

2011-12 Schedule

12/17/2011, Frederick Municipal Forest (FMF), MD, [Clifford Hollow Loop](#): 9 mile moderate circuit through Gambrill State Park and the southern portion of FMF. 1600 feet of elevation gain. Bring lunch and boots. Leave from the Rt 32/I-70 Park and Ride @ 9:00. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

12/26/2011, FMF, MD, [Four Ponds/Rock City Loop](#): 11 miles/1400 feet of elevation gain, strenuous hike. One technically challenging stream crossing. Bring lunch and boots. Leave from the Rt 32/I-70 Park and Ride @ 9:00. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

01/01/2012, FMF, MD, [Sand Flats/Salamander Circuit](#): 10 miles/1000 feet of elevation gain, moderate hike. Bring lunch and boots. Leave from the Rt 32/I-70 Park and Ride @ 9:00. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

01/14/2012, FMF, MD, [The Volkswagen Loop](#): 7 mile/1200 feet of elevation gain, moderate hike. Bring lunch and boots. Leave from the Rt 32/I-70 Park and Ride @ 9:00. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

01/28/2012, FMF, MD, [East Ridge Loop](#): 7 miles/700 feet of elevation gain, moderate hike. Bring Lunch and boots. Leave from the Rt 32/I-70 Park and Ride @ 9:00. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

02/11/2012, Oregon Ridge Nature Center, Introduction to Three Season Backpacking Seminar: 10:00 A.M. to 12:00 noon. Learn all you need to know about backpacking with tips on gear, clothing, safety and preparation. Co-hosted by Betty Steil. Free admission. Bring refreshments and snacks. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

02/18/2012, Catoctin Mountain Loop, MD: Moderate, 8 miles/1300 feet of elevation gain. Pretty Fishing Creek and several vistas are highlights. Bring lunch and boots. Leave from the Rt 32/I-70 Park and Ride @ 9:00. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

In 2012 we will be offering a weekday series of day hikes and backpacks that when totaled will include most of the Massanutten North Trail and all of the Massanutten South Trail and other hikes in GWNF. We will be using the Rt32/I-70 Park and Ride to avoid I-495 and 66 traffic. They are marked with an "*".

*02/29/2012, GWNF, VA, [Signal Knob/Meneka Peak Loop](#) Day Hike: This is the first hike of the Massanutten Circumnavigation series. 11 miles, 2400 feet of elevation gain. Strenuous circuit with rocky trails and nice views. Bring lunch and boots. Leave from the Rt 32/I-70 Park and Ride @ 8:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

*03/07/2012, GWNF, VA, [Shawl Gap/Sherman Gap Loop](#) Day Hike: This is the second hike of the Massanutten Circumnavigation series. 10 miles, 1600 feet elevation gain. Steep ascent and descent with easterly views of the Shenandoah valley and SNP and views into Fort Valley. Bring lunch and boots. Leave from the Rt 32/I-70 Park and Ride @ 8:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

*03/14/2012, GWNF, VA, [Kennedy Peak Loop](#) Day Hike: This is the third hike of the Massanutten Circumnavigation series. Moderate, 9 miles, 1600 feet of elevation gain w/ a grand view above Kennedy Peak fire tower. . Bring lunch and boots. Leave from the Rt 32/I-70 Park and Ride @ 8:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

*03/21/2012, GWNF, VA, White Rocks/Little Sluice Loop Day Hike, Scouting Trip: This is the fourth hike of the Massanutten Circumnavigation series. Strenuous, 13 miles, 2200 feet elevation gain w/ 2 rock scrambles to outstanding views. This can be used as a backpack training hike. Bring lunch and boots. Leave from the Rt 32/I-70 Park and Ride @ 7:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

*03/27-29/2012, GWNF, VA, Edinburg Gap/Jawbone Gap Backpack Shuttle: This is the fifth hike of the Massanutten Circumnavigation series and the first backpack of the year. Strenuous, 20 rocky miles with 4000 feet of elevation gain w/3 rock scrambles to The Knob (hopefully we can bushwhack to it), Jaw Bone Gap Vista and Duncan Knob. Leave from the Rt 32/I-70 Park and Ride @ 8:00. Seasoned

backpackers only. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

04/07-11/2012, JNF, VA/KY, Pine Mountain State Park Backpack Shuttle, U.S. 23 to Elkhorn City, KY: 25-28 miles, 6000 feet of elevation gain mainly as a never ending series of short ups and downs w/rugged terrain and sweeping views of VA and KY. This trip requires 9 miles of driving each way therefore the first day will be as short as possible and the remaining days will be longer. The length of each day will be dependent upon campsite and water availability. Note: This is a 4 day trip. A shuttle service will set us up for the hike for a fee. Limit of 4 committed, seasoned backpackers. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

04/21-22/2012, Weiser State Forest-Roaring Creek Tract, PA, Backpack Loop: Moderate, 14-20 mile hike, modest elevation gain w/mature forest, pretty lakes and streams. This trip is suitable for experienced hikers who wish to move up to backpacking. Leave from the Timonium Park and Ride @ 8:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

*05/02-03/2012, GWNF, VA, Massanutten South Backpack Shuttle: This is the sixth hike of the Massanutten Circumnavigation series. Moderate, 18 miles featuring views and pretty streams w/ a couple of steep climbs and descents. Some forest road walking required. Leave from the Rt 32/I-70 Park and Ride @ 8:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

05/26-28/2012, JNF, VA/WV, Potts Mountain to Bluff City AT Backpack Shuttle: Moderate, 21 miles, 4000 feet of elevation gain with one very steep climb. Hike with one foot in VA and the other in WV while taking in westward views. We will try to set up a shuttle with our trail angels in Pearisburg (small fee). Seasoned backpackers only. Leave from the Rt 32/Broken Land Parkway @ 7:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

06/09-11/2012, JNF, VA/WV, Allegheny Trail/AT-Peters Mountain Section: 25 miles, 5000 feet elevation gain. Continue the traverse of the VA/WV border as we hike this isolated ridge top. Seasoned backpackers only. Shuttle cost approximately \$35.00/person depending on the number of participants. Leave from the Rt 32/Broken Land Parkway @ 7:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

*06/20-21/2012, GWNF, VA, Massanutten Trail-Edinburg Gap to Mud Hole Gap Backpack Shuttle: This is the seventh hike of the Massanutten Circumnavigation series. 16-19 miles, 2000 feet elevation gain. Rocky ridge walk with views. Leave from the Rt 32/I-70 Park and Ride @ 8:00. Seasoned backpackers only. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

07/07-09/2012, GWNF, VA, Great North Mountain/Elliots Knob Backpack Shuttle: Strenuous 22 mile hike with 5000 Feet elevation gain and a panoramic view from 4463 foot Elliots Knob. Seasoned backpackers only. Leave from the Rt 32/Broken Land Parkway @ 8:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

07/21-22/2012, GWNF, VA, Torry Ridge/Mills Creek Backpack Loop: Moderate, 14 miles, 2600 feet elevation gain. Ridge Top views and a pleasant stream valley to camp in. This trip is suitable for experienced hikers who wish to move up to backpacking. Leave from the Rt 32/Broken Land Parkway @ 8:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

08/04-06/2012, Laurel Highlands Trail-Rt 30 to Rt 56 Backpack Shuttle, PA: Moderate, 24 miles through Mature Forest, Vistas. We will camp in shelter areas. Leave from the Rt 32/I-70 Park and Ride @ 7:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

09/01-03/2012, GWNF, Shenandoah Trail-South Backpack Shuttle: Strenuous, 25 miles, 5000 feet elevation gain. Ridge top hike with lots of views to the east and west. Seasoned backpackers only. Leave from the Rt 32/Broken Land Parkway @ 8:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

*09/11-13/2012, GWNF, VA, Massanutten Trail-Edinburg Gap to Shawl Gap Backpack Shuttle: This is the eight hike of the Massanutten Circumnavigation series. 23 miles, 4000 feet elevation gain. Rocky ridge walk with views. Leave from the Rt 32/I-70 Park and Ride @ 8:00. Seasoned backpackers only. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

09/22-24/2012, MNF, WV, [Roaring Plains Base Camp Backpack and Day hike](#): Hike in 2.5 miles and set up camp on Day 1. Hike 12-14 miles around the canyon rim with 1100 feet of elevation gain on Day 2.

Retrace Day 1 steps on Day 3. Seasoned backpackers only. Leave from the Rt 32/Broken Land Parkway @ 8:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

10/6-8/2012, Loyalsock State Forest, PA, Loyalsock Trail-Brunnerdale Road to Worlds End State Park Backpack Shuttle: Moderate, 20 miles/4000 feet of elevation gain with over 4 waterfalls and at least 6 vistas. Seasoned backpackers only. Leave from the Timonium Park and Ride @ 8:00. Preregistration required. Contact Mike Juskelis at 410-439-4964 or mjuskelis@cablespeed.com.

10/27-29/2012, North Country Recreational Trail Backpack Shuttle, Tionesta Creek to Cook Forest SP, Allegheny National Forest, PA: 25 mile moderate hike with pretty streams, views and the state's largest stand of virgin Hemlocks. Leave from the Rt 32/I-70 Park and Ride @ 7:00. Pre-registration required. Contact Mike Juskelis @ 410-439-4964 or mjuskelis@cablespeed.com.