



## Hike/Zoom Schedule May 2021 to April 2022

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We hope you will join us for one or more events this year. To register, either visit the webpage at <https://mountainstoseatrail.org/hike-zoom-schedule/> or contact Kate Dixon at 919-698-9024 or [kdixon@mountainstoseatrail.org](mailto:kdixon@mountainstoseatrail.org). And please feel free to call or e-mail if you have questions.

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**Saturday, May 15, 2021** (Rain Date: Sunday, May 16, 2021)

9 am to 11 am

**Piedmont Wildflower Hike**

North of Durham – MST Segment 10

See spring emerge along the MST at Penny's Bend, a nature preserve on the Eno River managed by the N.C. Botanical Garden. Botanist extraordinaire Julie Moore, who is helping Friends on projects statewide, will be our guide to the native plants on this unique site, and we'll also tell you more about what's planned for the trail along the Eno and Falls Lake.

Easy. 3 miles. Group Size: Up to 10.

**Thursday, May 20, 2021** (Rain Date: Wednesday, May 19, 2021)

10 am to 1 pm

**Mountain Wildflower Hike**

20 miles north of Asheville on the Blue Ridge Parkway (near Craggy Gardens Visitor Center) – MST Segment 3

Join Board Member and wildflower aficionado Marcia Bromberg for a hike on the top of the world. We'll hike from Glassmine Falls Overlook on the Blue Ridge Parkway (MP 361.2) towards Greybeard Overlook enjoying views to the east and west from our 5,000' plus elevation. We'll look for late spring wildflowers and, if we're lucky, see the elusive and rare Grey's Lily spotted along the trail several years ago. After we have our fill of hiking, we'll return to the Glassmine Overlook for a box lunch.

Moderate. 3 miles round trip. 400' elevation gain. Group Size: Up to 12.

**Tuesday, June 8, 2021**

7 pm to 8 pm

**Zoom – Big Plans on the MST**

Update by Kate Dixon, Executive Director

Tune in for an update by Executive Director Kate Dixon about priority projects to build and promote the trail all over the state. She'll also share news about our work with a coalition of trail groups to convince the NC General Assembly to provide more funding for trails, including the MST. Questions welcome!

**Saturday, June 12, 2021** (Rain Date: Sunday, June 13, 2021)

10 am to 1 pm

**Haw River Mill Hike**

Saxapahaw – MST Segment 9

Join us for a hike along the Haw River in the historic textile mill town of Saxapahaw which has become a center of farm to table food and alternative music in the Triangle area. Brian Baker, Alamance Parks Director, will lead this hike to show you the trail and tell you more about the county's work to build the MST. We'll also bring you up to speed on what's happening in adjacent Orange County to connect the MST to Saxapahaw. We'll finish the hike with lunch in Saxapahaw, plans to be announced soon.

Easy. 3.5 miles round trip. Group Size: Up to 12.

**Thursday, June 17, 2021** (Rain Date: Friday, June 18, 2021)

10 am to 2 pm

**Oconaluftee Hike**

Cherokee – MST Segment 1

Join Board Members Mike Parker (Marketing Director for the Cherokee) and Les Love for a walk along the MST on the Oconaluftee River into the Town of Cherokee for lunch. We'll view the elk that were reintroduced into the Great Smoky Mountains National Park and hear Cherokee folklore while walking through the Farm Museum, seeing where the trail transitions from the Smokies Park to Blue Ridge Parkway land at its terminus - milepost 469.

Easy. 3.5 Miles round-trip. Group Size: Up to 12.

**Saturday, July 17, 2021** (Rain Date: Sunday, July 18, 2021)

1 pm to 4 pm

**Highest Peak Hike**

Mt. Mitchell State Park – MST Segment 3

Join Jake Blood, former Board Member and founder of the High Peaks Trail Association, on a loop hike on this iconic portion of the MST. While you're at it, Jake will give you an insider look at how this old trail, which was badly eroded, was renovated to repair the damage and make it more sustainable.

Hard. 3.5 Miles. Group Size: Up to 12.

**Tuesday, August 10, 2021**

7 pm to 8 pm

**Zoom – Trail Guides, Maps, Apps, and Kiosks**

Update by Jim Grode, Trail Resource Manager

Jim writes the trail guides and keeps them up to date so he's the staff expert on trail route. He's also working on maps, apps, kiosk materials and other resources to help hikers find and enjoy the trail.

Tune in for an update on what he's working on. Your questions and suggestions are welcome.

**Saturday, August 21, 2021** (Rain Date: Sunday, August 22, 2021)

4 pm to 6 pm

**Highest Sand Dune Hike**

Jockey's Ridge State Park, Nags Head – Segment 18

Friends of MST is working with State Parks to design and install a special sign denoting the eastern terminus of the MST at Jockey's Ridge State Park. Ben Jones on the Friends staff and park staff will give you a preview of sign designs at the park visitor center. Afterwards, we'll take a hike to and from the terminus itself on the top of the tallest sand dune.

Moderate. 1 Mile. Group Size: Up to 12.

## **Friday and Saturday, September 24-25, 2021**

### **Yadkin Valley Hiking Weekend & Pumpkin Festival**

Elkin – Segment 6

Citizens of this amazing community have wrapped the MST and its hikers in a warm, happy embrace. They are rapidly building trail to connect downtown Elkin all the way to Stone Mountain State Park, 20 miles away. They invite us to join them for a vigorous weekend of up to three hikes, a Friday and Saturday lunch, and a Saturday late afternoon get-together at the Grassy Creek Winery. Friday, 9 am to 12:30 pm: 4.5-mile Moderate hike on a new MST section at Stone Mountain State Park

Lunch: Heritage and Trail Center in downtown Elkin

Friday, 2:30 pm to 5:30 pm: Easy 4-mile hike from downtown Elkin up the MST on the E&A Rail Trail

Saturday 9 am to 10 am: Experience the local Yadkin Valley Pumpkin Festival

Saturday, 10:45 am to 1:45 pm: Easy to Moderate 5-mile hike from the Forest Bathing Trail to Carter Falls, picnic lunch at Carter Falls

Saturday, 4 to 5 pm: Get-Together at Grassy Creek Vineyard and Winery.

Easy to Moderate. 13.5 miles over 3 hikes in 2 days. Up to 16.

## **Saturday, October 16, 2021 (Rain Date: Sunday, October 17, 2021)**

10 am to 2 pm

### **Carolina Bay Hike**

White Lake – Segment 14

This special part of the MST passes multiple Carolina Bays, intriguing and beautiful geologic features that abound in this part of North Carolina. Ben Jones, our Coastal Crescent Project Manager, will take you on a tour of the developing trail route within Turnbull Educational and Bladen Lake State Forests. Then we'll gather for lunch overlooking the crystal-clear waters of White Lake.

Easy. 4 Miles. Group Size: Up to 12.

## **Saturday, November 6, 2021 (Rain Date: Sunday, November 7, 2021)**

9:30 am to 4 pm

### **Magnificent View Hike**

Glendale Springs, 30 miles “north” of Boone on the Blue Ridge Parkway – Segment 5

Join MST member and “Triple Crown Hiker” Curly Perzel on her home MST stomping grounds.

This is a gorgeous part of the MST with sweeping views from the top of the Blue Ridge. We'll hike from Alligator Rock Overlook up Bluff Mountain to visit a lean-to. Then we'll hike across the open meadows of Doughton Park to Wildcat Rock, look down 800 feet to Caudill Cabin built over 100 years ago, and finish at Brinegar Cabin. We'll provide box lunches, and Curly has promised to bring some of the cookies that have made her famous. After the hike, everyone is welcome to join a side trip to the nearby Holy Trinity Church to see the Ben Long frescoes.

Moderate. 6.5 Miles. Group Size: Up to 16.

## **Tuesday, November 16, 2021**

7 pm to 8 pm

### **Zoom – Get Involved with the MST**

Update by Betsy Brown, Outreach Manager, and Elizabeth Hipps, Operations Manager

Betsy and Elizabeth will give you a sneak peek at plans for the 2022 Gathering at Lake Junaluska, our first in-person meeting in two years. Take a look back at past MST Birthday celebrations and brainstorm ways to ramp it up for the 45<sup>th</sup>. They'll also bring you up to speed on new volunteer opportunities to promote the MST. Your questions and discussion are welcome.

**Saturday, December 11, 2021** (Rain Date: Sunday, December 12, 2021)

1 pm to 4 pm

**North River Preserve Hike**

Beaufort – Segment 17

Explore the 6,000-acre North River Wetland Preserve with our Ben Jones and staff of the NC Coastal Federation that purchased this former farm to restore it as natural habitat. The MST is proposed to be routed on the trails in the preserve, and Ben and NCCF staff will tell you more about the preserve and plans for the trail.

Easy. 6 miles. Group Size: Up to 12.

**Saturday, January 1, 2022** (It's New Years! We'll head out rain or shine!)

10 am to 2 pm

**New Year's Day Hike**

Clayton – Segment 11

Walk the newest section of MST along a greenway that leads from Sam's Branch near the Neuse River into the Town of Clayton's sweet downtown. Your able guide will be MST Completer and former Board Member Johnny "Chief" Massey who will keep you chuckling with tales of hiking adventures. And we're working on a special lunch plan to surprise you!

Moderate. 6 Miles. Group Size: Up to 10.

**Tuesday, January 18, 2022**

7 pm to 8 pm

**Zoom – Engaging with People of Diverse Communities**

Update by Friends of MST Intern and Betsy Brown, Outreach Manager

Friends is hiring an intern for the 2021-2022 school year to help develop and implement a plan to welcome people from diverse communities to enjoy the trail and engage in our work. This session will be an opportunity for you to meet the intern and other staff and learn more about that plan and how you can help.

**Saturday, February 5, 2022** (Rain Date: Sunday, February 6, 2022)

2 pm to 4 pm

**Haw Headwaters Hike**

Oak Ridge, north of Greensboro and Winston-Salem – Segment 8

The Town of Oak Ridge is working hard to build the MST. First they opened a campsite for thru-hikers in the town park; and now they've constructed two gorgeous sections of trail, including one in the headwaters of the Haw River. Join MST 'Task Force Leader' Joel Deaton and Town Council Member Martha Pittman for a stroll along this latest addition. Joel is a skilled trail builder who is a keen observer of wildlife, and Martha has helped guide the town's efforts as an MST community.

Easy. 2.6 Miles. Group Size: Up to 12.

**Wednesday, February 16, 2022**

7 pm to 8 pm

**Zoom – Planning for new sections of the MST**

Update by Ben Jones, Coastal Crescent Project Manager

Ben will show you detailed plans and cost estimates he's developed for new sections of MST to be built in the Coastal Plain, Goldsboro and at Belew's Lake north of Winston-Salem. You'll see lots of great maps and renderings to give you a sense of what the completed trail experience will be. Your questions and discussion are welcome and encouraged.

**Saturday, March 26, 2022** (Rain Date: Sunday, March 27, 2022)

9 am to 1 pm

**Neusiok Hike**

Havelock – Segment 16

The 21-mile Neusiok Trail in the Croatan National Forest is the longest continuous trail in the Coastal Plain and one of the star attractions of the entire MST. Join wildlife biologist Gene Huntsman, who worked with the US Forest Service to build this trail 50 years ago, and MST staffer Jim Grode on an exploration of this diverse and amazing place. Jim will also fill you in on plans for additional MST miles in the Croatan National Forest. We'll provide a box lunch.

Moderate. 3.4 Miles. Group Size: Up to 12.

**Friday through Sunday, April 8-10, 2022**

**Gathering of Friends**

Lake Junaluska (near Waynesville) – MST Segment 2

Friends of MST welcomes you to join us for a very special Gathering – in person for the first time since 2019! And the location couldn't be more celebratory for the trail's 45<sup>th</sup> anniversary. Lake Junaluska was where Howard Lee gave his 1977 speech recommending creation of the MST. In addition to our report to the members about accomplishments and plans, the weekend will be packed with fun activities: hikes, cultural tours, music, food, and lots of opportunities to meet other MST enthusiasts. Registration isn't open for the Gathering yet, but please put the date on your calendar.