

MOUNTAIN HIGH HIKERS CALENDAR

Summer 2025

❖❖ Trails maintained by MHH

Designated Wilderness Area (limit 10 hikers/group in NC and TN, 12 hikers/group in GA)

July 1 C4	## Hike from Gooch Gap to Woody Gap and back on the AT. This hike is 7.5 miles with 1400ft of elevation gain. Moderately strenuous. Limited to 12 hikers. HIKE LEADER NEEDED.
July 1 C3	## Deep Gap south on old and new AT. See aircraft crash site and Raven Cliffs. This is a moderate round trip hike of 6.5 miles. Limited to 10 hikers. Please text hike leader Steve Dennison (706) 299-6825 if you plan to do this hike.
July 3 B2	Leisure Hike. Trails of Cooper Creek. We'll start at the Shope Gap Trail off FS Rd. 39 (Duncan Ridge Rd.) and hike down to FS Rd. 236, then walk across to the Cooper Creek Loop Trail (also known as the Eyes on Wildlife Trail). Total distance is a moderate 4 miles. Shuttle required. Please text hike leader Michele Powell (843) 864-3139 if you plan to do this hike.
July 4	No trail maintenance.
July 8 C3	## Deep Gap (4,341 ft) to the top of Standing Indian Mountain (5,498 ft.) on the AT. This is a 5-mile round trip hike in the Southern Nantahala Wilderness Area. 2.5 mi uphill, 2.5 miles downhill. Limited to 12 as it is wilderness. Please contact hike leader Pam Sullivan pams11@tds.net if you are interested in this hike.
July 8 B2	Dally Gap to Jack's River. Hike up Hemp Top Trail to intersection with the BMT at Spanish Oak Gap (elevation gain of about 450 ft) to Jacks River Trail for a total of just over 5 miles. Please contact hike leader Ken Cissna kcissna@usf.edu if you plan to do this hike.
July 10 B2	Leisure Hike. Boyd's Gap to Thunder Rock Campground, an easy hike of 6 miles mostly downhill or flat includes Boyd's Gap Trail, the Ocoee Upper Put-in Road, the Old Copper Road along the Ocoee River and the Rhododendron Trail to Thunder Rock. Requires a short shuttle; meet at Ducktown Piggly Wiggly at 8:30 AM. Please text hike leader Tim Swan (760) 617-5580 if you plan to do this hike.
July 10	Trail Maintenance. Chunky Gal from FS Rd to Boetler Peak. Includes lopping, brushing and possible blowdowns. Leader: Mark Ward (561) 212-3775 Mward87@att.net Ingles, Hayesville (8:30 am)
July 12 B1	Saturday Leisure Hike. Chatuge Dam Trail in Hayesville, NC, easy mostly flat trail on paved surface starting at the Lake Chatuge Dam down to the beach in the second campground and return for a total distance of approximately 4 miles. Please text hike leader Ralph Collinson (904) 305-7139 if you are interested in this hike.
July 15 C3	## Hike from Byron Reese parking area up to the AT. Hike northbound on the AT, passing through Neel Gap, and on to Levelland Mountain and return. This hike is about 7 miles with 1700 ft of elevation gain and is considered moderately strenuous. Limited to 12 hikers. Please contact hike leader Candy Retter (706) 897-9538 if you are interested in this hike.
July 15 C3	Lake Conasauga. Hike in a beautiful area of the Cohuttas. Start along the lake, then head to the Grassy Mountain Fire Tower. The tower is closed, but there are numerous wildflowers and butterflies along the way. Heading back, first finish the Songbird Loop, and end up back at the lake to finish the lake loop for a total of 6.3 miles. A moderate hike that has

	some ups and downs; the climb to the tower (the only real climb of the hike) gains 600 ft in about 1.5 miles. Please text hike leader Sherry Savrda (407) 924-1499 if you are interested in this hike.
July 17 B3	Leisure Hike. Winding Stair Gap along Hwy. 64 east of Franklin, NC. Walk southbound along the AT for about 2.5 miles to the stairs and return. The first half mile has a gradual moderate incline with an elevation gain of 550 ft, but the payoff is great views to the west. Total distance of 5 miles. Please contact hike leader Margie Hornsby (850) 322-8078 if you are interested in this hike.
July 17	Trail Maintenance. Chunky Gal from Forest Service Rd to Glade Gap. Includes lopping, brushing and possible blowdowns. Leader: Mark Ward (561) 212-3775 Mward87@att.net Ingles, Hayesville (8:30 am)
July 19 B4	Saturday Adventure Hike in partnership with Georgia ForestWatch. Rabun Bald via Beegum Gap. Beautiful trail, but an big climb to the top, gaining 1,000 ft over 1.5 miles; the incredible views from the top make it worth the effort. There is also an observation tower at the top for even more panoramic views. Round trip distance of 3.1 miles. This hike will be led by MHH Hike Director Sherry Savrda, but to attend you must register with Georgia ForestWatch at https://gafw.org/get-involved/#outings . This hike is part of the Georgia Mountain Treasures Challenge.
July 22 B3	Standing Indian area. Park Creek Trail with crossover to Park Ridge Trail. A lovely hike of about 5.5 miles with some stream crossings, one of which is significant. One climb, but the rest is mostly level or short ups and downs, and usually a good wildflower display. Nice waterside sections along the Nantahala River and Park Creek. Please contact hike leader Pam Sullivan pams11@tds.net if you are interested in this hike.
July 22 C3	## Mooney Gap to Timber Ridge Trail in Standing Indian area, 4.9 miles on the AT (about 500 ft elevation gain) plus 2.1 miles (about 900 ft downhill) on the Timber Ridge for a total of 7 miles. Shuttle required. This area usually stays cooler in the summer. Limited to 10 hikers. HIKE LEADER NEEDED.
July 22 A3	## Lazy Day Hike. Join hike leader Ann Breslauer for a morning 1-1.5 hr nature hike. Walk along the AT from the Tesnatee Gap parking area. This is a timed hike, going 30-40 minutes up the trail then returning. The trail is uphill, though all in the shade, and there is no rush. Get your heart rate up and muscles moving while enjoying nature. You'll be done by 11, so you'll have plenty of time for the rest of your day's activities. Meeting at the trailhead on Ga Hwy 348 (Richard Russel Scenic Highway) at 9:00. Wilderness area, so limited to 12 hikers. Please contact hike leader Ann Breslauer at akennonbreslauer@yahoo.com or text (617) 233-2311 if you are interested in this hike.
July 24 B2	Leisure Hike. Indian Boundary Lake Trail. It's a bit of a drive, but the views are amazing. We'll start at Tellico Grains bakery for morning goodies and/or lunch supplies. Then we'll head over to Indian Boundary Recreation Area for a mostly level walk around the lake and many photo opportunities. We'll stop for snacks or lunch at the beach, so if anyone wants to take a dip, bring your suit! On the way out we'll take a short side trip to see Bald River Falls. Total distance of about 3.5 miles. Limited to 20 hikers and participants are encouraged to carpool from their local area to the meet-up location. Please text hike leader Sherry Savrda (407) 924-1499 if you are interested in this hike.
July 25	Trail Maintenance. Wagon Train Trail (Wilderness). From Brasstown Bald Parking Lot, 1.5 mile in and back. Easy climb on return. Leader: Kelly Motter (979) 480-6413 kellylee28@aol.com

	Blairsville Park and Ride (8:30 am)
July 26 B2	Saturday Leisure Hike. Jackrabbit Mountain. Hike from the first parking lot on Jack Rabbit Rd. in Hayesville, NC, crossing the road and going approximately one mile to the Jack Rabbit Hiking Trail. Moderate incline on that trail to the top of the ridge and then downhill or flat the rest of the way back to the parking lot. Five miles with some pretty views of Lake Chatuge. Please text hike leader Ralph Collinson (904) 305-7139 if you are interested in this hike.
July 29 B3	Flat Creek Loop Trail in the Aska Trail System, in Fannin County. This 5.8-mile moderate loop hike begins at Deep Gap on Aska Road. Meet at Food Lion in Blue Ridge at 8:30. Please text hike leader Tim Swan (760) 617-5580 if you plan to do this hike.
July 29 B3	Rock Gap in the Standing Indian area for 2.6 miles along the AT, with a steady but gentle uphill elevation gain of about 800 ft., then down the Long Branch Trail another 1.7 miles to the Backcountry Information Center via the AT and Long Branch Trail for a total of 4.3 miles. Short shuttle required. Meet at Ingles parking lot in Hayesville. Please contact hike leader Pam Sullivan pams11@tds.net if you are interested in this hike.
July 31 B2	Leisure Hike. Hike near the Ocoee River in TN. Thunder Rock Express then along the BMT back to Thunder Rock for a total of about 5 miles. Please text hike leader Ralph Collinson (904) 305-7139 if you are interested in this hike.
July 31 A2	Lazy Day Hike. Spend an hour walking the trails of Meeks Park. Meet at Meeks Park II, which is the back entrance to the park, 979 Blue Ridge Hwy, in Blairsville at 8:30. Please contact hike leader Ann Breslauer at akennonbreslauer@yahoo.com or text (617) 233-2311 if you are interested in this hike.
July 31	Trail Maintenance: OPEN
Aug 5 C3	Hike from Three Forks to Hawk Mountain Shelter on the AT northbound and return. Visit Long Creek Falls and an old cemetery. This hike is 7.5 miles. Moderately strenuous. Please text hike leader Kelly Motter (979) 480-6413 or email kellylee28@aol.com if you are interested in this hike.
Aug 5 B3	Piney Knob in Murphy, NC. Hike the Rhodo Coaster Trail, a moderate 4.5-mile loop. The trail winds through thick woods and rhododendron thickets and is below the ridgeline. Please text hike leader Ralph Collinson (904) 305-7139 if you are interested in this hike.
Aug 7 B3	Leisure Hike. Amadahy Trail outside of Ellijay, GA. Nice moderate loop of approximately 4.5 miles with views of Carter Lake and a side trip to a picnic peninsula overlooking the lake. Please text hike leader Penny Strickland (239) 287-7940 if you plan to do this hike.
Aug 7	Trail Maintenance. Wagon Train Trail (Wilderness). From Brasstown Bald Parking Lot, Starting at 1.5 miles to Young Harris. Leader: Kelly Motter (979) 480-6413 kellylee28@aol.com Blairsville Park and Ride (8:30 am)
Aug 9 B3	Saturday Leisure Hike. Combination Miller Trek with Bottom Loop. Some ups and downs for approximately 4.5 moderate miles. Please text hike leader Ralph Collinson (904) 305-7139 if you are interested in this hike.
Aug 12 C3	Hike to Lake Blue Ridge via the Long Branch Trail, Green Mountain Connector Trail and the Green Mountain Trail and return. This hike is 6+ miles with about 1200 ft of elevation gain and is considered a moderate hike. Please contact hike leader Bob Frankis (505) 220-8706 if you are interested in this hike.

Aug 12 B3	Emery Creek Falls. This is an adventure hike! A delightful walk in the Cohuttas that has about 10 stream crossings and ends at two waterfalls. The first falls are 40-50 ft high, and the second about 25 ft. The first stream crossing is the most difficult and could be knee deep, but the rest are much less challenging. We'll cross at the safest possible places. Please bring hiking poles, and water shoes if you don't want to go in with your boots. A gentle steady climb in except for the last little bit to the falls, which is more steep. Out and back for a total of almost 6 miles. Please text hike leader Sherry Savrda (407) 924-1499 if you are interested in this hike.
Aug 13 A2	Lazy Day Hike. Spend an hour walking the trails of Meeks Park. Meet at Meeks Park II, which is the back entrance to the park, 979 Blue Ridge Hwy, in Blairsville at 8:30. Please contact hike leader Ann Breslauer at akennonbreslauer@yahoo.com or text (617) 233-2311 if you are interested in this hike.
Aug 14 B2	## Leisure Hike. Raven Cliffs Trail. Scenic 5-mile round trip hike along a cascading mountain stream to towering cliffs with two waterfalls. Limited to 12 hikers. Please text hike leader Michele Powell (843) 864-3139 if you plan to do this hike.
Aug 14	Trail Maintenance. Chunky Gal from Forest Service Rd to Glade Gap; includes lopping, brushing and possible blowdowns Leader: Mark Ward (561) 212-3775 Mward87@att.net Ingles, Hayesville, (8:30 am)
Aug 19 D4	Hike on the AT from Wayah Crest to Wayah Bald Tower and return. This hike is about 9 miles with 2200 ft of elevation gain and is considered strenuous. HIKE LEADER NEEDED.
Aug 19 C3	Rock Gap to Long Branch Shelter on the AT in the Standing Indian Area. Out and back for a total of 7 miles. Please contact hike leader Margie Hornsby (850) 322-8078 if you are interested in this hike.
Aug 21 B1-2	Leisure Hike. Jackrabbit Trails. It's the hottest month of the year, so we'll go to Jackrabbit Mountain in NC for easy, shady walking just above Lake Chatuge. First it's in about a mile each way on the Central Loop, and the middle part of the hike is 1.5 mi, then the Upper Ridge Trail for a total of around 4.5 mi. with both trails. Please email hike leader George Owen at gowen2@tds.net or call (706) 374-4716 if you are interested in this hike.
Aug 21	Trail Maintenance: Chunky Gal, from FS Rd to Boetler Peak. Includes lopping, brushing and possible blowdowns. Leader: Mark Ward (561) 212-3775 Mward87@att.net Ingles, Hayesville, 8:30 am
Aug 23	Saturday Leisure in partnership with Georgia ForestWatch. Walk the mostly flat Lake Conasauga Trail loop and gently undulating Songbird Trail loop for a total distance of 3.9 miles while learning about Georgia's National Forests and waterways. This is the highest lake in Georgia. There are other trails in the area, as well as a picnic area, fishing and swimming, so you could easily make a day of it. This hike will be led by MHH Hike Director Sherry Savrda, but to attend you must register with Georgia ForestWatch at https://gafw.org/get-involved/#outings This hike is part of the Georgia Mountain Treasures Challenge. Please note that the road in has one very rough section, and high-clearance vehicles are recommended. If you plan on attending and would like to arrange for carpooling, please text the hike leader at (407) 924-1499.
Aug 26 D3	## Hike on the AT from Hogpen Gap to Sheep Rock. This hike is 8 miles with about 1500 ft of elevation gain. Moderately strenuous. Please text hike leader Susan Paul at (407) 663-4457 if you are interested in this hike.

Aug 26 B2	Hanging Dog Recreation Area near Murphy, NC. Explore some trails in Hanging Dog. We'll do a mix of familiar trails and a couple we've not done. A combination of the Ramsey Bend Connector (619), Mingus (630) and Ramsey Bluff (81). Nice forest walk with views of the lake, for a total of about 4 miles. Please contact hike leader Evelin Yarns (919) 530-9640 if you are interested in this hike.
Aug 28 B2	Leisure Hike. Brush Creek Loop at Ocoee, TN. Four-mile loop along the shore of Ocoee Lake # 1 with moderate ups and downs. Please text hike leader Ralph Collinson (904) 305-7139 if you are interested in this hike.
Aug 28	Trail Maintenance. Desoto Falls. 3 miles round trip on moderate trail. Mostly water diversions and lopping. Leader: Kelly Motter (979) 480-6413 kellylee28@aol.com Blairsville Park and Ride (8:30 am)
Sept 2 D4	## From Lake Winfield Scott, hike up Slaughter Creek to the AT. Take the AT north up to Blood Mountain. Return southbound on the AT to Jarrard Gap Trail and return to LWS. This hike is about 8 miles with 1800 ft of elevation gain. Moderately strenuous. Please contact hike leader Candy Retter (706) 897-9538 if you are interested in this hike.
Sept 2 B3	## Indian Grave Gap to Tray Mountain and back. This is a moderate 5.0-mile hike on the AT to Tray Mt., the second highest point on the AT in GA. The trail passes Indian Grave Gap (3113 ft), a fabulous hillside of galax, the "cheese factory" turnoff, a viewpoint just before Tray Mt. (4430 ft). Limited to 12 hikers. Please text hike leader Steve Dennison (706) 299-6825 if you are interested in this hike.
Sept 4 B2	Leisure Hike. Unicoi State Park to Helen. Start at the rear of the Unicoi Lodge and walk the Unicoi-Helen Trail for just over 3 miles and return for a total of about 6 miles. There are some gentle ups and downs on this moderate hike, with one hill and several stream crossings on bridges. Optional lunch in Helen, either mid-hike or after. Please text hike leader Ralph Collinson (904) 305-7139 if you are interested in this hike.
Sept 4	Trail Maintenance. High Shoals Trail Hiawassee. 1.5 mile trail down and return. Lopping and water diversions. Leader: Steve Dennison (706) 299-6825 sid50@etcmail.com Blairsville Park and Ride (8:30 am)
Sept 9 B3	## Deep Gap (4,341 ft) to the top of Standing Indian Mountain (5,498 ft.) on the AT. This is a 5-mile round trip hike in the Southern Nantahala Wilderness Area. Year-round views at the top. HIKE LEADER NEEDED.
Sept 9 B2	Gobbler Trail at Piney Knob in Murphy. Total distance is about 6 miles through thick woods over a good trail bed, with roughly 600 ft of gentle elevation gain. Please text hike leader Steve Dennison (706) 299-6825 if you are interested in this hike.
Sept 11	Leisure Hike. Tallulah Gorge State Park. Hike the rim trail for views of the gorge. Those who wish to do so have the option to take the stairs and meet up with the group at the other side of the gorge. The rim hike is mostly flat and moderate to easy. Stair route is difficult. We'll hike 4-5 miles with lunch along the hike. Please text hike leader Ralph Collinson (904) 305-7139 if you are interested in this hike.
Sept 11	Trail Maintenance. Miller Trek. Lopping, water diversions. Leader: Kelly Motter (979) 480-6413 kellylee28@aol.com Blairsville Park and Ride (8:30 am)
Sept 13	Saturday Leisure Hike. From Thunderrock Campground take the Rhododendrum trail to Chestnut Ridge trail to Little Bear Paw Loop and return. Moderate 5-mile hike with some incline on Chestnut Ridge trail. Please text hike leader Ralph Collinson (904) 305-7139 if you are interested in this hike.

Sept 16 C3	Hike the Riverview Loop at the Ocoee Whitewater Center. Head across the upper bridge to the Bear Paw Trail, connecting to the Chestnut Trail and the Riverview back to the Whitewater Center. The total is about 7 miles, moderate. Please contact hike leader Pam Sullivan pams11@tds.net if you are interested in this hike.
Sept 16 B3	Flat Creek Loop Trail in the Aska Trail System, in Fannin County. This 5.8-mile moderate loop hike begins at Deep Gap on Aska Road. Meet at Food Lion in Blue Ridge at 8:30. Please text hike leader Tim Swan (760) 617-5580 if you plan to do this hike.
Sept 16 B3	Hike in Unicoi State Park. Complete the Lake Loop Trail followed by the Bottoms Loop and Frog Pond Trail for a total distance of approximately 5 miles. Please text hike leader Ralph Collinson (904) 305-7139 if you are interested in this hike.
Sept 18 B2	Leisure Hike. Hike in Smithgall Woods. Start with the short 2-mile hike up to the Mt. Yonah Overlook, followed by the 2-mile hike to Duke's Creek Falls. Please text hike leader Ralph Collinson (904) 305-7139 if you are interested in this hike.
Sept 18	Trail Maintenance: Jack Rabbit Mtn, easy 2.3-mile trail. Leader: Kelly Motter (979) 480-6413 kellylee28@aol.com Blairsville Park and Ride (8:30 am)
Sept 23 D3	Hike from Winding Stair Gap to Siler Bald on the AT and return. Beautiful views from Siler Bald in every season! This hike is about 9.5 miles with 1800 ft of elevation gain. Considered moderately strenuous. HIKE LEADER NEEDED.
Sept 23 B3	❖❖ Glade Gap to Boteler Peak and return for 5.5 miles total on the Chunky Gal Trail. Uphill, with 1400 ft of elevation gain. One of the best views in the Nantahalas from the top. Meet at Ingles in Hayesville at 8:30. Please contact hike leader Mark Ward (561) 212-3775 if you are interested in this hike.
Sept 25 B2	Leisure Hike. At last, the weather is a bit cooler. Celebrate by hiking from the Albert Mountain parking area north over a mile each way on a high and very flat ridge-top on the Appalachian Trail. Those wishing to do so may climb Albert Mountain's north side for the spectacular vista. Then drive down to Bearpen Gap to hike from there to Mooney Gap on the AT with more sidehill distant vistas. Total hiking distance around four miles. Please text hike leader Ralph Collinson (904) 305-7139 if you are interested in this hike.
Sept 25	Trail Maintenance: Chunky Gal from Bob Allison Campground to the Big Buckeye. A short 1.5 mile trail. Leader: Kelly Motter (979) 480-6413 kellylee28@aol.com Ingles Hayesville (9:00 am)
Sept 27 B2	Saturday Leisure Hike. Smithgall Woods State Park. Hike out the Tsalaki Trail and then on to the Ash Creek trail which crosses Dukes Creek. Bring water shoes or expect to have wet feet. Continue to Covered Bridge and then Wetlands Trail and back down the Tsalaki Trail to the parking lot. Moderate 5 miles with some incline and stream crossings. Please text hike leader Ralph Collinson (904) 305-7139 if you are interested in this hike.
Sept 27	Saturday Adventure Hike in partnership with Georgia ForestWatch. Take a walk through the woods around Lake Russell in the Piedmont area near Cornelia, GA. Enjoy views of the lake and walk across the dam. There are a few water crossings, but they are not deep. This hike will be led by MHH Hike Director Sherry Savrda, but to attend you must register with Georgia ForestWatch at https://gafw.org/get-involved/#outings This hike is part of the Georgia Mountain Treasures Challenge. If you plan on

	attending and would like to arrange for carpooling, please text the hike leader at (407) 924-1499.
Sept 30 D3	Hike southbound on the AT from Gooch Gap, cross Justus Creek, and on to Cooper Gap and return. This hike is 9.6 miles with 1700 ft of elevation gain. Moderately strenuous. Please text hike leader Susan Paul at (407) 663-4457 if you are interested in this hike.
Sept 30 B3	Turtle-town Creek Falls. Come and see the new road into the falls with a new bridge at the stream crossing just before the parking lot in Turtle-town, TN. The trail has also been refurbished in recent months and should provide a great hiking experience. The hike is approximately 5 miles and moderate on a very well-maintained trail. Please text hike leader Tim Swan (760) 617-5580 if you plan to do this hike.

Please contact the Hike Leader or visit www.mountainhighhikers.org for schedule changes. In order to accommodate different hiking levels, we might do “timed-in-and-out” hikes.

Hike Rating: Distance:	A = up to 3 miles	Terrain / Footing: 1 = easy 2 = average 3 = moderate 4 = strenuous 5 = very strenuous
	B = 3 - 6 miles	
	C = 6 - 8 miles	
	D = 8 - 10 miles	
	E = over 10 miles	