



The BMTA Celebrates National Trails Day Saturday June 4th

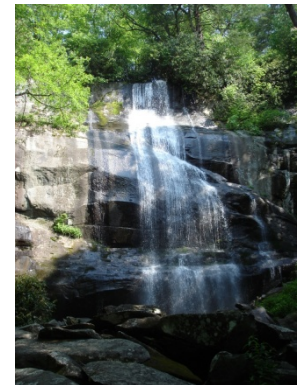
The BMTA will host two short day hikes with a picnic along the beautiful Cherohala Skyway through two states, North Carolina and Tennessee.

The first hike will be on the BMT to Whigg Meadow for panoramic views of the surrounding mountains with a side trip to the old Whigg homestead site for a total of 4 miles. The Mud Gap Trailhead is about mile 3.5 on the NC side of the Cherohala Skyway. Meet at the Mud Gap Trailhead at 9AM.



After this hike we will have a potluck picnic at Stratton Ridge located about mile 1.5 on the NC side. Picnic tables, informational boards and restroom facilities are available here. Meet at the Stratton Ridge Picnic area around 12 noon.

After a hearty lunch, we will hike Falls Branch Falls Trailhead is about mile 22.5 on the TN side at the West Rattlesnake Rock Pulloff. This is a 3 mile round-trip hike to a spectacular waterfall nestled amidst giant old-growth trees. Meet at the Falls Branch Falls Trailhead around 3PM.



Both hikes are rated moderate difficulty with some steep grades, but short distances. Hikers should be in reasonable physical shape to do these hikes. Hiking poles and good hiking shoes are recommended.

Contact the hike leader if interested: Rick Harris at HarrisRj@aol.com, 513-260-1184 or 423-253-6358. For directions and more info on the area click onto: <http://www.cherohala.org/index.html>