

February 5, 2023 – Winter Hike

Meet at 12:00 PM in the parking lot for the Thousand Steps along Rt. 22. This hike is a loop following a dinky grade to Big and Little Inclines, then up past the steps to Ledge Quarry, and finally descending the steps. Highlights along the way are Ledge Quarry Vista, seeing the history of the area, and hiking the Thousand Steps. Hikers should wear sturdy footwear with traction equipment and are encouraged to bring water and snacks. Some may find hiking poles to be helpful.

<https://www.strava.com/routes/3031988639983261982>

May 14, 2023 – Mother's Day Hike

Meet at 9:00 AM in the state game lands parking lot along Mill Creek Hollow Road. We will then shuttle hikers to the start at the trail's first crossing of Frew Road. The hike is just over five miles, and the terrain contains several small hills. Highlights along the way are blooming wildflowers such as Lady Slipper orchids, large sandstone formations, and several small streams. Hikers should wear sturdy footwear and are encouraged to bring water and snacks. Some may find hiking poles to be helpful. Celebrate Mother's Day by taking mom hiking!

<https://www.strava.com/routes/3031970901697758332>

August 6, 2023 – Night Hike

Meet at 7:30 PM at the top of Stone Mt along Allensville Road. We will then shuttle hikers to the start at Pole Trail along Turkey Hill Road. The hike is just over four miles, and the terrain is very rocky at times with long climb to ascend the mountain. Highlights along the way will be seeing the night sky from several viewing spots. Hikers are required to have a headlamp, should wear sturdy footwear, and are encouraged to bring water and snacks. Some may find hiking poles to be helpful. Please note this hike is likely to be cancelled in the event of rain.

<https://www.strava.com/routes/3031984532064438028>

November 12, 2023 – Fall Hike

Meet at 10:00 AM in Parking Lot # 1 at Cowans Gap State Park. This hike is just over six miles and makes a loop using Lakeside Trail, Tuscarora Trail, Fox Trail, and Standing Stone Trail. Highlights along the way are the views atop Cove Mountain, discussing the history of the area, and understanding the redesign of Fox Trail by the Standing Stone Trail Club to be more suitable for hiking. The route does include a climb up and down the mountain along with a rocky ridge top crossing. Hikers should wear sturdy footwear and are encouraged to bring water and snacks. Some may find hiking poles to be helpful.

<https://www.strava.com/routes/3031973039933982476>