

Footnotes

Newsletter for the Foothills Trail Conservancy - - www.foothillstrail.org

Geology Along the Foothills Trail

By Bill Ranson

Foothills Trail Conservancy Vice Chairperson and Retired Geology Professor at Furman University

The Foothills Trail (FHT) is known for its great scenery, diverse plant and animal life, and the wilderness experience it provides, but the trail also incorporates diverse and interesting geology that informs us regarding the origin of the Appalachian Mountains. Every rock has a story, and the rocks along the trail record nearly 1.2 billion years of Earth's story for our region! All of the rocks are metamorphic and are broadly classified as gneiss (mostly quartz and feldspar) and schist (mostly mica). They were



(Figure 1)

formed by solid-state reactions at high temperature and pressure and were associated with the convergence of tectonic plates that ultimately led to the Appalachian Mountains and the supercontinent Pangea. Rocks at elevated temperature and pressure can bend and fold without breaking. However, if you compress rock layers too much, they will break along thrust faults. Thus, the Appalachians are referred to as folded and thrust mountains. Evidence of this compression and folding is seen in rocks along the trail (Figure 1). It is speculated that at one time our mountains were as tall as the Rockies or Alps, which are much younger mountain chains.

Although the rocks along the trail are very old, a spectacular feature of the region, the Blue Ridge escarpment (BRE), is much younger. The BRE (Figure 2) is the prominent mountain wall, known to the Cherokee as the Blue Wall, that rises from its base at about 1000 feet to the top of the escarpment at over 3000 feet. Geologists believe that the BRE was formed at the time of the breakup of Pangea about 200 million years ago. Two-hundred million years is still plenty old, and it is a long time for a topographic feature to remain so prominent. Recent studies suggest that the BRE owes its notable elevation to uplift related to mantle dynamics over the last 20 million years. Indeed, the BRE has changed over time and continues to evolve as streams and rivers slowly erode rock material. Although these processes are slow, rapid changes can also happen to the BRE in the form of landslides on the steep, unstable mountain slopes.



(Figure 2)

Geology Along the Foothills Trail (Continued)



(Figure 3)

Hikers along the FHT encounter four major rivers and numerous streams that flow off of the BRE into Lake Jocassee. From west to east these rivers are the Whitewater, the Thompson, the Horsepasture, and the Toxaway. They are all different, but they all have similar mechanisms of erosion leading to modification of the BRE. The dominant mechanism is a process called plucking, whereby angular blocks of rock are plucked off of waterfalls by the force of the water (Figure 3). This is especially true where the bedrock is hard gneiss, such as at Whitewater Falls and Rainbow Falls. Where the bedrock is the softer schist, for example along the Toxaway River, abrasion is the dominant means of erosion and potholes are formed (Figure 4). To learn more about the geology along the trail check out the *Geology Guide to the Foothills Trail* that can be purchased from the Foothills Trail Conservancy website store at foothillstrail.org.



(Figure 4)

Foothills Trail Conservancy Fall Gathering Table Rock State Park—November 3, 4, and 5, 2023

Deadline for Registration is October 15, 2023

(to see a map of the park, click [HERE.](#))

2023 marks the 49th year for members of the Foothills Trail Conservancy to gather in the Fall to enjoy a weekend of exciting hikes, great speakers, delicious meals, and fellowship. To reserve a campsite, contact Table Rock State Park.

Please note ALL meals are held at The Pinnacle Pavilion

FTC Fall Gathering Weekend Schedule

Friday, November 3

9:30 am - Hike 1, meet at Chimney Top Gap Parking Area

12:00pm-Hike 2, meet at The Pinnacle Pavilion

5:00 pm - Social Hour in The Pinnacle Pavilion (BYOB)

6:00 pm - Covered Dish Dinner (Bring something to share!)

7:00 pm - Business Meeting—Andrew Gleason

Speaker: John Park—*American Hiking Society Volunteer Vacations Program*

Saturday, November 4

8:00 am - Breakfast catered by Pollards at The Pinnacle Pavillion

9:15 am - Hikers meet hike leaders in The Pinnacle Pavilion

9:30 am - Hikes Depart

3:00-5:00pm - Family Naturalist Activity, *Critters and More On-The-Go*

4:00 pm - Trail Talk, *with Mary Roe, Palmetto Trail Executive Director*

5:00 pm - Social Hour in The Pinnacle Pavilion (BYOB)

Music by “The Belvedere Hillbillies” Walter, Patrick, Tara, and Becky

6:00 pm - Dinner catered by Pollards (aka Hungry Hiker)

7:00 pm - Speaker: Nancy East, “Safe and Found: True Stories of Wilderness Search and Rescue.”

After Speaker - Door Prizes

Silent Auction Concludes (15 minutes after Speaker)

Sunday, November 5

8:00 am - Continental Breakfast at The Pinnacle Pavillion

8:45 am - Hikers meet hike leaders in The Pinnacle Pavilion

9:00 am - Hikes Depart

FOOTHILLS TRAIL CONSERVANCY

FALL GATHERING 2023 HIKES AND OUTINGS

Hikers for hikes 2-10 meet at the Pinnacle Pavilion at the announced time. Hikers should wear appropriate clothing/footwear, bring their own lunch and plenty of water.

HIKES ARE LIMITED TO 15 PEOPLE.

Friday

#1 - 9:30 am - **Beech Bottom Falls and Eastatoe Narrows.** *Meet at the Chimney Top Gap Foothills Trail parking area.* Hike the newest spur waterfall trail (trailhead near Chimney Top Gap) off the Foothills Trail to Beech Bottom Falls. The hike is 1.7 miles in and out, passing through a deep forest with many water features and interesting footbridges. The trail is fairly easy most of the way but does have a steep descent to the observation platform. Then travel to the Laurel Valley parking area along the Foothills Trail on Horsepasture Rd to reach the trailhead for the Eastatoe Narrows. This 5.5 mile in and out trail is a spur maintained by the FTC. You will descend into a gorge with an impressive sluice waterfall. Hike Leader: Cathy Foster.

#2 - 12:30 pm - **Pinnacle Mountain Falls.** From Table Rock's Pinnacle Pavilion, this moderate hike leads 1.5 miles up to Pinnacle Mtn. Falls. Following a portion of the Palmetto Trail, the route spurs off along Mill Creek and ends among a bolder field. An optional steep slope of about 300 feet would bring one to the base of the falls, having a height of at least 50 feet. Leader: Kerry McKenzie.

Saturday meet hike leader at **9:15 am** in the barn, depart 9:30.

#3 - **Canebrake to Horsepasture** Want to hike one of the more remote and challenging sections of the Foothills Trail? Jocassee Lake Tours (JLT) is sponsoring a boat shuttle to the Canebrake access, the west side of the Toxaway River on Lake Jocassee, and then from Horsepasture River back to the dock. During the hike, you will cross many creeks and streams going in and out of North Carolina and Gorges State Park. This **7.8 mile** hike is rated strenuous with approximately 1800 feet of elevation gain. JLT special price is only \$45. Note: **Limited to 12 Hikers!** After Fall Gathering registration is confirmed the hikers will receive information on registering and prepaying for the roundtrip boat shuttle. Hike Leaders: Kerry McKenzie and Matthew Stamey

#4 - **Geology Hike.** This geology hike will feature the Foothills trail in Table Rock State Park. We will observe various rock types and geologic structures along Carrick and Green Creeks. We should be back at the Carrick Creek trail head by about 2:00. Hike Leader: Bill Ranson, retired Geology Professor, Furman University

#5 - **Keowee Toxaway State Park Natural Bridge and/or Raven Rock.** This hike begins on the Natural Bridge Trail where you will cross over the state's only "natural bridge." The loop is 1.3 miles and will carry hikers back to the starting point. Hikers will have an option to continue on the Raven Rock Trail, which offers a walk along the edge of Lake Keowee and excellent views from Raven Rock for a total of 4.2 miles. Hike leaders: Becky Gilstrap and Willa Gleason

FOOTHILLS TRAIL CONSERVANCY

FALL GATHERING 2023 HIKES AND OUTINGS,

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Saturday, continued

#6 - **Hiking, Waterfalls, and Fantastic Views ADVENTURE.** The first stop on this adventure is Wildcat Wayside. Hike past four waterfalls on the one mile loop. Next stop: Bald Rock Overlook. From the parking area, it is a short walk to a very impressive granite outcropping. The views of Greenville and Pickens Counties cover miles and miles. Then, on to the Caesars Head Overlook where you will see the splendor of fall in the Blue Ridge Escarpment from a 400 million year old rock while looking down 3,000 feet into the gorge. An option will be to take the steep steps around the side for a view of the giant gneiss outcrop. Hike Leader: Joy Waller

#7 - **Petroglyphs Hike.** Hike to the site where it is believed members of the Hopewell Indian Culture carved circles in a rock outcrop between 1500 and 3500 years ago. What they mean and why they are there is a mystery. Not only is this site culturally interesting, but also an outstanding view looking Southwest toward the end of the Blue Ridge Escarpment. Hikers will start at the red gate at the end of Camp Adger Road and hike 1.5 miles to reach the summit (3 miles in and out) Hike Leaders: Rocky Nation and Dan Whitten

#8 - **Maintenance Hike.** Help with projects in support of the Foothills Trail and Table Rock State Park. Bring gloves, lunch and plenty of water. Tools will be provided.

Sunday meet at **8:45 am.** in The Pinnacle Pavilion, depart 9:00 am.

#9 - - **Pumpkintown Face** - This newer 2.2 mile trail within Table Rock State Park was built by the Carolina Climbers Coalition. The hike parallels a stream valley before ascending several switchbacks up to the wall called the "Pumpkintown Face" A scenic view is offered from a nearby outcrop. The hike is rated moderately strenuous. Hike Leader: Scott Stegenga.

#10 -- **Eastatoe Passage.** Hikers will begin at Keowee Toxaway State Park following the Natural Bridge Trail to the Raven Rock Trail until the Palmetto Trail branches off and heads east along the ridge, high above Highway 11. The second half of this trail will lead hikers down to Eastatoe Creek and across two custom-built suspension bridges before ending at Auger Access on Roy Jones Rd. This is a 4.6 mile moderate hike. A short shuttle is required to return to cars. Hike Leader: Tricia Kyzer



Friday Night Speaker

John Park

American Hiking Society's Volunteer Vacations Program

Have you ever wanted to hike and backpack in other parts of the country, but didn't want to deal with the logistics of picking trails, planning meals, travel to/from trailheads, and airport pickups? John Park, former FTC board member, was faced with this predicament when he discovered the American Hiking Society (AHS) and their Volunteer Vacation program. He gave it a try. On his first trip, to the Mount Saint Helens backcountry in Washington State, he found this program a perfect match for his love of backpacking and desire to help with trail maintenance. Since this first trip in 2011, he has been on nine additional trips and has been a Crew Leader on six of those trips. He has been to Mt. Whitney, the highest peak in the contiguous US, the Emigrant Wilderness, the Bob Marshall Wilderness, the Bitterroots, the Boundary Waters Canoe Wilderness, and other destinations in CA, MT, UT, OR, and WV, all with the AHS Volunteer Vacations program. In his talk Friday evening, he will share his experience and show pictures of the places he's been and the trail work performed. Be prepared, after you learn about this wonderful program, you'll be ready to sign up for your own Volunteer Vacation.

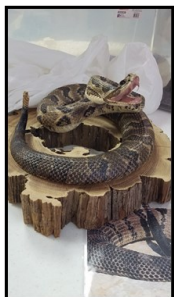


Saturday Afternoon Family Activity!

Critters and More-On-The-Go

Saturday, 3pm -5 pm

The Critters and More on the Go exhibit will be set up in front of the Pinnacle Pavilion to give nature lovers an opportunity to learn from artifacts, displays and live animals. Stop by the tent to take advantage of this opportunity to learn more about who lives in the woods that we frequent as hikers.



Saturday Afternoon Event

Trail Talk

Saturday, 4:00 pm.

The Pinnacle Pavilion

Join Mary Roe, Executive Director of the Palmetto Trail, as she gives an update on the work being completed to connect the Mountains of the Upstate to the Waterway in the Lowcountry. In this informal session you will have an opportunity to have your question answered and input on how we can all work together to improve the opportunities for hikers in South Carolina.



Saturday Night Speaker

Nancy East

“Safe and Found: True Stories of Wilderness Search and Rescue.”



Nancy East retired from a 23-year career as a small animal veterinarian to pursue her interest in outdoor education and writing. Her involvement on Haywood County's Search and Rescue Team is one of her greatest passions and inspired her book, *Chasing the Smokies Moon: An audacious 948-mile hike--fueled by love, loss, laughter, and lunacy*, a memoir about the search for a missing mom in Great Smoky Mountains National Park and the speed record Nancy set while raising funds and awareness

for hiker safety and preparedness. She is an avid hiker and backpacker as well as a Southern Appalachian Naturalist. Nancy lives in Waynesville, North Carolina with her husband, three children, and their beloved rescue dog.

Event information for 2023

- ♦ Help is always appreciated. Check the JOB BOARD near the sign in table to find what is needed as well as task instructions for the job you choose.
- ♦ Entering the park for the day, you will need either a South Carolina State Park Pass or to pay the \$5 entry fee. Persons staying in the park, cabins or camping, will not need to pay the entry fee.
- ♦ When you register, your name will be entered for the door prizes. Names will be drawn at the end of the program Saturday night. You must be present to win.



Foothills Tr

We will have games and activities available for the whole family during our evening events as well as during the day on Saturday.

You are welcome to bring your own activities also.
Please be mindful of keeping our activity area clean and organized so everyone may have the chance to enjoy them.

FTC STORE

Please remember to stop by our FTC store at the meeting for great deals on all of our Foothills Trail merchandise. We will have some brand new items to show off this year! What a wonderful way to get a jump on the holiday shopping!

****Please plan ahead for all purchases - we will be able to accept cash or check only.****

Scavenger Hunt!

Don't forget about our FUN Scavenger Hunt for ALL ages!



- * Pick up instructions at the check-in table
- * Complete the hunt at your own pace
- * Return form by Saturday evening
- * Earn an FTC Explorer Medallion

SILENT AUCTION

We will have a variety of fun and unique items for you again this year. Help us raise money for the FTC AND take home something great for yourself or as a gift!



Reminder to be Earth Friendly!

We are working towards further reducing negative impacts on our environment. As part of this endeavor, we ask that you bring your FTC tumbler, or any one of your favorite reusable bottles, to be used at all FTC events. If you don't have an FTC tumbler yet, we will have them available for purchase.

Thirty-mile hike on Foothills Trail raises funds for Cystic Fibrosis Foundation

By Parella Lewis

Every summer a handful of hikers invade the Carolina mountains with a purpose. Each foot of elevation gain represents a step towards finding a cure. The Cystic Fibrosis Foundation has been around since 1955 and has hosted hundreds of fundraisers throughout the country over the years, but in 2020 those efforts were brought closer to home as the South Carolina Chapter was born bringing the first Xtreme hike to my backyard! It was the vision of local TV station WYFF 4 President and General Manager John Humphries and his wife, Anita, who helped bring this "Xtreme" hike for a cure to the Upstate.

And this is how I became involved.

Up until 2020, the longest hike I had ever ventured may have been 12 miles? And that was on a special occasion or two. I had never even considered anything longer. I mean, why would I ever do that?

But in learning about cystic fibrosis through a conversation with John Humphries at work one day, I was surprised by how many people have been diagnosed with this disease. He told me about his amazing daughter, Jenny, who has cystic fibrosis and what life has been like throughout the years before recent advancements had been made, and of course, how far there is to go.

My wonderment was quickly overshadowed by the almost miraculous strides made by the Cystic Fibrosis Foundation in a relatively short time span without much money. You see, I am quite used to large organizations collecting millions of dollars if not billions with little to show for it. Needless to say, I was impressed. I felt the least I can do is help raise a little more money and see what can they do with that. Although, if I'm being honest, I've never been much of a fund-raiser and the thought of hiking 30 miles in a single day left me feeling like I had just jumped off a cliff after officially signing up and committing to the big hike!

But within a couple of months, official training began in July. This is where people who were interested showed up for a shorter hike to help get a feel for levels of ability and find out for themselves if this hike is something they could do. The reason wasn't to weed anyone out. It was then and still is to help build and grow from where we are so that each participant can cross the finish line in October when the Xtreme hike takes place. The first hike and each one after is laced with encouragement and helpful tips along the way. I was both nervous and excited so having the training leaders say things like, "of course you can do this. Just keep putting one foot in front of the other and don't stop..." helped me tremendously.





Over the weeks and months of training, it wasn't just my physical endurance that grew. More than the ability to see that the crazy long 30-mile day hike may actually be possible after all! No, something else was growing as well. Friendships and bonds expanding and deepening with each new trek creating a shared experience so unique that while making tracks on the ground beneath us, we were also forging imprints on the soul that connects us for lifetime. The training hikes continue to progress in length and challenging elevation gains. And since these hikes start in the summer, the Carolina heat adds a challenge of its own.

I can personally attest to donating several pounds of sweat to the soils and rocks of the Carolina mountains. A knick or bruise from a fall, even a bee sting or two is all part of the extreme hike experience. Swollen feet sprinkled with blisters, well that's just what love looks like sometimes. No one would put their bodies through this if they didn't have a really good reason. And few would continue to do it if they weren't seeing results for their loved ones.

It isn't all work, however. The beautiful sights splashed all across our area are nothing short of

breath taking at times. We live in the land of stunning waterfalls, some that can only be seen by hiking to them, which is a payoff of its own. There are forests dotted with unique flowers, mushrooms, and trees. An entire eco system so distinctive to this part of the country but can only be experienced by getting out in it. The fresh mountain air and beautiful sun rises from high atop mountainous views are sights and sounds that come from being on the trail itself. No picture can ever do it justice. No video can truly take you there. The real thing is far too vast and expansive to even adequately explain. But that too is part of the experience. Another reward for all of the pain and discomfort.

This coming Oct. 21 will be my third year participating in the Xtreme Hike, and again we will start at Oconee State Park and end at Lower Whitewater Falls on the Foothills Trail. Since being involved with this hike, I have been able to see what funds raised by these events actually do. The Cystic Fibrosis Foundation has produced (at astounding levels) highly effective medications resulting in an extension of life by decades. But there is still more to do, which is why their motto is "Until It's Done."

And so, if you want to join us in the near future, we will continue to "take a hike" until a cure is found. And let's face it—there's no better place than the Carolinas to explore the outdoors for a great cause!

(Weather Anchor Parella Lewis can be seen weekday mornings on WYFF News 4 in Greenville. Follow her on Twitter and Facebook or e-mail her at Parella.Lewis@hearst.com.)

Foothills Trail Conservancy, Salem join forces in litter pickup

By Heyward Douglass, FTC Special Project Coordinator

In a recent collaboration, the Foothills Trail Conservancy and the Town of Salem combined forces to collect litter on SC 130 in Oconee County.

Heyward Douglass, special projects coordinator for the Conservancy, and Salem Mayor Lynn Towe, got together a couple of months ago and discussed how to get the most out of a litter collection that would be based on SC 130. The Foothills Trail crosses the highway near the entrance to Bad Creek and SC 130 passes through the middle of Salem on the way to Bad Creek. They aimed their plans for the collection to take place on April 22, also known across the nation as Earth Day.

Mayor Towe contacted the Calvary Baptist Church to arrange for the use of the church parking lot to be the meeting place before and after the project, while Douglass arranged with Oconee County Sheriff's Office and KOBAA (Keep Oconee Beautiful Association) to get permission and materials for the pickup. KOBAA said they could supply materials for the volunteers to use.

Having done the same activity the last two years in Pickens and Oconee Counties, the FTC had the organizational know-how and the volunteer base to have confidence they could do it again. The Lions Club of Salem had done litter collection in a portion of Salem over previous years and agreed that they would like to help with it. KOBAA representatives agreed to provide the needed materials, such as collection bags, grabbers, and safety vests. Twice a Town Taproom owners arranged with the Palmetto Spoon food truck to give a discount to the volunteers who came to have food after the event.

As with the previous litter pickup sessions by the FTC, the 10 miles of SC 130 was divided into half-mile sections, which was determined to be a reasonable amount of highway for a pair (or more) of volunteers to clean up in a few hours. The beginning of each section was marked with a numbered/flagged stake, and pairs of volunteers were assigned a specific section. Safe places to park for each section were also determined ahead of time. All of this preplanning took many days to accomplish, according to Douglass.

"During our survey of the sections and parking places it was evident that it had been quite a while since this stretch of highway had any litter removed," Douglass said, "and it was going to take a real effort to clean it. Several dump sites were also discovered during this process, which will have to be addressed by the county at some later date due to the extent of these areas."

Mayor Towe was interviewed by WGOG prior to the pickup effort, and he stressed how the citizens of the county needed to be more aware of the problem, and how each person could do their part to help keep the county roads litter-free. "In my travels around other states, I noticed how much better some of them do to keep their roadsides clean, and Oconee County should do everything they can for this to happen here," Towe said.

Several days ahead of the pickup the weather looked like it would have a serious impact on the entire activity, but when the volunteers gathered at the church parking lot, the weather began to clear up, and the event went ahead without any interference from the rain. The Lions Club members actually collected litter on the southern part of town the week prior to the Earth Day event because the timing was better for their volunteers.

At 8:30 a.m. on Earth Day, 42 volunteers gathered in the parking lot of Calvary Baptist Church in Salem to get their assigned sections and parking spots, and to get grabbers, bags, and the all-important safety vests. They were also briefed on the need to be safe along the road as they worked. This year the FTC was able to borrow three official orange warning flags from the Friends of Jocassee to let drivers know of the work going on up and down the highway. The enthusiastic volunteers headed up to their sections of SC 130 at 9 a.m. sharp, prepared to make this highway in Oconee County a much cleaner one.

When the pickup concluded, the FTC had collected more than 135 bags of litter, along with two couches, highway cones, metal parts of guardrails, several tires, as well as tire pieces and a beach ball. One of the dumpsites was also cleaned up by three volunteers and required more than an hour to accomplish and filled 10 contractor-sized bags!

While the FTC went up SC 130, volunteers from Salem collected litter from the center of town, as well as surrounding streets, and then worked their way out to SC 11. Their volunteers, although much smaller in number, still collected quite a few bags of litter, and certainly enhanced the beauty of the town.

After the task was over, a number of volunteers gathered at the Twice a Town Taproom in Salem to get a cold root beer and food from the Palmetto Spoon food truck and exchanged stories about the weird stuff they found along the road. They all considered the effort a complete success, according to Douglass.



Foothills Trail Conservancy Membership Information

Your membership to the Foothills Trail Conservancy is vital to the Foothills Trail, the Southeast's best hiking trail. With the Trail traversing the property of EIGHT different landowners, for 49 years the FTC has been a single voice committed to keeping this foot-path well maintained. In addition, we promote the Trail to the hiking community and we publish the official trail map and guide. Your support gives us the resources and support necessary to continue these efforts. Thank you for your commitments in the past, and we look forward to your continued support.

NOTE: *Our membership year runs January through January.*

You must be a current FTC member to attend the Fall Gathering.

You may renew online at www.foothillstrail.org

Membership forms may also be printed from
our website and mailed to:

**Membership Renewal
PO Box 3041
Greenville, SC 29602**



NEW THIS YEAR!

Gear Giveaway

Give and Take Used Hiking Items

An opportunity to share with someone who can put your extra and neglected items to good use as well as to swap out your gear for something that better suits you.



Do you have hiking items in storage that you have considered taking to a thrift store or just don't suit your needs any longer? Why not bring them to FTC Fall Gathering and put them on the Gear Giveaway table! This can include daypacks, poles, specialty clothing, backpacking gear, etc.



Check the table out! If you see something you can use, take it, or exchange it.

Used Gear Sale

Not ready to give it away but have items you are thinking about putting up for sale? This could be something like a tent you have only used twice or a backpack that doesn't fit you well. Bring a picture, description, and contact information to place on the "Gear Sale" bulletin board.

Foothills Trail Conservancy 49th Annual Fall Gathering

Registration Form

Please note that online registration is preferred

REGISTER ONLINE BY CLICKING [HERE](#)

Table Rock State Park- November 3, 4, and 5, 2023

Deadline for Registration is October 15, 2023

Participants: _____

Address: _____

Telephone: _____

Email: _____

Please indicate the number of people for each category below.

Register for the entire weekend:

I can only attend Saturday Evening:

(includes evening meal and activities)

____ Adults \$45 per person

____ Saturday only -Adults \$35 per person

____ Children (12 and under) \$12

____ Saturday only -Children (12 and under) \$10

____ Family \$100

____ Saturday only -Family \$80

Total Amount Enclosed \$ _____

I/We plan to attend the following. Please indicate the number of people:

Friday Night Social/Speaker _____

Saturday Breakfast _____

Saturday Evening Social _____

Saturday Supper _____

Saturday Meeting/Speaker _____

Sunday Breakfast _____

I would like to register for the following hikes. Please indicate the number of people:

Friday : Hike 1 _____ Hike 2 _____

Saturday: Hike 3 _____ Hike 4 _____ Hike 5 _____ Hike 6 _____ Hike 7 _____ Hike 8 _____

Sunday : Hike 9 _____ Hike 10 _____

Volunteers are GREATLY appreciated!!

If you would like to volunteer throughout the weekend, please see the “Job Board” posted in the Pinnacle Pavilion and select the tasks in which you are interested!

Thank you!

Please note that setup on Friday will start at noon in the Pinnacle Pavilion.

Online Registration is preferred and will secure your spot most efficiently.

For registration questions, please email Sarah at info@foothillstrail.org.

If you need to pay by check, please mail your registration and payment to:

Foothills Trail Conservancy– Fall Gathering

PO Box 3041, Greenville SC 29602

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Becky Gilstrap - Vice Chairperson
Bill Ranson - Vice Chairperson
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Bruce Evilsizor - Maintenance Coordinator
Bobbie Wilhite
Rocky Nation
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Kerry McKenzie
Rodney Bryant
Sarah Shockley - Executive Administrator
Heyward Douglass - Special Projects Coordinator
R. Glenn Hilliard - Chairman Emeritus, Advisor
Mike Despeaux - Emeritus
John Garton - Emeritus

Follow us on Social Media for the latest FTC information!



SPECIAL THANKS

Special thanks to all our Trail Captains and hard-working volunteers who ensure the trail stays maintained and in tip-top shape.