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THE POTOMAC APPALACHIAN



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## Welcome to the New PATC Store!

By Chris Irick



It's finally here! We're excited to share that the Potomac Appalachian Trail Club has officially launched a brand-new online store.

The new PATC store has been completely reimagined with you, our members, in mind. It's **easier to navigate, faster to shop, and more user-friendly** across all devices, whether you're browsing from home or on the trail. Also you will be able to track your order after purchase.

You'll also find **brand-new merchandise** alongside your favorite classics—perfect for showing your PATC community spirit, gearing up for your next adventure, or finding a gift for the outdoor enthusiast in your life.

Be sure to check out the new store today to take advantage of limited time **[Bargains](#) that gives you 30% off the item and Bundles that are tailor made for different club experiences such as [PATC Cabin Fans](#) and [New Member bundles and which give you 30% off the regular prices when you buy the set!](#)**

Thank you for being part of the PATC community. Every purchase helps keep 1,100 miles of trails, 49 cabins, 47 shelters, and nearly 3,500 acres secure, welcoming, and open to all.

## President's Log Book

By Jim Fetig

This month we'll talk about a secret. It's not every day that poop comes up in polite conversation. This is that time.



*Photo by Jim Fetig: Anna Larsen Porter modeling a Crapper Crew tree*

Ever wonder about what happens to the stuff you deposit in the privies? It's got to go somewhere. It's a dirty job, but somebody's got to do it. Who ya gonna call? The Crapper Crew, that's who.

The Crapper Crew is a real deal. Led by **John Hedrick**, it was formed when moldering privies were introduced on the AT beginning in the 1980s. Their job is simple. Empty the compost bin when the live side is full. That status is reported by maintainers, hikers, and other volunteers. Sometimes you can spot the Crapper Crew members in their unique blue tee shirts.

PATC is responsible for the composting and vault privies found along the 1,200 miles of trail we maintain. In an average year, several of them will require service. When the bell rings, John sends an alert to a roster of 10 crew volunteers. Those available respond.

Who are the men and women lucky enough to be chosen for this elite assignment? All of them are active club volunteers in other roles. Most of them hold leadership jobs within the club including past presidents, district managers, trail maintainers, ridgerunner coordinators, and standing committee members. This, folks, is leadership by example.

As an enrichment opportunity, our ridgerunners are also invited to participate. Not one has ever turned down the voluntary assignment. It's all part of learning what it takes to operate and maintain hiking trails. This is studying about the underside so to speak.

A typical outing for the Crapper Crew is fairly obvious. First comes the safety briefing; then comes the work. We have several different privy designs, so the steps differ slightly. The basic job is to empty the compost and spread it on the forest floor. This well-oiled machine has several different jobs.

First, we have the "digger." Their job is to loosen the compost and shovel it into a bucket. Before that happens, a "picker" picks out anything not supposed to be there.



*Photo by Anna Larsen Porter: Jim in the bin. Glen Tsaparas is standing to the right.*

The verboten treasure commonly includes empty food containers, non-compostable wipes, bottles, and sanitary products. Have any idea how many colors tampon applicators, known idiomatically as “beech whistles,” come in? Almost every trip we find underwear and once we even found a bright orange potty trowel. We have also found shelter mice freshly murdered by annoyed hikers.

The “picker” puts the nonconforming stuff into large trash bags. We generally fill two to four per outing. After that, the digger deposits the compost into a five-gallon plastic bucket. These buckets are then hoisted by “spreaders” who dump them in the woods. Repeat steps until the bin is empty.

Once the bin is empty, depending on the privy’s design, the house is rolled from the live side over to the empty bin. In newer ones, the throne is simply moved from one side to the other. Some wood chips are sprinkled on the live waste before it’s covered and left to compost.

Composting takes at least a year. Privies close to roads need annual service because picnic folks use them while others can go years before they’re full.

Everyone wants to know if it smells. The answer is no. Moreover, the compost is free of pathogens. Your deposit earns interest in the formation of good old-fashioned dirt.

Of course, the Crapper Crew is recruiting. You too can answer Nature’s call.

## **Record Hoodlums Turnout Welcomes Spring**

By Tom Moran



*Photo by Jim Fetig: Jim Fetig's CTM Crew from left - George Jones, Connor Moynihan, David Johnson, Steve Woofter, and David Pierce*

Spring was ushered in by the Hoodlums with their inaugural 2026 outing on Saturday, March 21. The day favored us with near perfect weather that was pleasantly warm on the heels of a prior cold snap. Over 40 turned out for the outing, such a large turnout that the attendees were divided into two groups—one meeting at the

Hoodlums' regular home at Piney River CCC area, the other meeting at the Elkwallow Wayside. The Elkwallow group represented a new concept for Hoodlums outings—they were to spend the day learning trail maintaining techniques and practices under two of the Hoodlum' Certified Trail Maintainer (CTM) instructors, **Mike Gergely** and **Jim Fetig**. The Hoodlums' fall CTM workshop has proved so popular that attendance has to be limited, and this first time experiment was no exception—the program was oversubscribed, proof that there is an appetite for improving trail maintaining skills.

The other, main group met per usual outside the Piney River CCC building under the always attentive eyes of Head Hoodlum **Tom Troutman**, who made final crew adjustments, led introductions, and held a safety discussion before crews were released to start the working part of the day.

### **Certified Trail Maintainer Crews**

The two crews met at Elkwallow Wayside and started off with a joint training session where they went over trail maintenance fundamentals like tools and safety. After that, Mike Gergely's crew went up the road to Hogback Overlook and Sugarloaf Trail for on-the-trail instruction. Trainees learned how to handle some conveniently placed blowdowns with handsaws. They went over assessing a few previously installed waterbars that weren't performing due to poor placement and walked through replacement for both a traditional waterbar as well as rolling grade dips.

They learned how to observe water flow patterns in the trail based on the type and size of debris in the trail bed, going from larger rocks and stones (fast flow) through smaller pebbles and finally dirt and twigs (stagnant water). Lunch was on the overlook with views of the Shenandoah Valley and passing bald eagles. This crew included **Julie Bauer, Kristin Horning, Mike Kennedy, and Tom Fay**.

Jim Fetig's crew worked on the AT from the junction with the Elkwallow Trail to a few hundred yards past the intersection with Jeremys Run Trail. Similar to Michael's crew they discussed stone and wood erosion control structures, cleaned waterbars and check dams, discussed blazing and weeding, and built several rolling grade dips. Several stayed after training to clear multiple blowdowns found



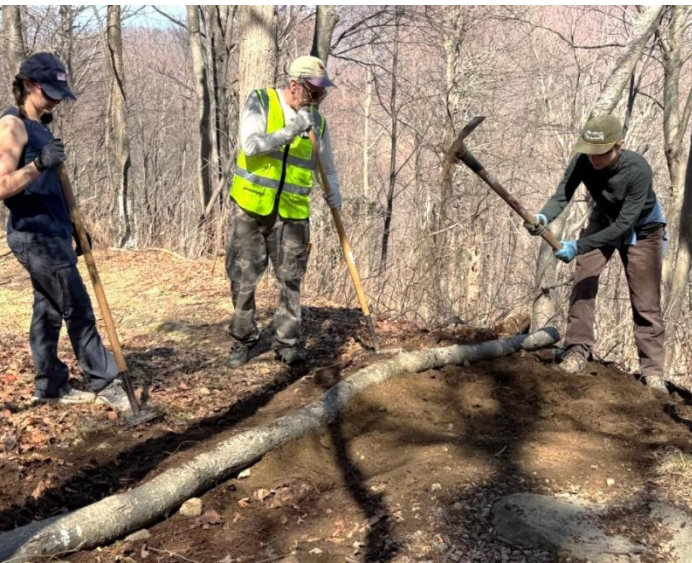
*Photo by Chris Viggiano: After a full day, Nicole Bridgland outlasts Cindy Ardecki, barely*

during our training activities. Jim's crew included **Connor Moynihan, George Jones, David Pierce, David Johnson, and Steve Woofter.**

Since the CTM program was initiated just a few years ago, a number of CTM program participants have decided to take the next step and become dedicated Trail Maintainers after having gained a foundational understanding of tools, basic skills, and the level of effort required. By the end of the day, two of the students had signed up to become maintainers—Kristen Horning (Middle Thornton River) and Tom Fay (Sugarloaf). Welcome and congratulations!

### The “Regular” Hoodlums Crews

**Dave Nebhut** led a crew down the Thornton River Trail from Skyline Drive, turning around at the first stream crossing and working back uphill. Their work included a potpourri of trail-maintenance tasks including clearing many of the lateral drains on that section, rebuilding waterbars and check dams that were no longer working, and building several new rolling grade dips—a new activity for several crew members. We also discovered a campsite with a fire ring that was too close to the trail and the stream, which was decommissioned. It was a beautiful day to be out, and because the leaves had not yet come out, we got a good look at the rusting vehicle (rumored to be a LaSalle) that serves to remind us of the sacrifices some made when the park we cherish was created. Dave's crew included **Julie and Tim Zimmerman, Mark Wrobel, Nicole Bridgland, and Cindy Ardecki.**



*Photo by Ruth Stornetta: T. Troutman's Crew from L - Meghan O'Leary, Anna Wilson, Steve Parsley, Rose Moss, and Tom Troutman*

Crew leader **Justin Corddry** led a veteran crew straight from Piney River parking down to Piney Ridge Trail where they found plenty of blowdowns to clear. In addition to Justin, both **Joe Phillips** and **Bruno Carlot** had earned their crosscut saw certifications in 2025 and they were eager to get their sharp blades cutting. After Piney Ridge, they continued down a portion of Fork Mountain Trail where they found a few more to clear. **Ken Ferebee, Kent Bauer, Noah Robertson, and Roger Fast** rounded out the crew. The six-

man crew was able to employ as many as three saws as they headed down which kept

them busy and moving. All the sawing was accomplished with crosscut (or hand) saws—quiet, sharp, and relentlessly effective in the hands of experienced sawyers.

**Marie Seymour** maintains the upper Pass Mountain Trail, starting at the hut and running downhill about 1.5 miles. Marie makes frequent visits to the trail but the substantial hike in (and later, out) doesn't provide ample time to reach the most distant portion of the trail. This crew, led by **Tom Moran**, was formed to focus a day of effort on that most remote section of the trail. In order to maximize time working the crew drove up the fire road to the hut so they could begin work immediately. The plan had its hiccup however as a substantial blowdown was encountered on the road in. The crew was laden with saws and first timer **Brendan Meyer's** axe, so the tree was quickly cleared and the real assignment could start. Almost. On the hike down to the end of the segment an additional seven blowdowns demanded attention, including one 20" one. Still, the crew ultimately made it to the end, and working back uphill, cleared 11 waterbars and three check dams before time was up. **Roger Friend** and **Greg Foster** rounded out the crew.



*Photo by Mike Gergely: Mike Gergely's CTM Crew from left - Tom Fay, Mike Kennedy, Kristen Horning, and Julie Bauer*

Visiting Supervisor of Trails **Rush Williamson** went with DM **Wayne Limberg**, **Richard Lee**, **Andrew Warthen**, and **Kyle Brost** to tackle some reported blowdowns on two sections of the AT north of Thornton Gap. This was Kyle's first trip as a certified chain sawyer, and he wanted to get in some trigger time so he and Rush drove up the fire road to the intersection of the AT and the Pass Mountain Hut Trail and started bucking some big ashes. Meanwhile, the rest of the crew hiked up the AT ultimately clearing seven blowdowns as they went and joining up with Rush and Kyle for lunch. After lunch, Rush went down to Elkallow to check out the Certified Trail Maintainer classes being run by Jim Fetig and Mike Gergely. The rest of the crew continued up the hill, taking out five big blowdowns before they and the saw ran out of gas. A passing Trail Patrol crew reported three more big blowdowns on the south side of Pass Mountain so the Hoodlums will probably be back. Andrew Warthen and Richard Lee rounded out the crew.

Tom Troutman is best known for his work as Head Hoodlum, but he was not letting that get in the way of leading a crew out to a needy trail. Tom led his crew up a section of the AT from Jenkins to Hogwallow Gaps where he had scouted out issues in need of work. Heading south, they skipped lots of minor check dam and other control structures tasks in favor of ones that had or were about to fail. In this manner the crew rehabilitated over 14 waterbars/rolling grade dips and cleaned up many drains. We also removed two blowdowns. Tom's crew included **Steve Parsley, Ruth Stornetta, Rose Moss, Anna Wilson, and Meghan O'Leary.**

In keeping with Hoodlums tradition, an optional potluck gathering was held by the old Piney River CCC building, with the theme being St. Patrick's Day / Irish. It was a great way to cap off a fine spring day.

### **Backcountry Plan First Implementation**

This was the Hoodlums' first chance to test out the park's new mandatory reporting system for volunteers and crews. Thanks to Tom Troutman's advance work and SNP volunteer coordinator Corrina Wendel's help all went surprisingly well. The system still needs some fine tuning but generally manageable. Corrina welcomes feedback. Club District Managers in the park have details.

### **Spooky Beavers Spring into Action**

By Amy Stulman



*Photo by Mike Custodio: The Spooky Beaver Crew - Pictured Left to Right: Dave Caviness, Rebecca Hull, Richard Bimmer, Mark Wray, Amy Stulman, Roger Fast, Becky Martin, Alan Dudley, Allen Wheeler, Phil Southers, Dennis Cathoun, Justin Loyd*

On March 14 the Spooky Beavers took to the trails of Prince William Forest Park for our first trail maintenance day of the year. It was a beautiful, cool morning and layers were quickly shed as the day warmed up and the work commenced.

**Mark Ellis** led a group including

members **Dana Lowry** and **Paul Seymour**, and new friends **Anne Johnson**, **Nickolas Johnson**, and **Norm Albert**, to inspect the The Crossings Trail. On Sunday, the Park was holding "Hiking through America's History" along the Crossings Trail. The Crossing Trail, which follows part of the route where, in 1781, General Rochambeau's French Army and General Washington's Continental Army marched troops south from New York to fight the British Army in Yorktown, Va. during the Revolutionary War. The crew was asked to inspect the trail before the Sunday hike. Mark's group also cleaned and regraded water diversions on the Farms to Forest loop.

Another group led by trail boss **Dennis Calhoun** worked on replacing a decaying foot bridge on South Valley Trail. The day before the crew worktrip, PATC member and park ranger **Mike Custodio** sawed the lumber and transported it to the trailhead. The intrepid maintainers carried in 16-foot stringers,

foot boards, and other supplies about .75 mile from Oak Ridge campground to the building site, deconstructed the old bridge, and packed it out. Some volunteers dug dirt out of root balls and built up the banks, others measured and aligned the wood, and still others drilled in the nails. Many hands made quick work, and before most of us broke into our lunch boxes, the bridge was up. The



*Photo by Dennis Calhoun: Justin Loyd and Amy Stulman fastening the foot boards*

Beavers let out a rowdy cheer

for the unsuspecting first hiker who nonchalantly trotted her way across. Volunteers included **Allen Wheeler**, **Rebecca Martin**, **Justin Loyd**, **Alan Dudley**, **Jeannette Evans-Morgis**, **Philip Southers**, **Amy Stulman**, **Mark Wray**, **Thomas Gill**, **Nathan Dugan**, **Richard Bimmer**, and new volunteers **David Caviness**, **Roger Fast**, and **Rebecca Hull**.

Finally, Ranger Mike Custodio and sawyers Justin Loyd and Amy Stulman trekked to Farms to Forest Trail to remove a Virginia Pine hanger and clean up some entangled trees that came down in the process. Our same hiker friend was briefly detained by the vigilant swamper and once safe, she gamely skirted around the work site to continue her impressive hike.

While wading through streams and climbing over trees can be a fun adventure, hikers at Prince William can for the most part keep their feet dry. Spring is a great time to lose oneself in the contemplative beauty of nature without too many obstacles. Nature gives us so much, it's truly a gift to give back by helping others to enjoy it. Perhaps John Muir put it best, "In every walk with nature one receives far more than he seeks."

The Spooky Beavers Trail Crew performs trail maintenance and improvements to over 37 miles of hiking trails in Prince William Forest Park, a unit of the National Park Service (NPS). To learn more or to join us on a weekly work trip, visit our [website](#) or email [spookybeavers@gmail.com](mailto:spookybeavers@gmail.com).

## **New PATC Hike Leaders**

By Tim Muzzio

PATC is excited to introduce four new hike leaders to our team. Below, you will find statements from each of them. We invite everyone to join us in giving them a warm welcome.

### **Allison Kirsch**

I'm excited to be joining the PATC community as a new hike leader! Hiking has long been one of the ways I stay grounded and connected—to nature, to others, and to myself. Living in the DMV area, I've spent years exploring the incredible variety of trails throughout the region, from the paths and rocky trails around the Potomac River and C&O Canal, to Rock Creek Park's wooded and rolling terrain, to the more rugged stretches of the AT. I'm an AT section hiker, and have conquered about 1,000 miles so far. Check out the article I wrote last year about my experience in the AT Journeys



magazine: <https://journeys.appalachiantrail.org/issue/spring-2025/gnat-therapy/>

Some of my favorite places to hike include the overlooks along the Blue Ridge, the quiet beauty of SNP, and sections of the AT that combine a good climb with a rewarding view (I'm always a fan of a hike that earns its vista!). I'm especially drawn to hikes that offer a mix of challenge and restoration—where you can feel your heart working on the way up and then pause, breathe, and take it all in at the top.

As a leader, I enjoy creating a welcoming, connected group experience. I tend to gravitate toward small to medium-sized groups where people can get to know each other along the way. My ideal hikes are moderate in difficulty with a steady pace, a few good uphill stretches, and time built in to rest, take in the scenery, and share a snack.

Outside of hiking, I'm a Somatic Psychotherapist and Clinical Adventure Therapist, so I naturally bring a bit of curiosity about the mind-body connection into the outdoors. You might occasionally hear me invite the group to notice the rhythm of their breath on a climb or the feeling of their feet on the trail—nothing formal, just small moments of awareness that can deepen the experience.

A fun fact about me: I have a soft spot for hikes near water (bonus points if there's a rock to sit on to soak it all in). For me, being outside isn't just about covering miles—it's about feeling more alive, more connected, and a little more at home in the world.

I'm really looking forward to meeting fellow hikers and sharing the trail together!

### **Michael Demarco**

Finding the Way: My Journey on the Appalachian Trail

For many, the call of the wild is a whisper, but for me, it is a path that started decades ago. My history with the outdoors began as a scout, a passion I later carried into adulthood as a scout leader. While I've hiked and camped since I was young, 2020 marked the year I began "section hiking" the AT in earnest.



*Michael Demarco*

 Miles and Milestones

To date, my boots have touched the soil of six states, each offering their own unique challenge and beauty:

Georgia: Conquering the trail's southern start at Springer Mountain. Climbing Blood Mountain on a sweltering day was a challenge.

North Carolina: Taking in the sweeping views from the Standing Indian Mountains and Albert Mountain. The climbs on mountains in NC were a test of your endurance.

Virginia: Navigating the iconic "Triple Crown," including the famous ledge of McAfee Knob. Also, the Roller Coaster section is a challenge if taken on in one hike. Over 14 miles of climbing up and down mountains!

Maryland: Walking the historic ridgeline of South Mountain after leaving Harpers Ferry to start this journey. Enjoying the view from Weverton Cliffs and Washington Monument.

Pennsylvania: Braving the infamous "Rocksylvania" section from Pen Mar Park, Md. to the Delaware Water Gap.

New Jersey: Climbing to the heights of Sunrise Mountain. Finishing with the stairway to heaven climb will give you something to remember.

Often, I am lucky enough to have my three sons by my side as hiking partners. On the trail, I live by the mantra, "hike your own hike." While some trekkers focus solely on the miles behind them, I prefer a different pace. My camera is my constant companion, forcing me to slow down and find beauty in the "little things" that others might rush past. This year I will take on the Presidential Mountains in northern New Hampshire while staying in huts with other PATC members.

 From Trail to Gallery

This journey has not stayed confined to the woods. Recently, I have begun displaying my photography in a local gallery, allowing me to share the quiet majesty of nature with our community, the same community I have been proud to support through local volunteer work for the past 16 years.

Reviewing these photos allows me to relive every ascent and campsite. It is a powerful reminder of why we step out of our comfort zones: to experience the rewarding sense of accomplishment that only the great outdoors can provide.

## Doug Jessup

I have been a lifetime hiker and backpacker since the age of 10 and on my second and final retirement having spent 24 years in the Army and another 25 years working in IT. I have been a member of both the ATC and PATC for 20 years.

In addition to recently becoming a Hike Leader, I am also the Overseer for Tom Floyd Shelter and the AT Corridor Boundary Monitor for the Harmony Hollow section from Rt 522 to the SNP boundary. Last summer I spent a week assisting the Konnarock crew revitalizing the steps and trail at Possum's Rest. In 2025 I was presented with the Hawksbill Award for my service.

After returning home from a deployment to Iraq in December 2005 and subsequently retiring from the Army in April 2006, I began my NOBO thru-hike of the AT. After summiting Katahdin, two days later I was SOBO from the Canadian/Vermont border on the Long Trail back to Maine Junction (where the AT/LT part ways) to complete both trails after six and a half months.

Since then, I have thru-hiked the Teton Crest Trail and section hiked all of the Tuscarora Trail. Currently, I have completed one section of the Continental Divide Trail NOBO from the US/Mexico border and plan to either knock out the rest of it in sections or in one season. My favorite place to backpack is the Wind River Range in Wyoming and really enjoy off-trail back country exploring.

In addition to hiking/backpacking, I enjoy kayaking, XC skiing, running, and cycling. Last fall I bike packed the Great Allegheny Passage/C&O Canal from Pittsburgh to DC and plan to do some more bikepacking in the future.

When I am not engaged in all of these outdoor pursuits, I enjoy studying history and participating with the [WWII Airborne Demonstration Team](#) as an FAA qualified Air Show Parachutist, Parachute Rigger, and recruiter for the team. My next adventure after spending a week of parachuting with WWII ADT this month will be touring the US and national parks by motorcycle.



*Doug Jessup*

## **Marc Hershaft**

I am honored to join PATC as a new hike leader. My journey with PATC began as a way to deepen my connection with the local landscape here in Virginia. Over the years, hiking evolved from a casual hobby into a more dedicated pursuit, eventually leading me to complete the PATC's hike leader certification. For me, nothing balances a busy week quite like the quiet, immersive experience of a deep-woods trail.



*Marc Hershaft*

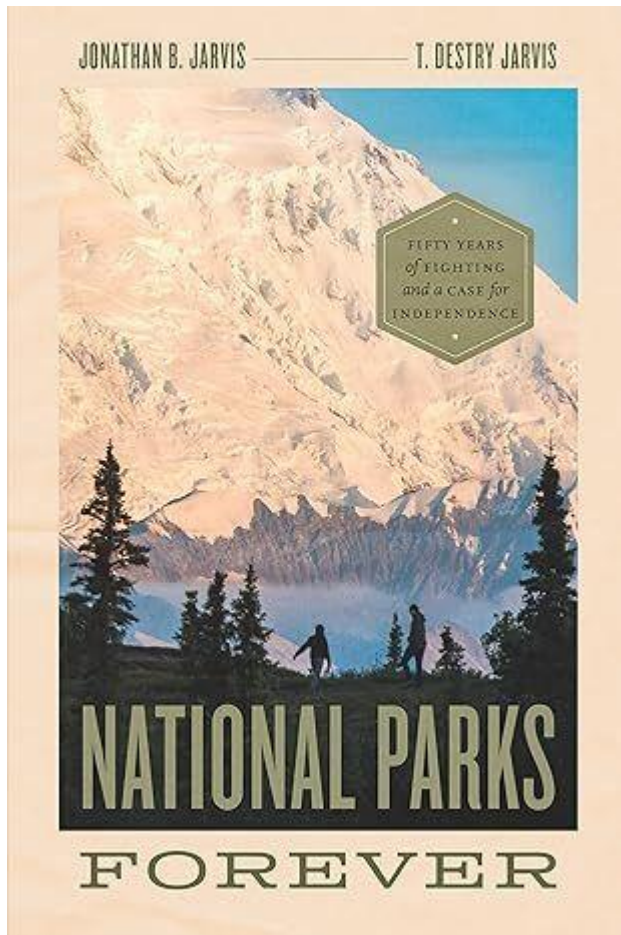
I tend to gravitate toward moderate to strenuous day hikes and multi-day backpacking trips. I appreciate a moderate pace that allows us to actually see and enjoy the trail and forest, rather than just rushing to the finish line. Some of my favorite areas to explore are within SNP. When leading, I prefer small to medium groups (typically 6–10 people) to maintain a sense of community and minimize trail impact. I enjoy everything from 8-mile circuit hikes to longer 15-mile treks.

One of the things I enjoy most about the PATC is the opportunity for mentorship. I'm especially looking forward to co-leading an upcoming "Backpacking 101." Helping others build the skills and confidence to transition from day hikers to overnight backpackers is a part of trail leadership I find incredibly rewarding.

Whether it's a rugged climb in the SNP or a quiet circuit hike closer to home, I look forward to meeting many of you on the trail soon!

## **Keep Calm and Read On**

By Wayne Limberg



## Keep Calm and Read On: Saving America's Best Idea

In "National Parks Forever," Jonathan and Destry Jarvis remind us that making laws and sausages is not for the faint hearted. The book unfortunately got little attention and few reviews when it appeared in the middle of the pandemic for it is a must read for anyone interested in the future of national parks. It is available online, including an audio version on YouTube. The authors call for moving the National Park Service out of the Department of Interior and making it an independent agency.

The Jarvis brothers bring 90+ years of experience in national parks to bear. Jonathan began working for the NPS during the Bicentennial. Two years later he became a GS-5 Ranger in Prince Williams Forest. Over the next two decades, he

worked in four national parks before becoming superintendent of Craters of the Moon NP and then Wrangell-St. Elias and Rainier NPs. In 2009, after serving as the director of the NPS Pacific West Region, he became the 18th NPS director.

On returning from Vietnam in 1972, Jonathan's older brother Destry worked as a volunteer lobbyist for Friends of Animals, which led to 16 years with the National Parks Conservation Association and eight with National Geographic and the Student Conservation Association before Clinton appointed him an assistant director of the NPS. In 2000 he returned to the private sector.

The Jarvis brothers argue that since 1972, the NPS has increasingly been the victim of partisan politics and whims of the DOI and White House. Before 1972, directors of the NPS were professionals largely free to pursue the service's prime directive: preservation of national parks "unimpaired for the enjoyment of future generations." They were not expected to resign with each new administration, serving an average of eight years. Secretaries of the Interior in those years rarely intervened or overruled their decisions; NPS directors had direct access to the Secretary.

Whether controlled by the Democrats or Republicans, Congress generally confined its role to authorizing and funding new parks. By the 1970s, however, bipartisan support was eroding. Nixon expanded White House control over the federal bureaucracy with the creation of the Office of Management and Budget and the role of assistant secretaries in federal agencies, giving them the power, in the case of the DOI, to sign off on the selection of park superintendents. Nixon replaced the director of the NPS in 1972 for the first time in history with a political appointee.

From 1972 on, the directorship was a political football with each administration choosing directors that fit its priorities. By 2020 the average tenure of a NPS director declined to four years with political appointees occupying the office roughly half the time. Plus, NPS directors now have upwards of ten levels of bureaucracy to penetrate before getting to the Secretary. Long term planning has become ever harder as the NPS has to devote more time and energy to defending its basic mission, employees and budget. In 1998, Congress passed legislation requiring NPS directors be confirmed by Congress, but this led to the Trump administrations to appoint acting directors who do not require confirmation.

The Jarvis brothers blame Republican administrations since 1972 for most of the politization of the NPS, citing their ties to mining, oil and timber industries. They do not entirely spare the Democrats, however. While Democratic administrations over the last 50 years doubled the acreage under NPS control and were more likely to resist commercial intrusion, they often failed to increase NPS budgets sufficiently to handle the new responsibilities or make executive orders permanent through legislation. At times they too put constituent over national park interests and welfare.

Interagency rivalries also factor into the authors' argument for an independent NPS. The NPS-USFS rivalry is well-known. Within the DOI, the NPS often is at loggerheads with the Bureaus of Land Management and Fish and Wildlife, whose basic missions, like USFS, include the extraction of natural resources and as such stand in stark contrast with the NPS mission of preservation. In practice, this gives administrations, congress and commercial interests avenues to counter NPS initiatives and policy.

"National Parks Forever" is more than a call to action. It's also a textbook on how NPS park policy is created and enacted. The book's first chapter is an excellent overview of NPS history. The following five chapters are case studies. Chapter 3, for example, looks at the struggle to increase the role of scientific and historical research in park management, while Chapter 5 examines the job NGOs play in park management; the ATC earns high praise. But "National Parks Forever" is not just a tome for policy wonks and park nerds. The authors prove that government officials can write. Throughout the book, they provide first-

person accounts of how, in the case of Destry Jarvis, NGOs like the NPCA advanced a given policy and in the case of his brother Jonathan, this played out inside the government.

When the Jarvis brothers went to press in 2022, they believed it was time for change. They include a chilling indictment of the first Trump Administration. In making the case for the NPS becoming an independent agency, they ask readers to imagine a time when the Smithsonian--a rough example of what they have in mind for the NPS--was ordered to revamp its exhibits to conform to the views of any given administration. Along with a list of specific reforms, they conclude "National Parks Forever" with a hope that Americans together to ensure that national parks are, in the words of Teddy Roosevelt, "preserved...forever, with their majestic beauty all unmarred."

Have a good read? Send it to [wplimberg@aol.com](mailto:wplimberg@aol.com). Meanwhile, keep reading. See you on the trail.

### "What on Earth?"

Article and Photos by Ray Barbehenn



*Periodical cicada*



*Annual cicada*

Cicada larvae live quiet lives underground, sucking on the watery sap of tree roots. However, when they finally tunnel to the surface to turn into adults, it's party time! The loud, repeated calls of the males attract females, but they also get the attention of the whole forest, including the birds and other predators. During years when the 17-year periodical cicadas emerge (with over a million cicadas per acre in some areas), their combined volume sounds like an alien invasion. After they breed and lay their eggs, the adults die, and the tiny larvae start another generation underground. The annual cicadas will be out calling again the following year, but it will be a 17-year wait for the periodical cicadas to emerge again from each of their "broods."

There are both periodical and annual cicadas in our area. The left photo shows a 17-year periodical cicada (probably *Magicicada cassini*), which was found in Duke Hollow (near the AT in northern Virginia) on May 18, 2025. (The photo was flipped for better comparison of the two species.) Notice its red eyes and its red-brown wing veins and legs. Their eyes only change from white to red when the larvae are ready to emerge and will need to look around! Its needle-like mouthparts were lowered between its large front legs, perhaps preparing to feed on the plant's sap. Also notice its short, hair-like antennae, which are present on all cicadas.

The right photo shows an annual cicada (probably *Neotibicen tibicen*). I was able to walk right up to it while it was making its loud, whining buzz on July 23, 2025 (also in Duke Hollow). Notice the green veins near the base of its clear wings and its dark eyes. Both species are large insects, up to two inches long from their heads to the tips of their wings.

### **How do 17-year periodical cicadas know when to emerge?**

- A. The larvae have to grow to a "critical size."
- B. The larvae respond to the spring flushes of sap in the trees' roots.
- C. A and B
- D. Unknown.

**The answer is near the bottom of the article!**

### **Fun Facts and Musings**

Among the 3400 cicada species known on Earth, there are just seven "periodical" species. These are species that synchronize their mass emergences after years underground. The periodical species all live in the eastern and central United States. The three species of 17-year periodical cicadas live in our area, while the four 13-year species live just to the south of these species, with little overlap between the 17-year species and 13-year species. By comparison, there are over 20 species of annual cicadas in different parts of our area.

Cicadas may complain loudly if they are handled, but they do not bite, sting, or contain noxious chemicals. In addition, they usually do little damage to the forest trees on which they feed and lay eggs. Of course, anyone with an orchard or a nursery of saplings might reasonably disagree after an outbreak; the females insert their eggs into the twigs of trees, which can kill the branch ends.

Swarms of periodical cicadas were mistakenly called locusts by startled European settlers at least as far back as 1666. (See Oldenburg, H. 1666. Some observations of swarms of strange insects and the mischiefs done by them. Royal Society of London, Philosophical Transactions 1:137.) However, cicadas are unrelated to locusts, which are a type of grasshopper.

The only food that cicada larvae grow on is the watery sap in roots known as "xylem" fluid. This sap is about 99% water! Even more challenging, the 1% of the sap that is nutritional does not provide the complete nutrition that an insect needs to grow. How can cicadas possibly grow on this sort of food? The answer is the symbiotic bacteria inside the cicadas.

We now recognize that there are "good bacteria" in our digestive tracts, but they stay inside there, mixed with the food we eat. What is amazing about the good bacteria in cicadas is that they house them in clusters inside their bodies, rather than in their digestive tracts! These specialized bacteria have been passed from cicada generation to generation for many millions of years. They enter the cicada mother's eggs as they form in her ovaries. These symbiotic bacteria make the missing essential nutrients that cicadas require to grow, and in return the bacteria have safe homes in which to live.

You have probably seen the shells of larval cicadas attached to all sorts of things. The one pictured below was in Duke Hollow on May 18, 2025. This inch-long shell was hooked by its claws to the undersurface of a Wineberry leaf. Notice the split down its back where the adult broke out. Also notice the massive front leg segment next to its left eye. The front legs have powerful muscles for tunnelling through the soil in search of roots. Almost any kind of tree root will do; both periodical and annual cicada larvae feed on most species of deciduous trees.



*Periodical cicada larva shell.*

What is odd about this find is that there were not supposed to be 17-year periodical cicadas emerging in northern Virginia in 2025. 2021 was the year of the great emergence. This insect was a "straggler" – a 21-year-old cicada larva! When stragglers emerge, they are usually off by either one or four years, but they can be either too late or too early. Indeed, it

is believed that the 13-year periodical cicadas in the south split off from 17-year periodical cicadas by starting to emerge four years earlier.

Despite their name, "annual" cicadas do not have an annual life cycle. Their larvae actually need three to five years to develop! But they are not all in sync with each other, so there are annual cicadas that emerge every summer. (This means that they are not considered periodical.)

Why do 17-year periodical cicadas wait so long and emerge all at once? Seventeen years is the longest development time of any insect species on Earth! The vast majority of insect species have a one-year life cycle. And, annual cicadas, feeding on the same tree roots as periodical cicadas, can develop over five-times faster to reach the same body size as periodical cicadas. The periodical cicadas appear to be intentionally slowing down their

growth rates! (Presumably, the hormones that promote their growth rates have been greatly decreased.) There must be some benefits that explain why this alternative strategy works well in rare instances like this.

Not surprisingly, the favored explanations for slower development times are increased survival and improved reproduction. When there are millions of cicadas flying about, the predators eat them until they are satiated, but most (about 85%) of the cicadas survive. Although the predators get to feast and raise many of their own young during a boom year, their numbers dwindle back to normal during the bust years; the long gaps between emergences keeps predators from building up their populations at the expense of the cicadas. In a huge population of periodical cicadas, it is not so dangerous for the males to make loud calls that alert predators to their whereabouts. Reproductive success is also greatly improved when there are millions of your kind flying about. So, the cicadas wait very patiently and then all arrive to the party together.

How do periodical cicadas count to 17? They don't. Our best understanding is that they know when to emerge based on a combination of the annual spring flush of sap in the roots and their body size. Trees provide an annual clock for sap-feeders: Each spring, the watery sap in tree roots becomes concentrated with nutrients to send up to the leaves, which continues only until they have expanded. That means the larva's food becomes especially delicious and nutritious for a limited time each spring. This nutritional boost gets the attention of the larvae, as can be demonstrated by fooling them! If one places 15-year-old larvae on tree saplings that are artificially made to go through two "spring flushes" in one year, the extra flush causes the larvae to emerge a year early. They become "16-year periodical cicadas" (according to our sense of time). In other words, cicada larvae are paying attention to the trees' annual cycles, rather than to a 12-month calendar year. Secondly, larval insects can tell when it is time to molt when they get too tight inside their shells ("exoskeletons"). So, after 17 years and five stages of growth, when they reach a "critical size" and the spring sap is flowing, they all know that it is time to emerge.

**Answer: C!** But if you thought it was "D" because the answer is still a work in progress, I could agree with that too.

**Send your photos and ideas for topics to Ray at [rvb@umich.edu](mailto:rvb@umich.edu).**

**P.S. Save the Beech trees in your area this spring while you still have a chance!** See "phosphite" treatment in the following article for a cost-effective method:

[https://portal.ct.gov/-/media/caes/documents/publications/fact\\_sheets/valley\\_laboratory/beechn-leaf-disease-management-options.pdf](https://portal.ct.gov/-/media/caes/documents/publications/fact_sheets/valley_laboratory/beechn-leaf-disease-management-options.pdf)

## What's that Flower? Buzzard Rock to Veach Gap in Autumn

Article and photos by Richard Stromberg



*Erect Goldenrod*

This article shows you some of the flowers to look for in Autumn on the [Buzzard Rock to Veach Gap hike described in the February 2026 issue](#) of the Potomac Appalachian.

Goldenrods (*Solidago*) are known for their sprays of many small flowers. **Erect Goldenrod** (*Solidago erecta*) has straight clusters of flowers at the top of the plant with flowers all around the stem. Its leaves are sessile (attach directly to the stem without a supporting stalk). **Wreath Goldenrod** (*S. caesia*) has long, narrow leaves that separate the flower clusters growing from the axils. Instead of standing upright, it often leans over forming an arch.

Asters have daisy-like flowers, with strap-like rays surrounding a center disk of small flowers.

**White Wood Aster** (*Eurybia divaricatus*) is topped by a flattish cluster of white flowers about one inch in diameter. The lower leaves are elongated heart shaped with coarse teeth. Up the stem, the leaves are smaller and the heart-shaped indentation at the petiole may not be there.



*White Wood Aster*

**Calico Aster** (*Symphyotrichum lateriflorum*) has lots of small (less than ½ inch) flowers and small, narrow leaves. The bracts under the flowers are narrow and neither stiff nor spreading differentiating it from other Asters with small flowers. The ray flowers are white or purple-tinged, and disk flowers are yellow and/or purple.

**Wavy-leaved Aster** (*S. undulatum*) leaves have wavy margins. From the widest point of the leaf, the two sides of the leaf pinch in and then widen toward the stem. They may narrow partway or all the way to the center rib of the leaf but then widen again to clasp the plant stem. The leaves have few or no teeth. It has light blue-violet rays.



Wavy leaved Aster

**Late Purple Aster** (*S. patens*) has 10-30 violet rays on a one-inch-wide head. The stem is rough and slender and up to three feet tall. The leaves seem like long triangles or are pinched in slightly below the middle and go beyond the stem.



Stiff Aster

**Stiff Aster** (*Ionactis linariifolia*), has numerous, narrow, short, stiff leaves. When small, it looks like a Spruce twig coming out of the ground. Flowers are violet.

**Maryland Golden Aster** (*Chrysopsis mariana*) has yellow daisy-type flowers, up to three inches in diameter. The flower head's flat central disk is surrounded by 12 to 25 rays that are thickest in the middle.

**Gaura** (*Oenothera Gaura*) is also known as Bee-blossom because of its attractiveness to bees. One-inch petals are narrow, with space in between, and they are white, turning pink/red with age. Also the four petals tend to group on one side of the flower with stamens and the pistil pointing the other way.



Gaura

The genus *Bidens* is called Bur-marigold because their seeds stick to you. **Devil's Beggar-ticks** (*Bidens frondosa*) usually has no rays, though it may have a few floppy yellow ones. Most noticeable about it is the whorl of green bracts underneath the flower head. **Spanish Needles** (*B. bipinnata*) has twice-divided, fern-like leaves. It sometimes shows a few short, yellow rays. The long seeds have two to four barbed awns at the tip ready to grab your clothes. They seem to be clustered like arrows in a quiver at first, then spread out into a globe to have better reach.

**Sweet Everlasting** is also known as **Rabbit Tobacco** (*Pseudognaphalium obtusifolium*).

The whole plant is fuzzy-white on green with small, dense clusters of flowers atop one-meter stems. The individual flowers start out pointy, then show yellow on the flattened top, turning brown, and then opening to release the ripe seeds. The narrow leaves alternating up the stem have no stems.

**Woodland Sunflower** (*Helianthus divaricatus*) has yellow daisy-type flowers up to four inches in diameter. It has 8 to 20 rays. The leaves are opposite and lance-shaped, tapering to the tip. They have very short or no stalks.



Woodland Sunflower

**White Snakeroot** (*Ageratina altissima*) can grow to five feet tall. It has branching clusters of up to 30 small flowers at the top. Individual quarter-inch flowers have five, pointed petals and protruding white stamens. Leaves are long-pointed, egg-shaped with  $\frac{3}{4}$  inch stems.

**Late-flowering Boneset or Thoroughwort** (*Eupatorium serotinum*) can be over six feet tall with branching clusters white flowers at the top. Individual flowers are small but are impressive because there are a lot of them. Leaves are long and narrow with inch-long stems.



Dittany

**Dittany** (*Cunila origanoides*) has slender, stiff, one-foot-high stems with stemless, paired, one-inch, triangular leaves. Clusters of several purple flowers grow in the leaf axils. The tubular, purple petals emerge from the green sepal tube and similarly colored stamens stick further out.

**Entire-leaved False Foxglove** (*Aureolaria laevigata*) flowers are eye-catching: leafy racemes of 1-2 inch yellow tubes with five, flaring lobes at the end. It has a smooth, green stem and most leaves are entire, though lower leaves may be toothed.

The last flower to bloom in our area is **Witch Hazel** (*Hamamelis virginiana*). Witch Hazel often grows as a thick, shrubby clump, though sometimes as a small tree. Witch Hazel's oval leaves have wavy, rounded teeth. The flowers appear as the leaves turn yellow and fall, so the flowers stand out on leafless branches. The flowers have four long, thin, yellow petals and often grow in bunches, so you see yellow streamers in the wind. The fruit is a

fuzzy, one-centimeter capsule with remnants of the four sepals remaining. It takes over a year to mature, so it remains on the bush with the new flowers.

## Virginia Black Bear Festival Announcement

By Ruth Walkup



When: June 6, 2026 from 10am – 4pm

Where: Downtown Stanardsville, Va.

Cost: Free!

On June 6, Stanardsville will host the annual Virginia Black Bear Festival, also celebrating National Trails Day. Various organizations that honor nature, promote outside activities and adventures, and celebrate the emergence of black bears will be on hand to celebrate SNP, the AT, and Virginia's wild spaces.

PATC, a partner in the festival, will host an information table. The past two years, we had a busy tent with visitors—answering their questions, encouraging new members, poring over maps to show our favorite near-by hikes. As last time, members of the PATC (Southern

Shenandoah Valley and Charlottesville chapters, primarily) will be volunteering. Come join us!

The schedule, a map, and a list of activities and vendors can be found at [www.vablackbearfestival.com](http://www.vablackbearfestival.com)

### ***Trail Maintenance Workshop***

**Saturday and Sunday, September 19 & 20, 2026**

**Shenandoah National Park - North District**

For more than 35 years, the PATC's Hoodlums Trail Crew and SNP staff have conducted a Trail Maintenance Workshop in the North District of the park. The objective is to teach basic skills to new and prospective trail maintainers and to provide experienced trail maintainers advanced training in trail design, construction, and maintenance. SNP trail professionals and experienced PATC crew leaders provide instruction that will help novice and veteran trail maintainers alike. Workshop participants typically camp for the weekend at the Mathews Arm Campground in the North District of the park. Participants will have free entry to the park and campground.

The workshop will begin Saturday morning at 9:00 A.M. and end Sunday at 1:00 P.M. Participants are encouraged to arrive Friday afternoon/evening and camp at Mathews Arm, socialize with other participants, and thereby avoid an early-morning drive. The fee for the workshop, which includes dinner Saturday and breakfast and lunch Sunday is \$45.

The workshop is limited to 30 participants, which we typically reach by early-August. The registration deadline is Friday, Sept. 4. For more information contact **David Nebhut** via e-mail: [david.nebhut@gmail.com](mailto:david.nebhut@gmail.com) or by phone: 571-465-1041.

If you are ready to register click [here](#)

Participation in the Workshop is available only to PATC members age 18 and above, and registration in advance is required.

## Loudoun Appalachian Trail Festival, June 6

By Jody Brady



We hope you'll join us at the seventh annual Loudoun Appalachian Trail Festival in Hillsboro, Va., on June 6. You can expect a day of live music, trail talks, bites and brews, nature crafts, hiking displays and a climbing wall. Plus, many of your fellow PATC volunteers take part in this family-friendly event.

President **Jim "Sisu" Fetig** joins our thru-hiker panel at 12:30, alongside thru-hiker/authors Heather "Anish" Anderson and Ben "Nephew" Montgomery. Also on the panel, former PATC Ridgerunner **Ray "Bones" Stinson**. PATC member and thru-hiker **Charlie "Popeye" Billingsley** moderates the conversation.

It's a full day of all-things AT.

Anderson, Montgomery, and hiker/historian Jeff Ryan will be selling and signing their AT-themed books all day. Ryan offers a "Beyond Ramen:

Trail Gourmet" talk at 2:30, and PATC archivist/author **Mills Kelly** speaks before Ryan at 1:30. PATC's Jim Fetig will say a few words about the club from the main music stage before introducing one of the bands. And, of course, we'll have a PATC tent and display. Stop by and meet up with other members.

The festival is presented by the Loudoun Appalachian Trail Association (LATA), a nonprofit consortium of three of ATC's AT Communities: the towns of Round Hill, Hillsboro, and Bluemont. LATA's used gear



Photo by Jody Brady: Senator Tim Kaine joins the band at the 2025 festival



Photo by Dan Innamorato: Kirsten Elowsky talks at the PATC tent

sale and auction at the festival support year-round stewardship programming, such as the recent Bears Den lodge renovations.

For more information, please visit [www.loudounat.org](http://www.loudounat.org).

## Help Wanted for May

Wood Sign Maker- contact John Hedrick at C 703-403-1479, [jhedrick@erols.com](mailto:jhedrick@erols.com)

### Shelter Volunteer

Henry Horn ~ 301-642-1122 [patcshelter@comcast.net](mailto:patcshelter@comcast.net)

Paul Gerhard Shelter ~ PATC map F

### District Manager

District Manager ~ SNP South Blue-blaze [Map 11]

Wayne Limberg, H 703-533-8639, C 703-216-2396

Co- District Manager ~ Tuscarora Central [Map L]

Bill Greenan, [wpgreenan@yahoo.com](mailto:wpgreenan@yahoo.com)

SNP North District Blue blazed ~ Map 9

Tom Moran, (703) 715-0050, [twmoran19@gmail.com](mailto:twmoran19@gmail.com)

Fork Mountain Trail ~ Co ~ Piney Ridge Trail to Hull School Trail (1.1 mi)

Jeremys Run Trail (middle) ~ Co ~ 8th Ford of Jeremys Run to junction Knob Mt. & Neighbor Mt. Trail (2.7mi)

Tuscarora Trail ~ SNP Boundary to Thompson Hollow Trail (1.5 mi)

SNP Central District Blue blazed [south] ~ Map 10

John Hedrick ~ 540/987-8659, [jhedrick@erols.com](mailto:jhedrick@erols.com)

Rock Spring Parking/Cabin/Hut ~ Rock Spring Parking to AT/AT to Rock Spring Cabin & Hut (.2mi)

Rock Spring Cabin/Hut Spring Trail ~ Rock Spring Cabin & Hut to spring (.1mi)

SNP South District Appalachian Trail ~ Map 11

Bob Pingry ~ 434-981-5094, [bobpingry@gmail.com](mailto:bobpingry@gmail.com)

AT ~ Co ~ Loft Mtn Camp Store trail to Loft Mountain Amphitheater trail (1.3)

SNP South District Blue blazed ~ Map 11

Wayne Limberg, H 703-533-8639, C 703-216-2396

New District Manager Needed~ SNP South Blue-blaze [Map 11]

Brown Mountain - Brown Mountain Summit to Big Run Portal Trail (3.5 mi)

Gap Run Trail - Junction of Rocky Mount Summit Trail to bottom of Gap Run (1.50mi)

Rocky Mountain Run Trail ~ Big Run Portal Trail to Brown Mtn. Trail (2.7 mile)

Furnace Mountain Trail (Upper) ~ Furnace Mountain Summit Trail to Trayfoot Mountain Trail (2 mile)

Pennsylvania Tuscarora ~ Maps J & K

Chris Firme ~ 717-794-2855, [bncfirme@innernet.net](mailto:bncfirme@innernet.net)

Dave Trone ~ 717-778-1308, [traildavidt@gmail.com](mailto:traildavidt@gmail.com)

Pete Brown 410-207-2921, [trailpete@gmail.com](mailto:trailpete@gmail.com)

PA Tuscarora [J] ~ Fowler Hollow shelter to Hemlock Rd (2.2mi)

PA Tuscarora [J] ~ Mountain Rd. to Jct. PA 641 (6.2mi)

PA Tuscarora [K] ~ Alice Trail to Yellow Blazed Trail (4.2mi)

PA Tuscarora [K] ~ Yellow Blazed Trail to PA 456 (6.7mi)

Tuscarora Central ~ Map L

Bill Greenan ~ [wpgreenan@yahoo.com](mailto:wpgreenan@yahoo.com)

Co-District Manager needed

Tuscarora Trail ~ Burnt Mill Bridge to Lutkins Passage (3.2mi)

Tuscarora Trail ~ Meadow Branch to Eagles Nest Parking (2.2mi)

Tuscarora Trail ~ Eagles Nest Mt. Parking Lot to Meadow Branch Trail (3mi)

Tuscarora Trail ~ Larrick Overlook to Lucas Woods Trail (2mi)

Tuscarora Trail ~ Sleepy Creek Registration to Hampshire Grade  
Road (5.6mi)

Tuscarora Trail ~ Hampshire Grade Road to High Rock (2.7mi)

Tuscarora Trail ~ Co ~ Lucas Woods Trail to Powerline (3.5mi)

Tuscarora Trail ~ Sleepy Creek WMA Border to VA 671 (Shockeyville Road) (4.1mi)

Tuscarora Trail ~ US 50 (Back Creek) to Gore Access Trail (1.3mi)

Tuscarora Trail ~ Co ~ Powerline to Dry Gap (3.5mi)

Devils Nose Connector Trail ~ Devils Nose Parking Area to Tuscarora Trail (.5mi)

Spruce Pine Hollow Trail ~ Tuscarora Trail to Spruce Pine Hollow Park Trailhead (.10mi)

Tuscarora Trail ~ Gore Access Trail to Hunters Cabin (Forest Road Crossing) (2.1mi)

### Massanutten North ~ Map G

Steven Parsley, 443-864-3606, [mbspeak2000@gmail.com](mailto:mbspeak2000@gmail.com)

Zoe Sollenberger, (703) 447-8636, [zoe4dogs@shentel.net](mailto:zoe4dogs@shentel.net)

Massanutten Trail 408 ~ Bear Trap Trail to Rte 675 (2.2mi)

Duncan Knob Trail 409A ~ Gap Creek Trail to Duncan Knob (2.7mi)

Milford Gap Trail ~ Tolliver Trail to Hazard Mill Campground Road (1.81mi)

Bear Wallow Spur Trail ~ Mud Hole Gap to Tuscarora Trail (2.4mi)

Mud Hole Gap Trail ~ Parking off SR678 [800] to Parking off Massanutten Trail (FR66)  
(4.28mi)

Shawl Gap Trail ~ SR613 [700] to MM/TT intersection at Shawl Gap (2.3mi)

Sherman Gap Trail ~ Mudhole Gap Trail to SR613 [580](5.79mi)

Sidewinder Trail ~ Mudhole Gap Trail to Tuscarora Trail (.83mi)

7-bar None Trail ~ Peters Mill Run Trail to Massanutten Trail (.46mi)

Bear Trap Trail ~ Peters Mill Run Trail to Massanutten Trail (.48mi)

Lupton Trail ~ Massanutten Trail to Peters Mill Run Trail (.43mi)

Indian Grave Ridge Trail ~ Parking lot off SR717 to Massanutten Trail (2.44mi)

Kennedy Peak Trail ~ Massanutten Trail to Tower Lookout (.24mi)

Tolliver Trail ~ logging road to Milford Gap Trail (1.79mi)

### Massanutten South ~ Map H

Paul Boisen, (540) 246-5662, [paulboisen@hotmail.com](mailto:paulboisen@hotmail.com)

Massanutten South Trail ~ Pitt Spring to Morgan Run Trail (1.4 m FR 65) (3.3mi)

Roaring Run Trail ~ Catherine Furnace to TV Tower Road (3.8mi)

Pitt Spring Lookout Trail ~ Massanutten South Trail to lookout point (.27mi)

### Great North Mountain ~ Map F

Mike Allen ~ 540-333-3994, michaelallen0056@gmail.com

North Mt. Trail ~ Stack Rock Trail to VA 720 (4.3mi)

Stack Rock Trail ~ Forest Rd 252 to North Mt. Trail (1.5mi)

Long Mountain Trail ~ Trout Pond Trail to FR 1621 (4.4mi)

Big Schloss Trail ~ 2.3 Mile Marker of Mill Mt. Trail to Big Schloss View (.3mi)

Mill Mt. Trail ~ Wolf Gap to Big Schloss Cutoff Trail (2.8mi)

Gerhard Shelter Trail ~ Tuscarora Trail to Vances Cove (1.5mi)

Bucktail Cutoff Trail ~ Bucktail Trail to Halfmoon Trail (2.7mi)

Bucktail Trail ~ Trout Run Road to Waites Run Road (5.2mi)

Capon Trail ~ Bucktail trailhead to Waites Run Road (2.9mi)

German Wilson Trail ~ Halfmoon Lookout Trail to Bucktail Trail (1.2mi)

Cedar Creek Trail ~ FR88 to FR1863 (4.4mi)

Old Mailpath Trail ~ Wilson Cove to TT Three Ponds Trail (2.3mi)

Sulphur Springs Gap Trail ~ SR603 to TT Little North Mountain Trail (2.9mi)

Little Sluice Mountain Trail ~ FR92 to TT Three Ponds Trail (5.3mi)

Trout Pond Trail ~ SR59 to Long Mountain Trail (2.5mi)

Falls Ridge Trail ~ FR1318 Laurel Run Spur Trail to North Mountain Trail (2.5mi)

[North River Map-National Geographic Trails Illustrated #791](#)

Lynn & Malcolm Cameron, (540) 234-6273, [slynncameron@gmail.com](mailto:slynncameron@gmail.com)

Braley Pond Loop ~ 491, 496, 654 from Braley Pond Parking to Braley Pond Parking (3.6 mi)

[MD Montgomery County Parks ~ Map D](#)

Lynn Gallagher ~ (301) 320-4862, or [lynn.t.gallagher@gmail.com](mailto:lynn.t.gallagher@gmail.com)

Cabin John Trail ~ Seven Locks Rd to Tuckerman Lane

Prince William Forest Park

Dennis Calhoun, 703-583-4386, [dennis\\_calhoun@comcast.net](mailto:dennis_calhoun@comcast.net)

Carl Nicholson, 703-314-6365, [cwnicholson@gmail.com](mailto:cwnicholson@gmail.com)

South Valley from Scenic Drive [3rd Intersection] to North Orenda Road (1.1 mi)

Maryland National Battlefield Parks – Antietam & Monocacy

Mary Ann Lepore ~ H 814-942-0670, C 814-327-8526

[shastalepore@msn.com](mailto:shastalepore@msn.com)

Monocacy NBP

Junction Trail (1.mi) plus Best Farm Trail (1.5mi)[one maintainer for both trails]

MD Piedmont District - Monocacy Natural Resources Mgt. Area and

Seneca Creek Greenway

Jim Tomlin, (301) 774-1228, [jftomlin@gmail.com](mailto:jftomlin@gmail.com)

Jeffrey Clyman, (443) 864-4547, [jiclyman@verizon.net](mailto:jiclyman@verizon.net)

Seneca Creek Greenway Trail ~ River Road to lower Berryville Road ( mi)

Seneca Creek Greenway Trail ~ lower Berryville Road to upper Berryville Road ( mi)

Seneca Creek Greenway Trail ~ upper Berryville Road to Route 28 ( mi)

Seneca Creek Greenway Trail ~ Route 28 to Black Rock Road ( mi)

Seneca Creek Greenway Trail ~ Black Rock Road to Route 118 ( mi)

Seneca Creek Greenway Trail ~ Route 118 to powerline ( mi)

Seneca Creek Greenway Trail ~ powerline to Riffle Ford Road ( mi)

Seneca Creek Greenway Trail ~ Riffle Ford Road to Seneca Creek Road ( mi)

Seneca Creek Greenway Trail ~ Seneca Creek Road to Visitor Center ( mi)

Seneca Creek Greenway Trail ~ Visitor Center to Route 335 ( mi)