to climb to the top of High Knob and then explore much of the Park. Total distance: 8 miles. Elevation gain: ~1,200 feet.	8	1500	Dean Simmons 443-504-5538(C)	Sunday, February 16, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$6.00	MD	Hike
921	Big Devil Stairs	B	A down and back hike in which we shall descend all the way to the bottom of the Big Devil Stairs Trail. Overall it's approximately 6 miles and 1600' elevation gain, but 1100' is on the 1 mile ascent on the Big Devil Stairs.	6	1600	Ashley Lewis 571-255-0191	Sunday, June 02, 2013	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
923	Dark Hollow/Rose River	B	A 5.5 hike on the Rose River and Dark Hollow Falls trails. The hike consists of two climbs, one 1000 ft and one 700 ft. Besides the falls, there are dozens of pools and cascades along the way.	6	2000	Laura Schriener 703-409-0212	Saturday, May 31, 2008	\$15.00	Centreville Commuter Lot	9:00:00 AM	\$12.00	SNP	Hike
925	Little Devil Stairs	C	This will be a 6 mile hike with 1200' elevation gain up Little Devil Stairs to the Four-Way. We will return via the Keyser Run Fire Road. The hike includes about 1/2 mile of steep and strenuous rock scrambling. There will be several stream crossings so come prepared! We will stop for lunch at the top of the Little Devil Stairs. The hike will be at an easy pace. Park entry fee is \$8/person.	6	1200	Charlie Burgwardt (607)-227-1867	Saturday, April 21, 2007	\$8.00	Centreville Commuter Lot	9:00:00 AM	\$11.00	SNP	Hike

926	Whiteoak/Canyon Cedar Run Short Loop	B	On this 6 mile hike with 2400' elevation gain we will ascend White Oak Canyon, cross over to Cedar Run via the Whiteoak Canyon Fire Road and return via the Cedar Run Trail. The ascent will be long and occasionally steep. There will be many stream crossings so come prepared! Hike will be at an easy pace. Bring a lunch and a snack. Park entry fee is \$8/person.	6	2400	Charlie Burgwardt (607)-227-1867	Saturday, May 19, 2007	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
927	The Peak	A	A vigorous 9.25 mile circuit hike with an elevation gain of 2800' via the Mt Marshall trail from Jenkins Gap. We will ascend a seldom visited mountain in the north section of SNP. The Peak trail is no longer maintained so there may be some trail finding required to reach the summit, but the views from on high make it well worth the effort.	9	2800	Mark Rietman 703-395-5327(C)	Sunday, April 01, 2007	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	SNP	Hike
928	North Mountain Trail	A	A thirteen mile out and back hike along the seldom traveled North Mountain Trail. The northern third of the trail is steep with panoramic views as it straddles the ridge of Great North Mountain along the Virginia /West Virginia state line, and the remaining two thirds are relatively level with sections of dense forest. Elevation change of 1500 feet.	13	1500	Todd Birkenruth 703-262-0340(H)	Sunday, September 20, 2009	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	GWNF	Hike
929	Waterfall and Wild Flower Series #52	A	An 11.5 mile circuit hike with 1900 feet of elevation gain on the Tuscarora, Massanutten Loop and Milford Gap Trails to include fording the South Fork of the Shenandoah River. PATC map G.	12	1900	Jack Thorsen (703)-339-6716	Saturday, August 16, 2008	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	GWNF	Hike
930	Waterfall and Wild Flower Series #46	A	A 16-mile circuit on the Mount Marshall, Bluff and Appalachian to the Falls on Waterfall Branch with an elevation gain of 3400 feet. A 12-mile option is possible with a car shuttle. There will be 2 miles of bushwhacking. PATC Map 9.	16	3400	Jack Thorsen (703)-339-6716	Saturday, November 17, 2007	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	SNP	Hike
931	Waterfall and Wild Flower Series #47	A	A 12-mile circuit hike with a difficult 1.6-mile bushwhack to Miller Head Falls. The hike will include a climb to Hawksbill and the upper falls on White Oak Canyon. Total elevation gain is 4200 feet. A shorter option is possible. This will be the most challenging waterfall hike of the series.	12	4200	Jack Thorsen (703)-339-6716	Saturday, December 15, 2007	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$16.00	SNP	Hike
932	AT from Compton Gap to Gravel Springs	A	This is a 10 mile hike with 2000' elevation gain. Starting from Compton Gap (Milepost 10.5) in northern SNP, we'll climb Compton Peak and enjoy the views; hike continues over Mt. Marshall before ending at Gravel Springs. Car shuttle required.	10	2000	Mark Rietman 703-395-5327(C)	Saturday, May 08, 2010	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
933	Overall Falls	A	A 9 mile hike with 2000' elevation gain. From Thompson Hollow, we'll do the steep uphill to the falls first and then descend via Beecher's Ridge, stopping by the swimming hole on Overall Run on the way back.	9	2000	Dean Simmons 443-504-5538(C)	Saturday, August 11, 2007	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
934	Robertson Mountain	A	OK you have done Old Rag this year-how about the mountain right across from it? This is a challenging 11 miles, at a moderate to fast pace, with 3,000 feet of elevation gain that will test your mettle, but without the summer heat and humidity-can't beat that. From the Old Rag Parking lot, we'll climb the steep Robertson Mountain Trail to the summit and then return via Corbin Mountain, Indian Run, and Nickerson Hollow Trails. NVHC members must have recently completed an A hike with approximately 2500 feet of elevation gain and Meetup followers must have recently completed at least 10 miles hikes with many steep trails. Appropriate seasonal dessert at the end for those successful.	11	3000	Jym Stamp 703-249-9494(H)	Saturday, October 25, 2014	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike
935	Rock Creek Park	B	Join us on this local hike through beautiful Rock Creek Park. We will complete a 10 mile loop around the Park stopping for lunch around the halfway point. Due to a series of short inclines, the last 5 miles are the most challenging, so come mentally and physically prepared. Hike will be modified in the event of heavy rains.	10	500	Melaina Sharpe (301)-254-8570	Sunday, August 19, 2007	\$0.00	Nature Center and Planetarium, 5200 Glover Rd NW	8:30:00 AM	\$0.00	DC	Hike
936	Rock Creek Park	A	Rock Creek Park via Fletcher's Boathouse, and along the C&O Canal, Glover Archibold Trail and Capital Crescent Trail. Approximately 14 miles. Minimal elevation gain.	14	0	Michael Fischetti (703)-771-8559(H)	Sunday, December 20, 2009	\$0.00	Fletcher's Boathouse	7:30:00 AM	\$0.00	DC	Hike
937	Great Falls and Riverbend Parks	A	This is a 15 mile hike with less than 1000' elevation gain. Starting from the Difficult Run parking lot off Route 193, we'll hike on forested trails within these two parks and return along the scenic Potomac River. Call for directions to the meeting location. Home by mid-afternoon.	15	1000	Michael Fischetti (703)-771-8559(H)	Sunday, September 30, 2007	\$0.00	Difficult Run Parking	7:00:00 AM	\$0.00	VA	Hike
938	Cacapon State Park	B	Up to 12 miles of loops within a pretty State park near Berkeley Springs, WVA. There is swimming and other amenities within the Park for those interested after the hike or home by mid-afternoon.	12	500	Michael Fischetti (703)-771-8559(H)	Sunday, August 26, 2007	\$0.00	Sterling W&OD Lot	7:00:00 AM	\$8.00	WVA	
939	Greenbrier State Park Hike and Swim	C	Up to 10 miles within Greenbrier State Park, Maryland. We'll start outside the Park and hike along the Appalachian Trail, do some loops within the park and return. Anyone interested may want to go for a swim in the Park afterward. Home by early afternoon.	10	1500	Michael Fischetti (703)-771-8559(H)	Sunday, July 15, 2007	\$0.00	Sterling W&OD Lot	7:00:00 AM	\$8.00	MD	
940	Hawksbill	B	This is a 6 mile hike with 2000' elevation gain. We will follow the AT from Fisher's Gap to Hawksbill Peak and return. Easy pace. Bring lunch and a snack.	6	2000	Charlie Burgwardt (607)-227-1867	Saturday, July 21, 2007	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike

941	Hazeltop Mountain from Big Meadows	B	This is a 7 mile hike with 1200' elevation gain. We will follow the AT from Big Meadows to Hazeltop and return. Easy pace. Bring lunch and a snack.	7	1200	Charlie Burgwardt (607)-227-1867	Saturday, August 04, 2007	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
942	Hazeltop from Lewis Mountain	B	This is a 7 mile hike with 1500' elevation gain. We will follow the AT from the Lewis Mountain camping area to Hazeltop and return. Easy pace. Bring lunch and a snack.	7	1500	Charlie Burgwardt (607)-227-1867	Saturday, September 29, 2007	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
943	Cacapon Mountain	B	Climb to the top of Cacapon Mountain in Cacapon State Park, Berkeley Springs, WV. About 8 miles with 1,200 feet of climbing. Moderate pace (2 mi/hr). Optional swim in the lake after the hike - bring swimwear and towel.	8	1200	Mano Malayanur (301)-562-3156(H)	Sunday, August 12, 2007	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$13.00	WVA	Hike
944	BatteryKemble Park	B	This is a 10-mile hike that meanders through the woodlands in Washington DC. Hike starts at Tenleytown Metro (meet outside the faregates) and ends at Cleveland Park Metro. Return to Tenleytown by Metro. Lunch will be in Georgetown, our halfway point. Moderate pace (3 mi/hr). Bring money for Metro ride and lunch (\$20).	10	0	Mano Malayanur (301)-562-3156(H)	Saturday, September 26, 2009	\$0.00	Tenleytown Metro	10:00:00 AM	\$0.00	DC	Hike
945	Mason Neck National Wildlife Refuge	D	An easy 3.5 mile mostly shady out and back with woodland and marshlands. From I-495, take I-95 south towards Woodbridge. Take Lorton exit towards Mason Neck State Park, pass Pohick Bay & Gunston Hall, look for the sign to the State Park on your right at High Point Road. On High Point Rd, parking area for the Woodmarsh Trail on your left.	4	0	Jane Stockdale 703-400-3941(C)	Sunday, August 05, 2007	\$0.00	Parking area for Woodmarsh Trail	9:30:00 AM	\$0.00	VA	Hike
946	Washington Monument	A	A 10 mile hike along the Appalachian Trail that ends with a climb to the top of Maryland's Washington Monument. We'll start at Gathland State Park and hike north over Lamb Knob before descending to Dahlgren Chapel and Washington Monument. Elevation gain 2000'. Car shuttle required.	10	2000	Dean Simmons 443-504-5538(C)	Sunday, December 16, 2007	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$11.00	MD	Hike
947	Whiteoak/Hawksbill Summit	A	An 11 mile circuit hike with a whopping 3200 feet elevation change. Hike ascends the Whiteoak Canyon and then Hawksbill Summit, the highest peak in SNP. We descend via Cedar Run Canyon. Attractions include nine waterfalls and outstanding views. Bring two lunches for this one! Park entry fee is \$8/person.	11	3200	Mano Malayanur (301)-562-3156(H)	Saturday, October 27, 2007	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
948	Cold Mountain	C	This easy 6 mile circuit hike, with 900' elevation gain, may remind you of a walk in the Scottish Highlands or the high meadows of Switzerland. Don't forget your camera. The carpool fee will be reduced based on the discount shown on our web site. This is approximately a 3 Hour Drive so expect to make day of the trip.	6	900	Corey Cunningham 703-673-6051	Saturday, September 05, 2009	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$19.00	GWNF	Hike
949	Shenandoah Southern Series #6 Austin Mountain-Furnace Mountain	A	This 13 mile circuit hike has an elevation change of 2300 ft in one of the more remote sections of SNP. Beginning from Browns Gap, hike the Austin Mountain Trail west to the Furnace Mountain Trail and return via the AT. Enjoy excellent late autumn views from the peak of Furnace Mountain.	13	2300	Mark Rietman 703-395-5327(C)	Saturday, November 24, 2007	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$16.00	SNP	Hike
950	Jones Run-Doyles River-Big Run	A	This 11 mile circuit hike has an elevation change of 2500 ft. Beginning at Browns Gap hike south along the Appalachian Trail, then descend the Jones Run Trail and ascend Doyle's River Trail, crossing over to the Big Run Loop Trail, and return to Browns Gap via the Austin Mtn Trail and the AT.	11	2500	Ed Brimberg 703-944-9920(C)	Saturday, June 29, 2013	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$15.00	SNP	Hike
951	Appalachian Trail, Susquehanna River to Bernhisel Bridge	A	The first in a series of three hikes traveling the AT south from the Susquehanna River. Starting at the Clarks Ferry Bridge, we will hike through Duncannon, PA, over Cove and Blue Mts. As far as the Bernhisel Bridge. 16.5 miles and 1,500 elevation gain (PATC Map #1). Car Shuttle required.	16	1500	Michael Fischetti (703)-771-8559(H)	Saturday, October 20, 2007	\$0.00	Sterling W&OD Lot	7:00:00 AM	\$12.00	PA	Hike
952	Appalachian Trail; south from Bernhisel Bridge to Rt 34	A	The second in a series of three hikes traveling south along the AT in PA. This hike will start where our last one ended at the Bernhisel Bridge, hiking to Rt 34 (21.5 miles and 2,700 ft. elevation; PATC Maps #1 and 2). Car Shuttle required.	22	2700	Michael Fischetti (703)-771-8559(H)	Saturday, November 03, 2007	\$0.00	Sterling W&OD Lot	7:00:00 AM	\$11.00	PA	Hike
953	Appalachian Trail, Michaux State Forest, Pennsylvania (Route 30 to Pennsylvania-Maryland State Line	A	The third in a series of three hikes traveling south along the AT in PA. This hike will start at Rt 30 and heading south to the Maryland state line at Pen Mar Rd. (18 miles and 4,100 ft. elevation; PATC Map #4. Car Shuttle required.	18	4100	Michael Fischetti (703)-771-8559(H)	Saturday, December 01, 2007	\$0.00	Sterling W&OD Lot	7:00:00 AM	\$9.00	PA	
954	Mason Neck State Park	D	3.5 miles of easy walking trails through the park with the possibility of spotting eagles and ospreys. Also, a look around the visitors center after the hike.	4	0	Laura Schriener 703-409-0212	Sunday, November 04, 2007	\$4.00	Woodbridge Commuter Lot	10:00:00 AM	\$0.00	VA	Hike
955	Hawksbill Summit	A	This is a 9 mile circuit hike with 1900' of elevation gain. We will begin at the White Oak Canyon parking lot and take the Appalachian Trail and various other trails to ascend to the 4050' peak of Hawksbill, the highest peak in the Park.	9	1900	Dave and Beth Erdman 301-903-7141(W), 301-330-1633(H)	Saturday, August 25, 2012	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike

959	Waterfall and Wild Flower Series #48	A	A 12-mile circuit hike up White Oak Canyon to Hawksbill returning down Cedar Run with 3200 feet elevation gain. If the weather has been cold we should see spectacular ice formations. A bushwhack getting closer to the falls is optional. PATC Map 10.	12	3200	Jack Thorsen (703)-339-6716	Saturday, January 19, 2008	\$5.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
960	Waterfall and Wild Flower Series #49	A	A 15 mile circuit on Little Devil Stairs, Sugarloaf, Appalachian, Piney Branch and Hull School Trails with 3200 of elevation gain. PATC Map 9.	15	3200	Jack Thorsen (703)-339-6716	Saturday, February 16, 2008	\$5.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
961	Waterfall and Wild Flower Series #50	A	A 15-mile circuit hike on Buck Ridge, Hazel Mountain, White Rocks, Hazel River and Buck Hallow Trails with a 4000 foot elevation gain.	15	4000	Jack Thorsen (703)-339-6716	Saturday, March 15, 2008	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
962	Rock Creek Series #1: Rockville to Grosvenor	B	About 10 level miles mostly along the scenic Rock Creek. Moderate pace (3 mi/hr). Hike starts at Rockville Metro station and ends at Grosvenor Metro. Lunch along the way at the Black Market Café in Garret Park. Return to Rockville by Metro. Bring money for the lunch and Metro ride. Meet outside the fare gates at Rockville Metro.	10	0	Mike 703-590-3188 and Mano 301-562-3156	Sunday, January 20, 2008	\$0.00	Rockville Metro	9:00:00 AM	\$0.00	MD	Hike
963	Rock Creek Series #2: Grosvenor to Bethesda	B	About 10 level miles mostly along the scenic Rock Creek. Moderate pace (3 mi/hr). Hike starts at Grosvenor Metro station and ends at Bethesda Metro. Optional lunch towards the end of the hike in downtown Bethesda. Return to Grosvenor by Metro. Bring money for the lunch and Metro ride. Meet outside the fare gates at Grosvenor Metro.	10	0	Mike 703-590-3188 and Mano 301-562-3156	Sunday, February 10, 2008	\$0.00	Grosvenor Metro	9:00:00 AM	\$0.00	MD	Hike
964	Rock Creek Bethesda to Cleveland Park	C	About 8 level miles mostly along the scenic Rock Creek. Moderate pace (3 mi/hr). Hike starts at Bethesda Metro station and ends at Cleveland Park Metro. Return to Bethesda by Metro. Bring money for the Metro ride. Meet outside the fare gates at Bethesda Metro.	8	0	Mike Gingerich 202-370-7957	Sunday, February 12, 2012	\$0.00	Bethesda Metro	9:00:00 AM	\$0.00	MD	Hike
965	Rock Creek Series #4: Cleveland Park to Rosslyn	C	About 8 level miles mostly along the scenic Rock Creek. Moderate pace (3 mi/hr). Hike starts at Cleveland Park Metro station and ends at Rosslyn Metro. Optional lunch towards the end of the hike in Rosslyn. Return to Cleveland Park by Metro. Bring money for the lunch and Metro ride. Meet outside the fare gates at Cleveland Park Metro.	8	0	Mike 703-590-3188 and Mano 301-562-3156	Sunday, March 30, 2008	\$0.00	Cleveland Park Metro	9:00:00 AM	\$0.00	MD	Hike
966	Cat & Wolf Rocks	A	This 10-mile hike starts from Catocin Furnace near Thurmont, MD and climbs Bob's Hill, where we'll visit Cat Rock before descending to cross Rte 77. From there, we'll climb up to Chimney and Wolf Rocks and then descend to the Visitors Center at Catocin Mountain National Park. Total ascent is 2,000 feet. Short car shuttle required.	10	2000	Dean Simmons 443-504-5538(C)	Sunday, January 13, 2008	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$11.00	MD	Hike
967	Stony Man from Corbin Cabin	A	This 10-mile hike starts on Skyline Drive and descends the steep Corbin Cabin Cutoff trail to scenic Corbin Cabin. From there, we'll climb the Nicholson Hollow Trail up to the AT, and then proceed to the summit of Stony Man, the second highest peak in SNP. We'll return to our starting point along the Passamaquoddy and Appalachian Trails. Total ascent is 2,500 feet.	10	2500	Dean Simmons 443-504-5538(C)	Sunday, March 16, 2008	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
968	Appalachian Trail from Ashby Gap to Snicker's Gap	A	Explore the AT from Ashby Gap to Snicker's Gap not far from the DC area on this north-bound 15 mile hike with 4,200 ft. of elevation climb. PATC Map 8. Car shuttle required.	14	3400	Michael Fischetti (703)-771-8559(H)	Sunday, October 04, 2009	\$0.00	Sterling W&OD Lot	7:30:00 AM	\$5.00	VA	Hike
970	Fairfax Cross County Trail	A	Hike the 15 mile northern half of this beautiful trail in the middle of a major suburban area starting at the Potomac River.	15	300	Michael Fischetti (703)-771-8559(H)	Sunday, March 30, 2008	\$0.00	Oak Marr Recreation Center in Oakton	7:00:00 AM	\$0.00	VA	Hike
971	Rosaryville State Park	C	Join us for a 7.2 mile hike in beautiful Rosaryville State Park. The trail is slightly hilly and muddy in places so bring sturdy shoes, plenty of water, and a light snack. We will hike at a moderate to fast pace.	7	500	Melaina Sharpe 301-254-8570	Sunday, February 14, 2010	\$4.00	Branch Ave. Metro Station, Maryland	10:00:00 AM	\$3.00	MD	Hike
972	Loudoun Heights	B	A moderate eight mile out and back hike along mostly level terrain along the Appalachian and Loudoun Heights Trails from Keys Gap to Loudoun Heights with panoramic views over the Potomac and Harpers Ferry. Elevation gain of approximately 800 feet.	8	800	Todd Birkenruth (703)-318-7735(H)	Sunday, February 03, 2008	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$7.00	VA	Hike
973	Marys Rock and the Pinnacle	A	This is a 9.3 mile hike with 2000 feet elevation gain. We will begin at the Pinnacles Overlook parking area on the Hannah Run Trail. From there we will take the Catlett Spur, Hazel Mountain, Meadow Springs and Appalachian Trails (AT) to Marys Rock. After lunch at Marys Rock we will return on the AT over the Pinnacle to the picnic area. Beautiful views in all directions. Short car shuttle required.	9	2000	Ed Brimberg 703-944-9920(C)	Saturday, November 22, 2008	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
974	DC National Mall	D	Hike 3 easy miles making a loop from the National Gallery Ice Skating rink to Capitol and Washington Monument, returning to the National Gallery rink. Bring snacks or lunch and water. If there is interest, we can ice skate after the hike. About 3 hours.	3	0	Paula Johnston 703-648-7237(W)	Saturday, February 16, 2008	\$0.00	National Gallery Ice Rink Café	10:30:00 AM	\$0.00	DC	Hike
975	Prince William Forest Park	B	This hike in Prince William Forest Park is a loop covering various trails within the park for a total of 10-11 miles with a bit of up and down. Hike will be at a moderate-fast to fast pace to finish by lunchtime and to beat the summer heat! Park at the Pine Grove Picnic area inside the Park, right near the Visitor's Center.	10	400	Nicole Pasternak 626-437-6732(C)	Sunday, August 17, 2008	\$5.00	Pine Grove Picnic Area	8:00:00 AM	\$0.00	PWFP	Hike

976	Burke Lake Park	D	This 5-mile circuit hike features a level walk around a scenic lake. Take the entrance to the marina which is after the main entrance to the park. Meet at the boat ramp.	5	0	Giovanna Prestigiaco (703)-425-4465(H)		\$0.00	Boat Ramp	8:30:00 AM	\$0.00	VA	Hike
977	Raven Rocks	B	The view from Raven Rocks is one of the best in the area. Although the distance is only 5.5 miles with a vertical gain of 1,530 feet, there are three strenuous ascents on this out and back hike. Raven Rocks is also a popular area with rock climbers, as it can be accessed by a road 0.4 miles from the east.	6	1530	Ashley Lewis 571-255-0191	Sunday, December 07, 2014	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$5.00	VA	Hike
978	Waterfall and Wild Flower Series #53	A	A 14-mile circuit hike with 3100 ft. of ascent on the Devil's Ditch, Slaughter, Appalachian and Pocosin Hollow Trails. We will visit an old cemetery, old homestead and Devil's Ditch falls. Their will be a short bushwhack. Ref: PATC Map 10.	14	3100	Jack Thorsen (703)-339-6716	Saturday, September 20, 2008	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	SNP	Hike
979	Waterfall and Wild Flower Series #51	A	This will be a 11-mile circuit with 2400-foot elevation to Riprap Falls on the Riprap, Appalachian and Wildcat Ridge Trails. There will be no bushwhacking. There is a possibility we might see the Large Whorled Pogonia an uncommon native orchid. PATC Map 11.	11	2400	Jack Thorsen (703)-339-6716	Saturday, May 17, 2008	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	SNP	Hike
980	Waterfall and Wild Flower Series	A	A 16-mile circuit in the on the Mount Marshall, Bluff and Appalachian to the Falls on Waterfall Branch with an elevation gain of 3400 feet. A 12-mile option is possible with a car shuttle. There will be 2 miles of bushwhacking. PATC Map 9.	16	3400	Jack Thorsen (703)-339-6716	Saturday, September 19, 2009	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
981	Two Knobs Better Than One	A	On this 11 mile hike with 2200' elevation gain we will make a visit to both Duncan and Strickler Knobs where there will be beautiful 270 degree views. Starting on the Gap Creek Trail we climb to Duncan Knob. From there we will continue on the Gap Creek Trail to the Massanutten Trail which will take us to the Strickler Knob Trail. We will bushwack one mile to the lunch spot. After lunch we will return to the cars via Scothorn Gap and Gap Creek Trails. There is a significant rock scrambling to both Knobs. You can skip the scrambling and bushwack if you like. This is one you don't want to miss.	11	2200	Ed Brimberg 703-430-6481(H)		\$0.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	GWNF	Hike
982	Piney Ridge-Hull School Trails	A	From the Elkwallow Wayside parking, hike the AT to Range View Cabin, descend the Piney Ridge and Fork Mountain Trails, ascend the Hull School Trail and return northbound along the AT to Elkwallow. A 9.0 mile circuit hike with 2000' elevation change.	9	2000	Mark Rietman 703-395-5327(C)	Saturday, January 03, 2009	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
983	Hazel Country	A	A difficult 10 mile circuit hike with 2000' elevation change in Hazel country. We hike through hemlock woods, along White Rocks and the scenic Hazel River. A side trip to the "Cave" provides an interesting diversion.	10	2000	Mark Rietman 703-395-5327(C)	Saturday, May 03, 2008	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	SNP	Hike
984	Stony Man Mountain	D	A 4 mile circuit hike with 600' elevation gain. From Little Stony Man Overlook, hike the Passamaquoddy Trail past Little Stony Man, then the AT to the Stony Man Trail. Enjoy lunch with spectacular views from the summit of Stony Man Mountain (elev. 4010').	4	600	Mark Rietman 703-395-5327(C)	Saturday, December 06, 2014	\$10.00	Centreville Commuter Lot	9:00:00 AM	\$10.00	SNP	Hike
985	Hazel & Catlett Mountains	A	This 11-mile loop begins and ends at the Meadow Springs Parking area off Skyline Drive (MP 33.5) and uses the Hazel Mountain, White Rocks, Hazel River, Catlett Mountain, and Catlett Spur Trails to explore the remote area along the Hazel River, with stops at a waterfall and a cave. Total elevation gain is about 2000 feet.	11	2000	Dean Simmons 443-504-5538(C)	Sunday, April 13, 2008	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
986	Thornton Hollow	A	This 12-mile loop, with 2,000 feet of elevation gain, starts from the Pass Mountain Overlook at MP 28 and follows the Rocky Branch Trail to the Hull School Trail. We'll return via the Thornton River Trail, the AT, and the Rocky Branch Trail. If we're lucky, the mountain laurel will still be in bloom.	12	2000	Mina Guevara 571-237-4062	Saturday, November 08, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
987	The Peak	A	You are cordially invited to join me on our annual springtime stroll to the Peak. The Peak is an uninviting, poorly blazed, outlaw trail with numerous blow downs to obstruct the way. If we are lucky, it will be a foggy day with snow on the ground. This hike is a 10 mile stroll with a mere 2200 feet of elevation gain. We will hike, come rain or come shine.	10	2200	Gene Vivalda 703-802-6426(H)	Saturday, April 24, 2010	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	SNP	Hike
988	Double Knob	A	This is an 11 mile hike with approximately 2500 feet of elevation gain. We will start at the Gap Creek Trail and then form a circuit with the Scothorn Trail and the Massanutten Trail. Lunch will be at Strickler Knob, an out and back rugged, outlaw trail with a gorgeous view. There will be an optional climb of Duncan Knob near the end of the hike.	11	2500	Gene Vivalda 703-802-6426(H)	Saturday, December 15, 2012	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	GWNF	Hike
989	Wilderness First Aid Class	N/A	A program of the Wilderness Safety Council, this eighteen-hour class in Alexandria includes classroom study, hands-on practice, and results in a two-year certification. The cost is \$240. More information and registration at: http://wfa.net			Chris Tate 703-836-8905	Saturday, June 28, 2014	\$0.00	Call leader		\$0.00	VA	Class

990	Bull Run Mountains	C	A 5-mile hike with 400' elevation gain only 20 minutes from Centreville—a short but rewarding hike in all seasons. The majestic view of the valley from the limestone outcropping at the summit will mark forever your returns to Washington on I-66. This was the site of the Battle of Thoroughfare Gap during the Civil War.	5	400	Mike Gingerich 202-370-7957	Sunday, December 28, 2014	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$4.00	VA	Hike
991	Bull Run Mountains	C	A 5-mile hike with 400' elevation gain only 20 minutes from Centreville—a short but rewarding hike in all seasons. The majestic view of the valley from the limestone outcropping at the summit will mark forever your returns to Washington on I-66. This was the site of the Battle of Thoroughfare Gap during the Civil War.	5	400	Laura Schriener 703-409-0212	Sunday, June 15, 2008	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$4.00	VA	Hike
992	Pollocks Knob	A	A ten mile out and back hike on the Appalachian Trail in central Shenandoah National Park from Fishers Gap to a Panoramic Overlook at Pollocks Knob. Elevation gain of 1500 feet	10	1500	Todd Birkenruth (703)-318-7735(H)	Sunday, May 11, 2008	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	SNP	Hike
993	Cedar Run/ Hawksbill Summit/Whiteoak Canyon	A	This is a challenging 10 mile circuit hike with 3200 feet elevation change through 2 of the deepest and steepest ravines in the SNP. The trail ascends Cedar Run Canyon and then Hawksbill Summit, the highest peak in SNP. We descend via the White Oak Canyon trail. Attractions include many waterfalls and outstanding views. Park entry fee is \$8/person.	12	3200	Jennifer Hine 571-236-2668(C)	Saturday, June 08, 2013	\$8.00	Centreville Commuter Lot	7:30:00 AM	\$12.00	SNP	Hike
994	Photography Hike at Great Falls Park, VA	D	Join us for a 4-5 mile hike at Great Falls National Historic Park. We will stop briefly to photograph interesting views and wildlife so bring your camera. Must bring water and lunch or snack. Part of the hike will likely be on the rocky River Trail so hiking boots are required. Meet at the high water marker near the third overlook. No dogs.	5	200	Beth Lachman (703)-206-9154(H)	Sunday, August 31, 2014	\$5.00	Great Falls Park at Third Overlook	10:00:00 AM	\$0.00	VA	Hike
995	Midtown New York	C	An 8 mile hike with negligible elevation gain in Midtown New York City passing many New York City icons. See http://snjpr.com/nycmt for more information. Call leader for reservations and details.	8	0	Mike Gingerich 202-370-7957	Saturday, May 10, 2008	\$0.00	TBD		\$47.00	NYC	
996	Dumbarton Oaks Gardens	D	Walk 3 miles around Dumbarton Oaks Gardens in Georgetown. Ten acres of beautiful formal gardens, some of which are on a hillside. If there is interest we will have a short poetry reading as part of the walk. Bring water, snack and a poem. About 2 hours.	3	0	Paula Johnston 703-648-7237(W)	Saturday, November 07, 2009	\$0.00	Dumbarton Oaks Entrance (R and 31st St.)	2:00:00 PM	\$0.00	DC	Hike
997	Maryland AT # 2	A	Starting from Harper's Ferry, this 10-mile hike heads north, crosses the Potomac, then follows the C&O Canal south to Weverton Cliffs. There we'll climb to the top for a pleasant ridge walk to Gathland State Park. Total elevation gain is about 1500 feet. Car shuttle required.	10	1500	Dean Simmons 443-504-5538(C)	Saturday, July 12, 2008	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$11.00	MD	Hike
998	Maryland AT #3	A	Starting from Gathland State Park, this 12 mile hike heads north over Lamb Knoll and then passes Dahlgren Chapel and Maryland's Washington Monument before ending near Canada Hill. Total elevation gain is about 1800 feet. Car shuttle required.	12	1800	Dean Simmons 443-504-5538(C)	Saturday, August 30, 2008	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	MD	Hike
999	Maryland AT # 4	A	From Wolfsville Road northwest of Frederick, we'll hike north 10 miles on the AT to the Mason Dixon line (Maryland-Pennsylvania border), crossing over the rocky peaks at Raven Rock and Quirack Mountain. Total elevation gain is 2000 feet. Car shuttle required.	10	2000	Dean Simmons 443-504-5538(C)	Saturday, September 20, 2008	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$13.00	MD	Hike
1000	Doyles River Trail	B	Hike 8.4 miles along the east slope of the Blue Ridge. We will see waterfalls along Doyles River and Jones Run. Visit Browns Gap, which General Stonewall Jackson's troops used during the Civil War's Valley Campaign to make raids into the Shenandoah Mountains. Three stream-crossings; if the water is high, poles are nice but not essential. Elevation gain 1800'.	8		Emeline Otey 202-462-7049(H)	Saturday, August 29, 2009	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$16.00	SNP	Hike
1001	Woodstock Tower	A	Starting at Powells Fort Camp, we will hike approximately 12 miles with about 1000 feet of elevation gain. At the start, we will climb Doll Ridge, (approximately 600 feet of elevation gain). The rest of the hike will be mostly a comfortable ridge walk along the Massanutten Trail to Woodstock Tower with its commanding 360 degree view. After lunch at the Hand Glider Launch, we will return to Powells Fort Camp via the Massanutten Trail.	12	1000	Gene Vivalda 703-802-6426(H)	Sunday, June 26, 2011	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
1002	Little Crease Mountain	B	We take Veach Gap Trail to the Tuscarora Trail/Massanutten Trail, which we follow north to the ridge of Little Crease Mountain and the spectacular views of the twists and turns of the south fork of the Shenandoah River. At the junction with Sherman Gap Trail, we turn left to descend to the Botts Trail and follow it to the Elizabeth Furnace day use picnic parking area. The length of the hike is approximately 8 miles with 1,400' of elevation gain, and one long, steep downhill. A short car shuttle is required.	8	1400	Emeline Otey 202-462-7049(H)	Saturday, August 16, 2008	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	GWNF	
1003	Lake Accotink	D	This is a leisurely 4-mile hike on the flat terrain around Lake Accotink. From northbound on Backlick Road go left on Highland Street, and follow this to the park.	4	0	Dave Gibson 703-919-7956(C)	Saturday, April 06, 2013	\$0.00	Parking lot under RR trestle	1:00:00 PM	\$0.00	VA	Hike
1004	Lake Accotink	D	This is a leisurely 4-mile hike on the flat terrain around Lake Accotink. Northbound Backlick Road, left on Highland Street, and follow this to the park. Meet in front of the falls, which is on your left as soon as you enter the park.	4	0	Giovanna Prestigiacomo (703)-425-4465(H)	Saturday, October 11, 2008	\$0.00	In front of falls	11:00:00 AM	\$0.00	VA	Hike

1005	Photography Hike at Great Falls Park	D	Join us for a 4-5 mile hike at Great Falls National Historic Park. We will stop briefly to photograph interesting views and wildlife so bring your camera. Must bring water and lunch or snack. Part of the hike will be on the rocky River Trail so hiking boots are required. Meet at the high water marker near the third overlook. No dogs.	5	200	Beth Lachman (703)-206-9154(H)	Sunday, August 31, 2008	\$5.00	Great Falls Park at Third Overlook	10:00:00 AM	\$0.00	VA	Hike
1006	Roaring Run and Bird Knob Trails	A	This 9.5 mile hike begins at Catherine Furnace and follows the Roaring Run Trail up and over Big Mountain to the Massanutten South Trail, Bird Knob Trail, and again Massanutten South Trail to the now-closed Massanutten Visitor Center. A small lake about midway in the hike offers both an opportunity for a cooling dip and a pretty spot for lunch. The hike is 2,150 feet of elevation gain; there is one long climb, and one steep rocky downhill. Short car shuttle required.	10	2150	Emeline Otey 202-462-7049(H)	Sunday, September 07, 2008	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$16.00	GWNF	Hike
1007	Prince William Forest Park	B	This hike in Prince William Forest Park is a loop covering various trails within the park for a total of 10-11 miles with a bit of up and down. Hike will be at a moderate-fast to fast pace to finish by lunchtime and to beat the summer heat! Park at the Pine Grove Picnic area inside the Park, right near the Visitor's Center.	11	400	Nicole Pasternak 626-437-6732(C)	Sunday, August 24, 2008	\$5.00	Pine Grove Picnic Area	8:00:00 AM	\$0.00	PWFP	Hike
1008	Thornton River	A	An 11 mile circuit hike in the Northern District of Shenandoah National Park. We will begin at Elkwallow Wayside and hike on the Appalachian, Piney Ridge, Fork Mountain, Hull School and Thornton River Trails. There will be an elevation gain of approximately 2200 feet.	11	2200	John Lyon 703-590-2913(H)	Saturday, November 01, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1009	Waterfall and Wildflower Series	A	A 11 mile circuit hike with about 1 1/2 miles of bushwhacking on the Red Gate Fire Road, Big Meadows Horse and Appalachian Trails. Elevation gain is about 2900 feet. PATC Map 10.	11	2900	Jack Thorsen (703)-339-6716	Saturday, February 21, 2009	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
1010	Waterfall and Wildflower Series	A	A 14 mile circuit hike with 3100 ft. of ascent on the Devil's Ditch, Slaughter, Appalachian and Pocosin Hollow Trails. We will visit an old cemetery, old homestead and Devil's Ditch falls. There will be a short bushwhack. PATC Map 10.	14	3100	Jack Thorsen (703)-339-6716	Saturday, March 21, 2009	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	SNP	Hike
1012	Catoctin Mountain National Park	B	Starting from the Visitor's Center, this 9-mile hike climbs steeply to Chimney Rock then visits Wolf Rock, Thurmont Overlook, Blue Ridge Summit, and Hog Rocks before heading to Cunningham Falls. Total elevation gain is about 1500 feet.	9	1500	Dean Simmons 443-504-5538(C)	Sunday, May 09, 2010	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$10.00	MD	Hike
1013	Patapsco Valley	B	This 8-mile hike will explore a portion of one of Maryland's largest state parks - Patapsco Valley, which stretches across three counties. Our route climbs up and down the large hill at McKeldin several times and includes a visit to scenic McKeldin Rapids. Total elevation gain is about 1500 feet. Car shuttle required. Park Entry Fee: \$2 MD residents, \$3 out of state.	9	1500	Dean Simmons 443-504-5538(C)	Sunday, June 06, 2010	\$2.00	Carderock Rec Area, MD	8:00:00 AM	\$10.00	MD	Hike
1014	Pine Hill Gap-Broad Hollow	C	This is a 5.8 mile circuit hike with 1600 ft elevation change in Hazel Country. We will hike on trails that were once farm roads and pass by old log cabins.	6	1600	Susan Smith 206-853-7460(C)	Sunday, December 07, 2008	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1016	Sky Meadow State Park Circuit	C	We will start at the Sky Meadows State Park visitors center and ascend the North Ridge Trail through the meadow to the Ambassador Whitehouse Trail where we will have spectacular views of Paris and the Virginia countryside. We will then hike briefly on the AT south before we take a short turn on the North Ridge Trail to the South Ridge Trail and the ruins of the Snowden home. We will then take the Gap Trail back to the North Ridge Trail and descend through the meadow to complete the circuit. The hike is approximately 6.2 miles with 1,400 feet of elevation gain.	6	1400	Emeline Otey 202-462-7049(H)	Sunday, October 19, 2008	\$4.00	Centreville Commuter Lot	8:00:00 AM	\$5.00	VA	Hike
1017	Sherman Gap - Shawl Gap Circuit	B	We will have numerous views of the Shenandoah River and Page Valley as we complete a circuit on the east side of Massanutten Mountain. We will begin at the Shawl Gap parking area, and walk 1.2 miles down Route 613 to the Sherman Gap Trail. We will then ascend Sherman Gap Trail to the Massanutten/Tuscarora Trail and walk along the ridge to the junction with the Shawl Gap Trail. We will descend Shawl Gap Trail to complete the circuit. The hike is approximately 8.2 miles with 1,700 feet of elevation gain.	8	1700	Emeline Otey 202-462-7049(H)	Sunday, November 23, 2008	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
1018	Indian Grave	B	An 8.6 mile circuit hike with 1,550 ft. elevation change in George Washington National Forest that offers views of the Shenandoah Valley as it winds alongside the Shenandoah River.	9	1550	Susan Smith 206-853-7460(C)	Sunday, October 05, 2008	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$12.00	GWNF	Hike
1019	Ocoquan Regional Park	D	A moderate 5-6 mile hike from town of Ocoquan to Ocoquan Regional Park with short climb to scenic view. Meet in front of the Tourist Center in the old town of Ocoquan. Lunch in Ocoquan after the hike (optional).	6	0	Jo Ann Worrell 703 220-4219(C)	Sunday, February 21, 2010	\$0.00	Ocoquan Tourist Center	8:30:00 AM	\$0.00	VA	

1020	Jeremy's Run/Neighbor Mountain	A	A 14.2 mile difficult circuit hike with an elevation change of 2800 feet, Jeremy's Run is one of the most beautiful streams in the northern section of SNP. We'll start on the AT until it intersects with Neighbor Mtn Trail, following that to the Neighbor Mtn summit and down to Jeremy's Run Trail. We'll follow Jeremy's Run Trail as it gradually climbs and crosses the stream 18 times (so be prepared!!! hiking poles will help!) before it intersects with the Knob Mtn Cutoff Trail, which takes us back to the AT, and then to the Elkwallow Wayside parking lot.	14	2800	Nicole Pasternak 626-437-6732(C)	Saturday, October 11, 2008	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$12.00	SNP	Hike
1021	Brown Mountain	A	This is a challenging 10 mile circuit hike with an elevation change of 2465 feet in the Southern Section of the SNP. Beginning at Brown Mtn. Overlook on Skyline Drive, we will descend the Brown Mtn. Trail and return via the Big Run Portal Trail and the Rocky Mt. Trail. Be prepared as there are 5 stream crossings. Also, despite the outstanding views, this has been called "a rather tiring hike with a lot of climbing" - so expect a long, yet rewarding, day and late return home.	10	2465	Nicole Pasternak 626-437-6732(C)	Saturday, November 15, 2008	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$15.00	SNP	Hike
1022	Urban Hike - Alexandria, VA	D	The charm and quaintness of Old Town's acclaimed architecture is best experienced on foot, as the people who created these lovely buildings experienced them. Join me for a 3 mile walking tour through Old Town Alexandria. Bring water. Optional lunch afterwards in Old Town.	3	0	Paula Johnston 703-648-7237(W)	Saturday, April 25, 2009	\$0.00	Ramsey House Visitor Center, 221 King St.	10:00:00 AM	\$0.00	VA	Hike
1023	Theodore Roosevelt Island	C	This 9-mile city circuit winds around Theodore Roosevelt Island, crosses Memorial Bridge, and heads for the Franklin Delano Roosevelt Memorial; coming back, it follows the Potomac River to Georgetown, and crosses Key Bridge back to the island. Only elevation changes are the Key and Memorial Bridge ramps. Reminder: Daylight savings time is the night before. Bring a lunch or money to buy lunch at an eatery in Georgetown.	9	0	Nancy Benco 202-363-1639(H)	Sunday, March 11, 2012	\$0.00	Roosevelt Island Parking Lot	9:00:00 AM	\$0.00	VA/DC	Hike
1024	Bird Knob Circuit	A	This 11 mile hike begins at the Massanutten Visitor Center at New Market Gap and then utilizes the Massanutten South, Browns Hollow, Roaring Run, and Bird Knob trails to form the circuit. A small pond about midway provides a pretty spot for lunch. Elevation gain is 2,200 feet.	11	2500	Ed Brimberg 703-944-9920(C)	Saturday, May 31, 2014	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$15.00	GWNF	Hike
1025	Prince William Forest	C	An easy paced 7 mile circuit hike, in Prince William Forest Park. We will hike 3 trails (High Meadows, South Valley and Turkey Run Ridge) to complete the circuit. Bring lunch.	7	500	Jane 703-400-3941(C) & Melissa 703-598-1410(C)	Saturday, March 21, 2009	\$5.00	TREC parking area just past the campground	10:00:00 AM	\$0.00	PWFP	Hike
1026	Kennedy Peak Circuit Plus	A	We start at the Stephens Trailhead parking area, and follow the yellow-blazed Stephens Trail and the orange-blazed Massanutten Trail, with an out and back side trip to Kennedy Peak on a white blazed trail. At the junction of the Stephens and Massanutten Trails, we take a short detour toward Habron Gap to a beautiful rock outcropping for lunch. With the detour, the hike is about 9.6 miles with about 2,300 feet of elevation gain.	10	2300	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Sunday, March 06, 2011	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
1027	AT, Piney Ridge, and Sugarloaf Trails Circuit	B	We start from the parking area for the Keyser Run Fire Road near milepost 19 on the Skyline Drive. We will cross the drive and follow the AT south; make a loop on the Sugarloaf, Piney Branch, and Pole Bridge Link Trails; and then take the AT north to return to our starting point. This "frying pan" hike is about 9.7 miles with about 1,300 feet of elevation gain, and affords many beautiful views to the west and northeast of SNP.	10	1600	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Saturday, October 08, 2011	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	SNP	Hike
1028	Trillium and Morel Circuit	B	Trilliums and morel mushrooms are two treats in store for today. We start at parking area #7 off route 638 and take the access trail to the AT and turn left. We continue north on the AT to a point about 1.5 miles south of Dicks Dome Shelter. Here we turn right and follow Verlin Smith Trail around Lake Thompson and back to parking area #7 to complete the circuit. The hike is about 9.5 miles with about 1,500 feet of elevation gain.	10	1500	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Sunday, May 06, 2012	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$5.00	VA	Hike
1029	Prince William Forest Park	C	A 7 mile hike with 620 feet elevation change in Prince William Forest Park with stream crossings and scenic views. The hike will cover a combination of the South Valley, Turkey Run Ridge and High Meadow Trails. Meet at the PWFP Pine Grove picnic pavilion: http://sn.im/pwfpinegrove	7	620	Mike Gingerich 202-370-7957	Saturday, January 09, 2010	\$5.00	PWFP Pine Grove picnic pavilion	9:30:00 AM	\$1.00	PWFP	Hike
1030	Rock Creek Series #5: Bethesda to Cleveland Park: Valley Trail	A	About 11 miles at moderate pace (2.5 miles/hr) with about 1,000 feet of climbing. Initially the trail is flat but later ascends several small hills. Parts of the trail are slippery, rough, rocky, and somewhat exposed. Optional lunch at a restaurant after the hike in Cleveland Park. Return to Bethesda by Metro. Bring money for lunch and Metro ride (~\$20-25).	11	1000	Mike 202-370-7957 and Mano 301-562-3156	Sunday, January 04, 2009	\$0.00	Bethesda Metro downstairs outside the fare gates	8:30:00 AM	\$0.00	DC	Hike

1031	Rock Creek Series #6: Rockville to Shady Grove	C	This is an 8-mile hike from Rockville Metro to Shady Grove Metro, mostly along the picturesque Rock Creek. Moderate pace (2.5 mi/hr). Part of the walk runs along the pretty Lake Needwood, with scenery reminiscent of Deep Creek Lake, with hints of Interlaken in the Swiss Alps. Return to Rockville by Metro followed by an optional lunch at the newly developed stretch in downtown Rockville. Bring cash for lunch and Metro ride (\$20-25).	8	0	Mike 202-370-7957 and Mano 301-562-3156	Sunday, February 22, 2009	\$0.00	Rockville Metro just outside the fare gates	9:00:00 AM	\$0.00	DC	Hike
1032													
1033	Waterfall and Wild Flower Series	A	An 11.5 mile circuit hike with 1900 feet of elevation gain on the Tuscarora, Massanutten Loop and Milford Gap Trails to include fording the South Fork of the Shenandoah River. PATC map G.	12	1900	Jack Thorsen (703)-339-6716	Saturday, August 15, 2009	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	GWNF	Hike
1034	Waterfall and Wild Flower Series	A	An 11 mile circuit hike with a difficult 1-mile bushwhack up Hogback Mountain to the Appalachian Trail. The hike will continue north on the AT to Gravel Springs Gap and then down Brownstown Trail. Total elevation gain is 3500 feet. PATC Map 9	11	3500	Jack Thorsen (703)-339-6716	Saturday, July 18, 2009	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
1035	Massanutten Connector Trail To Strickler Knob	A	This is an 11 mile out and back hike from Rte 211 along the Massanutten Connector Trail and the Massanutten Trail to Strickler Knob. There will be spectacular views of Stickler Knob as we hike along the Massanutten Trail. The Strickler Knob trail is a rugged outlaw trail that requires some scrambling and just a little bit of climbing. Your reward will be a breathtaking view of the city of Luray and the surrounding valley. Elevation gain will be in excess of 2000 feet.	11	2000	Gene Vivalda 703-802-6426(H)	Saturday, June 06, 2009	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$15.00	GWNF	Hike
1036	AT - Dickey Ridge	B	This is a one-way hike along the AT and Dickey Ridge Trails from Jenkins Gap to Dickey Ridge Visitor Center. It is about 8 miles long, with a climb of about 1,000 feet. This is a moderately paced hike, e.g., 2.5 mph moving average, 2.0 mph overall average. Requires a car shuttle.	8	1000	Marty (571-344-5141(C) and John 703-590-2913(H)	Saturday, September 20, 2014	\$15.00	Centreville Commuter Lot	8:30:00 AM	\$10.00	SNP	Hike
1037	Urban Hike - Boston, MA	Fun	Come hike the historic Boston, MA. Hikes will minimally include the Freedom Trail and Harvard Square. We will fly or drive up to Boston (final decision not yet made) starting Thursday evening and plan to get back to the DC area Sunday late in the evening. We will stay at motels overnight. Call or e-mail leader (malayanur@yahoo.com) by April 15th to influence the major decisions. Everyone pays their own expenses. If we drive, twice the gas price will be shared by all in the car.			Mano Malayanur 301-562-3156(H)	Thursday, June 04, 2009		TBD			MA	Hike
1038	Tuscarora Circuit	B	We start our hike from the parking lot at the end of Packhorse Trail Road in the Sleepy Creek Wildlife Management Area, West Virginia. We take the yellow-blazed Millrace Trail to the ridge of Sleepy Creek Mountain and turn right to follow the blue-blazed Tuscarora Trail along the ridge. At the junction with the White Rocks Trail, we turn right and follow the trail along a rocky descent to an old forest road to complete our circuit. The hike is about 8 miles with about 1,400 feet of elevation gain.	9	1500	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Saturday, October 09, 2010	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$14.00	WVA	Hike
1039	wil												
1040	South Run to Burke Lake	C	This is an approximately 8-mile circuit hike from South Run Park to scenic Burke Lake, around the Lake and back. The path is well traveled and mostly on a level surface. Pack a lunch as we will take a break at Burke Lake.	8	0	Jo Ann Worrell 703 220-4219(C)	Sunday, June 20, 2010	\$0.00	South Run Park Rec Center	8:00:00 AM	\$0.00	VA	Hike
1042	Great Falls - Virginia	D	This 5-mile circuit hike in Great Falls, Virginia, follows Difficult Run, the hilly River Trail with spectacular views of the Potomac River and Mather Gorge, and the Potomack Canal trail that leads past the ruins of Matildaville and the Potomack Canal. Early start at 8 a.m. to avoid the crowds. Meet at Difficult Run parking lot, Georgetown Pike (Route 193).	5	200	Nancy Benco 202-363-1639(H)	Saturday, April 18, 2009	\$0.00	Difficult Run Parking Lot	8:00:00 AM	\$0.00	VA	Hike
1043	New York City Urban Hike	C/Fun	This is an urban ramble mostly through Manhattan, but details are TBD. We will take the Chinese bus from downtown DC early in the morning (about 2 a.m.) and return to DC after the hike in the evening at about 10 p.m. Cost of the bus ride is usually \$35 roundtrip. Cost of the subway ride in NYC is \$7 for the day. We will stop at restaurants and cafes for breakfast, lunch and coffee - bring money (about \$40?). Consider riding the Metro to and from the meeting place in downtown DC. Contact leaders in advance to sign up: mgingerich@gmail.com and malayanur@yahoo.com			Mike 202-370-7957 and Mano 301-562-3156	Saturday, May 09, 2009	\$0.00	Gallery Place/Chinatown Metro		\$0.00	NY	Hike
1044	Piney River Falls	C	A 6.8 mile hike with 900' elevation gain. Starting on the Piney Branch Trail, this hike winds its way down a valley, making very gentle switchbacks. It goes through a forest of black locust trees, intersects the AT, and crosses a grassy lane. Finally, it crosses the Piney River and leads to a 25 foot, 3 tiered cascade that flows over mossy rock into a deep and wide pool.	7	1000	Ed Corack 703-400-8023(C)	Saturday, April 18, 2009	\$15.00	Centreville Commuter Lot	8:30:00 AM	\$10.00	SNP	Hike

1045	Big Meadows to Hawksbill Gap	B	This 7.5 mile hike from South to North along the AT goes through a cemetery, Big Meadows Campground, Franklin Cliffs, Salamander Trail ending at Hawksbill Gap. Beyond the Cliffs, the trail climbs steeply through 2 switchbacks, ascending 300 feet in less than a quarter of a mile. We will rest after this. The views near Hawksbill defy description. Elevation gain 600'. Car shuttle required.	8	600	Ed Corack 703-400-8023(C)	Saturday, June 27, 2009	\$15.00	Centreville Commuter Lot	8:30:00 AM	\$10.00	SNP	Hike
1046	Woodstock Towers/ Edinburg	A	This summer hike is a 12 mile ridge walk along the Massanutten Trail. We will start near Woodstock Towers with its commanding view of the town of Woodstock and the Shenandoah River and proceed to an equally gorgeous view of the town of Edinburg near the Bear Trap Trail. After lunch on a rocky outpost, we will return to Woodstock Towers where, hopefully, we will watch hanggliders launch as we cool down at the end of the hike. Since this hike is mostly ridge walking on the top of Powell Mountain, there will be minimal elevation gain.	12	1000	Gene Vivalda 703-802-6426(H)	Saturday, August 17, 2013	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
1047	Shenandoah Southern Series Hike #8 Hightop Mtn – Simmons Gap	A	This is a enjoyable 10 mile linear hike with elevation gain of 2000 feet in the southern section of Shenandoah National Park. From Swift Run Gap, hike south along the AT, crossing over Hightop and Flattop Mountains, to Simmons Gap. Car shuttle required.	10	2000	Mark Rietman 703-395-5327(C)	Saturday, September 10, 2011	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$15.00	SNP	Hike
1048	Western Maryland Rail Bike Trail	B/C	A forty-two mile out and back bike ride through the western Maryland countryside along the Potomac River. Trail is along flat terrain for most of the way. As this is an out and back ride, there are several options for going a shorter distance. Bring your own bikes and pack a lunch and plenty of water. We will all drive up in our own vehicles and re-group at the ride starting point.	42	0	Todd Birkenruth 703-262-0340(H)	Saturday, August 01, 2009	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$0.00	MD	Bike
1049	Trail Maintenance Work Trip	Fun	We will continue clearing what winter has brought to the Three Top Mountain section of the Tuscarora Trail. We will remove broken limbs and other debris from the trail, cut blowdowns that are small enough not to require a chainsaw, and identify other tasks needed to keep the trail in good shape. I will bring tools and work gloves for everyone, but each worker needs to bring their own water, snacks, and lunch. Please let me know by FRIDAY evening if you can join us so I will know how many tools and other supplies we will need.	6	500	Emeline Otey 202-462-7049(H)	Saturday, April 10, 2010	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
1050	Tuscarora Circuit Hike Two	B	We start our hike heading south on the Tuscarora Trail in the Sleepy Creek Wildlife Area, West Virginia, where it crosses Hampshire Grade Road. At the junction with the Equestrian-Bike Trail, we turn left and follow the white blazes to Pee Wee Point. After enjoying the spectacular views, we retrace our steps to the red-blazed trail; we turn left to go down the mountain to the junction with another section of the Equestrian-Bike Trail. Here we turn right to rejoin the Tuscarora Trail and follow it back to where we began, retracing our path for the last mile and a-half. The hike is about 9 miles with about 1,500 feet of elevation gain.	9	1500	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Saturday, June 04, 2011	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$14.00	WVA	Hike
1051	Keyser Run Fire Rd- Little Devil Stairs Loop	B	This is a shorter version (7.5 mi) of the standard Little Devil Stairs loop. Starting from Mile 19.4 of Skyline Drive, we'll trace the first four miles of a scenic fire road. The final portion climbs through a magnificent wild canyon and gorge that can require boulder hopping and rock scrambling, but in summer Keyser Run may be a trickle. 1500' Elevation gain.	8	1500	Frank Trippett 703-799-0836(W), 202-230-8082(C)		\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1052	C&O Canal Towpath: Monocacy River Aqueduct to Calico Rocks	B	This is an easy/moderate out and back hike of 10.8 miles towpath flat hike and is on the outer reaches of the towpath. At the trailhead, there is a huge aqueduct that was completed in 1833. Hard packed dirt trail except for 560 feet of stone. Great Post Christmas Hike.	11	100	Ed Corack 703-400-8023(C)	Saturday, December 29, 2012	\$0.00	Carderock Rec Area, MD	9:00:00 AM	\$6.00	C&O	Hike
1053	High Knob-Catoctin Mountain Loop	C	This is a 5 mile loop moderate hike, in Gambrill State Park, with 400 feet or so of elevation, with a 200 foot steep ascent just after the start of the hike. There will be a limestone outcropping, where we can scramble for a few minutes to see Sugar Loaf Mountain. Just down the trail from here, we will see expansive views of South Mountain. There will be locust, mighty oaks and hickory trees. Quite a scenic hike. Bring plenty of water since this is a summer hike.	5	400	Ed Corack 703-400-8023(C)	Saturday, August 08, 2009	\$0.00	Carderock Rec Area, MD	9:00:00 AM	\$7.00	MD	Hike
1054	G. Richard Thompson Wildlife Mgmt Area	C	There are two loop hikes for a total of 6.3 miles. 400 feet elevation change on each loop. The second loop (Ted Lake) follows the Appalachian Trail (AT), while the first loop (Stone Wall Loop) intersects with but does not follow the AT. We will be close to SNP. Lots of trees, wild flowers and wildlife, like box turtles, as well as water. This is a back to nature hike. Bring plenty of water since this is a summer hike.	6	400	Ed Corack 703-400-8023(C)	Saturday, September 12, 2009	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$5.00	VA	Hike

1055	Trout Pond Hike and Swim	B	An 8 mile hike, with a 1400' elevation gain starting and ending in the beautiful Trout Pond Recreation Area, West Virginia. We will hike on the Trout Pond and Long Mountain trails, pass Chimney Rock, then walk around Rockcliff Lake with a side visit to Trout Pond. After the hike we will take a swim in Rockcliff Lake so bring a change of clothes. The \$3/person park entry fee is included in the carpool fee. http://tinwurf.com/nvhctroutpond .	8	1700	Ed Brimberg 703-944-9920(C)	Saturday, July 13, 2013	\$3.00	Centreville Commuter Lot	8:00:00 AM	\$17.00	GWNF	Hike
1056	Tibbet Knob - Big Schloss	A	Fantastic views on this hike from both Tibbet Knob and Big Schloss. This hike consists of two out & backs from Wolf Gap Recreation Area, WV totaling 9 miles and 2000 ft elevation gain.	8	1600	Ed Brimberg 703-944-9920(C)	Saturday, October 11, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	GWNF	Hike
1057	Prince William Forest	C	An 8 mile hike starting from the Visitor's Center Parking Lot. We will be hiking 13 different trails/roads starting down the road to the right to the Crossing Trail with lunch at Turkey Run Education Center. Elevation gain of 600 feet.	8	600	John Lyon 703-590-2913(H)	Saturday, August 01, 2009	\$5.00	Visitor's Center Parking Lot	9:30:00 AM	\$0.00	PWFP	Hike
1058	Waterfall and Wild Flower Series	A	A 13 mile circuit hike on the Little Devil Stairs, Pole Bridge, Sugarloaf, Appalachian, Piney Branch and Hull School Trails. No bushwhacking. Total elevation gain is 3300 feet. PATC Map 9	13	3300	Jack Thorsen (703)-339-6716	Saturday, October 17, 2009	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
1059	Waterfall and Wild Flower Series	A	A 10 mile circuit hike with 2600 feet of elevation gain to South River Falls on the South River Trail, Pocosin Trail, Pocosin Fire Road, and Appalachian Trail. No bushwhacking. PATC Map 10.	10	2600	Jack Thorsen (703)-339-6716	Saturday, November 21, 2009	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$11.00	SNP	Hike
1060	Waterfall and Wild Flower Series	A	A 13 mile circuit hike on White Oak Canyon, Appalachian and Cedar Run trails with a side trip up to Hawksbill Peak. Elevation gain about 3600 feet. If the weather has been cold during the week we should see ice formations on the falls. Optional short bushwhack down to a few falls. We may see an early blooming hepatica. Park entry fee \$5/person. PATC Map 10	13	3000	Jack Thorsen (703)-339-6716	Saturday, January 15, 2011	\$5.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$8.00	SNP	Hike
1061	Winter Solstice Celebration	C	This is about an 8-mile level hike that starts at Grosvenor Metro and ends at Bethesda Metro, much of it along Rock Creek. Highlight will be a visit half way to the Mormon Temple to view the Christmas lighting - it is spectacular. Moderately fast pace (3 - 3.5 mi/hr). We will stop at a bar/café in Bethesda at the end of the hike for a snack/dinner and to offer the gods a libation. We will return to Grosvenor Metro by Metro. Bring cash for libations and Metro ride. Bring a flash light, just in case.	8	0	Mano Malayanur 240-604-6365(C)	Sunday, December 18, 2011	\$0.00	Grosvenor Metro (outside the fare gates)	5:00:00 PM	\$0.00	MD	Hike
1062	Trail Maintenance Work Trip	Fun	Join us in keeping the Three Top Mountain section of the Tuscarora Trail clear and in good shape. The leaders will bring tools and work gloves for everyone, but each person should bring their own lunch, water, and snacks for the day. Let Emeline know by THURSDAY evening if you can join us so we will be sure to have all the tools and other supplies we need and can let you know if any changes or cancellations are needed.	6	500	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Sunday, October 28, 2012	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
1065	Mystery Hike	A	This hike will be held somewhere in the nearby mountains. There will be rocky trails, lots of trees, a stream or two, maybe a view, wildlife, and a warm, satisfied feeling once the hike is done. We will hike for about 10-12 miles with an accompanying 2000-2500 feet of elevation gain.			Gene Vivalda 703-802-6426(H)	Saturday, November 14, 2009	\$0.00	Centreville Commuter Lot	8:00:00 AM			Hike
1067	Mine Gap Trail and Woodstock Tower	B	We begin on FR66 and make a steep ascent on the Mine Gap Trail to the ridge of Three Top Mountain. We turn left and follow the Massanutten Trail south to Woodstock Tower and the hang gliding launch area overlooking the north fork of the Shenandoah River where we will have lunch. After climbing the tower for spectacular views, we will retrace our steps by following the Massanutten Trail north to the junction with the Mine Gap Trail and following it to return to FR66. The hike is approximately 9 miles with about 1,200 feet of elevation gain. The hike will be at a moderate pace, e.g., approximately 2.5 mph moving average, 2.0 mph overall average.	9	1200	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Sunday, June 09, 2013	\$0.00	Centreville Commuter Lot	8:30:00 AM	\$12.00	GWNF	
1068	Moormans River Trail/Trayfoot Mountain	A	Columbus was searching for a Spice Route to China and discovered America. This Columbus Day, join us as we journey to the Southern Section of SNP, near Waynesboro, and search for a few seldom hiked trails, at least by the NVHC. Waynesboro is a 2.5 hour drive near the southern end of Skyline Drive. Who knows what you will discover. This is a weekend trip with hikes scheduled for Saturday and Sunday. The Saturday hike will begin around 10am, so you can either drive down Friday night or Saturday morning. We will hike the Moormans River Trail on Saturday, and Trayfoot Mountain on Sunday. Each hike will be about 10 miles with approximately 2000 feet of elevation gain. For the adventurous, there will be an optional Monday hike. Advanced registration is required. For information concerning directions, hotel registration, and car pool information, contact leaders.			Frank Trippett 703-799-0836(W), 202-230-8082(C)	Friday, October 09, 2009					SNP	Hike

1069	Wildcat Mountain	C	This is one of Virginia's hidden jewels that offers considerable solitude. Managed by The Nature Conservancy, the Wildcat Mountain Natural Area is located between The Plains and Warrenton, situated on a plateau between three mountains, and has a virtual labyrinth of hiking trails. The two main loop hikes are 2.9 miles and 5.2 miles in length. We shall do the latter, with an option for a figure eight for those energized to do so.	5	300	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Sunday, November 15, 2009	\$0.00	Centreville Commuter Lot	8:30:00 AM	\$5.00	VA	Hike
1070	Little Devil Stairs	C	A moderately paced 5.5 mile circuit hike in Northern SNP that starts with the ascent of Little Devil Stairs as it crosses Keyser Run in a deep ravine. Return via the Keyser Run Fire Road. Elevation gain 1,480 ft. This is a truncated version of this celebrated trail for those not up to the full 10- and 12-mile version. Park entry fee \$8/person.	6	1480	Ashley Lewis 571-255-0191	Sunday, November 03, 2013	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
1071	Little Crease Mountain	A	A 10 mile hike with 2600' elevation change. We will begin on Tuscarora/ Old Morgan Rd. and ascend Massanutten Mtn pass Little Crease Shelter and return on the Sherman Gap Trail. Beautiful views of the Shenandoah River.	10	2600	Ed Brimberg 703-944-9920(C)	Saturday, December 27, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	GWNF	Hike
1072	Humpback Rocks	A	An eleven mile out and back hike along the Appalachian trail, near the northern end of the Blue Ridge Parkway, with panoramic views from Humpback Rocks, Humpback Mountain and Cedar Cliffs. Elevation gain of 1500 feet. Plan on returning a little later from this hike as the drive is a little longer than usual.	11	1500	Todd Birkenruth 703-262-0340(H)	Saturday, October 03, 2009	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$12.00	VA	Hike
1073	Hogback Peaks	A	A nine mile out and back hike from the Little Hogback Parking Area to the Elkwallow Picnic grounds ascending the Hogback peaks with many views to the west. Elevation gain of 1800 feet. This is a moderately paced hike, e.g., 2.5 mph moving average, 2.0 mph overall average.	9	1800	Len 703-899-5051(C) and Emeline 202-462-7049(H)	Saturday, August 30, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Bike
1074	Reston Lakes Walk	D	A five mile walk around two of Reston's lakes on paved pathways. Just wear your running shoes and only take hiking boots if it's snowy. Minimal elevation gain. Call leader for directions.	5	0	Todd Birkenruth 703-262-0340(H)	Saturday, December 26, 2009	\$0.00	South Lakes Shopping Center	9:00:00 AM	\$0.00	VA	Hike
1075	Virginia State Arboretum	D	A 5.5 mile circuit hike. This is a novel hike, uncrowded and picturesque. The hike covers open woods, gravel road and broad meadows. Operated by the University of VA, it has many trees, flowers and herbs aptly marked plus a big grove of ginkgo trees. Located near Boyce, VA past Sky Meadows State Park. The following day is Columbus Day.	5	0	Ed Corack 703-400-8023(C)	Sunday, October 07, 2012	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$6.00	VA	
1076	C&O Towpath: Riley's Lock to Swain's Lock	B	A 13.2 mile hike with zero feet elevation gain. Out and back hike on all hard packed dirt trail. Loveliest stretch of the C&O Canal Towpath. Calorie burner just before Thanksgiving Week.	13	0	Ed Corack 703-400-8023(C)	Saturday, November 21, 2009	\$0.00	Carderock Rec Area, MD	8:30:00 AM	\$4.00	MD	Hike
1077	Seneca Creek State Park: Greenway Trail	C	An 8.8 mile hike on one of DC's close-in trails. The trail follows a creek, goes around the lake, and has some elevation gain (less than 100 feet). A great pre-Thanksgiving hike (calorie burner).	9	0	Ed Corack 703-400-8023(C)	Sunday, November 25, 2012	\$0.00	Carderock Rec Area, MD	9:00:00 AM	\$3.00	MD	Hike
1078	Tuscarora - Three Top Mountain	A	On this 12 mile hike we will begin on the Tuscarora Trail outside of Toms Brook, VA. We will hike through farm pasture land and then climb to the top of Three Top Mountain where we will traverse the ridge and connect with the Massanutten Trail. We will follow the Massanutten Trail for a couple of miles along a dirt road and have lunch at the Strasburg reservoir. Elevation gain 2100'.	12	2100	Ed Brimberg 703-944-9920(C)	Sunday, March 21, 2010	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$10.00	GWNF	Hike
1079	North Valley to Turkey Run	C	A 7.4 mile circuit hike with 600' elevation gain through gently rolling wooded terrain along Quantico creek past the old pyrite mine and down Turkey Run Ridge. Provides a quiet walk through nature in this Piedmont forest of the Quantico Creek watershed. The park entry fee can be paid at the end of the hike.	7	600	Mac McPherson 703-590-1442(H)	Saturday, July 13, 2013	\$5.00	Pine Grove Picnic Area (back of lot)	9:00:00 AM	\$0.00	PWFP	Hike
1080	Bull Run Conservancy	C	A 6.2 mile circuit hike with 850 feet of elevation gain. A moderate hike past a 1742 grain mill, an old house in need of repair, a cemetery, and a few other remains. We will have a snack at the scenic overlook before descending back to the parking lot.	6	850	Mac McPherson 703-590-1442(H)	Sunday, December 14, 2014	\$0.00	Bull Run Conservancy	9:00:00 AM	\$0.00	VA	Hike
1081	High Meadows/South Valley/Oak Ridge	B	An 9.3 mile circuit hike in Prince William Forest Park past the old Taylor farm, along Quantico creek, past the dam and Oak Ridge campgrounds and along the fire road back to the parking lot. Elevation gain 600'.	9	600	Dane Luck 703-850-3266(C)	Sunday, September 21, 2014	\$5.00	Turkey Run Ridge Group Campground Parking Lot	9:00:00 AM	\$0.00	PWFP	Hike
1082	Waterfall and Wild Flower Series	A	A 12-mile circuit hike with a difficult tough 1.6-mile bushwhack to Miller Head Falls. The hike will include a climb to Hawksbill and the upper falls on White Oak Canyon. Total elevation gain is 4200 feet. A shorter option is possible. This will be the most challenging waterfall hike of the series.	12	4200	Jack Thorsen (703)-339-6716	Saturday, May 15, 2010	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$10.00	SNP	Hike
1083	Waterfall and Wild Flower Series	A	A 14.5 mile circuit hike on eastern side of Doubletop Mountain and Graves Mountain on the Chapman Mountain, Hunter , Doubletop and Graves Mountain Trails. There will be a short bushwhack down to and back from a small waterfall. There is a 9.2 mile option. The 1500 feet climb up the Hunter Trail in 1.1 miles will be a challenge. Total Elevation gain will be about 4100 feet. PATC Map 10.	14	4100	Jack Thorsen (703)-339-6716	Saturday, March 19, 2011	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$8.00	SNP	Hike

1084	Buzzards Rock	A	Got New Year's resolutions? Start the year out right. We will hike the Buzzard Rock trail to Sherman Gap trail and return. This is a 12 mile hike with about 2600 feet of elevation gain. Along the way, there will be views of Passage Creek and mighty Meneka Peak. The hike is mostly a ridge walk with great views along the way.	12	2000	Gene Vivalda 703-802-6426(H)	Wednesday, January 01, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
1085	Training Hike #1 for the Hyner Challenge	A	The NVHC will sponsor a team which will participate in the Hyner View Trail Challenge on April 17th. The Challenge is a grueling 16.8 mile Run/Hike that consists of 3 daunting climbs which add up to 4222 feet of elevation gain. Three training hikes of increasing intensity are listed on this quarter's schedule as preparation for the Challenge. The training hikes are open to all NVHC members, but participation, especially in the last two, assumes a certain level of fitness, a propensity to coexist with pain and a decided lack of common sense. Participants will be responsible for individual hotel accommodations and travel arrangements. For more information about the Challenge, which is located 20 miles west of Lock Haven, PA, please visit http://hikerun.com/6601.html . To enroll, contact Gene Vivalda at 703-802-6426 or brotch@aol.com. We will start along Jeremy's Run, climb Neighbor Mountain, take the AT to Jeremys Run and return to our starting point in Rileyville. This rugged 14 mile hike is open to all members and is the first training hike for the Hyner challenge. Elevation gain 2500 feet.	14	2500	Gene Vivalda 703-802-6426(H)	Saturday, January 23, 2010	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1086	Training Hike #2 for the Hyner Challenge	A	See January 23rd hike for description of Hyner Challenge. This is a double climb of 14/15 miles with about 4000 feet of elevation gain. We will start at the Old Rag parking lot, take the Weakley Hollow Road to the Robertson Mt trail for our first climb, follow the Corbin Mountain and Indian Run Trails to our second climb of the Corbin Canyon Cutoff Trail and return via the Nicholson Hollow Trail. This is a very rugged climb and is recommended only for experienced hikers and those training for the Hyner Challenge. Park entry fee \$8/person.	15	4000	Gene Vivalda 703-802-6426(H)	Saturday, February 27, 2010	\$5.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike
1087	Training Hike #3 for the Hyner Challenge	A	See January 23rd hike for description of Hyner Challenge. This is a triple climb of 17 miles and 4000-5000 feet of elevation gain. We will start at the Old Rag Parking lot, climb about 1000 feet up Old Rag Mountain, return to Weakley Hollow Road and climb Robertson Mt twice. That's right, twice. This is a climb that the leader might not finish, so experienced hikers and those training for the Hyner Challenge only, please. Park entry fee \$8/person.	17	5000	Gene Vivalda 703-802-6426(H)	Saturday, March 27, 2010	\$8.00	Centreville Commuter Lot	7:00:00 AM	\$11.00	SNP	Hike
1088	Raven Rocks	C	An out and back hike of 5.5 miles from Snickers Gap to Raven Rocks, a popular rock climbing area. Total elevation gain is 1600 feet. Though only 5.5 miles, hike has three steep climbs and is rocky.	6	1600	Dane Luck 703-850-3266(C)	Saturday, December 08, 2012	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	VA	
1089	Shenandoah River State Park	B	This hike offers beautiful views of the south fork of the Shenandoah River and the Massanutten Mountains to the west. We will hike about 9 miles on the recently reworked network of trails above the river and along the river bank, with a total elevation gain of about 1,000 feet or less.	9	1000	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Saturday, December 01, 2012	\$3.00	Centreville Commuter Lot	9:00:00 AM	\$8.00	VA	Hike
1090													
1091	Catoctin Mountain National Park	C	A 5 mile loop to take in some nice views and a waterfall (Cunningham Falls/Hog Rock/Blue Ridge Summit). Elevation gain 700 feet.	5	800	Meghan Dougherty 910-619-5243(C)	Saturday, May 29, 2010	\$0.00	Sterling W&OD Lot	9:00:00 AM	\$10.00	MD	Hike
1092	Blue Mountain Hike	B	This 7-mile loop hike in the Richard Thompson Wildlife Management area descends a rolling section of the AT known for its trillium (in May), with lunch overlooking Lake Thompson. Elevation gain 800 feet.	7	800	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Saturday, June 14, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$6.00	VA	Hike
1093	Rock Creek Series: Shady Grove Metro to Grosvenor Metro	A	About 14 miles of level hiking mostly along the scenic Rock Creek Trail. Fast pace (3.5 mi/hr). Brunch about three-fourths way into the hike at the posh Black Market Bistro in Garret Park. It is somewhat pricey; plan for about \$20. Return to Shady Grove Metro by Metro - bring money/fare card. Parking available at both Metro stations. E-mail leader for a Google map.	14	0	Mano Malayanur 301-562-3156(H)	Sunday, January 10, 2010	\$0.00	Shady Grove Metro, outside the fare gates	8:30:00 AM	\$0.00	MD	Hike
1094	Rock Creek Series: Grosvenor Metro to Van Ness Metro	B+	About 12 miles of level hiking mostly along the scenic Rock Creek Trail. Fast pace (3.5 mi/hr). Side trips to visit the Mormon LDS temple and the trestle bridge over Rock Creek. Late lunch after the hike at an area restaurant near Van Ness/UDC. Return to Grosvenor Metro by Metro - bring money or fare card. Parking available at Grosvenor Metro. E-mail leader for a Google map.	12	0	Mano Malayanur 301-562-3156(H)	Saturday, February 13, 2010	\$0.00	Grosvenor Metro, outside the fare gates	8:30:00 AM	\$0.00	MD	Hike

1095	Rock Creek Series: Van Ness Metro to Rosslyn Metro	C	About 9 miles of level hiking along the scenic Rock Creek Trail and the Potomac River. Side trips to the Kennedy Center, the start of the C&O Canal, and the Georgetown waterfront. Moderate pace (2.5 - 3 mi/hr). Lunch at a restaurant in Georgetown - plan for about \$20. Return to Van Ness Metro by Metro - bring money or fare card. Parking not available at either Metro station, although there are lots nearby.	9	0	Mano Malayanur 301-562-3156(H)	Sunday, March 21, 2010	\$0.00	Van Ness Metro, outside the fare gates	10:00:00 AM	\$0.00	MD	Hike
1096	Burke Lake Park	D	This 5-mile circuit hike features a level walk around a scenic lake. Meet at Burke Lake Park, main entrance. When you enter the park, from the main entrance, take a left and follow that road to the very first parking area. Sign will say Amphitheater. Park against the very first row. We will meet in the parking lot. Park entry fee for non-Fairfax County residents is \$10 (April through October only).	5	0	Lati Taghavi 703-201-8213(C)	Saturday, September 22, 2012	\$10.00	Burke Lake Park Amphitheater	9:30:00 AM	\$0.00	VA	Hike
1098	Columbia Island	D	An easy 5.7 mile hike at Columbia Island which is located in the Potomac River in Washington, D.C. and is part of the George Washington Memorial Parkway.	6	0	Jo Ann Worrell 703 220-4219(C)	Saturday, January 02, 2010	\$0.00	Theodore Roosevelt Island parking lot	8:30:00 AM	\$0.00	DC	
1099	US National Arboretum	C	The US National Arboretum is one of the city's finest outdoor treasures. This is a 7.3 mile hike with 600 foot elevation change.	7	0	Jo Ann Worrell 703 220-4219(C)	Saturday, June 05, 2010	\$0.00	R Street Arboretum gate entrance	8:30:00 AM	\$0.00	DC	
1100	Manassas National Battlefield Park	C	Join us for a 9 mile hike at Manassas National Battlefield Park. We will hike through meadows, woods, and swamps. Meet in front of the Visitor Center. Hikers can either return to the Visitor Center at the 5.5 mile point or do the entire 9.0 miles. Park Entry fee is \$3/person.	6	0	George Heavey 703-402-5067(H)	Saturday, February 04, 2012	\$3.00	Visitor Center	9:00:00 AM	\$0.00	VA	Hike
1101	Sugarloaf Mountain	B	This is an 5.5 mile circuit hike on Sugarloaf Mountain in Maryland. Total elevation change is 990 feet. Sugarloaf Mountain is a conservation/recreation area and is owned and managed by the Stronghold Foundation. We will be taking the Blue-blazed Northern Peaks trail to the White Rock overlook. This trail will show some of the more remote areas of the mountain and some equally stunning vantage points. A monadnock, Sugarloaf has exposed rock. Unlike many of the other mountains in the area, you will find mostly quartzite here, and some metabasalt also. Meet at the main parking area at the base of Sugarloaf Mountain, off Comus Road (Stronghold Mountain entrance parking.) For directions see http://www.sugarloafmd.com/sl_directions.html	6	990	Sylvia Lake 301-503-7954(C)	Sunday, January 03, 2010	\$0.00	Sugarloaf Mountain Main Parking	8:00:00 AM	\$0.00	MD	Hike
1102	Waterfall and Wild Flower Series	A	A 16-mile circuit in the on the Mount Marshall, Bluff and Appalachian to the falls on Waterfall Branch with an elevation gain of 3400 feet. A 12- mile option is possible with a car shuttle. There will be 2 miles of bushwhacking. PATC Map 9.	16	3400	Jack Thorsen (703)-339-6716	Saturday, July 17, 2010	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
1103	Waterfall and Wild Flower Series	A	A 14 mile circuit hike with 3100 ft. of ascent on the Devil's Ditch, Slaughter, Appalachian and Pocosin Hollow Trails. We will visit an old cemetery, old homestead and Devil's Ditch falls. There will be a short bushwhack. PATC Map 10.	14	3100	Jack Thorsen (703)-339-6716	Saturday, August 21, 2010	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
1104	Waterfall and Wild Flower Series	A	A 13-mile circuit hike to Falls Ridge Falls in Great North Mountain west of Columbia Furnace with 2300 feet of elevation gain. There is a short but difficult bushwhack down to and back up from the falls. PATC Map F.	13	2300	Jack Thorsen (703)-339-6716	Saturday, June 19, 2010	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	GWNF	Hike
1105	James River	D	A 6.3 mile urban circuit hike in the City of Richmond James River Park System. Great views of the James river, some wildlife and a few urban distractions such as traffic, trains, people, etc. We will pass three cemeteries. This is a beautiful hike for an urban setting and a worthwhile break from our normal deep forest hikes. Round trip tolls of \$1.	6	0	Mac McPherson 703-590-1442(H)	Sunday, April 11, 2010	\$0.00	Woodbridge Commuter Lot	8:00:00 AM	\$15.00	VA	Hike
1106	South Valley/Taylor Farm/Turkey Run	D	A moderately paced 5 mile circuit hike through this Piedmont forest of the Quantico creek watershed. We will hike Turkey Run Ridge, South Valley along the Quantico creek, and the old Taylor Farm road -- but not necessarily in that order. We will end at our starting point at Turkey Run Ridge group camp grounds. Park fee can be paid after the hike. There will be an additional 5 mile option at the conclusion of the hike.	5	300	Mac McPherson 703-590-1442(H)	Friday, November 07, 2014	\$5.00	Turkey Run Ridge Group Campground Parking Lot	9:00:00 AM	\$0.00	PWFP	Hike
1107	Buzzard Rock Short Hike	D	A 4 mile out and back hike with 650' elevation gain. We will maintain a moderate pace for a 2 mile hike up to Buzzard Rock cliffs for great views Winchester, Front Royal and Fort Valley. We will return to the parking lot by retracing the hike.	4	650	Mac McPherson 703-590-1442(H)	Sunday, May 23, 2010	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$9.00	GWNF	Hike
1108	Manassas Battlefield	D	A 5.3 mile circuit hike at a moderate pace in Manassas Battlefield. We will hike past the statue of General Jackson and placards of the various strategic points and events that took place on the Battlefield. Our hike will take us passed a well preserved stone bridge, a line of cannons on Mathews Hill, and the Stone House which served as a field hospital. You may want to plan to watch the 1 hour movie before or after the hike -- but it is not part of this hike. There is an additional \$3.00 charge for the movie of the 2 Manassas battles.	5	0	Mac McPherson 703-590-1442(H)	Sunday, June 06, 2010	\$3.00	Henry Hill Visitors Center	10:00:00 AM	\$0.00	VA	Hike

1109	High Meadows/South Valley/ Taylor Farm	D	A moderately paced 4.6 mile circuit hike through this Piedmont forest of the Quantico Creek watershed. We will hike along the Quantico creek on the South Valley trail then a gradual uphill on the old Taylor Farm road and on to High Meadows. We will do a short carpool from the meeting place to the starting point. The park entry fee can be paid at the end of the hike.	5	0	Mac McPherson 703-590-1442(H)	Sunday, August 11, 2013	\$5.00	Pine Grove Picnic Area Back of Lot	9:00:00 AM	\$0.00	PWFP	Hike
1110	Elkwallow Loop	B	In an effort to catch the mountain laurel at its peak, we will do a 9.2 mile circuit hike using the Elkwallow, Tuscarora, AT, Sugarloaf and Piney Branch trails Elevation gain approximately 1400 feet.	9	1400	Dane Luck 703-850-3266(C)	Saturday, June 07, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
1111	Half Moon Lookout	A	A ten mile circuit hike featuring the views from Half Moon Lookout where you will view Big Schloss, Tibett Knob and Great North Mountain. We will hike along the Bucktail and Half Moon Lookout trails with a steep climb to the lookout. Elevation gain of 1500 feet.	10	1500	Todd Birkenruth 703-262-0340(H)	Saturday, April 03, 2010	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
1112	North Mountain Trail Circuit	A	A ten mile circuit hike on the North Mountain, Laurel Run, and Falls Ridge Trails. The trail follows the ridge of Great North Mountain, descends through a mountain laurel forest, and climbs back up the ridge. Elevation gain of 1,500 feet.	10	1500	Todd Birkenruth 703-262-0340(H)	Sunday, October 31, 2010	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$10.00	GWNF	Hike
1113	Rose River/Dark Hollow Falls	A	Explore the Rose River and Dark Hollow trails starting from the bottom of the mountain near the town of Syria on this 12 mile hike with about 2184 feet of elevation gain.	10	2200	Gene Vivalda 703-802-6426(H)	Saturday, June 15, 2013	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	SNP	Hike
1114	Trail Maintenance Work Trip	Fun	We will continue clearing what winter has brought to the Three Top Mountain section of the Tuscarora Trail. We will remove broken limbs and other debris from the trail, cut blowdowns that are small enough not to require a chainsaw, and identify other tasks needed to keep the trail in good shape. I will bring tools and work gloves for everyone, but each worker needs to bring their own water, snacks, and lunch. Please let me know by FRIDAY evening if you can join us so I will know how many tools and other supplies we will need.	6	500	Emeline Otey 202-462-7049(H)	Saturday, May 08, 2010	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
1115	NVHC 20th Anniversary Celebration	Fun	In April 2010 the Northern Virginia Hiking Club will turn 20. A gala event is planned on the afternoon of May 9th to celebrate (members only). Choice of two hikes, one easy and one more challenging, will be followed by a catered picnic at Bull Run Regional Park, Centreville, VA. Advance registrations are required. The club will fund part of the rather frugal dinner, but requires a \$5 co-pay at the time of registration per attendee. To pay \$5 and register on-line go to http://www.nvhc.com/Twentieth_buy.htm , or to register by snail-mail, send a check payable to the Northern Virginia Hiking Club, addressed to Mano Malayanur, 10011 Brunswick Avenue, Silver Spring, MD 20910, marking the check with the note, "NVHC 20th Anniversary" with a separate sheet with the names of all members attending. THIS EVENT IS FOR MEMBERS ONLY. If you plan to bring non-member guests, have them join the club first. Visit www.nvhc.com for information on how to join the club. No pets please. All registration requests must be received by April 26th. The number of participants we can accept is limited to 50, and in the unlikely event that we run out of spots before we receive your registration, your money will be returned. First come first served, so sign up early! You will receive a confirmation one way or the other, with details if confirmed, within a few days. E-mail (malayanur@yahoo.com) or call leader with questions. See you there! Park entry fee \$7 (free if resident of Alexandria, Arlington, City of Fairfax, Fairfax County, Falls Church and Loudoun).			Mano Malayanur 240-604-6365(C)	Sunday, May 09, 2010	\$0.00	TBD		\$0.00	VA	Hike
1116	Burke Lake Park	D	This 5-mile circuit hike features a level walk around a scenic lake. Meet at Burke Lake Park, main entrance. When you enter the park, from the main entrance, take a left and follow that road to the very first parking area. Sign will say Amphitheater. Park against the very first row. We will meet in the parking lot. Park entry fee for non-Fairfax County residents is \$10 (April through October only).	5	0	Lati Taghavi 703-201-8213(C)	Sunday, October 21, 2012	\$10.00	Burke Lake Park Amphitheater	9:30:00 AM	\$0.00	VA	Hike
1117	Lower Manhattan Special	C	A 7.5 mile hike through lower Manhattan. The hike passes many New York neighborhoods and icons including Ground Zero, Wall Street, the Brooklyn Bridge and much more. Time permitting we'll take the ferry to the Statue of Liberty or ride the Staten Island Ferry. More info at http://snipr.com/nvhclms	8	0	Mike Gingerich 202-370-7957 & Mano Malayanur 301-562-3156	Saturday, May 08, 2010	\$0.00	TBD	1:30:00 AM	\$35.00	NYC	Hike
1118	Urban Hike: Richmond #1	C	On this first of two hikes in Richmond, VA, we will explore the historic downtown area. Second hike will be scheduled in the coming months. Attractions include the Capitol Square, Patrick Henry Park, Poe Museum, Virginia Holocaust Museum, Jefferson Park, Libby Terrace Park, Brown Island Park, and much more. About 8-10 miles at a moderate pace (3 mi/hr). Lunch at one of the downtown restaurants. Bring cash for lunch, car pool fee, and shared parking fee.	10	0	Mike 202-370-7957 and Mano 301-562-3156	Saturday, April 17, 2010	\$0.00	Rte. 234 Parking Lot between I-95 and US 1	8:00:00 AM	\$15.00	VA	

1119	Otter Creek Wilderness Backpack	A	A two day, 15 mile backpack in the eastern side of Otter Creek Wilderness in the Monongahela National Forest, WV. Info at http://snjpr.com/ocwild	15		Mike Gingerich 202-370-7957	Saturday, June 19, 2010	\$0.00	TBD		\$28.00	WVA	Camp
1120	Get to Know Southwest/Southeast DC Hike	D	This 6-mile walk in Southwest and Southeast Washington, D.C., features historic and contemporary sites covering more than 200 years of history along the Southwest Heritage Trail and Anacostia River Walk. On this mostly level jaunt, we will traverse Southwest DC's 1960s urban renewal quarter, see Nationals Park, tour the Navy Yard, and stroll through the Congressional Cemetery. We will meet at 9 a.m. at L'Enfant Plaza metro entrance (D Street SW between 6th & 7th Streets) and return from the Potomac Ave. Metro stop. Bring Metro money, lunch, and water. This is a joint effort between NVHC and Sierra Club Potomac Region Outings.	6	0	Nancy Benco 202 366-1639 & Jane Hudson 301-589-8708	Saturday, May 22, 2010	\$0.00	L'Enfant Plaza Metro Entrance	9:00:00 AM	\$0.00	DC	Hike
1121	Mason Neck State Park	C	A 8.5 mile hike of Belmont Bay shoreline trails, marshlands, woodlands, and a protected habitat for wildlife in Mason Neck State Park. Meet at Shoreline parking lot, next to restrooms and playground. This will be a moderately paced hike (approximately 2.5 mph moving average; 2.0 mph overall average).	8	0	Emeline Otey 202-462-7049(H) & Marty Rine 571-344-5141(C)	Sunday, April 27, 2014	\$4.00	Mason Neck Shoreline Parking Lot	9:00:00 AM	\$0.00	VA	Hike
1122	Leesylvania State Park	C	A 7.5 mile circuit hike in Leesylvania State Park covering wooded uplands, Powell's Creek, Potomac river shoreline, Robert E. Lee's family homestead ruins, and a Civil War gun battery. Expect hike to take 3 hours. Meet at parking lot on right, approx. 300 yards beyond the Entry kiosk.	8	0	Dane Luck 703-850-3266(C)	Sunday, October 19, 2014	\$4.00	Leesylvania State Park	9:00:00 AM	\$0.00	VA	
1123	Photo Friendly Hike: Sky Meadows State Park Circuit	C	A moderate hike in Sky Meadows State Park starting at the Visitors Center we will ascend the South Ridge Trail to the junction with North Ridge Trail. After a short distance we will pass over the current AT Trail and follow a 1.9 mile section of the old AT Trail until returning to the current AT Trail. After a brief stint on the AT we will turn left onto the Ambassador Whitehorse Trail with its spectacular views of Paris and the Virginia countryside, while meandering gently down hill through meadows with a stop at Piedmont Overlook leaving a short distance to the starting point. Time will be provided throughout the hike to take photography. The hiking will be at a moderate rate covering approximately 7.9 miles with 1,200 feet of elevation gain.	8	1200	Gene Kulas 703-508-3250(C)	Sunday, April 11, 2010	\$4.00	Centreville Commuter Lot	8:00:00 AM	\$5.00	VA	Hike
1124	Old Rag Summit	A	This rocky 7.4 mile hike is going to bring us to great views from Old Rag Mountain. Elevation gain is 2200'. We begin our hike on the Weakley Hollow Fire Road, continue with Saddle Trail, and finish on the Ridge trail. Dirt roads and dirt trails meander through mixed hardwood forest on lower slopes and along the trout stream at the foot of the mountain. Park entry fee is \$8/person.	8	2200	Mina Guevara 571-237-4062	Saturday, August 03, 2013	\$8.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike
1125	Waterfall and Wild Flower Series	A	An 11.5 mile circuit hike with 1900 feet of elevation gain on the Tuscarora, Massanutten Loop and Milford Gap Trails to include fording the South Fork of the Shenandoah River. PATC Map G.	12	1900	Jack Thorsen (703)-339-6716	Saturday, September 18, 2010	\$0.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	VA	Hike
1126	Catoctin Trail #4	B	Fourth of four B-level hikes to cover the entire length of the Catoctin Trail. This segment starts at scenic Cunningham Falls and then crosses Rte 77 into Catoctin Mountain National Park. Distance is 7 miles with total elevation gain of about 1000 feet. Car shuttle required. Park Entry Fee: \$2 MD residents, \$3 out of state	7	1000	Dean Simmons 443-504-5538(C)	Sunday, September 26, 2010	\$3.00	Carderock Rec Area, MD	8:00:00 AM	\$10.00	MD	Hike
1127	Turk Mountain -McCormick Gap	A	This is a 10.1 mile linear hike with elevation gain of 2300 feet in the southern section of Shenandoah National Park. The hike starts at Wildcat Ridge parking, just after Skyline Drive MP 92, and follows the AT south, ending at McCormick Gap. A spur trail to Turk Mountain offers great valley views to the west while having lunch. Car shuttle required.	10	2300	Mark Rietman 703-395-5327(C)	Saturday, August 14, 2010	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$15.00	SNP	Hike
1128	AT North from Paine Run Trail to Loft Mountain Wayside	B	After a short climb up Blackrock Mountain, we will amble 9 miles north along the AT to the Frazier Discovery Trail, which we will follow to the restaurant at Loft Mountain Wayside. Here we will enjoy blackberry sundaes and other treats while we wait for the shuttle cars to return. Elevation gain is about 1,600 feet. A short car shuttle is required.	9	1600	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Saturday, July 24, 2010	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$15.00	SNP	Hike
1129	Trail Maintenance Worktrip	Fun	Join us in keeping the Three Top Mountain section of the Tuscarora Trail in good shape. We will remove broken limbs and other debris, cut blowdowns that don't require a chainsaw, trim back raspberry vines and other plants growing into the trail, and do other tasks as needed. I will bring tools and work gloves for everyone, but workers need to their own bring water, snacks, and lunch. Please let me know by THURSDAY evening if you can join us so I will know how many tools and other supplies we will need.	6	500	Emeline Otey 202-462-7049(H)	Sunday, October 30, 2011	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
1130	Marys Rock	B	A 7.4 mile out and back hike with an elevation gain of 1400 feet from the Pinnacles Picnic Area to Marys Rock. Climb over the park's third highest summit, The Pinnacle. Great views along the way and from the final destination, Marys Rock.	7	1400	Ashley Lewis 571-255-0191	Sunday, September 14, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike

1131	Elkwallow/Piney Ridge/Thornton River	A	Starting at Elkwallow Gap, we will hike the AT, descend to the Thornton River by way of the Piney Ridge and Fork Mountain trails. After lunch along the River, where you will have a chance to soak your tootsies, return to Elkwallow by way of the Thornton River and Appalachian Trails. No guarantees, but bear sightings are a definite possibility. This will be an 11 mile hike with 2400 feet of elevation gain.	11	2400	Gene Vivalda 703-802-6426(H)	Saturday, August 18, 2012	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1132	Bear Church Rock	B	An 8 mile moderately-paced visit to remote Bear Church Rock. There will be excellent views in central SNP via Staunton River and Jones Mountain Trails. We will stop for beautiful sites. Elevation gain 1500'.	8	1500	Mina Guevara 571-237-4062	Saturday, May 03, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1134	High Meadows/South Valley/Oak Ridge	B	A 9.3 mile circuit hike past the old Taylor farm, along Quantico creek, past the dam and Oak Ridge campgrounds and along the fire road back to the parking lot. Elevation gain 600'.	9	600	Mike Gingerich 202-370-7957	Sunday, August 17, 2014	\$5.00	Turkey Run Ridge Group Campground Parking Lot	8:00:00 AM	\$0.00	PWFP	
1135	Manassas to Chester Gap on the AT	B	An 8.2 mile hike with 1500 foot elevation gain along the Appalachian Trail from Manassas Gap (I-66) south to Chester Gap (Route 522). We will pass near the edge of the Conservation and Research Center of the National Zoological Park. Car shuttle required.	8	1500	Ed Brimberg 703-944-9920(C)		\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	VA	Hike
1136	G. Richard Thompson Loop	B	An 8.5 mile circuit hike with 1700' elevation gain in the G. Richard Thompson Wildlife Management Area. The hike will start at parking lot #3 proceed to the AT and hike the AT to the Verlin Smith trail. If we are lucky we could see the concentration of hawks that migrate across the area each fall.	8	1700	Mac McPherson 703-590-1442(H)		\$0.00	Centreville Commuter Lot	8:00:00 AM	\$4.00	VA	
1137	North and South Valley Loop	A	An fast paced 11.4 mile circuit hike with 1000' elevation gain in Prince William Forest Park. A great hike through gently rolling wooded terrain along the North Valley trail of Quantico creek past the old pyrite mine and loops around to the other creek branch on South Valley trail. A quiet walk through nature in this Piedmont forest of the Quantico Creek watershed.	11	1000	Mac McPherson 703-590-1442(H)	Friday, December 02, 2011	\$5.00	Pine Grove Picnic Area (back of lot)	9:00:00 AM	\$0.00	PWFP	Hike
1138	Waterfall and Wild Flower Series	A	A 9-mile circuit hike with 2200 feet of elevation gain to two falls on Big Creek on the Powell Mountain, Meadow School and Appalachian Trails with about 2.5 miles of bushwhacking. There is an optional climb up to Bear Fence Mountain. PATC Map 10.	9	2200	Jack Thorsen (703)-339-6716	Saturday, October 16, 2010	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
1139	Waterfall and Wild Flower Series	A	An 11 mile circuit hike to Big Fill Falls with about 1 ½ miles of bushwhacking on the Red Gate Fire Road, Big Meadows Horse and Appalachian Trails. Elevation gain is about 2900 feet. PATC Map 10.	11	2900	Jack Thorsen (703)-339-6716	Saturday, November 20, 2010	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$9.00	SNP	Hike
1140	Waterfall and Wild Flower Series	A	A 15.5 mile circuit hike with a half mile bushwhack to Jordan River Falls on the Bluff, Mount Marshall, Jordan River and Appalachian Trails. Total elevation gain is 2700 feet. There is an 10 mile option with a shuttle. PATC Map 9.	16	2700	Jack Thorsen (703)-339-6716	Saturday, December 18, 2010	\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$8.00	VA	Hike
1141	woo												
1142	AT Across Maryland 1 of 6	B	First of 6 B-level hikes to cover the length of the AT across Maryland. This hike will begin at Pen Mar on the Maryland-Pennsylvania border and head south, climbing over Quiraok Mountain before descending to Raven Rock Road, some 6.3 miles later. Total ascent is roughly 1,000 feet. Short car shuttle required.	6	1000	Dean Simmons 443-504-5538(C)	Sunday, October 17, 2010	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$10.00	MD	Hike
1143	AT Across Maryland 2 of 6	B	2nd of 6 B-level hikes to cover the length of the AT across Maryland. From Raven Rock Road, we'll continue south over Buzzard Knob and then up rocky Hemlock Hill before ending 7.8 miles later at Black Rock Road. Total ascent is nearly 1,600 feet. Short car shuttle required.	8	1600	Dean Simmons 443-504-5538(C)	Sunday, November 07, 2010	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$12.00	MD	Hike
1144	AT Across Maryland 3 of 6	B	3rd of 6 B-level hikes to cover the length of the AT across Maryland. Starting from Black Rock Road, we'll climb to the top of Canada Hill, pass Black Rock and Annapolis Rock, and continue on to Washington Monument. We gain about 1,300 feet on our 7.8 mile route. Short car shuttle required.	8	1300	Dean Simmons 443-504-5538(C)	Sunday, December 05, 2010	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$12.00	MD	Hike
1145	Moonlight Beach Hike	D	About six miles on the sands at Rehoboth Beach under a near-full moon. Weather and the moon are usually at their best in October. Moderate pace. We will drive out in the late afternoon, dine at Rehoboth Beach, and then walk along the beach. Return will be late Saturday night. Cost includes car pool fees (split twice the cost of gas) and dinner (\$207). E-mail (malayanur@yahoo.com) or call leader for details and to register.	6	0	Mano Malayanur 301-562-3156(H)	Saturday, October 23, 2010	\$0.00				DE	Hike
1146	Jeremy's Run and Neighbor Mountain	A	About 14 miles with 2,800 feet of elevation gain, with many stream crossings. Moderate pace (2 mi/hr). We will start at Jeremy's Run Overlook parking, complete the Neighbor Mountain trail, and then climb up the Jeremy's Run trail to connect back with the AT which will take us back to the parking lot. Given the length, difficulty, and time of the year, we will start early. Bring plenty of food, water, good footwear, and clothes for the weather.	14	2800	Mano Malayanur 301-562-3156(H)	Sunday, November 21, 2010	\$15.00	Centreville Commuter Lot	7:00:00 AM	\$10.00	SNP	Hike

1147	Corbin Mountain - Robertson Mountain	A	Beginning from the Lower Old Rag parking area, hike along Nicholson Hollow trail to the Corbin Mountain trail to Old Rag Fire Road, next we ascend Robertson Mountain and enjoy the views until our return via the Weakley Hollow Fire Road. PATC Map 9.			Mark Rietman 703-395-5327(C)	Saturday, November 06, 2010	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
1148	Sky Meadow State Park Circuit	C	A moderate hike starting at the Visitors Center. We will ascend the South Ridge Trail to the junction with North Ridge Trail. After a brief stint on the AT we will turn left onto the Ambassador Whitehorse Trail with it's spectacular views of Paris and the Virginia countryside. From there we will meander gently downhill through meadows with a stop at Piedmont Overlook leaving a short distance to the starting point. The hiking will be at a moderate rate covering approximately 7.9 miles with 1200 feet of elevation gain.	8	1200	Gene Kulas 703-508-3250(C)	Saturday, October 30, 2010	\$4.00	Centreville Commuter Lot	8:00:00 AM	\$4.00	VA	Hike
1149	Stony Man Photo Friendly Hike	C	A 4.5 mile hike starting at the AT Trail parking lot between MP 41/42. The route goes North on the Passamaquoddy Trail below Little Stony Man Cliffs to the junction with the AT. We then turn right onto the AT climbing up to Stony Mountain and the overlook trail. The overlook is at 4011 ft. with spectacular views of the Shenandoah Valley. Then back onto the AT trail returning to the AT trailhead parking lot. Approximate 600 foot elevation gain.	4	600	Gene Kulas 703-508-3250(C)	Saturday, December 11, 2010	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1150	Waterfall and Wild Flower Series	A	TBD	16	2700	Jack Thorsen (703)-339-6716		\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$8.00	VA	Hike
1151	Waterfall and Wild Flower Series	A	An 11.5 mile circuit hike to include a 3 mile bushwhacks to the waterfall in Timber Hollow to on the Appalachian, Big Meadows Horse and Salamander Trails. Total elevation gain is 3500 feet. PATC Map 10.	12	3500	Jack Thorsen (703)-339-6716	Saturday, May 21, 2011	\$15.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$12.00	SNP	Hike
1152	Waterfall and Wild Flower Series	A	TBD	16	2700	Jack Thorsen (703)-339-6716		\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$8.00	VA	Hike
1153	Robertson/Corbin Mountain Trails	A	This is a difficult 11 mile hike with about 3000 feet elevation gain. We will take the Weakley Hollow Fire Road to the Robertson Mountain trail. From there we will take the Corbin Mountain trail back to the start. Excellent views of Corbin Hollow and Old Rag. Park entry fee \$8/person.	11	2500	Jennifer Hine 571-236-2668(C)	Saturday, April 13, 2013	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1154	High Meadows, South Valley and Oak Ridge Circuit	C	An 8 mile circuit hike through this Piedmont forest of the Quantico Creek watershed. We will hike along the Quantico creek on the South Valley trail to the Oak Ridge campground to enjoy a changing forest surroundings. We will do a short carpool from the meeting place to the starting point	8	500	Mac McPherson 703-590-1442(H)	Sunday, February 27, 2011	\$5.00	Pine Grove Picnic Area Back of Lot	9:30:00 AM	\$0.00	PWFP	Hike
1155	Lewis, Rose, and Dark Hollow Falls	A	A challenging 8.4 mile circuit hike with about 2,100 feet elevation gain. We will start at the Big Meadows Visitor Center and hike to Lewis falls, then a strenuous 1 mile uphill to the AT around the campgrounds, and down to Rose River falls for lunch. After lunch we have a moderate climb for about 1 mile to the fire road at Dark Hollow Falls, and back to the Visitor Center via Dark Hollow Falls trail which is very steep for 0.8 miles. Dogs are not permitted on the Dark Hollow Falls trail.	9	2200	Mac McPherson 703-590-1442(H)	Saturday, October 18, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	
1156									Manassas Commuter Lot				
1157									Pine Grove Picnic Area (back of lot)				
1158													
1159	AT Across Maryland 4 of 5	B	Fourth of 5 B-level hikes to cover the length of the AT across Maryland. This hike will begin at Washington Monument State Park and climb over Lambs Knoll before descending to Gathland State Park some 7.5 miles later. Total ascent is roughly 1,000 feet. Short car shuttle required.	8	1000	Dean Simmons 443-504-5538(C)	Sunday, January 23, 2011	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$9.00	MD	Hike
1160	AT Across Maryland 5 of 5	B	5th of 5 B-level hikes to cover the length of the AT across Maryland. From Gathland State Park, we'll head south to Weverton Cliff before making the steep descent to the C&O Towpath. We'll take that nearly level trail on to Harpers Ferry, some 9 miles from our start. Total ascent is about 600 feet, descent is over 1,000. Short car shuttle required.	9	600	Dean Simmons 443-504-5538(C)	Sunday, February 20, 2011	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	MD	Hike
1161	Greenbrier State Park	B	This hike explores Greenbrier State Park, one of Maryland's small mountain parks adjacent to the Appalachian Trail. From Canada Hill on US 40, we'll head south on the AT, then descend to Greenbrier Lake and the trail network there. Total distance, about 8 miles, with 800 feet of elevation gain. Short car shuttle required.	8	800	Dean Simmons 443-504-5538(C)	Sunday, March 20, 2011	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$9.00	MD	Hike
1162	Prince William Forest Park	B	A fast paced 10 mile circuit hike, starting from the Turkey Run Education Center (TREC), we'll go down the North Valley trail and back along the South Valley trail. Hike is 10 miles long with 1000' of elevation gain.	10	1000	Mac McPherson 703-590-1442(H)	Saturday, October 26, 2013	\$5.00	Turkey Run Ridge Group Campground Parking Lot	9:00:00 AM	\$0.00	PWFP	Hike

1163	Leading Ridge	A	Hiking the Leading Ridge Trail has been described by 2 veteran hike leaders as "a hike with absolutely no redeeming value." Thus, you are cordially invited to join me as we descend Crusher Ridge in order to climb the length of Leading Ridge. Leading Ridge is about one mile long and steep....very steep. Once we have completed the initial loop of Crusher and Leading Ridge, we will hike the Appalachian Trail and complete a 10-12 mile hike with about 2250 feet of elevation gain.	12	2550	Gene Vivalda 703-802-6426(H)	Sunday, March 27, 2011	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	SNP	Hike
1164	Nicholson Hollow/Hannah Run/Hot Mountain	A	Hike on the trails less traveled. We will begin at the Old Rag Parking Lot, take the Nicholson Hollow Trail to a steep climb of the Hannah Run Trail and return via the Hot/ Short Mountain Trail where we will experience seldom seen, spectacular, mountain views of Robertson Mt, Old Rag and Hot Mountain. This is an 11 mile hike with about 2000 feet of elevation gain. Be forewarned ...the last half mile up the Hannah Run trail is a challenge. Park entry fee \$5/person.	11	2000	Jennifer Hine 571-236-2668(C)	Sunday, December 02, 2012	\$5.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
1165	Annapolis	C	About 7-8 level miles through historic Annapolis. Moderate pace (3 mi/hr). Lunch at a downtown restaurant after the hike. We will split parking fees.	7	0	Mike 202-370-7957 and Mano 301-562-3156	Saturday, January 15, 2011	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$12.00	MD	Hike
1166	Fredericksburg	C	About 7-8 level miles through Civil War battlefields and historic downtown Fredericksburg. Famous sites along the way. Moderate pace (3 mi/hr). Lunch at a downtown restaurant during the hike. Requires a short car shuttle - there are convenient bars nearby for those who need to wait.	7	0	Mike 202-370-7957 and Mano 301-562-3156	Saturday, February 19, 2011	\$0.00	Springfield Metro (just outside the fare gates)	8:00:00 AM	\$8.00	VA	Hike
1167	Richmond II	C	About 7-8 level miles through Civil War sites, the famous Hollywood cemetery, and the famous Monument Avenue. Excellent view of the James river. Moderate pace (3 mi/hr). Lunch at a downtown restaurant during the hike. We will split the car pool fees.	7	0	Mike 202-370-7957 and Mano 301-562-3156	Saturday, March 19, 2011	\$0.00	Springfield Metro (just outside the fare gates)	8:00:00 AM	\$20.00	VA	Hike
1168	National Arboretum	D	This four-mile-long, mildly strenuous hike through gardens, meadows and woods. Approximately two-hour walk over hilly and uneven terrain. Afterwards, jump into the Year of the Rabbit with a visit to the Bonsai Museum. See how many rabbits you can find among the viewing stones! This special exhibit celebrates the Lunar New Year, the transition from winter to spring that Asian cultures traditionally considered the beginning of a new year. Meet at the Vienna Metro at 10am or at the Arboretum at 11am.	4	0	Nancy Lake (703)-352-9006(H)	Sunday, February 13, 2011	\$0.00	Vienna Metro	10:00:00 AM	\$3.00	DC	Hike
1169	Exploring Washington on Foot	C	Follow Hike #6 in Bob Bruton's Book. Hike begins in Foggy Bottom and we will walk past beautifully restored mansions, Georgetown University, along Reservoir Road, through Glover-Archbold Park and past Embassy Row. End at Dupont Circle. 6.4 miles. Bring money for lunch following hike (optional). Hike ends at Dupont Circle Metro Station	6	0	Nancy Lake (703)-352-9006(H)	Sunday, January 09, 2011	\$0.00	Foggy Bottom Metro	10:00:00 AM	\$0.00	DC	Hike
1170	AT from Harpers Ferry to SNP #1	B	First of 9 B-level hikes to cover the AT from Harpers Ferry to Shenandoah National Park. This hike will begin at the AT Headquarters in Harpers Ferry, cross the Shenandoah, and then climb Loudoun Heights before ending at Keys Gap some 8 miles later. Total ascent is roughly 1,500 feet. Short car shuttle required.	8	1500	Dean Simmons 443-504-5538(C)	Sunday, April 17, 2011	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$8.00	VA	Hike
1171	AT from Harpers Ferry to SNP #2	B	Second of 9 B-level hikes to cover the AT from Harpers Ferry to Shenandoah National Park. This hike will begin at Keys Gap where Route 9 crosses the Virginia-West Virginia border and head south to the PATC's Blackburn Trail Center, some 7 miles from our start. Total ascent is about 1000 feet. Short car shuttle required.	7	1000	Dean Simmons 443-504-5538(C)	Sunday, May 22, 2011	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$8.00	VA	Hike
1172	AT from Harpers Ferry to SNP #3	B	Third of 9 B-level hikes to cover the AT from Harpers Ferry to Shenandoah National Park. This hike will begin at the PATC's Blackburn Trail Center, and follow the AT south about 7 miles to Snickers Gap, crossing the dramatic Devil's Racecourse along the way. Total elevation gain is about 1000 feet. Short car shuttle required.	7	1000	Dean Simmons 443-504-5538(C)	Sunday, June 19, 2011	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$9.00	VA	Hike
1173	Bear's Den Hostel	A	Get ready for summer on this 12.5 mile hike with 3500 feet of elevation gain. We will hike the Appalachian Trail from VA 605 to Bear's Den Hostel, where we will have lunch, before our return trip to VA 605. Since this route is part of the infamous "Roller Coaster", prepare yourself for a difficult, challenging, yet oddly rewarding hike.	12	3500	Gene Vivalda 703-802-6426(H)	Saturday, June 23, 2012	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$10.00	VA	Hike
1174	Birch Bluff/Turkey Run Loop	A	A fast paced 11-12 mile circuit hike through this Piedmont forest of the Quantico Creek watershed. We will hike along the Quantico creek on the South and North Valley trails past the Pyrite mine and the old Taylor farm. There is about 800' elevation gain as we hike up and down rolling hills throughout the hike. If you do not have a national park pass you can pay the park entry fee after the hike.	11	800	Mac McPherson 703-590-1442(H)	Saturday, November 09, 2013	\$5.00	Pine Grove Picnic Area (back of lot)	9:00:00 AM	\$0.00	PWFP	Hike

1175	Quarterly Social	D/Fun	About five miles of hiking in Rock Creek Park with some basic elevation gain. After the hike we will find a neighborhood restaurant/watering hole in Cleveland Park for a snack/dinner/drink. Bring good footwear and cash for the snack/dinner/drink. Meet on Connecticut Ave. at Cleveland Park Metro (North bound side)	5	200	Mano Malayanur 240-604-6365(C)	Sunday, December 02, 2012	\$0.00	Cleveland Park Metro (North bound side)	3:00:00 PM	\$0.00	VA	Hike
1176	Spring in Manhattan	C/Fun	This Springtime urban hike through midtown Manhattan includes hiking past NY icons such as Central Park, Times Square, Madison Square Garden, U. N. Building, Grand Central Station, Empire State Building, and so on. The hike is about 8-9 miles of walking through Manhattan's streets and parks. The hike will start early in the morning in NY and end in the afternoon. REGISTRATION REQUIRED. Details at http://tinyurl.com/nvhcmhanttan Register at: http://www.eventbrite.com/event/5490229424#	9	0	Mike 202-370-7957 and Mano 240-604-6365(C)	Saturday, June 01, 2013	\$0.00	Contact leaders		\$0.00	NY	Hike
1177	Meadowood Recreation Area - Lorton, VA	B	A 9.9 mile hike on a former farm and current hiker and equestrian area. Groomed trails wind through rolling hills, bubbling brooks and scenic woodlands that are managed by the US Dept. of the Interior. Directions: From the intersection of Richmond Hwy (Rte.1) and Gunston Road, go 2.5 miles on Gunston Rd. to a right on Harley Rd., look for the sign on right for "Mustang Trailhead Parking".	7	250	George Heavey 703-402-5067(H)	Saturday, December 15, 2012	\$0.00	Mustang Trailhead Parking	9:00:00 AM	\$0.00	VA	Hike
1178	Fridley Gap	A	Great hike with something at every turn. 10.5 miles, 2780' elevation gain, between 4.5 and 6.5 hrs depending on pace. Starts with a streamside up to meadow, to a leisurely stroll along rockslides and pine roads, to stream crossings and rocky tops. Lunch is at an ideal swimming hole, with a special prize for anyone who gingerly climbs in to partake. Lose that lunch (figuratively or literally) with a hard climb, followed by a 2 mile streamside descent to the car. Starts and ends with streams, offers views, swimming, and a sustained climb better than a Stairmaster.	10	2780	Mark Anderson 202-246-6308(C)	Sunday, July 28, 2013	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$16.00	GWNF	Hike
1179	Accotink Section of Fairfax Cross County Trail	D	Join us for a 6 mile hike on a wildflower-lined trail that runs along Accotink Creek to Lake Accotink. Meet at the Hunter Village Drive trail entrance, near the car pool staging area signs, at the intersection of Hunter Village Drive and Old Keene Mill Road in Springfield, VA. Parking is available on the shoulder, on either side of Hunter Village Drive. On the way back, we will stop and have a snack at a scenic area along the creek.	5	0	Lati Taghavi 703-201-8213(C)	Sunday, October 28, 2012	\$0.00	Hunter Village Drive Trail Entrance	9:30:00 AM	\$0.00	VA	Hike
1180	Whiteoak Canyon/Cedar Run	A	This is a strenuous 10 mile circuit with 2,450 elevation gain that has some of the most spectacular waterfalls in the Shenandoah National Park (5 major falls and numerous cascades!). Combining two out-and-back hikes, Whiteoak Canyon & Cedar Run, this loop starts at the bottom of the valley and cuts over near the top of the ridge. Park entry fee is \$8/person.	10	2450	Rusty Barber 202-352-6082	Sunday, May 15, 2011	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
1181	Buzzards Rock	A	Hike the Buzzard Rock trail to Sherman Gap trail and return. This is an 12 mile hike with about 2000 feet of elevation gain. Along the way, there will be views of Passage Creek and mighty Meneka Peak. The hike is mostly a ridge walk with great views along the way.	12	2000	Jennifer Hine 571-236-2668(C)		\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
1182	Waterfall and Wild Flower Series	A	TBD	16	2700	Jack Thorsen (703)-339-6716		\$10.00	Oakton Shopping Center Rt. 123	7:30:00 AM	\$8.00	VA	Hike
1183	2N1 Just for Fun	C	We will start with a moderately paced 4.1 mile circuit hike through gently rolling wooded terrain and along a branch of the Quantico creek and return to the parking lot for a short break/lunch. For those who wish a little more challenge we will then do an additional "fast paced" 5.3 miles. The park entry fee can be paid at the end of the hike.	9	500	Mac McPherson 703-590-1442(H)	Friday, May 02, 2014	\$5.00	Turkey Run Ridge Group Campground Parking Lot	9:00:00 AM	\$0.00	PWFP	Hike
1184	Birch Bluff	D	A moderately paced 4.3 mile circuit hike through gently rolling wooded terrain and along a branch of the Quantico creek. We will hike around Birch Bluff then the Laurel Loop with a short break at the creek and a 0.5 mile hike back to the parking area. The park entry fee can be paid at the end of the hike	4	300	Mac McPherson 703-590-1442(H)	Sunday, September 08, 2013	\$5.00	Pine Grove Picnic Area (back of lot)	9:00:00 AM	\$0.00	PWFP	Hike
1185	Civil War 150: First Battle of Manassas	D	Or is it the Battle of Bull Run? Is it the Civil War or the War Between the States? The rebellion or the War of Southern Independence? Whose side are you on anyway? Well it doesn't matter. Rebels, Yankees, Copperheads, and Union sympathizers are all welcome on this hike commemorating the 150th anniversary of the first major battle in Virginia that had a direct impact on the course of the war. About 6 miles of hiking with some elevation change (gentle rolling hills) at a slow pace (2 mi/hr) with frequent stops to explore the battlefield. Bring good footwear, water, and lunch	6	0	Patrick Wamsley and Mano Malayanur (240-604-6365)	Saturday, July 23, 2011	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$1.00	VA	Hike

1186	The Peak	A+	This 16.8 mile hike has a little bit of everything. But only a little: one good group of rocky overlooks, one set of water crossings, one forlorn abandoned trail, and one good climb. Lots of miles, but good fun and an opportunity to stretch the legs. Special treats on the summit of "The Peak". Elevation gain 3255 feet.	17	3255	Mark Anderson 202-246-6308(C)	Sunday, December 01, 2013	\$0.00	Centreville Commuter Lot	7:00:00 AM	\$13.00	SNP	Hike
1187	Sherman Gap	B	An eight mile circuit hike. Beginning at the Elizabeth Furnace Day Use Picnic area in the Massanutten Mountains of George Washington National Forest. We will climb to the ridge on the Massanutten/Tuscarora Trail and hike along the ridge and descend on the Sherman Gap Trail. The final segment is along Passage Creek on the Botts Trail. Elevation gain is 1900 feet.	8	1900	Dane Luck 703-850-3266(C)	Saturday, August 09, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	GWNF	Hike
1188	Snicker's Gap to Blackburn Center to Spout Run	A	This summer hike of about 20 miles and about 4500 feet of elevation gain will consist of three parts: from Snicker's Gap north on the AT to the Blackburn Center (7.5 miles); return to Snicker's Gap (7.5 miles); south on the AT's notorious Roller Coaster to Spout Run with a return to Snicker's Gap (5 miles). There is water at the Blackburn Center; so hikers who bring extra water and preposition it at their car at Snicker's Gap will only have to carry enough water to last 5-8 miles at a time. This hike is scheduled as a training hike for the Superhike in Pennsylvania on 10 Sept, but all hikers are welcome to participate. An option of a shorter stroll of 15 miles with 3000+ feet of elevation gain is also available. This hike is recommended for strong hikers only.	20	4500	Gene Vivalda 703-802-6426(H)	Saturday, July 02, 2011	\$0.00	Centreville Commuter Lot	7:00:00 AM	\$10.00	VA	Hike
1189	Ashby Gap to Sam Moore Shelter and Return	A	Enjoy The Washington area's August heat and humidity on this hike of about 21 miles with 5000+ feet elevation gain. There is an option for an additional 2-3 miles of hiking with an added 1000 feet of elevation gain. The hike will begin at Ashby Gap, proceed north on the AT to the Sam Moore Shelter and return South on the AT to Ashby Gap. The bonus hike of 2-3 miles and 1000 feet of elevation gain will be from Sam Moore shelter north to Spout Run and return. Water will be prepositioned on VA 605 at the 7 and 14 mile mark so hikers will only need to carry enough water to last about 7 miles. This hike is scheduled as a training hike for the Superhike in Pennsylvania on 10 Sept., but all hikers are welcome to participate. This hike is recommended for strong hikers only.	21	5000	Gene Vivalda 703-802-6426(H)	Saturday, August 06, 2011	\$0.00	Centreville Commuter Lot	6:30:00 AM	\$8.00	VA	Hike
1190	Gene Hike	A	TBD	16	2700	Gene Vivalda 703-802-6426(H)		\$0.00	Centreville Commuter Lot			VA	Hike
1191	AT from Harpers Ferry to SNP #4	B	Fourth of 9 B-level hikes to cover the AT from Harpers Ferry to Shenandoah National Park. This hike will begin at Snickers Gap on Route 7 and traverse the first 6 miles of the notorious AT Roller Coaster before ending on VA Route 605. Total ascent is roughly 1,800 feet. Short car shuttle required.	6	1800	Dean Simmons 443-504-5538(C)	Sunday, July 10, 2011	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$7.00	VA	Hike
1192	AT from Harpers Ferry to SNP #5	B	Fifth of 9 B-level hikes to cover the AT from Harpers Ferry to Shenandoah National Park. This hike will begin on VA Route 605, and then head south 7.4 miles to Ashby Gap where the AT crosses Route 50. Total ascent is about 1,800 feet. Short car shuttle required.	7	1500	Dean Simmons 443-504-5538(C)	Sunday, August 28, 2011	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$7.00	VA	Hike
1193	AT from Harpers Ferry to SNP #6	B	Sixth of 9 B-level hikes to cover the AT from Harpers Ferry to Shenandoah National Park. This hike will begin near the intersection of Route 601 and Route 50. From there, we'll head south, crossing Route 50 and making the long climb to the top of the ridge. We'll then descend past the trail to Dick's Dome shelter and then take the trail out to scenic Lake Thompson along VA Route 688 where we'll have a vehicle waiting. Distance is 7 miles, elevation gain is about 1,700 feet. Short car shuttle required.	7	1200	Dean Simmons 443-504-5538(C)	Sunday, October 16, 2011	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$8.00	VA	Hike
1194	Kennedy Peak/Massanutten Trail	B	We will begin our hike at Edith Gap and follow the Massanutten Trail north to towards Habron Gap, stopping for lunch at Jack's Notch. We have the option of continuing on for a bit more on the ridge before turning around to retrace our steps to Edith Gap with a side trip to Kennedy Peak, the highest point on the Massanutten Trail. We will walk approximately 9-10 miles and climb approximately 1,200 feet on this out-and-back hike.	10	1200	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Saturday, July 30, 2011	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
1195	Great Falls Park/VA	D	A 4.5 mile hike at Great Falls National Park/VA. We will start out on Old Carriage Road, then follow Ridge Trail, then go on as much of the Difficult Run Trail as we can (at this time most of this trail is closed). Then we will turn around and go back on Ridge Trail, and then Matildaville Trail. Meet in the large parking lot next to the Visitors Center. Look for the car with a balloon on it. Dogs are welcome.	5	300	Audrey Roh 571-969-4657(C)	Sunday, July 15, 2012	\$5.00	Large Parking Lot of Great Falls Visitor Center/VA	8:30:00 AM	\$0.00	GF/VA	Hike

1196	Sky Meadows State Park	D	A mostly level, easy hike starting on Boston Mill Road, then the circular Snowden Trail, back on Boston Mill Road, then onto the paved road that turns into Woodpecker Lane, then up towards Gap Trail where we will stop for lunch at the covered picnic tables for lunch and an optional short meditation. Then back towards Woodpecker Trail and the parking lot. May see many flowers and some wild blackberries on the trails. 3.74 miles total. ring a bag lunch.	4	200	Audrey Roh 571-969-4657(C)	Sunday, September 11, 2011	\$4.00	Centreville Commuter Lot	8:30:00 AM	\$4.00	VA	Hike
1197	Sugarloaf Mountain	C	A 7 mile hike with 400 to 500 ft. of elevation change. We will start out on the yellow trail, then follow the white trail, then the blue & white trails, then the blue trail up the mountain (clockwise route). We will then come down the mountain on the blue trail, then the white Trail, and then the yellow Trail back to the parking lot.	7	500	Audrey Roh 571-969-4657(C)	Saturday, April 28, 2012	\$0.00	Sugarloaf Entrance	8:30:00 AM	\$0.00	MD	Hike
1198	Shenandoah Southern Series Hike #4 - Rockytop	A	This is a 14 mile segment hike with an elevation change of 2400' in the southern section of SNP. Beginning from Brown Mountain Overlook on Skyline Drive near MP 77, descend along the Brown Mountain trail, crossing Big Run and ascend Rockytop Mountain, then hike south along Rockytop ridge, then on to Austin Mountain trail until reaching the AT south to Browns Gap parking. After the hike, an Ice Cream stop at Loft Mountain Wayside is guaranteed. Car shuttle required.	14	2400	Mark Rietman 703-395-5327(C)	Saturday, May 05, 2012	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$15.00	SNP	Hike
1199	Leader's Choice	A	An approximately 11 mile circuit hike through this Piedmont forest of the Quantico Creek watershed. A pleasant hike though the quiet forest across trails that will be decided at the meeting place. There is about 800' elevation gain as we hike up and down rolling hills throughout the hike.	11	1000	Mike Gingerich 202-370-7957	Sunday, July 13, 2014	\$5.00	Pine Grove Picnic Area (back of lot)	8:00:00 AM	\$0.00	PWFP	Hike
1200	AT from Harpers Ferry to SNP #7	B	Seventh of 9 B-level hikes to cover the AT from Harpers Ferry to Shenandoah National Park. This 8-mile hike will begin at Lake Thompson on VA Route 688 and climb up to the AT. From there, we'll continue our route south to Manassas Gap near I-66. Total ascent is roughly 1,400 feet. Short car shuttle required.	7	1200	Dean Simmons 443-504-5538(C)	Sunday, October 23, 2011	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$6.00	VA	Hike
1201	AT from Harpers Ferry to SNP #8	B	Eighth of 9 B-level hikes to cover the AT from Harpers Ferry to Shenandoah National Park. This 8-mile hike will begin at Manassas Gap and then head south along the AT past the Mosby Campground to Route 522. Total ascent is about 1,500 feet. Short car shuttle required.	7	1200	Dean Simmons 443-504-5538(C)	Sunday, November 20, 2011	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$6.00	VA	Hike
1202	AT from Harpers Ferry to SNP #9	B	Ninth of 9 B-level hikes to cover the AT from Harpers Ferry to Shenandoah National Park. This 8 mile hike will begin at VA Route 522 just outside Front Royal, where the AT commences a long climb into Shenandoah National Park. Total elevation gain is about 1,800 feet. Short car shuttle required.	7	1200	Dean Simmons 443-504-5538(C)	Sunday, December 11, 2011	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	VA	Hike
1203	Broad Hollow	B	A 8.5 mile circuit hike with 2200 foot elevation gain in Hazel country. We will pass hemlock forests, streams, old home sites, abandoned cabins and orchards. The majority of the hike will be on the Broad Hollow and Pine Hill Gap trails.	8	2200	Emeline 202-462-7049(H) & Len 703-899-5051(C)		\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1204	Elkwallow Wayside Mathews Arm Circuit	B	We will start from the parking area for the Elkwallow Wayside and Picnic Area located to the right of the convenience shop near milepost 24. We will take a short walk on the Elkwallow Trail to reach the AT south; from the AT, we will take Jeremys Run, Knob Mountain Cutoff, Knob Mountain, Heiskell Hollow, Weedlewood, Mathews Arm, and Traces Trails; after passing briefly through Mathews Arm Campground, we will take the Elkwallow Trail back to our starting point to complete the circuit. This hike is about 9 miles with about 1,400 feet of elevation gain.	9	1400	Len 703-899-5051(C) & Emeline 202-462-7049(H)	Sunday, March 03, 2013	\$15.00	Centreville Commuter Lot	9:00:00 AM	\$10.00	SNP	Hike
1205	Great Falls Park/MD	D	Approx. 4 miles out-and-back hike. We will start on the C&O Canal Towpath and go towards the Great Falls Tavern Visitor Center. We will stop to visit the Great Falls Overlook. At the Tavern, we will turn around and go back, this time taking a detour on Berma Road. Meet in the dirt parking lot across from Old Angler's Inn and look for the hike leader who will have a balloon. Tip: parking is limited and usually fills up very early in the morning, so you are encouraged to do your best to get there early.	4	0	Audrey Roh 571-969-4657(C)	Sunday, October 23, 2011	\$0.00	Parking lot across from Old Angler's Inn	8:30:00 AM	\$0.00	GF/MD	Hike
1206	Burke Lake Park	D	A 4.5 mile circuit hike featuring a level walk around a scenic lake. Dogs are welcome. When you enter the park from the main entrance on Ox Rd, take a left and follow that road to the very first parking area (follow the sign that says Amphitheater). Look for the car with a balloon tied to it. Park entry fee for non-Fairfax County residents is \$10 from April-October only.	4	0	Audrey Roh 571-969-4657(C)	Saturday, July 28, 2012	\$10.00	Burke Lake Park Amphitheater's Parking Lot	8:30:00 AM	\$0.00	VA	Hike
1207	Stony Man and Hawks Bill Mountains	A	This hike ascends Stony Man Mountain via the White Oak Canyon, and then Hawks Bill Mountain, then descending via Cedar Run Trail. About 14-15 miles with an elevation gain around 3,500 feet. Moderate pace (2.5 miles/hour). Prior A-hiking experience is required. Bring plenty of food, water, excellent footwear, and clothes for the weather. Park entry fee is \$8/person.	15	3500	Mano Malayanner 240-604-6365(C)	Sunday, October 02, 2011	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike

1208	Battle of Balls Bluff	D	Come join us on this hike commemorating the 150th anniversary of the second most significant Civil War engagement of 1861 in Virginia, and the first major campaign under the leadership (or lack thereof) of Gen. McClellan. Gentle hike along the Potomac river near Leesburg along the network of trails in the park, with stops to visit the sites. No more than about 5-6 miles total at an easy pace. Bring water, snack, shoes, and clothes for the weather.	5	200	Patrick and Mano 240-604-6365(C)	Saturday, October 22, 2011	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$5.00	VA	Hike
1210	Urban Hike: Richmond III	B	This third urban hike in Richmond explores the parks and historic neighborhoods of Richmond. About 10 miles mostly level at a moderate pace (3 mi/hr). Lunch at a restaurant in Richmond (approx. \$20). Bring water, snacks, walking shoes, and clothes for the weather. Share parking fees in Richmond.	10	0	Patrick, Mike and Mano 240-604-6365(C)	Saturday, December 03, 2011	\$0.00	Franconia-Springfield Metro (outside gates)	8:00:00 AM	\$12.00	VA	Hike
1211	Potomac Heritage Trail	D	This 4.8-mile hike along the Potomac Heritage Trail features winter views along the river from Fort Marcy to Roosevelt Island. Trail is rocky in spots and may be wet, so hiking boots are recommended. A short car shuttle is required.	5	0	Nancy Benco 202-363-1639(H)	Saturday, November 12, 2011	\$0.00	Roosevelt Island Parking Lot	9:00:00 AM	\$0.00	VA	Hike
1212	AT SNP North Section #1	B	First of 3 B-level hikes to cover the AT through the northern section of Shenandoah National Park. This 8-mile hike will begin at Compton Gap and then head south climbing over Compton and Marshall peaks before ending at Gravel Springs Gap. Total ascent is roughly 1,700 feet. Short car shuttle required.	8	1700	Dean Simmons 443-504-5538(C)	Sunday, January 29, 2012	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
1213	AT SNP North Section #2	B	Second of 3 B-level hikes to cover the AT through the northern section of Shenandoah National Park. This 7-mile hike will begin at Gravel Springs Gap and then head south over Hogback Mountain before ending at the Jeremy's Run trailhead just past Elkwallow Wayside. Total ascent is about 1100 feet. Short car shuttle required.	7	1100	Dean Simmons 443-504-5538(C)	Sunday, February 19, 2012	\$10.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	SNP	Hike
1214	AT SNP North Section #3	B	Third of 3 B-level hikes to cover the AT through the northern section of Shenandoah National Park. This 8-mile hike will begin on the south side of Elkwallow Wayside and then head south eventually climbing over Pass Mountain before descending to the Panorama parking area along Route 211. Total elevation gain is about 1600 feet. Short car shuttle required.	8	1600	Dean Simmons 443-504-5538(C)	Sunday, March 25, 2012	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$10.00	SNP	Hike
1215	Mt Marshall Trail to Big Devil's Stairs	A	Starting at the Mt Marshall trail head, we will hike to the Bluff Trail, turn left and continue to the Big Devil's Stairs trail head. From there we will descend to the bottom of Big Devil's Stairs, where we will have lunch besides a secluded stream within a contemplative, rugged forest of mature, deciduous trees. After lunch we will return to the top of Big Devil's stairs, a 1000+ foot climb on a poorly blazed trail, where our reward will be a magnificent view of Big Devil's gorge. We will return to the trailhead by way of the Bluff and Mt Marshall Trail. This is a 12 mile hike with approximately 2500 to 3000 feet of elevation gain.	12	3000	Gene Vivalda 703-802-6426(H)	Saturday, May 18, 2013	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
1216	Bull Run Conservancy	C	A 6.2 mile circuit hike with 850 feet of elevation gain. A moderate hike past a 1742 grain mill, an old house in need of repair, a cemetery, and a few other remains. We will have a snack at the scenic overlook before descending back to the parking lot.	6	850	Mac McPherson 703-590-1442(H)	Friday, February 24, 2012	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$3.00	VA	Hike
1217	Burke Lake and Mercer Lake Loop	B	An 11 mile circuit walk through the woods and around two scenic lakes on paved and unpaved trails starting at South Run Recreation Center. Meet in parking lot next to field house down the gravel road below main recreation center, located on Fairfax County Parkway (Route 286) just south of Lee Chapel Road. Walk will be at a brisk pace over mostly level ground.	11	0	Jennifer Hine 571-236-2668(C)	Saturday, January 07, 2012	\$0.00	South Run Recreation Center Fieldhouse Parking Lot	8:00:00 AM	\$0.00	VA	Hike
1218	Signal Knob	A	A 9.8 mile circuit hike on Massanutten Mountain near Strasburg. Sweeping views from overlooks. The high point is Signal Knob, used as a signal relay station during the Civil War. Elevation change 2300 feet.	9	2300	Ashley Lewis 571-255-0191	Sunday, April 06, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
1219	Great Falls	D	This is a beautiful 4.5 mile hike at Great Falls Park/Virginia. We will meet underneath the Visitor Center (in front of restrooms) at 9:00 am. We will hike out on the River Trail and Ridge Trail to Difficult Run. After a short break on the cliffs overlooking Difficult Run, we will return via the Matildaville Trail. Please wear hiking boots and bring water/snacks.	4	600	Carla Brown 703-785-8321(C)	Sunday, March 11, 2012	\$5.00	Great Falls Park Visitor Center	9:00:00 AM	\$0.00	VA	Hike
1220	Fishers Gap-Hawksbill Hike	B	Beginning from Fishers Gap, hike north on AT to the Salamander Trail to Hawksbill Peak. After lunch at Byrds Nest Shelter, we descend the Upper Hawksbill Trail to cross Skyline Drive and return to Fishers Gap via the Big Meadows Horse Trail. Distance 8.0 miles, Elevation gain 1900'.	8	1900	Mark Rietman 703-395-5327(C)	Saturday, November 15, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
1221	Reagan Airport - Alexandria	A	About 12 miles of level hiking along the scenic Potomac river. Medium pace (3 mi/hr). Lunch in Alexandria - bring money (\$20). We will park at the Gravelly Point park along the GW Parkway near the airport.	12	0	Mano Malayanur 240-604-6365(C)	Sunday, January 08, 2012	\$0.00	Gravelly Point Park	9:00:00 AM	\$0.00	VA	Hike
1222	Dykes Marsh - Alexandria	C	About seven level miles between Dykes Marsh Wildlife Preserve and Alexandria along the scenic Potomac River. Medium pace (3 mi/hr). Lunch in Alexandria - bring money (\$20). We will park in the Dykes Marsh park along the GW Parkway near the airport.	7	0	Mano Malayanur 240-604-6365(C)	Saturday, February 25, 2012	\$0.00	Dykes Marsh Park	10:00:00 AM	\$0.00	VA	Hike

1223	National Harbor	C	About seven level miles between Alexandria and the National Harbor across the Wilson Bridge. Medium pace (3 mi/hr). Lunch at National Harbor - bring money (\$20). We will park/meet somewhere in Alexandria. E-mail leader for details: malayanur@yahoo.com.	7	0	Mano Malayanur 240-604-6365(C)	Sunday, February 24, 2013	\$0.00	Call or email Leader	10:00:00 AM	\$0.00	VA	Hike
1224	Potomac River Distance Tour	A	20 mile, largely routine hike from the Theodore Roosevelt Island parking lot on the GW Parkway to the Cabin John Bridge and back. There is little elevation gain or loss, but unique views of the river, and a long day's walk. Intended pace is a "24 hour pace", meaning long, slow walk, not a speedy walk. Meeting place is the Theodore Roosevelt Island Parking lot, accessible only from the northbound GW Parkway.	20	200	Mark Anderson 202-246-6308(C)	Saturday, October 20, 2012	\$0.00	Roosevelt Island Parking Lot	7:30:00 AM	\$0.00	VA	Hike
1225	#4												
1226	Weekend in West Virginia	A	Enjoy a weekend of hiking in West Virginia....or not! On Saturday, 19 May, we will hike about 10 miles on the North Fork Trail, the highlight of which is a scramble to the top of Chimney Rock with its spectacular, commanding view of both the Monongahela and Shenandoah National Forests. It has been described by veteran hike leaders as one of the best views in the entire region. On Sunday, we will hike 8-10 miles in the Dolly Sod area, near the North Fork of Red Creek. Since the drive to the trail head takes 2 hours, we will meet at 0700 hrs on 19 May at the Centreville Commuter Lot. Hikers may choose to hike only on Saturday and return by carpool on Saturday night, or hike both days and plan to stay in WVA overnight. The hike leader plans to stay overnight at Yokum's Vacationland, 1-800-772-8342. Please note advance registration for the hike(s) is required by contacting the hike leader at 702-802-6426, or at Brotch@Aol.Com. Reservations for overnight accommodations are the responsibility of individual hikers.			Gene Vivalda 703-802-6426(H)	Saturday, May 19, 2012	\$0.00	Centreville Commuter Lot	7:00:00 AM	\$25.00	WVA	Hike
1227	Bull Run Marina Trail	B	A pleasant hike over approximately 9 miles on the Bull Run Park trail starting at the parking lot about 100 yards north and on the opposite side of the road (east) from the Bull Run Marina. This is an out and back hike with approximately 1,000 feet elevation gain through a wooded area along the Bull Run river. We will hike to the remains of a hydroelectric power plant built in 1926 at Bull Run. Clifton was the first town to get power from the hydro plant, in the fall of 1928. We will have lunch at the remains an retrace our steps to the parking lot. For directions to the meeting place click this link and put you start point in block A: http://g.co/maps/9b892	9	1000	Mac McPherson 703-590-1442(H)	Sunday, April 22, 2012	\$0.00	Lot 100 yds North & East of Bull Run Marina	9:00:00 AM	\$0.00	VA	Hike
1228	AT SNP Central Section #1	B	First of 4 B-level hikes to cover the AT through the central section of Shenandoah National Park. This 8-mile hike will begin at Panorama and climb over Mary's Rock (with side trip to summit) and then head south climbing over The Pinnacle before ending at Stony Man Mountain Overlook. Total ascent is roughly 2,000 feet. Short car shuttle required.	8	2000	Dean Simmons 443-504-5538(C)	Sunday, April 15, 2012	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	SNP	Hike
1229	AT SNP Central Section #2	B	Second of 4 B-level hikes to cover the AT through the central section of Shenandoah National Park. This 7-mile hike will begin at Stony Man Overlook and then climb Stony Man (with side trip to the summit). After passing Skyland, we'll take a side trip to the top of Betty's Rock and then end at Hawksbill Gap. Total ascent is about 1400 feet. Short car shuttle required.	7	1400	Dean Simmons 443-504-5538(C)	Sunday, May 20, 2012	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$10.00	SNP	Hike
1230	AT SNP Central Section #3	B	Third of 4 B-level hikes to cover the AT through the central section of Shenandoah National Park. This 8-mile hike will begin at Hawksbill Gap and includes a climb to the summit along the Nakedtop Trail, then continues south over Black Rock before ending at Tanners Ridge Overlook. Total elevation gain is about 1500 feet. Short car shuttle required.	8	1500	Dean Simmons 443-504-5538(C)	Sunday, June 10, 2012	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1231	Cherry Blossom Hike	B	About 8-10 meandering miles of hiking in Washington, DC. Moderate pace (2.5 - 3 miles/hour). Star attraction will be the cherry blossoms in the Tidal Basin, but many prominent DC attractions will also be featured. Lunch en route in a sit-down restaurant with cloth napkins (\$20?). Hike will end at a Metro station (probably Chinatown). Bring money for lunch and Metro ride. Good urban hiking shoes are a must. Dress for the weather.	10	0	Mano Malayanur 240-604-6365(C)	Sunday, March 31, 2013	\$0.00	Rosslyn Metro station (outside the fare gates)	9:00:00 AM	\$0.00	DC	Hike
1232	Rock Creek Park	C	This 7-mile early spring hike takes us through the forested hills and valleys of Rock Creek Park (North Loop). We will see historic structures (Fort DeRussey and the poet Joaquin Miller's cabin), stone bridges, a community garden, and spring flowers blooming along the creek's flood plain. There are good footpaths most of the way. Bring water and a snack. Meet at 9 a.m. at Meadowbrook Shelter (7901 Meadowbrook Lane, Chevy Chase, Md 20815).	7	0	Nancy Benco 202-363-1639(H)	Saturday, April 19, 2014	\$0.00	Meadowbrook Shelter	9:00:00 AM	\$0.00	DC	Hike

1233	AT SNP Central Section #4	B	Fourth of 5 B-level hikes to cover the AT through the central section of Shenandoah National Park. This 7.5-mile hike will begin at Milam Gap and climb over Hazeltop (at 3812 feet, the 3rd highest peak in the park) and then continue south to end at the Pocosin Cabin parking area on Skyline Drive. Total ascent is roughly 1,200 feet. Car shuttle required.	8	1200	Dean Simmons 443-504-5538(C)	Sunday, July 08, 2012	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$16.00	SNP	Hike
1234	AT SNP Central Section #5	B	Fifth of 5 B-level hikes to cover the AT through the central section of Shenandoah National Park. This 7.5-mile hike will begin at the Pocosin Cabin parking area on Skyline Drive and then climb over Bald Face and Saddleback Mountains before crossing into the Southern section of the Park, where it ends at the Hightop Mountain parking area. Total ascent is about 1200 feet. Car shuttle required.	8	1200	Dean Simmons 443-504-5538(C)	Sunday, August 05, 2012	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$17.00	SNP	Hike
1235	AT SNP Southern Section #1	B	First of 6 B-level hikes to cover the AT through the southern section of Shenandoah National Park. Given the extended travel distance, these 6 hikes will be done as 3 Saturday-Sunday pairs, with the hike leader remaining in the local area overnight in order to start the Sunday hike early the next morning (9AM). This 8.5-mile hike begins at the Hightop Mountain parking area, climbs over Hightop before ending at aptly named Simmons Gap. Total elevation gain is about 1600 feet. Car shuttle required.	8	1600	Dean Simmons 443-504-5538(C)	Saturday, September 22, 2012	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$19.00	SNP	Hike
1236	AT SNP Southern Section #2	B	Second of 6 B-level hikes to cover the AT through the southern section of Shenandoah National Park. This 8.5 mile hike begins at Simmons Gap and proceeds south to the parking area for the Loft Mountain Camp Store. Total elevation gain from the series of ups and downs is nearly 1,900 feet. Car shuttle required. Meeting time of 9am is at trailhead. See AT SNP Southern Section #1 hike on previous day.	8	1900	Dean Simmons 443-504-5538(C)	Sunday, September 23, 2012	\$15.00	Trailhead	9:00:00 AM	\$21.00	SNP	Hike
1237	Evolution Basin Backpacking Trip	A	This backpack trip will explore three high alpine lake basins: Humphreys, Evolution, and Dusy; go through four canyons: Plute, lower Goddard, Evolution Valley, and LeConte; as well as wind along both the North and South Fork of Bishop Creek. Starting at the North Lake trailhead, we will cross Plute Pass (11,423'). From there we pass through the giant cirque of Humphreys Basin, and into Hutchinson Meadow, and Plute Canyon. Next we go through Evolution Valley skirting Darwin Canyon, passing through Evolution Basin and crossing the Goddard Divide just before going over Muir Pass (11,855'). From there we follow LeConte Canyon into Dusy Basin and over Bishop Pass (11,972') eventually ending at the South Lake TH. For details see: http://backpackskidive.org/Backpack/Evolution.htm	60	9400	Ted Fryberger 410-312-2982	Saturday, August 25, 2012	\$0.00	TBD		\$0.00	CA	Camp
1238	Meadowood Recreation Area - Lorton, VA	B	A 10 mile hike on a former farm and current hiker and equestrian area. Groomed trails wind through rolling hills, bubbling brooks and scenic woodlands that are managed by the US Dept. of the Interior. Directions: From the intersection of Richmond Hwy. (Rte.1) and Gunston Road, go 2.5 miles on Gunston Rd. to a right on Harley Rd., look for the sign on right for "Mustang Trailhead Parking".	10	600	Dane Luck 703-850-3266(C)	Sunday, November 23, 2014	\$0.00	Mustang Trailhead Parking	9:00:00 AM	\$0.00	VA	Hike
1239	Big Schloss Circuit	A	Strenuous 11.4 mile circuit hike to a rock outcrop with a 360 degree view of the Great North Mountain area. The hardest part of this hike is the initial climb, gaining 1500 feet of elevation over 3.8 miles, up Little Stony Creek Trail to Sugar Knob Cabin. The rest of the outing is literally a pleasant walk in the woods.	11	1500	Mark Anderson 202-246-6308(C)	Sunday, July 01, 2012	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$12.00	GWNF	Hike
1240	Matthews Arm - Overall Run	A	Medium to fast paced hike of 9.7 miles with 2300 feet of elevation gain on the Matthews Arm and Overall Run trails in the northern section of Shenandoah National Park. Bring swimsuits & Tevas – great swimming hole hike – also wild berries.	10	2300	Ted Fryberger 410-312-2982	Sunday, July 15, 2012	\$15.00	Vienna Metro	8:00:00 AM	\$10.00	SNP	Hike
1241	Whiteoak Canyon – Cedar Run	A	Medium to fast paced hike of 12 miles with 3500 feet of elevation gain on the Whiteoak Canyon and Cedar Run Trails in the central section of Shenandoah National Park. We will explore both beautiful canyons and climb Hawksbill. Bring swimsuits & Tevas – great swimming hole hike. Park entry fee is \$8/person.	12	3500	Ted Fryberger 410-312-2982	Sunday, August 19, 2012	\$8.00	Vienna Metro	8:00:00 AM	\$12.00	SNP	Hike
1242	Delaware Seashore Beach	C	On this day trip we will explore the Delaware Seashore State Park near Rehoboth Beach, DE. Plenty of hiking on park trails and the beach (up to 10 miles). Also thrown in are swims in the ocean plus a possible boardwalk walk at Rehoboth Beach. About two hour drive from the meeting location. Twice the cost of gas are to be shared by all in the car. Meals along the way as we see fit including possibly an early dinner at a restaurant in Rehoboth beach. Bring suitable clothes including beach wear, change of clothes, towel, and sufficient cash for car pool fees, meals, and other incidental expenses (say \$50-60). All decisions on the trip will be customized and finalized 2-3 days prior to the event by all participants. E-mail leader to sign up: malayanur@yahoo.com. Meet at New Carrollton Metro Station (outside the fare gates). Time: Call leader (roughly 8-10 a.m.).	10	0	Mano Malayanur 240-604-6365(C)	Saturday, August 11, 2012	\$0.00	New Carrollton Metro Station		\$25.00	DE	Hike

1243	AT SNP Southern Section #3	B	Third of 6 B-level hikes to cover the AT through the southern section of Shenandoah National Park. Given the extended travel distance, these 6 hikes are being done as Saturday-Sunday pairs, with the hike leader remaining in the local area overnight in order to start the Sunday hike early the next morning (9AM). This 8-mile hike begins at the parking area for the Loft Mountain Camp Store and then climbs over Blackrock Mountain before ending at Blackrock Gap along Skyline Drive. Total elevation gain is about 1100 feet. Car shuttle required.	8	1100	Dean Simmons 443-504-5538(C)	Saturday, October 13, 2012	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$22.00	SNP	Hike
1244	AT SNP Southern Section #4	B	Fourth of 6 B-level hikes to cover the AT through the southern section of Shenandoah National Park. This 8 mile hike begins at Blackrock Gap and proceeds south to the parking area for the Turk Mountain Trail along Skyline Drive. Total elevation gain is nearly 1,700 feet. Car shuttle required. Blackrock Gap Parking Area, Shenandoah National Park.	8	1700	Dean Simmons 443-504-5538(C)	Sunday, October 14, 2012	\$15.00	Blackrock Gap Parking Area SNP	9:00:00 AM	\$24.00	SNP	Hike
1245	AT SNP Southern Section #5	B	Fifth of 6 B-level hikes to cover the AT through the southern section of Shenandoah National Park. Given the extended travel distance, these 6 hikes are being done as Saturday-Sunday pairs, with the hike leader remaining in the local area overnight in order to start the Sunday hike early the next morning (9AM). This 6.5-mile hike begins at the parking area for the Turk Mountain Trail and then climbs over Calf Mountain before ending at Beagle Gap along Skyline Drive. Total elevation gain is about 1100 feet. Car shuttle required.	6	1100	Dean Simmons 443-504-5538(C)	Saturday, November 03, 2012	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$26.00	SNP	Hike
1246	AT SNP Southern Section #6	B	Sunday November 4: Final B-level hike to cover the AT through the southern section of Shenandoah National Park. This 6-mile hike begins at Beagle Gap and proceeds south to Rockfish Gap at the very southern end of SNP. Total elevation gain is roughly 800 feet. Car shuttle required.	6	800	Dean Simmons 443-504-5538(C)	Sunday, November 04, 2012	\$15.00	Beagle Gap Parking Area SNP	9:00:00 AM	\$27.00	SNP	Hike
1247	Massanutten Trail Series #1	A	First of 13 A & B-level hikes to explore the Massanutten Trail as it makes its long loop from Signal Knob to New Market Gap and back. This 10.5-mile A-level hike begins at Signal Knob parking, and then heads to nearby Elizabeth Furnace where we will take the Shawl Gap Trail to the top of the ridge and then continue south to Veach Gap. Total elevation gain is about 1500 feet. Car shuttle required.	10	1500	Dean Simmons 443-504-5538(C)	Sunday, December 09, 2012	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	GWNF	Hike
1248	Lost River State Park	A	Come explore this 11 mile hike with 1900 elevation gain in Lost River State Park, WV (http://www.lostriversp.com). We will hike on the Cranny Crow/Big Ridge trails. We will have beautiful views and will pass many interesting structures. This park is about a 2 hour drive from the Centreville Commuter Lot. Even the drive has great scenery.	11	1900	Ed Brimberg 703-944-9920(C)	Saturday, October 13, 2012	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$16.00	WVA	Hike
1249	Weekend in Southwest Virginia	A	Join us for weekend in the mountains of southwest Virginia. We will hike on both Saturday and Sunday and spend the night in the Staunton/Waynesboro area. Saturday's hike will most likely be to the infamous Priest. More details will follow, pending a scouting trip by the hike leaders in June. Advanced reservations can be made by contacting Gene Vivalda at brotch@aol.com or by phone at 703-802-6426			Gene Vivalda 703-802-6426(H)	Friday, September 20, 2013	\$0.00	Centreville Commuter Lot	6:30:00 AM	\$35.00	VA	Hike
1250	Fountainhead Park	B	An out and back 10 mile hike with ~500 feet of elevation gain in Fairfax. This walk in the woods will be a moderate to fast pace hike with rolling hills and possible deer sighting. We will begin this hike from the parking lot and hike to the 5 mile marker and return. From Rt. 123 (Ox Road-N or S) turn onto Henderson Road at the light. Drive 1.8 miles and turn left on Hampton Road. Drive 1.4 miles and turn right into the Park. Drive .6 miles to the parking lot on the right.	10	500	Jym Stamp 703-249-9494(H)	Saturday, October 13, 2012	\$0.00	Fountain Head Park	8:30:00 AM	\$0.00	VA	Hike
1251	Prince William National Forest Park	B	A moderate to fast pace, 10 mile circuit hike over rolling hills in the Quantico Creek watershed. Starting at the Pine Grove Picnic area we traverse the Burch Bluff, South Valley, North valley, Quantico Cascades, Lake Rd, Mary Bird Branch and the Turkey Run Ridge Trails and emerge victorious with potential exultation for those so inclined. Tally Ho!	10	500	Mike Gingerich 202-370-7957	Sunday, September 29, 2013	\$5.00	Pine Grove Picnic Area(back of lot)	9:00:00 AM	\$0.00	PWFP	Hike
1252	Cider Making and Apple Picking	Fun	We will tour a Maryland distillery (Distillery Lane Ciderworks), taste some cider, visit a farm, and maybe pick some apples. We will then proceed to Harpers Ferry for a late lunch and a glass of wine. We may throw in a hike at Harpers Ferry. Meeting time is TBD e-mail leader malayanur@yahoo.com	0	0	Mano Malayanur 240-604-6365(C)	Saturday, November 03, 2012	\$0.00	Carderock Rec Area, MD		\$5.00	MD	Picnic

1253	NY Sept 11 Memorial & More	C/Fun	An 8.5 mile hike in Manhattan that takes in the September 11th Memorial, Manhattan Bridge, Brooklyn Bridge, Brooklyn neighborhood, Wall Street, Zuccotti Park, Tribeca, Greenwich Village, Highline Trail and more. We will take an early morning bus to NY and return on an afternoon bus. Bus fares start at \$8 with early purchase. Join the hike early for reduced fares. Details at < http://bit.ly/nvhc-oct-6 >. Email leaders for reservations: Mike (mgingerich@gmail.com) and Mano (malayanur@yahoo.com)	9	0	Mike 202-370-7957 & Mano 240-604-6365(C)	Saturday, October 06, 2012	\$0.00	Contact leaders		\$0.00	NY	Hike
1254	Elkwallow/Piney Ridge/Thornton River	A	Starting at Elkwallow Gap, we will hike the AT, descend to the Thornton River by way of the Piney Ridge and Fork Mountain trails. After lunch along the River, we'll return to Elkwallow by way of the Thornton River and Appalachian Trails. No guarantees, but bear sightings are a definite possibility. This will be an 11 mile hike with 2400 feet of elevation gain.	11	2400	Karen Dyer 305-793-1355(C)	Saturday, November 24, 2012	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1255	Fall Colors Overnight Trip to Cass, West Virginia	Fun	On this overnight trip we will drive about four hours to scenic Cass, WV and take an historic rail trip to the top of Bald Knob. We will stay overnight at a nearby motel (details tbd). We will do some hiking/biking in the nearby State Parks. Spectacular Fall colors. E-mail leader for details: malayanur@yahoo.com.	0		Mano Malayanur 240-604-6365(C)	Saturday, October 20, 2012	\$0.00	Centreville Commuter Lot			WVA	Hike
1256	Sugarloaf Mountain	C	This 5.5 mile fall hike on Sugarloaf Mountain in the Maryland piedmont will follow the Northern Peaks Trail (summitting 5 small peaks), with 900 ft of elevation change and good views of the surrounding countryside. Sturdy hiking boots and poles are helpful on rocky trails. Bring water and lunch for a picnic at White Rocks.	6	900	Nancy Benco 202-363-1639(H)	Saturday, October 27, 2012	\$0.00	West View Parking Lot	8:30:00 AM	\$0.00	MD	Hike
1257	Potomac Heritage Trail - Loudoun County	B	An out and back 11 mile hike along the Potomac Heritage trail in the Ashburn area of Loudoun County. We will begin at Bles Park and follow the Potomac River north to Goose Creek and then along Goose Creek to Route 7. Very little elevation gain. Paste this link in a new browser window http://tinyurl.com/nvhcbles/ for the starting location at Bles Park and to get directions to the trailhead.	11	200	Ed Brimberg 703-944-9920(C)	Saturday, January 25, 2014	\$0.00	Bles Park Ashburn, VA	8:00:00 AM	\$0.00	VA	Hike
1258	Sugarloaf Mountain	B	Starting from the Stronghold Parking Lot, this loop hike uses the White and Blue trails to first reach the summit and then explore this nearby scenic gem. Total distance: 8 miles. Elevation gain: ~ 1,200 feet.	8	1200	Dean Simmons 443-504-5538(C)	Sunday, January 19, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$4.00	MD	Hike
1259	Cunningham Falls State Park	B	Starting from the Visitors Center at Catoctin Mountain National Park, this point-to-point hike climbs past scenic Wolf and Chimney Rocks and then descends to Route 77 before climbing up to Cat Rock atop Bob's Hill. From there, we'll descend to the Manor Area just off Route 15. Short car shuttle required. Total distance: 8 miles. Elevation gain: ~1,500 feet.	8	1500	Dean Simmons 443-504-5538(C)	Sunday, March 16, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	MD	Hike
1260	Bull Run Mountain	B	A hike that will make you think you are going in circles (you are) and encompass each leg of the Bull Run Mountain and passing by the Chapman mill, cemetery, my fixer upper retirement home, etc. Starting with the East End Trail, we will traverse the Mountain road, Catletts trail, Dawson trail, Chestnut Ridge Trail, Quarry trail, Fern Hollow trail, and then enjoy the vista at the top before descending down the Ridge Loop, and picking up the Catletts trail, and Mountain Road and the East End trail. Approximately 9 miles and 600 feet of elevation at a moderate to fast pace.	9	600	Jym Stamp 703-249-9494(H)	Saturday, January 12, 2013	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$3.00	VA	Hike
1261	Prince William National Forest Park	B	Another walk in the woods in a jewel of a park in our own back yard. This is an almost dozen miles and about 700 feet of elevation, at a moderate to fast pace and over rolling hills and along various trails. We will begin at the back end of Pine Grove parking lot and commence down the Laurel trail, cross the Quantico Creek and proceed west along the South Valley Trail, bypass the Turkey Ridge Trail and then hike on the High Meadows Trail and to the TREK for lunch. After a short lunch we will restart our metabolism and proceed down the Mary Bird Branch to the Quantico Cascades trail, then pick up the North Valley trail and then the South Valley Trail. With the end in sight, we will cross the creek and finish on the Laurel Trail and back to the parking lot feeling perhaps invigorated.	12	700	Jym Stamp 703-249-9494(H)	Saturday, March 02, 2013	\$5.00	Pine Grove Picnic Area(back of lot)	9:00:00 AM	\$0.00	PWFP	Hike
1262	Potomac Heritage Trail	B	A 9 mile hike on the Potomac Heritage Trail starting from Roosevelt Island, up to Chain Bridge, and returning on the C&O canal. Very little elevation gain.	9	300	Ashley Lewis 571-255-0191	Sunday, January 05, 2014	\$0.00	Roosevelt Island	8:00:00 AM	\$0.00	VA	Hike
1263	Piney Branch Circuit	A	A moderate 10 mile hike with 1900 elevation gain starting with the ascent of the Keyser Run Fire Road to the intersection of the Hull School Trail. We will descend the Hull School Trail for one mile and come to the intersection of the Piney Branch Trail, where we will ascend for 4 miles or so with modest gain to the intersection of the Keyser Run Fire Road. We will follow the Keyser Run Fire Road for 3 miles back to the starting point. There is a great overlook on the Keyser Run Fire Road overlooking the valley. Park entry fee is \$5 per person.	10	2000	Ashley Lewis 571-255-0191	Sunday, February 09, 2014	\$5.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike

1264	Little Devil Stairs	B	This short 5.5 mile hike with 1500 feet of elevation gain has a 2 mile steep ascent of Little Devil Stairs before coming to the intersection of the Keyser Run Fire Road. After climbing Little Devil Stairs, we will descend the ridge by means of the Keyser Run Fire Road for 3.3 miles back to the starting point. The first two miles are tough but the rest is an easy walk downhill, passing the bolen cemetery. Park entry fee of \$8 per person.	6	1500	Ashley Lewis 571-255-0191	Sunday, March 10, 2013	\$8.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1265	Burke Lake Park	D	This 5-mile circuit hike features a level walk around a scenic lake. Meet at Burke Lake Park, main entrance. When you enter the park from the main entrance, take a left and follow that road to the very first parking area. Sign will say Amphitheater, park against the very first row. We will meet in the parking lot. Park entry fee for non-Fairfax County residents is \$10 (April through October only).	5	0	Dave Gibson 703-919-7956(C)	Saturday, May 03, 2014	\$10.00	Burke Lake Park Amphitheater	9:00:00 AM	\$0.00	VA	Hike
1266	Corbin Cabin	B	A 6.5 mile circuit hike with 1500' elevation gain starting at Pinnacles Picnic Grounds, we will hike south along the AT, turning to descend the Nicholson Hollow Trail to Corbin Cabin area. Lunch along the rocky stream bed, then ascend the Corbin Cutoff Trail to rejoin the AT northbound to return.	6	1500	Ashley Lewis 571-255-0191	Sunday, October 12, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1267	Sky Meadows State Park	C	An always beautiful 7 mile circuit hike during winter time, we will circumnavigate the park in a clockwise direction, ascending to the AT and then return, following through the forest and fields of Sky Meadows. 800' elevation gain.	7	800	Mark Rietman 703-395-5327(C)	Saturday, February 09, 2013	\$5.00	Centreville Commuter Lot	8:30:00 AM	\$5.00	VA	Hike
1268	Powell Mtn-Meadow School Trail	A	A 10.8 mile circuit hike with 3060' elevation gain. From Skyline Drive, descend on Powell Mtn Trail to a short walk along Jollet Road to join and return on the Meadow School Trail, then north along AT past Bearfence to Bootens Gap and return to parking.	11	3060	Mark Rietman 703-395-5327(C)	Saturday, March 09, 2013	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	Hike
1269	AT - Chester Gap to Denton Shelter	A	We will do 10.5 miles out-and-back north on the AT starting at Chester Gap (route 522) and turning around at the Jim and Molly Denton Shelter. On our trek, we will pass by the Smithsonian National Zoological Park and will take a small detour on the side trail to Mosby Spring. Our 1700' elevation gain comes as we climb up and over High Knob both coming and going.	10	1700	Emeline 202-462-7049(H) & Len 703-899-5051(C)	Sunday, January 13, 2013	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$8.00	VA	Hike
1270	TBD					Emeline Otey 202-462-7049(H)			Centreville Commuter Lot				Hike
1271	McKee-Beshers Wildlife Management Area	D	A 6.0 mile Circuit hike in Poolesville, MD. The hike has crop fields and woods and a large freshwater swamp that attracts waterfowl, herons and egrets. It runs for 2.0 miles alongside the C&O Canal by the Potomac River. Off Exit 39 of I-495 in MD. Just before Inauguration Day and Martin Luther King's Birthday.	6	0	Ed Corack 703-400-8023(C)	Sunday, January 20, 2013	\$0.00	Carderock Rec Area, MD	9:00:00 AM	\$3.00	MD	Hike
1272	Hemlock Overlook to Bull Run	C	A 7.8 mile shuttle hike in Bull Run Regional Park and Hemlock Overlook Regional Park. Trail's terrain alternates between flat river bottomland, rocky hills, ravines and some elevation changes in the Northern Section of the hike. Trails are maintained by PATC.	8	0	Ed Corack 703-400-8023(C)	Monday, May 27, 2013	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$4.00	VA	Hike
1273	Seneca Creek Gateway Trail, North #1	B	A 10.0 mile out and back hike that meanders along the Great Seneca Creek. Hike starts off with stream bottom forest, goes up some short steep hills, lots of dirt foot paths, one rock hopping stream cropping, then later a small stream crossing with a footbridge, lots of meadows and forests, with wildlife such as birds.	10	0	Ed Corack 703-400-8023(C)	Sunday, March 24, 2013	\$0.00	Carderock Rec Area, MD	9:00:00 AM	\$3.00	MD	Hike
1274	Gold Mine Loop	C	This 5.5 mile hike follows the gently rolling Gold Mine Loop and Berma Road near Great Falls, Maryland. We'll see the Maryland Mine that processed gold for nearly 70 years. We'll also look for early spring flowers on this gently hilly loop walk.	6	0	Nancy Benco 202-363-1639(H)	Sunday, March 02, 2014	\$0.00	Lot Opposite Old Anglers Inn on MacArthur Blvd	9:00:00 AM	\$0.00	GF/MD	Hike
1275	Maryland Heights - Harpers Ferry	B	This 8-mile hike starts at the Appalachian Trail Conference Center in Harpers Ferry, WV, passes by Jefferson Rock on the AT and then crosses the Potomac and ascends Maryland Heights with its many scenic views (which hopefully will still include some fall color). Elevation gain: ~1,200 feet.	8	1200	Dean Simmons 443-504-5538(C)	Sunday, November 17, 2013	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$6.00	WVA	Hike
1276	Raven Rocks AT	B	Starting from the Blackburn Trail Center, this out and back hike climbs to the AT and then heads south to scenic Raven Rocks where we'll break for lunch, before returning to Blackburn. Total distance: 8 miles. Elevation gain: 1,200 feet. Hike leader: Dean Simmons.	8	1200	Dean Simmons 443-504-5538(C)	Sunday, May 19, 2013	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$7.00	VA	Hike
1277	Cunningham Falls State Park	B	This hike starts with a visit to scenic Cunningham Falls before climbing the seldom traveled Old Misery Trail to the upper reaches of Bob's Hill. After visiting nearby Cat Rock, we'll take the Catoctin Trail down to Catoctin Furnace. Short car shuttle required. Total distance: 8 miles. Elevation gain: 1,200 feet.	8	1200	Dean Simmons 443-504-5538(C)	Sunday, June 16, 2013	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	MD	Hike

1279	AT Series #1 - Ivy Creek Overlook to Swift Run Gap	A	The first of our Appalachian Trail series. Hike the AT from the southern section of the Shenandoah National Park through succeeding months north into Pennsylvania. Today we'll start our series at the Ivy Creek Overlook near mile post 76.5 on Skyline Drive and hike to Swift Run Gap Entrance Station at approximately mile 64.5. 12 miles, 2,400 ft. elevation (PATC Map 11). Car shuttle required.	12	2400	Michael 703-771-8559(H) & William 410-884-9127(H)	Saturday, April 27, 2013	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$14.00	SNP	Hike
1280	AT Series #2 - Swift Run Gap to Mill Pond Trail	A	The second of our Appalachian Trail series, hiking the AT northbound each month, eventually into Pennsylvania. Today's hike will start at Swift Run Gap at approximately mile post 64.5, north of the Park's entrance station to Mill Pond Trail at Milam Gap at approximately mile 52.5. 14.5 miles, 2,800 ft. elevation (PATC Map 10). Car shuttle required.	14	2800	Michael 703-771-8559(H) & William 410-884-9127(H)	Saturday, May 18, 2013	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$14.00	SNP	Hike
1281	AT Series #3 - Mill Pond Trail to Meadow Spruce Trail	A	The third of our Appalachian Trail series, hiking the AT northbound each month, eventually into Pennsylvania. Today's hike will start at Mill Pond Trail at Milam Gap, at approximately mile post 52.5 and ending at Meadow Spring Trail around mile post 33.5. 18 miles, 2,900 ft. elevation (PATC Map 10). Car shuttle required.	18	2900	Michael 703-771-8559(H) & William 410-884-9127(H)	Saturday, June 15, 2013	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$14.00	SNP	Hike
1282	Buzzard Rock	B	An 8 mile hike that will begin at the Elizabeth Furnace picnic area and climb the Massanutten/Tuscarora trail for the first 2.5 miles before coming to the ridge. From the ridge we will hike about two miles on the white Buzzard Rock trail to the peak and have lunch. We will retrace our steps and return via the Massanutten trail back to the parking area. The total elevation gain is 2400 ft.	8	1900	Ashley Lewis 571-255-0191	Sunday, March 16, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	GWNF	Hike
1283	AT/Mosby Campground	A	This is a 10 mile out and back hike on the AT from route 55 to Mosby Campground with a stop along the way at the Jim and Molly Denton Shelter. The hike begins with a steep ascent followed by more gentle ascent with a total of about 2,000 feet; the hike will be at a moderate pace, e.g., approximately 2.5 mph moving average, 2.0 mph overall average.	10	2000	Emeline 202-462-7049(H) & Marty 571-344-5141(C)	Saturday, April 06, 2013	\$0.00	Centreville Commuter Lot	8:30:00 AM	\$6.00	VA	Hike
1284	Prince William National Forest Park	B	You are cordially invited to become the "Lewis and Clark" of Prince William Park as we trek to the Northwest sector of the Prince William National Park. This moderate to fast pace hike of 12+ hike and approximately 600 feet of elevation change starts at the Turkey Ridge Educational Center (TREC) and takes the High Meadows trail west and then heads northwest on the South Valley trail to the Oak Ridge campground. From there we will trek the Farms to Forest trail loop returning to the campground. We will then picking up the Oak Ridge Trail to the Old Black Top road and return to the TREC feeling like explorers of yesteryear as we expanded the parks borders (maybe in our mind anyway).	11	600	Jym Stampp 703-249-9494(H)	Saturday, April 20, 2013	\$5.00	Turkey Run Educational Center Parking Lot	8:30:00 AM	\$0.00	PWFP	Hike
1285	Hooker's Debacle and Other Matters	Fun	150 years ago Union general "fightin'" Joe Hooker lost confidence and the Battle of Chancellorsville to Robert E. Lee. The victory was, however, costly for the South. Come explore the battlefield with us. We will do a short hike (<7 miles flat). On the way back we will visit Brand Station VA, where a month later started the undoing of the Confederate general Jeb Stuart's cavalry, which played a part in the eventual defeat of the South at Gettysburg... And now that we mentioned brandy, a stop at a winery on our way back becomes obligatory. We will taste some wine, and buy and consume some more, with snacks. Plan for a long day. We will start at Springfield Metro and car pool to Chancellorsville, where we will do a hike. Then we will drive to the winery, and then on to Brandy Station and finally Vienna Metro, where the hike will end. Hikers are expected to ride Metro back to Springfield. Bring money for he car pool, wine tasting, wine, snacks, and the Metro ride (~\$40).		0	Mano 240-604-6365, Mike 202-370-7957 & Patrick	Sunday, May 05, 2013	\$0.00	Springfield Metro Toll Gates	8:00:00 AM	\$12.00	VA	Hike
1286	Yorktown and Fort Monroe	Fun	Come join us on a road trip to visit historic Yorktown, where Gen. Washington won the last decisive battle of the Revolutionary war against Lord Cornwallis. On the trip we will also visit the nearby Fort Monroe, where the President of the Confederacy, Jefferson Davis, was imprisoned. We will do short hikes at both places (<7 miles total). Plan for a daylong trip with much driving. We will split twice the cost of gas. Contact leaders (Mike: mgingerich@gmail.com or Mano: malayanur@yahoo.com) to sign up and for details. Car pool fee: Split twice gas cost.		0	Mano 240-604-6365, Mike 202-370-7957 & Patrick	Sunday, June 09, 2013	\$0.00	Contact Leaders	8:00:00 AM		VA	Hike
1288	Tuscarora and Massanutten Trails	B	We begin our out-and-back hike on the Tuscarora Trail/Old Morgan Road with a steep climb up to the east ridge of Massanutten Mountain, and will then follow the Massanutten Trail south as it undulates along the ridge where we will be treated to stunning views of the south fork of the Shenandoah River. We will cover a total of about 8.5 miles with about 1,400 feet of ascent.	8	1800	Emeline 202-462-7049(H) & Marty 703-978-0179	Sunday, March 24, 2013	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$11.00	GWNF	Hike

1289	Bull Run Mountain	C	This is a 7.2 circuit hike with 1,080 ft. of elevation gain in the Bull Run Mountain Conservancy in Haymarket. There is a steep section to get your cardio workout. There are historical sites and a nice view at the high point.	7	1080	Mike Gingerich 202-370-7957	Sunday, August 03, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$3.00	VA	Hike
1290	Little Bennet Regional Park	C	This 7 mile hike follows hilly trails through the upland meadows and forests of upper Montgomery County. Fall colors should be at their peak. Meet at 9:30 a.m. at the parking lot on Clarksburg Road, just past Little Bennett Creek. Call the leader for specific directions. Bring water and a snack.	6	0	Nancy Benco 202-363-1639(H)	Sunday, October 27, 2013	\$0.00	Parking Lot on Clarksburg Road	9:30:00 AM	\$0.00	MD	Hike
1291	Gettysburg I	B	The battle of Gettysburg that took place 150 years ago is mired in controversies that are alive and well discussed even to this day. Was it a "decisive" victory for the Federals? Whose fault was it that Jeb Stuart was absent during the critical initial phases of the battle? Did Ewell let Lee down by not taking Culp's Hill on the second day? One fact with little controversy: Gettysburg is probably the most visited battlefield, with none other than Lincoln being one of the early visitors (Gettysburg Address). Come explore the battlefield with us on this first of a two-part hike, so that you can form your own views. We will visit the battlefields to the North of Gettysburg, the town of Gettysburg, Cemetery Hill, and Culp's Hill. About 10 miles with some climbing. Moderate pace (3-3.5 mi/hr). Bring lunch, water, and good footwear.	10	500	Patrick, Mike and Mano 240-604-6365(C)	Saturday, August 24, 2013	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$12.00	PA	Hike
1292	Gettysburg II	B	The battle of Gettysburg that took place 150 years ago is mired in controversies that are alive and well discussed even to this day. Was Pickett's Charge truly the "High watermark of the Confederacy?" Did Longstreet let Lee down by delaying his attack on the second day? Should Meade have followed and more aggressively tried to crush Lee's retreating army? We won't even mention Dan Sickles (and the leg that he lost, still on display at Walter Reed). One fact with little controversy: Gettysburg is probably the most visited battlefield, with none other than Lincoln being one of the early visitors (Gettysburg Address). Come explore the battlefield with us on this second of the two-part hike, so that you can form your own views. We will visit the battlefields to the South of Gettysburg, including Cemetery Ridge, Little Round Top, Devils Den, Wheatfield, Peach Orchard, and Seminary Ridge. We will take a quick tour of the new Seminary Ridge Museum. About 10 miles with some climbing. Moderate pace (3-3.5 mi/hr). Bring lunch, water, and good footwear.	10	500	Patrick, Mike and Mano 240-604-6365(C)	Saturday, September 21, 2013	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$12.00	PA	Hike
1293	Riverbend/Great Falls	D	A hike of 6.5 miles from Riverbend Park to Great Falls and back. We will start from the Riverbend Nature Center (1 mile past the Riverbend Visitor's Center) and hike along the Potomac Heritage trail into Great Falls. The final destination will be overlooking Mather Gorge. We will return back along the same trail. The elevation gain is minimal.	6	0	Ashley Lewis 571-255-0191	Sunday, July 06, 2014	\$0.00	Riverbend Park Nature Center	8:00:00 AM	\$0.00	GF/VA	Hike
1294	Compton Peak to Dickey Ridge Visitor Center	B	We start our hike on the AT going north from the Jenkins Gap parking area. After climbing over Compton Peak, we cross Skyline Drive and then follow the Dickey Ridge Trail to the Snead Farm Loop Trail; we end our hike at the Dickey Ridge Visitor Center. The hike is moderately paced (i.e., 2.5 mph moving average, 2.0 mph overall average) and is approximately 8.5 miles in length with approximately 1,600 feet of elevation gain. We have a short car shuttle at the end of the hike.	8	1600	Emeline 202-462-7049(H) & Marty 571-344-5141(C)	Saturday, August 31, 2013	\$15.00	Centreville Commuter Lot	8:30:00 AM	\$10.00	SNP	Hike
1295	Shenandoah River State Park	B	We begin our hike at the horse barn off Overnight Road, and follow a network of trails where we have beautiful views of the south fork of the Shenandoah River and the Massanutten Mountains to the west. We cover about 8.5 miles at a moderate pace (i.e., 2.5 mph moving average and 2.0 mph overall average) with a total elevation gain of about 1,000 feet or less.	8	1000	Emeline 202-462-7049(H) & Marty 571-344-5141(C)	Saturday, September 28, 2013	\$4.00	Centreville Commuter Lot	8:30:00 AM	\$8.00	VA	Hike
1296	Miller's Head/Betty's Rock	B	Starting at Skyland, we will hike out to Miller's Head, with its beautiful view of the Page Valley. After returning, we will proceed south on the AT to Betty's Rock for lunch. We will then return to Skyland using the Crescent Rock, Lumberlost and White Oak Canyon trails. Total distance is approximately 9.5 miles with an elevation gain of 1500 feet.	10	1500	Dane Luck 703-850-3266(C)	Saturday, December 13, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$10.00	SNP	Hike
1297	Wakefield Park & Lake Accotink	D	A 6-mile hike starting at Wakefield Park and walking along Accotink Creek and around Lake Accotink. Mostly level, with small elevation change. To get to the meeting place take Beltway (495) Exit 54A West (Braddock Road). Take first right turn into Wakefield Park; turn left into the parking lot by the first softball field.	6	0	Dave Gibson 703-919-7956(C)	Saturday, April 19, 2014	\$0.00	Picnic tables by rest rooms	9:00:00 AM	\$0.00	VA	Hike

1298	Catoctin Trail #1	B	First of four hikes to cover Maryland's scenic Catoctin Trail from north to south. Starting from the northwest corner of Catoctin Mountain National Park, this 8-mile hike heads south to Cunningham Falls. Elevation gain: ~1,000 feet. Short car shuttle required.	8	1000	Dean Simmons 443-504-5538(C)	Sunday, July 14, 2013	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	MD	Hike
1299	Catoctin Trail #2	B	Second of four hikes to cover Maryland's scenic Catoctin Trail from north to south. This 8-mile hike starts at Cunningham Falls then climbs over Bob's Hill before ending at the Manor Picnic Area along Route 15. Elevation gain: ~1,200 feet. Short car shuttle required.	8	1200	Dean Simmons 443-504-5538(C)	Sunday, August 18, 2013	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$7.00	MD	Hike
1300	Catoctin Trail #3	A	Third of four hikes to cover Maryland's scenic Catoctin Trail from north to south. This 10-mile hike starts at the Manor Picnic Area then makes a long climb to the top of the Catoctin Ridge before ending at the northern edge of Gambrill State Park near Frederick. Elevation gain: ~1,200 feet. Short car shuttle required.	8	1200	Dean Simmons 443-504-5538(C)	Sunday, September 22, 2013	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	MD	Hike
1301	AT Series #4 - Stony Man Overlook to Elkwallow Gap	A	The fourth of our Appalachian Trail series, hiking the AT northbound each month, eventually into Pennsylvania. Today's hike will start near Stony Man Overlook, at approximately mile post 39 and ending at Elkwallow Gap at around mile post 24. 16 miles, 2,800 ft. elevation (PATC Maps 9 & 10). Car shuttle required.	16	2800	Michael 703-771-8559(H) & William 410-884-9127(H)	Saturday, July 27, 2013	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$10.00	SNP	Hike
1302	AT Series #5 - Elkwallow Gap to Compton Gap	A	The fifth in our Appalachian Trail series. Today's hike will start Elkwallow Gap, at approximately mile post 24 and ending at Compton Gap, mile marker 10. 15 miles, 2,800 ft. elevation (PATC Map 9). Car shuttle required.	15	2800	Michael 703-771-8559(H) & William 410-884-9127(H)	Saturday, August 17, 2013	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$9.00	SNP	Hike
1303	AT Series #6 - Compton Gap to Manassas Gap	A	The sixth in our Appalachian Trail series. Today's hike starts at Compton Gap in Shenandoah Park and heads north to Manassas Gap at Route 55, crossing over Route 522. 14 miles, 1,800 ft. elevation (PATC Map 8 and 9). Car shuttle required.	14	1800	Michael Fischetti 703-771-8559(H) & William Needham 410-884-9127(H)	Saturday, October 05, 2013	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$8.00	SNP	Hike
1304	AT-Jenkins Gap	B	Enjoy a cool, out and back 8 mile hike--all above 2500 feet and reaching up to 3300 feet-- on the Appalachian trail from Jenkins Gap to the top of South Marshall Mountain and return along the same route. We will have our choice of two good viewpoints to eat lunch, and the pace will be moderate--2.5 miles per hour moving average.	8	800	Len Henzke 703-899-5051(C)	Sunday, July 21, 2013	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	
1305	Hawksbill Mountain	B	A cool, high altitude, 8 mile summer hike starting at Skyland (3500 feet+) and going to Hawksbill Mountain (3500 feet+) and return. Blackberry sundaes are likely in season.	8	1800	Len Henzke 703-899-5051(C) & Marty Rine 571-344-5141(C)	Saturday, August 10, 2013	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	SNP	
1306	Sugarloaf Mountain	C	Sugarloaf Mountain is the prominence visible in the piedmont as it rises out of the plains southeast of Frederick MD. The mountain and trails are maintained by Stronghold, Inc. a non-profit setup by Louise and Gordon Strong in 1946 to preserve the mountain so it could be enjoyed by everyone. The mountain has many wonderful hiking trails that can be combined to create many different loops. Our hike is a 6.8 mile variation of the blue Northern Peak Trail loop with an elevation gain of 1,265 feet.	7	1265	Dave and Beth Erdman 301-903-7141(W), 301-330-1633(H)	Sunday, July 21, 2013	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$3.00	MD	Hike
1307	Little Devil Stairs - Piney River	B	On this 7.4 mile hike we will ascend on the Keyser Run Fire Road crossing the Piney River and will descend on the Little Devil Stairs trail. Elevation gain is 1500'. Hike involves rough terrain and numerous stream crossing. Park entry fee of \$8 per person.	7	1500	Mina Guevara 571-237-4062	Sunday, March 30, 2014	\$8.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike
1308	Rose River Falls - Hawksbill	A	This will be an 11 mile circuit hike with 2100' of elevation gain to the highest point in Shenandoah National Park, Hawksbill. On the way we will pass Rose River falls. We will use the Skyland-Big Meadows Horse Trail, Rose River Loop Trail and Rose River Fire Road, AT, and trails up and down to Hawksbill.	11	2100	Ed Brimberg 703-944-9920(C)	Saturday, November 23, 2013	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$12.00	SNP	Hike
1309	Catoctin Trail #4	A	Fourth of four hikes to cover Maryland's scenic Catoctin Trail from north to south. This 8-mile hike starts on Hamburg Road atop the Catoctin Ridge northwest of Frederick and soon enters Gambrill State Park. The route includes two long descents and two moderate ascents before ending at the trailhead on Gambrill Park Road. Elevation gain: ~1,200 feet. Short car shuttle required.	8	1200	Dean Simmons 443-504-5538(C)	Sunday, October 20, 2013	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$6.00	MD	Hike
1310	Loudoun Heights - Harpers Ferry	B	This 8-mile hike starts at the Appalachian Trail Conference Center in Harpers Ferry, WV, crosses the Shenandoah River, and then climbs to the top of Loudoun Heights. The return route will stop by Loudoun Rocks for the scenic view before recrossing the river and hiking through Harpers Ferry back to the AT. Total distance: 8 miles. Elevation gain: ~1,200 feet.	8	1200	Dean Simmons 443-504-5538(C)	Sunday, December 15, 2013	\$0.00	Sterling W&OD Lot	8:00:00 AM	\$6.00	WVA	Hike
1311	Neighbor and Knob Mountains	A	This is a strenuous 15-16 mile hike with 2,500-3,000 feet of climbing. Beautiful views. Moderate pace (2.5 mi/hr). We will start at Jeremy's Run Overlook (Mile 26.5), climb Neighbor Mountain, descend to Jeremy's Run, and climb back up to the top of Knob Mountain. We will return via the AT to the starting point. Prior experience on A-rated hikes is required. Bring good, broken in hiking boots, plenty of food and water, and appropriate layered clothing. Plan on returning late in the evening.	15	4000	Mano Malayanur 240-604-6365(C)	Saturday, October 05, 2013	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$10.00	SNP	Hike

1312	City Lights	D	About five miles of hiking along some of the most scenic portions of the Mount Vernon Trail between Rosslyn and the National Airport, with beautiful views of the Potomac River, the Washington Monument, Lincoln Memorial and other famous landmarks. Moderate pace (3 mi/hr). At the airport we will optionally stop at a restaurant/bar for a snack/drink/early dinner. Return to Rosslyn by Metro, unless conditions are favorable for walking back. Bring money for snacks/drinks/dinner/Metro ride.	8	0	Mano Malayanur 240-604-6365(C)	Sunday, December 08, 2013	\$0.00	Rosslyn Metro (outside fare gates)	4:00:00 PM	\$0.00	MD	Hike
1313	Hogback Mountain	B	A 7.5 mile circuit of Hogback Mountain in Shenandoah. The hike will begin at the Piney Brach Trailhead off Skyline Drive (mile post 23), where we will take the Pole Bridge trail to the junction of Keyser Run fire road. After ascending the Keyser Run fire road, we will cross Skyline Drive and head south on the Appalachian trail, ascending both Little Hogback and Hogback mountain. We will stop for lunch on top of Hogback and then continue on the AT south crossing over Skyline Drive and returning to the junction of the Piney Branch trail for a .3 mile hike back to the parking area. This hike has an elevation gain of 1200 ft.	8	1200	Ashley Lewis 571-255-0191	Sunday, June 01, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1314	Tuscarora North of Route 55	A	This is a 11 mile in and out hike with 1800 feet elevation gain. We will follow the Tuscarora Trail from route 55 north for 6 miles to Hawk Run where we will stop for lunch. We will then retrace our path back to the cars. Nice views from the ridge.	12	1800	Ed Brimberg 703-944-9920(C)	Saturday, September 27, 2014	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	GWNF	Hike
1315	G. Richard Thompson Wildlife Mgmt Area	B	Two loops, for this 7.7 mile hike with 1300 feet elevation gain, Thompson Lake and Stone Wall Loop (which connects to the Appalachian Trail). Some blow downs on Stone Wall Loop. Nice back to nature hike. We descend down to the Lake and backtrack up a steep hill the same way. Will cross the AT a couple of times. Dirt and rocks (on the AT).	7	1300	Ed Corack 703-400-8023(C)	Sunday, October 13, 2013	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$6.00	VA	Hike
1316	Wildcat Mountain	B	A private nature preserve at the Foothills of the Blue Ridge Mountains. A figure 8 hike- 50% marked and 50% unmarked trails. Starts off with 450 foot climb with several switch backs. Several up hill sections. This is a great hike for solitude. Lowest elevation is 475 feet at parking lot and highest is over 1100 feet.	8	1500	Ed Corack 703-400-8023(C)	Sunday, November 10, 2013	\$0.00	Centreville Commuter Lot	9:00:00 AM	\$5.00	VA	Hike
1317	Seneca Creek Greenway Trail - Black Rock Mill	C	Lots of trees on this 8.8 mile hike with 800 feet of elevation gain . Very few hikers as this trail is little known. Scenes from the 1999 movie, The Blair Witch Project, were shot here, near the Black Rock Mill. Runs close to Great Seneca Creek. Cross over Germantown Road. Maybe lots of wildlife. Hard packed dirt and some roots. Out and back hike.	9	800	Ed Corack 703-400-8023(C)	Sunday, December 22, 2013	\$0.00	Carderock Rec Area, MD	8:30:00 AM	\$4.00	MD	Hike
1318	AT Series #7 - Manassas Gap to Ashby Gap	A	The seventh in our Appalachian Trail series. Today's hike will start at Manassas Gap near I-66 and head north to Ashby Gap near Route 50. 12 miles, 2,200 ft. elevation (PATC Map 8). Car shuttle required.	12	2200	Michael Fischetti 703-771-8559(H) & William Needham 410-884-9127(H)	Saturday, November 02, 2013	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$10.00	VA	Hike
1319	AT Series #8 - Ashby Gap to Snicker's Gap	A+	The eighth in our Appalachian Trail series. Today's hike will start at Ashby Gap near Rt 50 and head north to Snicker's Gap near Route 7. Total distance 14 miles, 3,100 ft. elevation (PATC Map 8). Car shuttle required.	14	3100	Michael Fischetti 703-771-8559(H) & William Needham 410-884-9127(H)	Saturday, January 11, 2014	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$10.00	VA	Hike
1320	Hazel Mountain Area Adventure	A+	A very strenuous and scenic 14 mile hike at a fast pace with two steep climbs and one steep descent - all before lunch! We will ascend to Skyline Drive via Pine Hill Gap, Hot/Short Mountain, Nicholson Hollow and then up Hannah Run. After lunch at Pinnacles, we will return using Nicholson Hollow, Hannah Run, Cattlet Mountain, Hazel Mountain Trail and Broad Hollow Trails. Elevation gain 4300 feet. Previous experience with strenuous A level hikes is required. Bring plenty of water, food, rain gear and well broken in boots. Contact leader if you wish to participate: 571-236-2668 (call before 9pm) or jennifereps@gmail.com.	15	3500	Jennifer Hine 571-236-2668(C)	Saturday, November 08, 2014	\$0.00	Centreville Commuter Lot		\$11.00	SNP	Hike
1321	AT from Ashby Gap to Dicks Dome	B	We will start our hike at route 600 and walk south on the AT to Dicks Dome shelter; after stopping at the shelter for lunch, we will retrace our steps back to our cars at route 600. We will cover approximately 9.5 miles with 1,400 feet of elevation gain.	10	1400	Emeline Otey 202-462-7049(H) & Len Henzke 703-899-5051(C)	Sunday, December 29, 2013	\$0.00	Centreville Commuter Lot	8:30:00 AM	\$8.00	VA	Hike
1322	DC Power Walk	B	This will be a 7-15 mile hike along the streets of downtown Washington DC, with views of famous sights including the Georgetown Waterfront, Kennedy Center, Tidewater area, the White House, the Mall, the Capitol, and the Old Post-Office. Participants can shorten the hike by catching the nearest Metro when tired. Fast pace - 3.5 - 4 mi/hr. Lunch at a fast food place, such as Chipotle. Possible additional stop at a frozen yogurt place.	15	0	Mano Malayanur 240-604-6365(C)	Saturday, September 07, 2013	\$0.00	Cleveland Park Metro (Northbound side)	9:00:00 AM	\$0.00	DC	Hike
1323	Fall Colors in West Virginia	C	Join us for some great Fall color viewing and hiking on this trip to West Virginia. We will leave early Friday and return Sunday evening, and stay overnight at a motel in West Virginia. Places to be visited include Seneca Rocks, Spruce Knob, Summersville Lake, Hawk's Nest State Park, and Cranberry Glades. Hiking each day of about 8 miles total and some elevation change (C rated) at a moderate pace (2.5-3 mi/hr). Contact leaders for details: malayanur@yahoo.com. Carpool and park entry fees TBD.	0		Mano Malayanur 240-604-6365(C), Mike Gingerich & Anu	Friday, October 11, 2013	\$0.00	Contact Leader			WVA	Hike

1324	AT North of Front Royal	B	We begin our moderately paced out-and-back hike where the AT crosses Route 522 near Front Royal, and gradually ascend for 2.5 miles to High Knob then descend pass the power line clearing to a rock outcropping where we stop for lunch. After lunch, we reverse directions to return to our starting point and the end of the hike. Hike is approximately 8 miles in length with approximately 1,400 feet of elevation gain.	8	1400	Emeline 202-462-7049(H) & Marty 571-344-5141(C)	Saturday, October 19, 2013	\$0.00	Centreville Commuter Lot	8:30:00 AM	\$5.00	VA	Hike
1325	Rock Creek Valley and Ridge	A	This is a 13-mile circuit hike on Rock Creek Park trails with some stiff climbing. Moderate pace (3 mi/hr). We will start at the DC line and hike along the Valley Trail to our half-way lunch spot at a restaurant in Woodley Park. We will then descend back into the Rock Creek valley and return via the Western Ridge Trail. Bring money for lunch (\$20).	13	300	Mano Malayanur 240-604-6365(C)	Saturday, January 11, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$2.00	DC	Hike
1326	DC Woodlands Hike	A	This is a 13-mile hike along woodland trails in DC through Glover Archbold Park, Battery Kemble Park, DC waterfront, C&O Canal, Rock Creek Park, and Melvin Hazen Park. Some hiking along the streets on sidewalks. Moderate pace (3 mi/hr). Shorter options available by taking the Metro. Lunch at a restaurant in Georgetown half way - bring money (\$20). Meet at the entrance to Tenleytown Metro on the Southbound side of Wisconsin Avenue.	13	300	Mano Malayanur 240-604-6365(C)	Saturday, February 15, 2014	\$0.00	Tenleytown Metro	9:00:00 AM	\$0.00	DC	Hike
1327	Bull Run Trail Section Hike	A	A 13 mile out and back hike, at a moderate to fast pace, along a pretty section of the Bull Run Trail starting at Fountainhead Regional Park and eating lunch then turning around at Bull Run Marina. Gentle rolling hills with lots of ups and downs. Total elevation gain 1200 feet. Hike will be at a brisk pace, 3.0 miles/hour. Park Entrance Free to Northern Virginia Residents. Bonus-plan to finish around 1:30PM and the rest of the afternoon is all yours. Directions to park: http://tinyurl.com/cjhrk8 From the entrance of the park continue straight for about a mile then turn right into parking lot (before reaching the river). Trailhead is to the right of the parking lot.	13	1200	Jym Stamp 703-249-9494(H)	Sunday, January 12, 2014	\$0.00	Fountainhead Regional Park	8:30:00 AM	\$0.00	VA	Hike
1328	AT Series #9; Snicker's Gap (Rt 7), VA to Key's Gap (Rt 9)	A	The 9th in our Appalachian Trail series since spring of 2013, hiking the AT from the southern section of the Shenandoah National Park north into Pennsylvania. Today we'll start at the Snicker's Gap parking lot off of Route 7 in Loudoun County and head north to Key's Gap along Route 9 on the Virginia/West Virginia border. 14 miles, 2,600 ft. elevation (PATC Maps 6 and 7). Car shuttle required.	14	2600	Michael Fischetti 703-771-8559(H) & William Needham 410-884-9127(H)	Saturday, February 22, 2014	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$8.00	VA	Hike
1329	AT Series #10; Keys' Gap to Weverton Rd	B	The 10th in our Appalachian Trail series, hiking the AT northbound each month, eventually into Pennsylvania. Today's hike will start at Key's Gap in West Virginia, and heading north to the Weverton Road parking lot just north of Harper's Ferry WV. 10 miles, 900 ft. elevation (PATC Map 7). Car shuttle required.	10	900	Michael Fischetti 703-771-8559(H) & William Needham 410-884-9127(H)	Saturday, April 26, 2014	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$8.00	WVA	Hike
1330	Gold Mine Track	C	A hike of about 9 miles with limited elevation gain on the Gold Mine Track on the Maryland side of Great Falls. This will be a moderately paced hiked (approximately 2.5 mph moving average; 2.0 mph overall average).	9	700	Emeline Otey 202-462-7049(H) & Len Henzke 703-899-5051(C)	Sunday, April 06, 2014	\$0.00	Carderock Rec Area, MD	9:00:00 AM	\$3.00	MD	Hike
1331	Wakefield Park & Lake Accotink	D	A 6-mile hike starting at Wakefield Park and walking along Accotink Creek and around Lake Accotink. Mostly level, with small elevation change. To get to the meeting place take Beltway (495) Exit 54A West (Braddock Road). Take first right turn into Wakefield Park; turn left into the parking lot by the first softball field.	6	0	Stefan Eom 703-424-3675(C)	Sunday, October 26, 2014	\$0.00	Picnic tables by rest rooms	1:00:00 PM	\$0.00	VA	Hike
1332	"Munro Bagging", Western Scottish Highlands	A+	There are 282 Munros (mountains over 3000') in Scotland, and life is short. March will likely be winter conditions of below freezing temperatures and wind speeds regularly in excess of 50 mph. This will be hiking on hard ice at elevation, therefore crampons, ice axe, climbing helmet, appropriate clothing, and the willingness to use them is necessary. This is emphatically not guided mountaineering, you would be hiking in a Meetup group, not as a guided hike or as a guided alpinist and you would be required to assume complete responsibility for your personal safety. It would be a NVHC Meetup group. Intention is to do B&B/hotels at night, hiking during the day, hot meal for dinner and conversation. Goal would be to "bag" ten to twelve Munros Saturday to Friday. If interested, contact leader.			Mark Anderson 202-246-6308(C)	Friday, March 14, 2014	\$0.00				Scotland	Camp

1333	White Rocks Cliff/Little Schloss	A	Join us on a 13+ mile hike that offers 2 seldom seen spectacular views, especially as part of one hike. We will ascend the Tuscarora Trail to White Rocks Cliff, which offers a panoramic view of the Massanutten and Shenandoah Mountains, continue on the Tuscarora and Little Sluice Mtn trail, where we will scramble to the top of Little Schloss where we will have lunch enjoying the commanding view of Great North Mountain and Big Schloss. We will return to the trailhead via the Bread Road and Cedar Creek trails. Elevation gain is around 2500 feet.	13	2500	Gene Vivalda 703-802-6426(H)	Saturday, March 15, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$12.00	GWNF	Hike
1334	Rock and Pinnacles Between Two Bucks	A+	A fast paced and strenuous 15 mile hike ascending Buck Hollow Trail to Skyline Drive then climbing again on Meadow Spring Trail to the AT and Mary's Rock. After enjoying the views, we will hike mainly along the AT to Pinnacles Picnic Area stopping en route for lunch. From Pinnacles we will retrace our steps and take a steep descent down Buck Ridge Trail. Experienced strong hikers who can maintain a fast A pace contact Jennifer Hine at jennifereps@gmail.com or 571-236-2668 for more information.	15	3500	Jennifer Hine 571-236-2668(C)	Saturday, March 01, 2014	\$0.00	TBD		\$8.00	SNP	Hike
1335	Hemlock Overlook	A	An out and back along the Occoquan river, starting at the Hemlock Overlook parking lot and proceeding to Bull Run and back. Stroll with the leader at a fast pace (3.0 miles/hr) over hill and dale with approximately 600-700 feet of elevation and 16 miles of hiking in Fairfax County. Previous long A hikes recommended.	16	700	Jym Stamp 703-249-9494(H)	Sunday, February 23, 2014	\$0.00	Hemlock Overlook Park parking lot (on the right)	8:30:00 AM	\$0.00	VA	Hike
1336	Pass Mountain - Byrds Nest 4	A	This is a 12 mile hike with 2400 feet of elevation gain. We will begin on the Pass Mountain trail and follow it to the AT. From there we will go north on the AT to the Byrds Nest 4 shelter where we will have lunch. After lunch we will retrace our steps back to the cars.	12	2400	Ed Brimberg 703-944-9920(C)	Saturday, July 26, 2014	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$9.00	SNP	Hike
1337	Robertson-Skyland-Stony Man-Nicholson Hollow Circuit	A+	A strenuous 16 mile, +4000 feet elevation gain fast paced hike with some great views. We will start with a tough climb up Robertson Mountain and then continue to climb up to Skyland and Stony Man Mountain. After lunch on the summit of Stony Man, we will return on the AT to Nicholson Hollow Trail and back to Old Rag Parking Area. Experienced fast paced hikers who regularly hike longer strenuous hikes (at least 15 miles with elevation of over 3000 feet), please contact the leader for hike screening. Park entry fee \$8/person.	16	4000	Jennifer Hine 571-236-2668(C)	Saturday, September 06, 2014	\$8.00	TBD		\$11.00	SNP	Hike
1338	Staunton River-Jones Mountain-Fork Mountain Circuit	A+	A lovely and challenging 17 mile circuit with 4,200 feet elevation gain on some lesser used trails in the Central SNP. We will follow the Staunton River through deep woods; then climb up the secluded Jones Mountain Trail passing next to Bear Church Rock and Cat Knob to Laurel Prong Trail. After a short side trip to visit historic Camp Hoover, we will return ascending steeply on Fork Mountain Trail to "The Sag" and then back on Staunton River Trail. Experienced fast paced hikers who regularly hike longer strenuous hikes (at least 15 miles with elevation of over 3000 feet) please contact the leader for hike screening.	15	3500	Jennifer Hine 571-236-2668(C)	Saturday, June 07, 2014	\$0.00	TBD	7:30:00 AM	\$13.00	SNP	Hike
1339	Camp Hoover	B	A 7.5 mile hike with 1500 feet of elevation gain. We will begin at Milam Gap and follow the Appalachian Trail south to the Laurel Prong Trail which will take us to the retreat of former president Hoover. We will return via the Mill Prong Trail	10	1500	Dane Luck 703-850-3266(C)	Saturday, May 17, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$13.00	SNP	Hike
1341	Pennsylvania AT #1	B	First of 11 hikes to cover the AT from PenMar on the Maryland-Pennsylvania border to the Susquehanna River near Harrisburg. This 8-mile hike starts at PenMar and proceeds north to the Tumbling Run Shelter. Elevation gain: ~1,500 feet. Car shuttle required.	8	1500	Dean Simmons 443-504-5538(C)	Sunday, April 20, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$12.00	PA	Hike
1342	Pennsylvania AT #2	B	Second of 11 hikes to cover the AT from PenMar on the Maryland-Pennsylvania border to the Susquehanna River near Harrisburg. This 8-mile hike starts at the Tumbling Run Shelter and heads north to the Rocky Mountain Shelter. Elevation gain: ~1,500 feet. Car shuttle required.	8	1500	Dean Simmons 443-504-5538(C)	Sunday, May 04, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$13.00	PA	Hike
1343	Pennsylvania AT #3	B	Third of 11 hikes to cover the AT from PenMar on the Maryland-Pennsylvania border to the Susquehanna River near Harrisburg. This 10-mile hike starts near the Rocky Mountain Shelter and proceeds north to the Milesburn Cabin. Elevation gain: ~1,400 feet. Car shuttle required.	10	1400	Dean Simmons 443-504-5538(C)	Sunday, June 15, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$15.00	PA	Hike
1344	Overland Campaign I	C	150 years ago generals Lee and Grant clashed for the first time in what is known as the Overland Campaign that pushed Lee to Richmond's outskirts and caused him to eventually surrender a few months later. The result was however achieved at great cost to the Union army. Come explore two of the early battlefields of this campaign at Wilderness and Spotsylvania Courthouse. About 7-10 miles of slow hiking over level ground between the two battlefield visits.	10	500	Patrick, Mike, and Mano 240-604-6365	Saturday, May 10, 2014	\$0.00	Springfield Metro	9:00:00 AM	\$10.00	VA	Hike

1345	AT Series #11; Weverton Road to Alt Rt. 40	A	The 11th of our Appalachian Trail series, hiking the AT northbound each month, eventually into Pennsylvania. Today's hike will start at Weverton Road, near Harper's Ferry, WV and end at Rt 40 (alt) near Middletown MD. 15 miles, 2,600 ft. elevation (PATC Map 6). Car shuttle required. Note revised meeting location is now Sterling not Centreville.	15	2600	Michael Fischetti 703-771-8559(H) & William Needham 410-884-9127(H)	Saturday, June 21, 2014	\$0.00	Sterling W&OD Lot	7:30:00 AM	\$9.00	MD	Hike
1346	AT Series #12; Alt Rt. 40 to Smithsburg, MD	A	The 12th of our Appalachian Trail series, hiking the AT northbound each month, eventually into Pennsylvania. Today's hike will start at Rt 40 (alt) near Middletown MD and end at Wolfsville Rd near Smithsburg, MD. 13.5 miles, 2,100 ft. elevation (PATC Map 5). Car shuttle required. Note revised meeting location is now Sterling not Centreville.	14	2100	Michael Fischetti 703-771-8559(H) & William Needham 410-884-9127(H)		\$0.00	Sterling W&OD Lot	7:30:00 AM	\$9.00	MD	Hike
1347	Billy Goat Trail	C	Join us on this 5.5 mile hike along the easier B and C sections of the Billy Goat Trail, Great Falls Maryland. Using the C&O towpath, we'll start with Section B, return to the towpath, and then finish with Section C. The trails wind along the banks of the Potomac, providing views of small islands and palisades and through the flood plain where spring flowers may be in bloom. Parts of the trail are rocky and may be muddy. Bring water and a snack.	7	0	Nancy Benco 202-363-1639(H)	Saturday, May 17, 2014	\$0.00	Carderock Rec Area, MD	9:00:00 AM	\$0.00	GF/MD	Hike
1348	Mason Neck State Park	C	A 8.5 mile hike of Belmont Bay shoreline trails, marshlands, woodlands, and a protected habitat for wildlife in Mason Neck State Park. Meet at Shoreline parking lot, next to restrooms and playground. This will be a moderately paced hike.	8	0	Jennifer Hise 808 341-1596 (C) & Patti Bryant	Sunday, June 08, 2014	\$4.00	Mason Neck Shoreline Parking Lot	8:00:00 AM	\$0.00	VA	Hike
1349	Pennsylvania AT #4	B	Fourth of 11 hikes to cover the AT from PenMar on the Maryland-Pennsylvania border to the Susquehanna River near Harrisburg. This 9.5 mile hike starts at the Shippensburg Road AT crossing and proceeds north to Pine Grove Furnace State Park. Elevation gain: ~600 feet. Car shuttle required.	10	600	Dean Simmons 443-504-5538(C)	Sunday, July 20, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$14.00	PA	Hike
1350	Pennsylvania AT #5	A	Fifth of 11 hikes to cover the AT from PenMar on the Maryland-Pennsylvania border to the Susquehanna River near Harrisburg. This 10-mile hike starts at Pine Grove Furnace State Park and heads north to PA Route 94 near Mount Holly Springs. Elevation gain: ~1,500 feet. Car shuttle required.	10	1500	Dean Simmons 443-504-5538(C)	Sunday, August 24, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$14.00	PA	Hike
1351	Pennsylvania AT #6	A	Sixth of 11 hikes to cover the AT from PenMar on the Maryland-Pennsylvania border to the Susquehanna River near Harrisburg. This 11.5-mile hike starts at the PA Route 94 AT crossing and proceeds north to Lisburn Road near Carlisle, PA. Elevation gain: ~1,600 feet. Car shuttle required.	12	1600	Dean Simmons 443-504-5538(C)	Sunday, September 28, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$15.00	PA	Hike
1352	tib												
1354	AT Mount Marshall	B	An out and back hike on the Appalachian Trail off skyline drive of 7.5 miles. We will start at Gravel springs lot at mile post 17.6 and head north on the Appalachian Trail, climbing over both south and north mount Marshall with excellent views along the way. We will stop for lunch at the halfway marker and retrace out steps back to the parking lot. The elevation gain is around 1200 feet.	8	1200	Ashley Lewis 571-255-0191	Sunday, August 10, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1355	AT Series #12	A+	Our continuing series of the AT, which began in southern Shenandoah National Park in Virginia. Today's hike progresses further north on the AT in Maryland, from Alternate Rt 40 near Middletown to Raven Rock Hollow (MD 491) near Smithsburg. We'll pass by the Washington Monument (there's another one), Pine Knob Shelter and admire the view from Black Rock. Escape the mid-summer heat and hike the cool shade within Maryland's portion of the AT! 17+ miles, 3,000 ft elevation gain, PATC Map 5. Car shuttle required. 17+ miles, 3,000 ft elevation gain, PATC Map 5	14	2100	Michael Fischetti 703-771-8559(H) & William Needham 410-884-9127(H)	Saturday, July 19, 2014	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$9.00	MD	Hike
1356	AT Series #13	A+	The earliest signs of fall will greet us in our continuing series northward on the AT, today reaching the state of Pennsylvania. We will hike from Raven Rock Hollow Road (MD 491) in Maryland, near Smithsburg, to PA 233 (Cold Springs Road) near Mont Alto, PA. 20 miles, 3,600 ft elevation gain, PATC Map 5 and 4	14	2100	Michael Fischetti 703-771-8559(H) & William Needham 410-884-9127(H)	Saturday, September 27, 2014	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$9.00	MD	Hike
1357	Overland Campaign #2 Cold Harbor and Petersburg	C	Come explore the events that occurred over 150 years ago during the Civil War as Grant continued his relentless attack on Lee and the Confederate forces in his war of attrition, partially pinning Lee down and finally forcing him to surrender a few months later. We will explore the Cold Harbor and Petersburg battlefield parks with some driving in between. A total of about 8-10 miles of hiking. Bring money for a restaurant lunch (\$20?).	10	500	Patrick, Mike, and Mano 240-604-6365	Saturday, September 13, 2014	\$0.00	Springfield Metro (outside the fare gates)	9:00:00 AM	\$12.00	VA	Hike

1358	Fountainhead Park	A	An out and back 14 mile hike with 1000 feet of elevation gain in Fairfax. This walk in the woods will be a fast paced hike with rolling hills and possible deer sighting. Lunch will be at the bull run marina, I am not cooking. We will begin this hike from the parking lot and hike to the 7 mile marker and return. From Rt. 123 (Ox Road-N or S) turn onto Henderson Road at the light. Drive 1.8 miles and turn left on Hampton Road. Drive 1.4 miles and turn right into the Park. Drive .6 miles to the parking lot on the right. Club members must have recent A level hikes, and meet up participants must have hiked recent 10 + miles. Though it may be a warm/hot day, the hike will be under a canopy of hardwood trees all along the way for your hiking pleasure (and some relief).			Jym Stamp 703-249-9494(H)	Saturday, August 16, 2014	\$0.00	Fountain Head Park	8:00:00 AM	\$0.00	VA	Hike
1359	Tuscarora Trail South of Route 55	B	This is an 8.4 mile hike south on the Tuscarora Trail from route 55 to Gerhard Shelter and return. Elevation gain about 1400 feet. This is a moderately paced hike, e.g., 2.5 mph moving average, 2.0 mph overall average.	8	1400	Marty 571-344-5141(C) and Emeline 202-462-7049(H)	Saturday, October 04, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	GWNF	Hike
1360	Marys Rock	B	A 7.4 mile out and back hike with an elevation gain of 1400 feet from the Pinnacles Picnic Area to Marys Rock. Climb over the park's third highest summit, The Pinnacle. Great views along the way and from the final destination, Marys Rock. This is a moderately paced hike, e.g., 2.5 mph moving average, 2.0 mph overall average.	7	1400	Marty 571-344-5141(C) and John 703-590-2913(H)	Saturday, August 02, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
1361	Stoney Man	B	This is a 8 mile hike with 700 feet of elevation gain in the central section of Shenandoah National Park. We will go from Lower Hawksbill Parking to top the of Stoney Man and return. This is a moderately paced hike, e.g., 2.5 mph moving average, 2.0 mph overall average.	8	700	Len 703-899-5051(C) & Emeline 202-462-7049(H)	Saturday, July 05, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$11.00	SNP	Hike
1362	Fountainhead Park	B	This is a 9 mile hike with 800 feet of elevation gain utilizing the equestrian trails of the park. Along the way we will see an archery range, mountain biking course, rowing boathouse and a couple of rusted out cars. From Route 123, Ox Road N or S, turn onto Hampton Road. Proceed 3.1 miles to entrance to park. Drive .6 miles to large parking lot on right. This is a moderately paced hike, e.g., 2.5 mph moving average, 2.0 mph overall average.	9	800	Emeline Otey 202-462-7049(H) & Len Henzke 703-899-5051(C)	Sunday, December 14, 2014	\$0.00	Fountainhead Park	9:00:00 AM	\$0.00	VA	Hike
1363	Little Devil Stairs	A	A 13 mile circuit hike in Northern SNP, including the ascent of Little Devil Stairs up to Hogback Overlook. Return south via the AT to Piney Ridge, Piney Branch to Hull School trails to the return down Keyser Run Fire Road. Elevation Gain 2,900ft. Park entry fee \$8/person.	13	2900	David Caviness 571-643-3897 & Lou Hurwitz 703-623-9619	Saturday, July 19, 2014	\$8.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike
1364	AT North of Route 7	A	This is a strenuous 13 mile out and back hike with 2800' of elevation gain on the Appalachian Trail (AT) north of route 7. We will begin on the AT and hike north for 3.5 miles then drop down on the Ridge to River trail to the Shenandoah River. We will have lunch at a nice small waterfall and stream and then retrace our steps back to the cars.	13	2800	Ed Brimberg 703-944-9920(C)		\$0.00	Sterling W&OD Lot	8:00:00 AM	\$5.00	VA	Hike
1366	Pennsylvania AT #3	B	Third of 11 hikes to cover the AT from PenMar on the Maryland-Pennsylvania border to the Susquehanna River near Harrisburg. This 10-mile hike starts near the Rocky Mountain Shelter and proceeds north to the Milesburn Cabin. Elevation gain: ~1,400 feet. Car shuttle required.	10	1400	Dean Simmons 443-504-5538(C)	Sunday, June 15, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$15.00	PA	Hike
1367	Pennsylvania AT #7	A	Seventh of 9 hikes to cover the AT from PenMar on the Maryland-Pennsylvania border to the Susquehanna River near Harrisburg. This 9.5 mile hike starts where the AT crosses the York Road near Carlisle, PA and continues north to the Bernhisel Road. Minimal elevation gain as the hike crosses the Cumberland Valley. Car shuttle required. Meeting Place: York Road AT Parking near Carlisle, PA.	10	1600	Dean Simmons 443-504-5538(C)	Sunday, September 28, 2014	\$0.00	Carlisle, PA	9:00:00 AM	\$17.00	PA	Hike
1368	Pennsylvania AT #8	C	Eighth of 9 hikes to cover the AT from PenMar on the Maryland-Pennsylvania border to the Susquehanna River near Harrisburg. This 6-mile hike starts at the Bernhisel Road AT Parking Area northeast of Carlisle, PA and proceeds north, climbing over Blue Mountain before ending at the AT crossing of PA Route 850. Hike leader will stay overnight at local hotel and then continue AT series on Sunday Oct 19. Elevation gain: ~1,000 feet. Car shuttle required.	6	1000	Dean Simmons 443-504-5538(C)	Saturday, October 18, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$19.00	PA	Hike
1369	Pennsylvania AT #9	A	Ninth of 9 hikes to cover the AT from PenMar on the Maryland-Pennsylvania border to the Susquehanna River near Harrisburg. This 10.5-mile hike starts where the AT crosses PA Route 850 northeast of Carlisle, PA and continues north over Cove Mountain to Duncannon, PA where the AT crosses the Susquehanna River over Clark's Ferry Bridge. Elevation gain: ~1,000 feet. Car shuttle required. Meeting Place: PA Route 850 AT Parking area where AT crosses PA Route 850 northeast of Carlisle, PA.	10	1000	Dean Simmons 443-504-5538(C)	Sunday, October 19, 2014	\$0.00	Carlisle, PA	9:00:00 AM	\$21.00	PA	Hike

1370	Gettysburg Battlefield	B	This 10-mile hike starts and ends at the Gettysburg Battlefield Visitors Center and explores key locations as we loop around the extensive battlefield. Elevation gain: 500-1,000 feet.	10	1000	Dean Simmons 443-504-5538(C)	Sunday, November 16, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$11.00	PA	Hike
1371	Cunningham Falls State Park and Catoctin Mountain National Park	B	This 8-mile hike will allow us to complete our exploration of Bob's Hill by first ascending the steep power-line service road to Cat Rock and then descending to cross Route 77 before climbing to Chimney and Wolf Rocks in the neighboring National Park. The hike ends at the Park Visitors Center. Elevation gain: ~1,500 feet. Short car shuttle required.	8	1500	Dean Simmons 443-504-5538(C)	Sunday, December 07, 2014	\$0.00	Carderock Rec Area, MD	8:00:00 AM	\$8.00	MD	Hike
1372	Duncan Knob	B	This will be a 9 mile circuit of Duncan Knob. We will start the hike by ascending the Scothorn Gap trail from Crisman Hollow Road and utilizing the Gap Creek trail and the Massanutten Trail for a complete circuit. The highlight will be the rock scramble to the peak of Duncan Knob, a rugged and scenic view.	14	2200	Ashley Lewis 571-255-0191	Sunday, November 09, 2014	\$0.00	Centreville Commuter Lot	7:30:00 AM	\$13.00	GWNF	Hike
1373	City Lights	B	New York City, that is. Manhattan specifically. Although we will throw in a bit of Brooklyn for variety. We will take the night bus from Union Station and get to New York early in the morning. After a brisk walk across the Brooklyn Bridge, with its stunning views, breakfast will be in Brooklyn. After the return, we will head over to Midtown Manhattan where we will spend most of the day, visiting famous and less famous sites, and stopping at cafes, delis, and diners for needs as they arise. We will end up after sunset at Rockefeller Plaza to see the tree and the lights, a feature typical in many cultures around the winter solstice. We will return late Saturday night. Around 10 miles of walking total. Contact leaders Mike (mgingerich@gmail.com) and Mano (malayanur@yahoo.com) to sign up. Places are limited so call early.	10	0	Mike 202-370-7957 and Mano 301-562-3156	Saturday, December 20, 2014	\$0.00	Union Station		\$0.00	NY	Hike
1374	Sugarloaf Mountain	B	This 8.1 mile loop hike with 1500 ft of elevation change starts at the base of the mountain and climbs through oak forests to sweeping views at White Rocks overview (snack break) and then returns through conifer dominated forests on the east side. Trees should be in fall color. Trails are mostly rocky and rooty so hiking shoes are required. Bring a snack and water. Meet at small parking lot by gated entrance at base of mountain (where 5 roads meet).	8	1500	Nancy Benco 202-363-1639(H)	Sunday, October 05, 2014	\$0.00	Sugarloaf Entrance	8:30:00 AM	\$0.00	MD	Hike
1375	North and South Mount Marshall Loop	A+	This is a challenging 15 mile hike with several great views from Mount Marshall and about 2,500 feet elevation. We will start at Jenkins Gap on Skyline Drive then take the Mount Marshall Trail to Bluff Trail with a side trip to Big Devil Stairs Overlook for lunch. After lunch, we will climb up Bluff Trail to Gravel Springs Hut, cross Skyline Drive and continue up to the AT. We will walk North on the AT for nearly 6 miles climbing to views on Mount Marshall and returning to Jenkins Gap. Experienced hikers who have recently completed hikes with similar mileage and elevation, please contact Jennifer Hine at jenniferreps@gmail.com or 571-236-2668. We will maintain a fast pace of around 3 miles an hour.	15	3500	Jennifer Hine 571-236-2668(C)	Saturday, October 18, 2014	\$15.00	Centreville Commuter Lot		\$11.00	SNP	Hike
1376	TBD	A+	TBD A+	15	3500	Jennifer Hine 571-236-2668(C)		\$0.00	TBD	7:30:00 AM	\$13.00	SNP	Hike
1377	Compton Peak Plus	A+	Come get your winter workout on this fast-paced 15.5 mile winter hike with about 3,000 feet elevation gain! We will start at the 4H Center in Front Royal and follow the AT to Compton Peak. After enjoying view from Compton Peak and Possum's Rest Overlook, we will continue on the AT to Jenkins Gap. We will hike back on the AT then return via Dickey Ridge and Hickerson Hollow with a side trip to the lovely falls at Land's Run. Experienced hikers who have recently completed hikes of similar length and elevation, contact Jennifer Hine at jenniferreps@gmail.com or 571-236-2668 for more information. Hike will be at a fast moving pace of about 3 miles an hour.	15	3500	Jennifer Hine 571-236-2668(C)	Saturday, December 13, 2014	\$0.00	Centreville Commuter Lot		\$11.00	SNP	Hike
1378	Lake Anna State Park	C	The Lake Anna State Park hike can be 7 or 12 miles, depending upon the amount of sunlight, spirit and condition of hikers.			Newt Simmons 206-276-5063	Saturday, October 25, 2014	\$0.00	East Falls Church Metro Large Lot	8:00:00 AM		VA	Hike
1379	Belle Isle	D	The Belle Isle hike is about 5.0 miles long in the Northern Neck, lasting about 3 - 4 hours.			Newt Simmons 206-276-5063	Sunday, November 02, 2014	\$0.00	East Falls Church Metro Large Lot	8:00:00 AM		VA	Hike
1380	Whiteoak/Hawksbill Summi	A	A 12 mile circuit hike in beautiful Whiteoak Canyon. The hike will ascend the Cedar Run Trail and on up to Hawksbill Summit returning along the Whiteoak Canyon Trail. Please note that nearly all of the 2,900ft of elevation gain will be in the first 4miles.	14	2500	David Caviness 571-643-3897 & Lou Hurwitz 703-623-9619	Saturday, December 20, 2014	\$10.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike
1381	Nicholson Hollow Loop	A+	A 1.4 mile hike in Nicholson Hollow area. Beginning at the Old Rag Parking lot, we will ascend to Skyline Drive via the Nicholson Hollow and Corbin Cabin Cut-off Trails. After returning to Corbin Cabin, we will make a short climb up the Indian Run Trail and make our way back to the cars on the Corbin Mountain Trail.	12	2500	David Caviness 571-643-3897 & Lou Hurwitz 703-623-9619	Saturday, November 15, 2014	\$15.00	Centreville Commuter Lot	7:30:00 AM	\$11.00	SNP	Hike

1382	Big Devil Stairs	A	This is a 10 mile in and out hike with 2000' elevation gain in the northern section of Shenandoah National Park. We will start outside of the park on the Mount Marshall trail. We will then take the Bluff trail to the Big Devil Stairs trail where we will hike down a short distance to the canyon overlook for lunch.	10	2000	Ed Brimberg 703-944-9920(C)		\$0.00	Centreville Commuter Lot	8:00:00 AM	\$9.00	SNP	Hike
1383	Burke Lake Park	D	This 5-mile circuit hike features a level walk around a scenic lake. Meet at Burke Lake Park Marina parking lot. Enter the park at the Burke Lake Park Entrance on Ox Road, Rt 123. After entering the park go straight, following the road as it curves right and goes into the marina parking lot.	5	0	Moira Biwott 703-599-4183(C)	Sunday, November 02, 2014	\$0.00	Burke Lake Park Marina Parking Lot	10:00:00 AM	\$0.00	VA	Hike
1384	Burke Lake Park	D	This 5-mile circuit hike features a level walk around a scenic lake. Meet at Burke Lake Park Marina parking lot. Enter the park at the Burke Lake Park Entrance on Ox Road, Rt 123. After entering the park go straight, following the road as it curves right and goes into the marina parking lot.	5	0	Moira Biwott 703-599-4183(C)	Sunday, December 14, 2014	\$0.00	Burke Lake Park Marina Parking Lot	10:00:00 AM	\$0.00	VA	Hike
1385	Little Devil Stairs	C	A moderately paced 5.5 mile circuit hike in Northern SNP that starts with the ascent of Little Devil Stairs as it crosses Keyser Run in a deep ravine. Return via the Keyser Run Fire Road. Elevation gain 1,480 ft. This is a truncated version of this celebrated trail for those not up to the full 10- and 12-mile version.	6	1480	Jill Farrell 703-405-8905(C)	Saturday, October 04, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
1386	Little Devil Stairs	C	Here's your chance to metabolize all that turkey and pecan pie. A moderately paced 5.5 mile circuit hike in Northern SNP that starts with the ascent of Little Devil Stairs as it crosses Keyser Run in a deep ravine. Return via the Keyser Run Fire Road. Elevation gain 1,480 ft. This is a truncated version of this celebrated trail for those not up to the full 10- and 12-mile version.	6	1480	Frank Trippett 703-799-0836(W), 202-230-8082(C)	Friday, November 28, 2014	\$15.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	SNP	Hike
1387	Ashby Gap	B	This is a out and back hike with two side loops, the main features being the small mountain streams, Myron Glaser Cabin, and the Rod Hollow Shelter. 8.5 miles, 1530' elevation gain, 5 hours with a 1/2 hour break. Meet at Centerville at 8 or the parking area on VA601 at 9am. Http://www.hikingupward.com/OVH/AshbyGap/	8	1480	Jill Farrell 703-405-8905(C)	Sunday, November 02, 2014	\$0.00	Centreville Commuter Lot	8:00:00 AM	\$8.00	VA	Hike