

***Lenhok'sin Crew 1 Shakedown – Jeremy's Run (05/19/08 revisions in yellow)***  
***Shenandoah National Park - Saturday May 24 – Monday May 26, 2008***

**Overview:** According to "Circuit Hikes in Shenandoah National Park", Potomac Appalachian Trail Club, 14<sup>th</sup> edition, 1996: "The stream, Jeremy's Run, is one of the most beautiful streams in the Park." The trail that follows Jeremy's Run crosses the stream 14 times. **Saturday**-Leave Mr. Rose's home at 5:00 pm; drive 2 hours to the Skyline Drive, Elkwallow Picnic Area just south of Elkwallow Wayside near Milepost 24. From this staging area we will embark on the Jeremy's Run loop hike. Saturday evening we will back pack a short distance and make a primitive camp. **Sunday**-We will descend the mountain via the Appalachian Trail and Neighbor Mountain Trail to the base of Jeremy's Run Creek, where we will camp for the night. **Monday**-We will ascend the mountain via Jeremy's Run Trail, crossing the creek numerous times, to the trailhead where we began Saturday. We will depart for home at Noon. We will stop for lunch about 1 PM in Warrenton. We will depart lunch at 1:30 PM for an arrival back at the Mr. Rose's at 3:00 PM.



**Assemble: 5:00 pm Saturday at Mr. Rose's home**  
8026 Ellingson Drive, Chevy Chase, MD 20815

**Return: 3:00 pm Monday at Mr. Rose's home**

**Emergency Contact: Mr. Rose's Cell 301-807-6441**

**Food:** Adults will provide all food. This will include Saturday dinner, Sunday breakfast, lunch, and dinner, and Monday breakfast, plus snack food for during the days. The only cooked meals will be Saturday & Sunday dinners. The others will be ready-to-eat meals. Bring money for Monday lunch at a fast food restaurant.

**Water:** Water will be available at the trailhead, at our Saturday & Sunday night campsites, and along the trail on Monday. Water will have to be purified. Adults will bring water purification. Everyone needs to be able to carry three (3) quarts/liters. Fill up 2 at home before you leave. The 3<sup>rd</sup> is reserve.

**Cooking:** We need two (2) stoves (one to use and one for backup) and fuel. Stoves and fuel will be provided by Mr. Stuart.

**Equipment:** Bring items listed on packing list on web site. Bring 2 quarts/liters of water and the ability to carry a 3<sup>rd</sup> if needed. [http://www.t255.com/080518\\_PackingListForBackpacking.pdf](http://www.t255.com/080518_PackingListForBackpacking.pdf)

**Directions:**

- o From the Virginia Capital Beltway I-495.
- o West on I-66 to Exit 43, US Route 29, Gainesville.
- o Take US 29 (south or west) toward Warrenton.
- o At Warrenton do not take bypass but continue into town.
- o Turn right onto US 211 (south or west).
- o Enter Shenandoah National Park.
- o Get on Skyline Drive at Thornton Gap (aka Panorama).
- o Head North on Skyline Drive to Elkwallow Picnic Area (just south of Elkwallow Wayside near Milepost 24).

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**APPROVAL / PERMISSION SLIP**

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Approval/permission is granted by the parents/guardians of Boy Scout \_\_\_\_\_ for their son/Scout to participate in the activities of Troop 255, Chevy Chase, Maryland, National Capital Area Council, Boy Scouts of America.

Approval/permission is granted to the adult members of Troop 255 to authorize treatment of the Boy Scout named above in the event of an accident or emergency. Adult members of Troop 255 that authorize treatment of the Boy Scout in the event of an accident or emergency shall be released from any or all liabilities.

Necessary Local and national tour permits will be obtained by Troop 255.

This approval/permission is valid for the May 24-26, 2008 Jeremy's Run Backpacking Trip in Shenandoah National Park, Virginia originating and concluding at Elkwallow Picnic Area near Milepost 24 on the Skyline Drive.

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Parent Signature

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Parent Name (Print)

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Date

Contact Tel. \_\_\_\_\_