

P400 *Note early start time. On this in-and-out hike we will start at Looking Glass Rock Overlook, take the Mountains-to-Sea Trail past Skinny Dip Falls, turn around and have our break at Skinny Dip Falls. Bring your bathing suit if you have nerves of steel! **Second meeting place: BRP Looking Glass Rock Overlook at M.P. 417 at 1:15 PM.**

HALF-DAY No. H0802-453

Max Patch Ramble

Nonmembers, call leader, Gail Lamb,
828-350-0450, galmb46@aol.com

Hike 5.5, Drive 104, Rated B-C

*Note early start time. We will go up Max Patch, then the Buckeye Ridge Trail to the Appalachian Trail. This will take us north through meadows, woods and across a small stream. We will break at the AT shelter and return on AT. **Second meeting place: Pilot Truck Stop off I-40 at exit 24 at 1:00 PM.**

HALF-DAY NO. H0802-380

Big Creek Trail in Pisgah Ranger District

Nonmembers, call leader, Greg Goodman, 828-684-9703

Hike 5, Drive 50, Rated C-C

*Note early start time. Meet at Westgate at 1:00 PM to form carpools, and meet leader at parking area just before the North Mills River Recreation Area at 1:30 PM. From the Trace Ridge Trailhead, we will walk along a gravel road next to the North Fork of the Mills River to the Reservoir. After crossing a log bridge we will hike along the Big Creek Trail to a meadow; then retrace our steps.

HIKING INFORMATION: CMC hikes are open to all and we welcome guests, but hikers are expected to join CMC after participating in a few hikes. Non-members need to call or e-mail the hike leader to introduce themselves and find out more about the hike. All hikers are encouraged to call or e-mail the leader if they have questions about the hike or the location of the meeting place. Hikes may be canceled by the leader due to adverse weather or dangerous roads. Minors are welcome on CMC hikes, if accompanied by a responsible adult. Dogs are not allowed on CMC hikes.

Hikers will carpool from the meeting places to the trailhead and back. Passengers are expected to contribute 10 cents per mile towards the driver's operating expenses. Most CMC hikes do not require reservations. However, check the hiking schedule to determine whether a reservation is required, and if so, call or e-mail the leader to reserve your space.

Hike leaders have the right to reject participants who are not properly equipped for the hike or who are unlikely to be able to complete the hike. All hikers are expected to follow the leader's instructions. No one should get ahead of the leader, or lag behind the sweep, without specific permission. Hikers should obtain the leader's permission if they wish to leave the hike before its completion.

CLOTHING AND EQUIPMENT: CMC's website (www.carolinamtnclub.org) has a full list of day hiking needs. Most critical are water, footwear, rain gear and a first aid kit. Carry at least two quarts of liquid (water, Gatorade, juice) for a full day hike, no matter what time of year. Hiking boots are recommended for all hikes. They should be broken in before the hike. Weather changes quickly in the mountains. Even if there is no sign of rain in the morning, you need to be prepared for an afternoon shower. Your first aid kit should include any personal medication, including allergy medication, if needed. Wear layered clothing – you'll want to take layers off during a strenuous climb or as the day proceeds, then put them back on in cooler conditions.

TRAIL MAINTENANCE AND CONSTRUCTION: CMC maintains 92 miles of the Appalachian Trail, 130 miles of the Mountains-To-Sea Trail, and over 100 miles of other trails. It is also active in the construction of new trails. There are a variety of ways for individuals to become involved in these activities. Phone the Councilor for Trail Maintenance for details.

Carolina Mountain Club

P.O. Box 68

Asheville, NC 28802

Return Service Requested

NEXT CMC COUNCIL MEETING

When: Thursday, May 1, 2008

Where: Greenlife Community House, Merrimon Avenue

Time: 6:00 PM

Info: Call Becky at 828-298-5013 if you would like to attend.
All CMC members are welcome.

Further
information about
regulations is available at
www.carolinamtnclub.org

RESPONSIBILITY FOR SAFETY: Each CMC member and guest agrees to accept personal responsibility for his or her own safety and for the safety of accompanying minors. The Club cannot ensure the safety of any participant on hikes or trail maintenance activities. Each participant agrees to hold harmless and free from blame event leaders and the CMC, its officers and members, for any accident, injury or illness which might be sustained from participating in Club hikes and other activities.

CONSERVATION: CMC works with other organizations concerned about the protection of our natural heritage to protect trails and the hiking experience in our hiking area. Phone the Councilor for Conservation for details.

MEMBERSHIP: Everyone is eligible for CMC membership by completing a Membership Application Form and paying dues. Membership Application Forms are available on the Club website or by mail. Annual dues are \$20 for individuals and \$30 for families. Applications should be sent to Carolina Mountain Club, P.O. Box 68, Asheville, NC, 28802. Hikers are expected to join CMC after participating in a few hikes. Some trail maintenance activities are only open to members.

CAROLINA MOUNTAIN CLUB OFFICERS

President: Becky Smucker, 298-5013

Vice-President: Barth Brooker, 299-0298

Secretary: Kathleen Hannigan, 298-4591

Treasurer: Carroll Koepplinger, 667-0723

Immediate Past President: Lenny Bernstein, 236-0192

Councilor for Conservation: Ruth Hartzler, 251-0886

Councilor for Education: Cindy McJunkin, 213-1794

Councilor for Hiking: Charlie Ferguson, 398-0213

Councilor for Membership: Ashok Kudva, 698-7119

Councilor for Trail Maintenance: Bill Newton, 693-4033

Councilors at Large: Don Gardner, 754-4067; Jim Reel, 738-0751

Editor: Stuart English, 883-2447, stuengo@citcom.net

Deadline next issue: May 15, 2008



SECOND QUARTER 2008
Quarterly News Bulletin
and Hike Schedule



P.O. Box 68, Asheville, NC 28802 • www.carolinamtnclub.org • e-mail: cmcinfo@carolinamtnclub.org



CMC members enjoy barbeque at the 2007 spring social.

THIRD ANNUAL SPRING SOCIAL APRIL 19

The third annual Spring Barbeque will be held at the beautiful NC Arboretum on Saturday, April 19 from 2 p.m. until 8:30 p.m. CMC members, their families and friends are welcome. You do not have to be a member to attend.

There will be two hikes in the Arboretum, both ending at the new Baker Visitor Center. Paula Robbins will lead the first at 2:30 p.m., taking time to identify spring wildflowers. At 3 p.m., Sherman Stambaugh will lead a hike starting on the Carolina Mountain Trail. Both are easy loop hikes of about 5 miles, returning with plenty of time to enjoy the Arboretum. At 6:00, Bubba Q will again serve barbeque pork and chicken, sides and dessert.

The program will be an "Old Timers"

How To Join the CMC

1. Go to www.carolinamtnclub.org
 2. Click on "How to Join" (upper left)
 3. Print out the "CMC Application Form"
 4. Fill it out, Write a check for your dues and ...
 5. Mail to CMC, PO Box 68, Asheville NC 28802
- or ... write to us and we'll mail you an application.

New Search and Rescue Committee

Because of the tragedy of John and Irene Bryant, one CMC member has proposed that CMC form a Search and Rescue Committee. Among the initial concerns of this committee are to survey our members' interest and level of training, establish liaisons with WNC SAR agencies, develop our ability to respond to requests for aid, and develop training opportunities for participating members.

Frank Goldsmith, who brought this idea to the council, will chair the committee. Frank served for a number of years as an EMT with the McDowell County Rescue Squad and its Mountain Rescue Team. Ruben Marshall, Ashok Kudva, Bill Newton, Don Walton, and Stuart English volunteered to serve on this committee.

For more information contact Frank Goldsmith at frankgold@earthlink.net.

COUNCIL CORNER

It's going to be an enjoyable year! No, I'm not talking about the election outcome we desire, winning the lottery, or getting one year older and wiser. It's the great energy I see in our club these days.

At our January 12 Council planning retreat, we discussed CMC's growth and the changes it is bringing. On the plus side are more new friends to meet, lots of volunteer energy, more revenue, solid turnout for club events, filled trail crews, and a growing impact in the conservation community.

Challenges of growth include more



complexity to manage, more expenses, some loss of the cozy, everyone-knows-everyone-else feeling, and a greater diversity of preferences.

Our 2008 Council is a perfect blend of experienced members and newcomers, and is united in embracing this growth. This group will support a continuation of all the successful things we've been doing, plus bring a shot of new ideas. Watch for incremental broadening of our activities in hiking, maintenance, education, and interaction with outside groups.

Be sure to give your input in ideas and time so this will continue to be a club that provides our kind of fun.

Becky Smucker

Tribute to a trail maintainer

In November, 2007, CMC lost one of its icons. Dr. Edward Dunn passed away at the age of 89. Ed Dunn was a CMC member since 1963. He had over 10,000 hours of trail maintenance in Pisgah National Forest by 1991. He was 1996 Volunteer of the Year with the Blue Ridge Parkway. In 2003 he was awarded the President's Call to Service Award for more than 4,000 hours of trail maintenance on the Appalachian Trail. At the age of 86, he was named the North Carolina Volunteer of the year by the American Hiking Society.

Don Walton recalls, "When I joined CMC in 1992 there was a trail work requirement before you could become a member. My work day was with the Friday Crew on the AT towards Sugarloaf Mountain. Ed Dunn was assigned to be my trail mentor for the day. I remember clearly how dedicated and knowledgeable Ed was as he patiently explained the process of trail maintenance to me. This was my first exposure ever to trail maintenance."

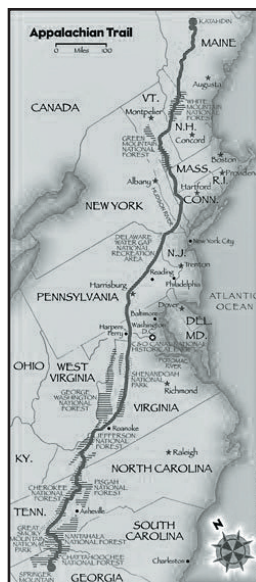
Piet Bodenhorst said, "Many just take, but Ed Dunn gave back. He was a doer."

Bernard Elias said, "He has almost single-handedly created, explored, and established new hiking trails. He was instrumental in introducing the South Beyond 6000 program to the club and managed it alone for many years."

Ed Dunn was one of the legendary figures in our club. If you never met him; you wish you had. But if you appreciate our club the way it is today and walk those trails, then maybe you know him after all.



Ed Dunn



AT/NPS program: A Trail to Every Classroom

Most of us would agree that our youth would benefit by spending more time in the woods and that we will need future volunteers to continue our conservation and trail maintenance efforts. One of the goals of the education committee is to promote member involvement with the Trail to Every Classroom (TTEC). This program is sponsored by the Appalachian Trail Conservancy and the National Park Service with the assistance of other non-profit and business partners. The program seeks to link communities along the Appalachian Trail and promote stewardship and volunteerism through education and service-learning projects close to home.

Now in its third year, the 2008 program offers

a sequence of three learning events to classroom teachers. Once accepted into the program, educators will attend a spring weekend workshop at the Hike Inn in Georgia, a week-long summer institute at the National Conservation Training Center in Shepherdstown, WV and a fall weekend event in Hot Springs. There is no cost to participants. Funds are provided, in part, by sales of AT license plates.

Several CMC members and educators are applying. Other club members who are interested in working with teachers and students on hike leadership, Leave No Trace and other hiking related topics may contact Kate Fisher at fish-wein@ioa.com or Jan Onan at janonan@bellsouth.net.

Map reading, GPS course available for members; what can you teach?

Are you an expert on flowers, trees, or the history associated with a section on a trail? An expert is someone who has extensive knowledge in a particular area of study, beyond that of the average person. Would you be interested in leading a theme hike or be paired with a hike leader to a hike where you could share this with other club members? Call or email Cindy McJunkin (see below).

Map Reading course, Saturday, April 5th: Dave Wetmore and Tom Bindrim will again be teaching an introductory

course on using topographical maps for hiking. Morning session is in the classroom; afternoon session in the woods for practical experience. Bring your compass and a copy of the Dunsmore Mtn quad. The quad can be purchased at any good hiking store. Wear your hiking clothes and bring a lunch. No fee for the course but it is limited to CMC members only. Class limited to 10 students.

GPS course, Saturday May 3rd: The goal of this course is to expose GPS users to some of the theory and practice

of GPS operation and how that knowledge can be used to get the most out of their GPS units, both on the hike and later at home. We will spend about two hours discussing theory, practice and available software before going out on a brief field exercise. Although the course is not restricted to GPS users, those with GPS units will learn much more. Estimated course time: 4 hours.

Participants must pre-register for these classes and obtain other details by emailing Cindy McJunkin at mcjfive@aol.com or calling 828-712-9646.

Carolina Mountain Club position on wind energy projects

The US Forest Service recently issued new directives concerning wind energy on public lands. Following research by the Conservation Committee, the CMC Council voted to support wind turbines in the right places and to support strong protections of special places.

CMC's position is that wind turbines on public lands must not compromise the recreational, health, spiritual, and economic benefits of our natural environment. Unless strong protections are established, erection and maintenance of wind turbines and necessary roads and transmission lines could have serious and permanent impacts on limited and irreplaceable public natural treasures. There are large, untapped opportunities for reducing the use of fossil fuels that do not involve the unavoidable, permanent environmental damage to these irreplaceable natural treasures.

CMC included several specific requests in its letter to the Forest Service. Use extra care before approving wind projects as Special Uses. Require monitoring and

mitigation of each facility. Assure no impacts to special places that have exceptional biological, scenic, recreational, and tourism attributes. These include: Wilderness Areas, recreation and scenic areas, National and State Parks, and long distance trails, such as the Appalachian Trail, Mountains-to-Sea Trail and Art Loeb Trail. Do not convert hiking trails into service roads. Manage wind energy proactively so that optimal locations for wind projects are chosen, such as areas that can also support concentrating solar technologies. Consider how noise, lighting, and dust would affect recre-

ational use, especially hiking. Noise levels should not exceed 10 decibels above background levels. Environmental Assessments should be required for all wind projects.

See www.carolinamtnclub.org for the full text.



Spring comes to Roan Mountain.

There is life after being CMC President

CMC Presidents continue to contribute to our Club and the broader hiking community after they leave office,

Howard McDonald, who was CMC's A.T. Supervisor for many years, is now CMC's Manager for Trail Facilities, responsible for building bridges, shelters and other facilities on all of the trails we

maintain. His first project will be to install bear cables at the shelters on our section of the A.T.

Don Walton is now our Supervisor for the A.T. and MST, as well as our Webmaster. Don was also our representative to the A.T.'s Southern Regional Partnership Council (with Howard as

his alternate) and for the past two years, Chair of that group. Don also maintains our trail maintenance database, which keeps track of both problems on the trail that require trail crew attention, and the number of hours worked by each CMC volunteer.

Gerry McNabb is Chair of our Communications Committee, and writes the Club's press releases when we need them. All of those nice mentions of CMC that you see in local newspapers don't just happen. Gerry also organized and judged the photo contest at our 2007 Annual Dinner.

Lenny Bernstein, our own Nobel Prize winner, is making use of his climate change expertise as a member of the Appalachian Trail Conservancy's Energy Subcommittee. This group develops ATC policy on issues such as the location of wind turbines and on energy conservation for ATC facilities. As immediate Past President, Lenny is still a member of the CMC Council, and also Chair of this year's Nominating Committee.

Discussion forums on the CMC website

The CMC has enabled discussion forums on its website. These forums provide an opportunity for members to interact with each other on topics of interest that may not be covered in this newsletter or in the eNews.

Examples of topics currently discussed are: South Beyond 6000 foot peaks (SB6K) hikes and backpacks and reports of ongoing longer hikes (like the upcoming four week French Way of Saint James hike). Last year's record of the Spain portion of the Camino De Santiago is still on the forum and includes links to photos taken during the trip. A discussion about GPS units is popular. Anyone can read the

forums including non-members. Anyone can post messages to the forums after registering.

To read the forums, type this into your browsers URL pane: <http://www.carolinamtnclub.com/forums/category-view.asp>

Using discussion groups (or forums) on the Internet can seem an unusual way to communicate for some people, but it becomes more natural after using it for a while.

If the registration process isn't obvious there is some help and explanation here: <http://www.carolinamtnclub.org/Hiking/forums/CMCwebsiteforumregister.htm>

Hike 10.8, Drive 120, 3300 ft. ascent,
Rated A-AA+
Tom Sanders, 828-252-6327,
tomary2@charter.net, and
Bob Hysko, 828-651-0293, rhysko@yahoo.com
We will hike along the main crest of the Iron
Mtns., and pass the appropriately named Beauty
Spot, with exceptional views of the Roans, Blacks
and into Tennessee. Then we hike over scenic
5180' Unaka Mtn. and Little Bald Knob. Key
swap, with both directions of similar challenge.
Topos: Huntedale, Unicoi, Iron Mtn. Gap

SATURDAY NO. A0802-357 **June 28**
Pisgah Ridge Loop ***9:00 AM**
 Hike 8, Drive 70, 1500 ft. ascent, Rated B-B
 Bruce Bente, 828-692-0116,
 bbente@bellsouth.net
P400 *Note later start time. Meet at Westgate
at 9:00 AM to form carpools, and meet leader
at BRP Cold Mtn. overlook (M.P. 412) at
9:40 AM. We'll do a scenic circle of the entire
 Graveyard Fields area, using the Pisgah Ridge
 Trail and MST to lunch at a beautiful overlook.
 Then we'll follow the Graveyard Ridge Trail and
 a side trail up to a ridgeline with great views.
 Topos: Shining Rock, Sam Knob; also Nat'l.
 Geo. PRD map #780 and USFS Shining Rock &
 Middle Prong Wilderness map

ALL DAY NO. A0802-566 June 29
Roans in Bloom **8:30 AM***
 Hike 8, Drive 150, 1000 ft. ascent, Rated B-B
 Tish Desjardins, 828-656-2191,
 desraylet@aol.com
SB6K ***Note later start time.** A beautiful AT
 hike with some of WNC's finest views. Expect
 rhododendrons and flame azaleas to be in bloom,
 with perhaps an early Gray's Lily. From Carver's
 Gap we'll go north past Grassy Ridge (6160 ft.)
 to a scenic overlook for lunch, then double back
 south to Carvers Gap. From here we'll drive up
 to see the Rhododendron Gardens and the vista
 from Roan High Bluff (6287 ft.) (small fee). Topo:
 Carvers Gap; also Nat'l. Geo. South Holston &
 Watauga Lakes map #783

HALF-DAY SUNDAY HIKES

Newcomers are welcome, but non-members MUST call the leader before the hike to determine the requirements. Half-day hikes submitted by Lucy Prim, lucette32@mchsi.com, 828-693-6580 and Paula Robbins, 828-281-3253, paularww@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at the east end of the Westgate Shopping Center near Exit 3B off I-240 UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in hike listings.

HALF-DAY No. H0802-344 Apr. 6
Pulliam Creek in the
Green River Game Lands *12:30 PM

Hike 6.5, Drive 60, 1000 ft. ascent, Rated B-B
Nonmembers, call leader, Becky Elston,
828-749-1886, belston@cytechusa.com
***Note early start time. Meet at Westgate at
12:30 PM to form carpools, and meet hike
leader at NW corner of parking lot of Cracker
Barrel off Exit 53 of I-26 at 1:00 PM.** This pretty
in-and-out hike goes along Pulliam Creek for part
of the way, and our break might include viewing
kayakers on the Green River and seeing trillium
and other early spring wildflowers. Join leader for
dinner at Cracker Barrel after the hike.

HALF-DAY No. H0802-171 **Apr. 13**
Cat Gap Loop ***1:30 PM**
 Hike 5, Drive 40, 1100 ft. ascent, Rated C-B
 Nonmembers, call leader, Lucy Prim,
 828-693-6580, lucette32@mchsi.com
P400 *Meet at Westgate at 1:30 PM to form car-
pools, and meet leader at Fish Hatchery parking
lot at 2:10 PM. This is a moderate loop hike.

HALF-DAY No. H0802-511 **Apr. 20**
Florence Nature Preserve **1:30 PM**
Hike 5, Drive 40, 600 ft. ascent, Rated C-C
Nonmembers, call leader, Don Walton,
828-654-9904, donwalton@bellsouth.net
Tour the 600+-acre Florence Nature Preserve that
may become part of a larger plan to establish a
new NC State Park in the Lake Lure area. This is
an easy loop hike through lady slippers and other
spring flowers. **Second meeting place: Parking**
lot adjacent to Nita's Grocery in Gerton, near
the preserve, at 2:00 PM.

HALF-DAY NO. H0802-153 Apr. 27
Caney Bottom/Cove Creek ***12:45 PM**
 Hike 5, Drive 75, Rated C-B
 Nonmembers, call leader, Pat Elias, 828-687-1651,
 patelias@bellsouth.net
P400 *Note early start time. Meet at Westgate
 at 12:45 PM to form carpools, and meet hike
 leader at the Pisgah Ranger Station off US 276
 at 1:30 PM. A pleasant walk through the woods,
 with streams, waterfalls, and bridge crossings.

HALF-DAY NO. H0802-049 **May 4**
Big Creek in the Smokies ***12:30 PM**
Hike 6, Drive 110, 1500 ft. ascent, Rated A-B
Nonmembers, call leader, Renate Rikkers,
828-298-9988, rerikkers@aol.com
900M ***Note early start time.** Big Creek, a spec-
tacular mountain stream in the Smokies, offers hik-
ers and walkers an opportunity to slow down and
appreciate the beauty of this part of the park. The
roadbed meanders along rushing rapids, a water-
fall, boulders and swimming holes. Easy in-and-
out. Bring your camera! **Second meeting place:**
Pilot Truck Stop, off I-40 at Exit 24 at 1:00 PM,
but call leader first. Topo: Luftee Knob, Cove
Creek Gap; also Nat'l. Geo. GSMNP Map #229

HALF-DAY NO. H0802-602 **May 11**
North Carolina Arboretum **1:30 PM**

Hike 5, Drive 15, Rated C-C
Nonmembers, call leader, Paula Robbins,
828-281-3253, paularw@bellsouth.net
A loop hike through the Arboretum, featuring aza-
leas in bloom as well as other spring wildflowers.
**Second meeting place: Ingles parking lot across
from Biltmore Square Mall at 1:45 PM.**

HALF-DAY NO. H0802-603 **May 18**
Big Ivy **1:00 PM**
 Hike 5.5, Drive 55, 700 ft. ascent, Rated C-C
 Nonmembers, call leader, Marcia Bromberg,
 828-505-0471, mwbromberg@yahoo.com
 This loop in the Big Ivy Creek headwaters area of
 the Pisgah National Forest begins 4.4 miles up FS
 74 at the Perkins Road Trail. We will hike up to the
 Laurel Gap Trail, turn right and walk to the Bear
 Pen Trail which will take us back down to FS 74.
 We'll walk just under a mile to return to our cars.
Second meeting place: Ingles parking lot off I-26
in Weaverville at 1:15 PM.

HALF DAY NO. H0802-043 **May 25**
Frying Pan Tower ***1:30 PM**
 Hike 4, Drive 50, Rated C-C
 Nonmembers, call leader, Rusty Breeding,
 828-692-0359, bree_lw@planetusa.net
P400 *Meet at Westgate at 1:30 PM to form
carpools, and meet leader at north end of park-
ing area of Pisgah Inn at 2:00 PM. This is an easy
 in-and-out hike through a spectacular display of
 wildflowers to good views from the tower.

HALF-DAY NO. H0802-054 **June 1**
John Rock via Old Horse Cove Trail *1:30 PM
 Hike 4, Drive 72, Rated C-B, 1295 ft. ascent
 Nonmembers, call leader, Laura Stallard,
 828-697-1579
P400 *Meet at Westgate at 1:30 PM to form car-
pools, and meet leader at the Fish Hatchery in
Pisgah National Forest on FS 475B off US 276 at
2:05 PM. This moderate in-and-out hike begins at
 the Fish Hatchery at the opposite end of the parking
 lot from the Wildlife Visitor Center onto the Horse
 Cove side of Cat Gap Trail. The John Rock Trail
 starts at a right hand junction off Cat Gap Trail.

HALF-DAY No. H0802-465 **June 8**
Sam Knob Loop **1:30 PM**
 Hike 5, Drive 70, Rated C-B, 1200 ft. ascent
 Nonmembers, call leader, Tom Sanders,
 828-252-6327, tomary2@charter.net
P400 From the parking lot at the end of FS816 off
 the BRP, we will take the Sam Knob Trail up Sam
 Knob to Flat Laurel Creek, then through a spruce
 forest to return. **Second meeting place: BRP Cold
 Mountain Overlook at M.P. 412 at 2:10 PM.**

HALF-DAY NO. H0802-146 **June 15**
Skinny Dip Falls ***12:30 PM**
 Hike 5, Drive 65, Rated C-B, 1300 ft. ascent
 Nonmembers, call leader, Gerry McNabb,
 828-274-0057, gerrymcnabb@charter.net
 (Cell phone on day of hike only 828-279-3214)

HIKE SCHEDULE

Second Quarter 2008

Hike Ratings

First Letter Distance	Second Letter Elevation Gain
AA: Over 12 miles	AA: Over 2,000 ft.
A: 9-12 miles	A: 1,500-2,000 ft.
B: 6-9 miles	B: 1,000-1,500 ft.
C: Under 6 miles	C: Under 1,000 ft.

Also in the hike descriptions, the terms easy, moderate or strenuous reflect the overall trail conditions, physical challenge and other factors influencing hike difficulty. If you have questions or if the weather on the day of the hike is questionable, contact the leader.

CHALLENGE PROGRAMS:

SB6K For hiking all 40 peaks above 6000'. For information, contact Don Gardner, gardog3@charter.net

P400 For hiking every trail in Pisgah Ranger District. For information, contact Don Gardner, gardog3@charter.net

900M For hiking every trail in GSMNP. For information, contact John Gallemore, kelarco@aol.com

If it's not possible for a hiker to go on the regularly scheduled hike, it may be possible to accompany the hike leader when the hike is scouted. Scouts typically take place one to six weeks before the scheduled date. Call or email the hike leader.

WEDNESDAY HIKE

Wednesday hikes submitted by Charlie Ferguson, ccf108@gmail.com, and Ann Gleason, gleason.ann@gmail.com. Driving distance is round-trip from Asheville. All hikes assemble at Westgate Shopping Center near I-240 exit 3B UNLESS OTHERWISE NOTED. Note that some hikes have second meeting places and start times vary.

WEDNESDAY NO. W0802-439 **Apr. 2**
Pounding Mill Loop ***8:00 AM**
 Hike 8, Drive 55, 950 ft. ascent, Rated B-C
 Greg Goodman, 828-684-9703
P400 *Meet at Westgate at 8:00 AM to form
carpools, and meet leader at Boyleston Baptist
Church on NC 280 at 8:30 AM. This hike takes
 South Mills River Trail to Pounding Mill Trail, on
 to Squirrel Gap Trail. We'll continue onto Pea Gap
 and then return on the Bradley Creek Trail. Topo:
 Pisgah Forest; also, Nat'l. Geo. PRD map #780

WEDNESDAY NO. W0802-200 **April 9**
Jones Gap State Park –
Middle Saluda River ***8:30 AM**
Hike 9, Drive 96, 1200 ft. ascent, Rated B-B
Becky Elston, 828-749-1886,
belston@cytechusa.com
***Meet at Westgate at 8:30 AM to form carpools,**

and meet hike leader at NE corner of Cracker Barrel parking lot at Exit 53 of I-26 at 9:00 AM. An in-out hike. Follows the Jones Gap trail (part of the Foothills Trail) along the Middle Saluda River most of the way with lunch at a nice double waterfall. Elevation change is a very gradual 1200 feet. Remember SC Jones Gap State Park is a fee area with \$2 per person for hiking. Topo: Standingstone Mtn.; also Mountain Bridge Wilderness trail map

WEDNESDAY NO. W0802-104 **Apr. 16**
Wolfe Ford, High Falls, Rigby Cutoff 9:00 AM
 Hike 7.3, Drive 60, 900 ft. ascent, Rated A-C
 Charlie Ferguson, 828-333-5165,
 ccf108@gmail.com
P400 From the gauging station on the South Mills
 River, we'll hike this mostly level trail to High
 Falls, then cross the footbridge at Wolfe Ford.
 We'll take the Rigby Cutoff (named for CMC
 hiker Ed Rigby) near Squirrel Gap to return to the
 trailhead. Two stream crossings. **Second Meeting**
Place: Pisgah Ranger Station at 9:35 AM. Topo:
 Pisgah Forest; also Nat'l. Geo. PRD map #780

WEDNESDAY NO. W0802-033 **April 23**
Ramsey Cascades **8:30 AM**
 Hike 8, Drive 165, 2100 ft. ascent, Rated B-AA
 Ashok Kudva, 828-698-7119,
 ashok.kudva@mchsi.com
900M The drive and effort are a small price to
 pay for the reward of one of the classic hikes in
 the Smokies. We will pass through a grove of
 old-growth tulip poplars on our way to sixty-foot
 high Ramsey Cascades, located in a rich forest.
 Optional post hike dinner, probably at Bear Creek
 Grille. **Second meeting place: Pilot Truck Stop**
at exit 24 off I-40 at 9:00AM, but call the leader
first. Topo: Mt. Guyot; also Nat'l. Geo. GSMNP
 map #229

WEDNESDAY NO. W0802-607 **April 30**
Cat Gap Figure Eight Loop 8:00 AM
 Hike 10, Drive 72, 2370 ft. ascent, Rated A-AA
 Tom Bindrim & Joan Lemire, 828-273-3880
P400 *Meet at Westgate at 8:00 AM to form
carpools, and meet leaders at the Pisgah Fish
Hatchery at 8:45 AM. This new CMC hike will
 be a combo of old favorites. Starting at the Pisgah
 Fish Hatchery, we'll do a figure-8 using the Cat
 Gap Loop, interrupted by a trip over Chestnut
 Knob and a trip around the John Rock Loop. All on
 trail, moderately paced, expect later return. Topo:
 Shining Rock; also Nat'l. Geo. PRD map #780

SATURDAY WORK DAY

Here is a great chance to learn what is involved in trail maintenance. We will meet on May 3 at the Moose Cafe at the Farmer's Market on Rt. 191 at 8 AM for breakfast. We will return to Asheville around 3:30 PM. Call Les Love at 828-658-1489 (lesrlove@charter.net) to verify date.

WEDNESDAY NO. W0802-060 **May 7**
Pilot Mtn. – Farlow Gap **8:30 AM**
 Hike 8, Drive 80, 1900 ft. ascent, Rated B-A
 Ruth Hartzler, 828-251-0886, ruthmtn@charter.net
P400 This hike is timed for what we hope will be the bloom of rare pink-shell azaleas and trout lilies. It starts with a steep climb to the summit of Pilot Mtn., then down to Deep Gap and a short climb over Sassafras Knob. It's nearly all downhill or level as we continue to Farlow Gap with its trout lily flower display. We'll return on a pleasant seldom-used graveled forest road. There will be several stops for photography along the way.
Second meeting place: Pisgah Ranger Station at 9:10 AM. Topo: Shining Rock; also Nat'l. Geo. PRD map #780

WEDNESDAY NO. W0802-008 **May 14**
Bee Tree Gap to Tanbark Tunnel *9:00 AM
Hike 6.2, Drive 30, 1300 ft. ascent, Rated C-B
Brenda Worley, 828-684-8656,
clworley@bellsouth.net
A moderate hike over Lane Pinnacle. Highlights
include beautiful wildflowers and mountain views.
There are several steep but short ups and downs
and a long, well-graded descent. Short car shuttle.
***Only meeting place: lower parking lot of Folk
Art Center on BRP.**

WEDNESDAY NO. W0802-447 **May 21**
MST: Mt. Pisgah
to Beaver Dam Overlook **9:00 AM**
Hike 8.5, Drive 45, 1700 ft. ascent, Rated B-A
Joe Burchfield, 828-298-8413,
Burchfield@niu.edu
P400 This moderate hike will start with a round trip up and down Mt. Pisgah, and will then follow the MST northbound to Beaver Dam Overlook. Short car shuttle. **Second meeting place: BRP French Broad overlook at 9:10 AM.** Topos: Cruso, Dunsmore Mtn.; also Nat'l. Geo. PRD map #780 & MST Profiles, pg. 53-55

WEDNESDAY NO. W0802-208 **May 28**
Big Creek–Laurel Mtn. loop ***8:20 AM**
 Hike 7.5, Drive 44, 2400 ft. ascent, rated B-AA
 Larry Ballard, 828-891-4318,
 leballard@cytechchis.net
P400 From the Mt. Pisgah trail parking area, follow the parkway north around the Buck Spring tunnel to Big Creek trailhead (about 1/4 mile). Follow Big Creek trail down to Big Creek. An unnamed trail leads up to Laurel Mtn. trail at Good Enough Gap (no bushwhacking). Follow the Laurel Mtn. trail back to the parking area. A possibility of a side trip to a big waterfall. ***Meet at Westgate at 8:20 AM to form carpools to the Mt. Pisgah parking area. Leader will be at Pisgah Ranger Station at 8:30 AM. Final meeting place: Mt. Pisgah trail parking area at 9:00 AM.** Topo: Dunsmore Mt.; also Nat'l. Geo. PRD map #780

WEDNESDAY NO. W0802-592 June 4
ALT-Butter Gap/Long Branch Loop *8:30 AM

Hike 10.5, Drive 80, 1950 ft. ascent, Rated A-A
Stu English, 828-883-2447, stuengo@citcom.net
P400 *Meet at Westgate at 8:30 AM to form carpools, and meet leader at the side parking lot of the Pisgah Forest Bi-Lo at 9:00 AM. This new CMC hike will start at Gloucester Gap and follow the Art Loeb Trail over Rich Mtn. to Butter Gap. At the gap, we'll turn downhill onto the Butter Gap Trail, then the Long Branch Trail and Cemetery Loop past the McCall Cemetery. There will be a short side trip to a beautiful, but rarely visited waterfall. We'll finish with a short road walk back to the trailhead. Topo: Shining Rock; also Nat'l. Geo. PRD map #780

WEDNESDAY NO. W0802-541 **June 11**
Brushy Ridge to Henson Waterfall 8:00 AM
Hike 4.2, Drive 150, 1425 ft. ascent, Rated C-B
Don Walton, 828-654-9904, donwalton@bellsouth.net
This hike goes down into Linville Gorge, including Huckleberry Rock overlook, Henson Falls and the Linville River. Linville Gorge Wilderness area, limit 10, call leader for reservation. **Second Meeting Place: Parking lot adjacent to McDonald's at exit 64 of I-40 at 8:20 AM.** Topo: Linville Falls; also PNF Linville Gorge Wilderness map

WEDNESDAY NO. W0802-566 **June 18**
The Roans *8:30AM
Hike 8, Drive 130, 1000 ft. ascent, rated B-C
Adrian Lotherington, 828-484-9132, jaloth@charter.net
SB6K *ONLY MEETING PLACE: Rose's car park (opposite McDonald's) exit 19B off I-26, in Weaverville. This in-and-out hike features superb views. From Carver's Gap we go over Jane Bald and Round Bald, to Grassy Ridge Bald. These balds are rare and beautiful ecosystems. The mountain ranges from 5500 ft at Carver's Gap to 6285 ft at Roan High Knob. Hopefully we will hit the time when we will walk among the magnificent mounds of Rhododendrons. If time allows we will drive to the gardens and walk ½ mile to see the view from Roan High Bluff (small fee).

WEDNESDAY NO. NO. W0802-609 **June 25**
Rich Mtn., Round Top Ridge Trail 8:00 AM
Hike 12, Drive 70, 2700 ft. ascent, Rated A-AA
Tom Sanders, 828-252-6327, tomary2@charter.net
From Tanyard Gap we will go north on the AT to the beautiful Rich Mountain views, then descend to Hot Springs via Round Top Ridge Trail, and return on the Pump Gap Trail to Tanyard Gap. Topo: Hot Springs; also Appalachian Ranger District "Hiking trails in the Hot Springs area" map

ALL DAY SATURDAY AND SUNDAY HIKES
All-day hikes submitted by Bruce Bente 828-692-0116, bbente@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at the east end of Westgate Shopping Center near I-240 exit 3B UNLESS OTHERWISE NOTED.

Some hikes will have second meeting places as described in hike listings.

ALL DAY NO. A0802-031 **Apr. 6**
South Mtns. Loop 8:00 AM
(strenuous)
Hike 9.3, Drive 170, 2350 ft. ascent, Rated A-AA
Danny Bernstein, 828-236-0192, danny@hikertohiker.com
South Mountains State Park south of Morganton has outstanding views, a beautiful waterfall, and a new visitor center. We'll climb to Jacob Fork River Gorge Overlook and then continue to Chestnut Knob Overlook, a rocky outcropping with outstanding views toward the Kings Mountain Range and on a clear day, Charlotte's skyline. Later after another climb, we'll reach the top of High Shoals Waterfall – truly awesome. Awesome too is the wooden staircase and platform, which allows a close look at the falls and the jumble of rocks in Jacob Fork. Since this is a state park, the trails are meticulously maintained. Optional supper after the hike in Black Mountain. **Second meeting place: Parking lot adjacent to McDonald's at exit 64 of I-40 at 8:20 AM.** Topo: Benn Knob

ALL DAY NO. A0802-604 **Apr. 6**
Splash Dam via Trace Ridge *8:30 AM
(moderate)
Hike 7.8, Drive 42, 1100 ft. ascent, Rated B-B
Dave Wetmore, 828-884-7296, dwetmore@citcom.net
P400 *Note later start time. Meet at Westgate at 8:30 AM to form carpools, and meet leader at Trace Ridge Trailhead at 9:00 AM. This will be a moderate hike mostly on old roadbeds up the Big Creek Trail, to what appears to the uninitated as only a rocky place. If those rocks could talk, they would tell a tale of long arduous months of labor, the pitfalls of succession, the striving of man with nature and the consequences of that effort. Several wet but easy stream crossings. Come and learn the secrets of Big Creek! Topo: Dunsmore Mtn.; also Nat'l. Geo. PRD map #780

ALL DAY NO. A0802-201 **Apr. 13**
MST: NC 80 over Woods Mtn. 8:00 AM
to Woodland Park
Hike 12.2, Drive 85, 2600 ft. ascent, Rated A-AA
Don Walton, 828-654-9904, donwalton@bellsouth.net
This new CMC hike will hike a little-traveled and scenic section of the MST over Woods Mtn. and on to US 221,with seldom-seen views of the Blacks and Mt. Mitchell. Long descent. Car shuttle. **Second meeting place: Little Siena Restaurant at intersection of US 70 and NC 80 at 8:30 AM.** Topos: Celo, Little Switzerland

ALL DAY NO. A802-164 **Apr. 20**
Hawkbill Creek - Snowball Circuit 8:30 AM*
Carroll Koepplinger, 828-667-0723, carrollkoepp@bellsouth.net

Hike 8.4, drive 50, 2800 ft. ascent, Rated B-AA
***Note later start time.** This great wildflower hike will begin alongside Hawkbill Creek, then climb a short but strenuous bushwhack up to Hawkbill Rock and Little Snowball Mtn., the site of an old fire tower, and then down to the starting point. The wildflowers and ramps have been spectacular every time CMC has taken this hike. The hike will also feature panoramic views from Hawkbill Rock and Little Snowball and enjoyable open-woods, off-trail hiking. The pace will be moderate. Topo: Craggy Pinnacle

SATURDAY NO. A0802-454 **April 26**
Porters Creek Trail *9:00 AM
Hike 7.4, Drive 160, 1500 ft. ascent, Rated B-A
Ashok Kudva, 828-698-7119, ashok.kudva@mchsi.com
900M *Note later start time. We will pass the remnants of old homesteads and the Owenby cemetery before entering a moist sheltered cove with large trees, masses of wildflowers, a rushing creek and even a waterfall. Optional supper after the hike at Bear Creek Grille. **Second meeting place: Pilot Truck Stop at exit 24 of I-40 at 9:30 AM, but call leader first.** Topo: Mt. Le Conte; also Nat'l. Geo. GSMNP map #229

ALL DAY NO. A0802-066 **Apr. 27**
AT: Garenflo Gap – Bluff Mtn. *8:30 AM
Hike 8.5, Drive 80, 2200 ft. ascent, Rated B-AA
Jim Reel, 828-738-0751, jimr57@yahoo.com
***Note later start time.** We'll do an in-and-out hike on the AT in hardwood forests from Garenflo Gap to the summit of 4686 ft. Bluff Mtn. We will enjoy the many wildflowers that carpet the forest floor while the leader shows off the AT section that he maintains. After lunch on the summit it will be all downhill back to the trailhead. Topo: Lemon Gap

ALL DAY NO. A0802-605 **May 4**
Forney Ridge – *7:30 AM
Noland Creek & Divide
Hike 17, Drive 145, 3500 ft. ascent, Rated AA+-AA+
Don Gardner, 828-754-4067, gardog3@bellsouth.net
900M *Note early start time. Strenuous hike! This hike is designed for 900M fans and will cover a series of hard-to-get trails in the Clingman's Dome area. We will hike down the Forney Ridge and Springhouse Gap Trails, then turn uphill on the Noland Creek and more steeply on the Noland Divide Trail back to Clingman's Dome Rd. Short car shuttle. **Second meeting place: Maggie Valley Post Office parking lot at 8:00 AM, but must call leader first.** Topos: Clingman's Dome, Silers Bald, Noland Creek, Bryson City; also Nat'l. Geo. GSMNP map #229

ALL DAY NO. A0802-060 **May 4**
Pilot Mtn. – Farlow Gap *8:30 AM
(moderate)

Hike 8, Drive 80, 1900 ft. ascent, Rated B-A
Ruth Hartzler, 828-251-0886, ruthmtn@charter.net
P400 *Note later start time. This hike is timed for what we hope will be the bloom of rare pink-shell azaleas and trout lilies. It starts with a steep climb to the summit of Pilot Mtn., then down to Deep Gap and a short climb over Sassafras Knob. It's nearly all downhill or level as we continue to Farlow Gap. We'll return on a pleasant seldom-used graveled forest road. There will be several stops for photography along the way. **Second meeting place: Pisgah Ranger Station at 9:05 AM.** Topo: Shining Rock; also Nat'l. Geo. PRD map #780

ALL DAY NO. A0802-216 **May 11**
AT: Sams Gap to Devil Fork Gap 9:00 AM*
Hike 8.5, Drive 90, 1400 ft. ascent, Rated B-B
Lenny Bernstein, 828-236-0192, lsberns@worldnet.att.net
***Note later start time.** This section of the AT features magnificent wildflower displays and nice views into Tennessee from the ridge line, traversing a series of knobs along an unusual section of the TN-NC state line where Tennessee is east of N.C. and the southbound hiker is actually traveling north. Car shuttle. Topo: Sams Gap

ALL DAY NO. A0802-214 **May 18**
Standing Indian Circuit 8:00 AM
Hike 11, Drive 170, 2800 ft. ascent, Rated A-AA
Cindy McKunkin, 828-213-9701, mcjfive@aol.com
We'll hike up the Kimsey Creek Trail to the AT, and the AT to our lunch spot, Standing Indian. At 5498 ft., it is the highest mountain on the AT south of the Great Smoky Mountains, with outstanding views. We'll return on the Ridge Trail. Optional supper at the Jarrett House on the way home. **Second meeting place: Rest Stop beyond Waynesville on US 23/74 at 8:30 AM.** Topo: Rainbow Springs

ALL DAY NO. A0802-008 **May 25**
Bee Tree Gap to Ox Creek Rd. *9:00 AM
Hike 7.9, Drive 38, 1500 ft. ascent, Rated B-B
Janet Martin, 812-738-8154, jaykaymartin@msn.com
***Note later start time.** A moderate hike on the MST over Lane Pinnacle with excellent views, interesting rock formations and many wildflowers. There are several steep but short ups and downs and a long, well-graded descent. 8-mile car shuttle. **Second meeting place: Craven Gap at 9:20 AM.** Topo: Craggy Pinnacle

MEMORIAL DAY JOINT HIKE WITH SMOKY MOUNTAINS HIKING CLUB
ALL DAY NO. A0802-606 **May 26**
Mt. Sterling via Big Branch or 8:00 AM
via Mt. Sterling Gap
Hike 9 or 12.4, Drive 110, 2000 or 4100 ft. ascent, Rated A-A or AA-AA+

Becky Smucker, 828-298-5013, bsmucker@charter.net
900M This year, our annual joint hike with the Smoky Mountains Hiking Club offers options for a longer climb on an old manway or a shorter hike with a car shuttle.
Longer hike: We will access the Big Branch manway at the Baxter Creek trailhead, and climb this old but passable manway, paralleling Big Branch to the Mt. Sterling ridge. The ridge will be followed to rejoin the Baxter Creek Trail up to the summit for lunch and the good views from the fire tower. Our return will be via the Baxter Creek Trail.
Shorter hike: After an 8-mile car shuttle to Mt. Sterling Gap, we will hike up the Mt. Sterling Trail to the summit and join the other group. After lunch, we'll all hike down the Baxter Creek Trail together. **Second meeting place: Pilot Truck Stop at exit 24 of I-40 at 8:30 AM.** Topo: Waterville; also Nat'l. Geo. GSMNP map #229

ALL DAY NO. A0802-113 **June 1**
Cold Mountain 8:00 AM
(strenuous)
Hike 10.4, Drive 70, 3400 ft. ascent, Rated A-AA+
Michael Cornn, 828-698-3672, mcornn@aol.com
P400, SB6K Come and join us on this beautiful hike up Cold Mtn. From Camp Daniel Boone we will climb to the summit of this 6030 ft. peak and enjoy great views. Wilderness area, limited to 10, call leader for reservation. Topos: Waynesville, Cruso; also Natl. Geo., PRD map #780

ALL DAY NO. A0802-131 **June 1**
Laurel Mtn., Slate Rock Crk Trails *9:00 AM
(moderate)
Hike 8, Drive 55, 1500 ft. ascent, Rated B-B
Kathleen Hannigan, 828-230-4883, Kathleen.hannigan@pgnmail.com
P400 *Note later start time. From Yellow Gap, we'll hike up the Laurel Mtn. Trail to Sassafras Gap, and then turn downhill to the Slate Rock Creek Trail to Yellow Gap Rd. Short car shuttle. **Second meeting place: North Mills River Recreation area parking lot at 9:30 AM. \$3 parking fee.** Topo: Dunsmore Mtn.; also Nat'l. Geo. PRD map #780

ALL DAY NO. A0802-607 **June 8**
Cat Gap Figure Eight Loop *8:30 AM
Hike 10, Drive 72, 2370 ft. ascent, Rated A-AA
Tom Bindrim & Joan Lemire, 828-273-3880
P400 *Note later start time. Meet at Westgate at 8:30 AM to form carpools, and meet leaders at the Pisgah Fish Hatchery at 9:15 AM. This new CMC hike will be a combo of old favorites. Starting at the Pisgah Fish Hatchery, we'll do a figure-8 using the Cat Gap Loop, interrupted by a trip over Chestnut Knob and a trip around the John Rock Loop. All on trail, moderately paced, expect later return. Topo: Shining Rock; also Nat'l. Geo. PRD map #780

National Trails Day
Celebrate National Trails Day by hiking in the Cataloochee Valley. Choose from an easy half-day hike or a moderate hike.

SATURDAY ALL-DAY NO. A0802-273 **June 7**
Boogerman Trail *9:00 AM
(moderate hike)
Hike 8, Drive 90, 1000 ft. ascent, Rated B-B
Charlie Ferguson, 828-333-5165, ccfl08@gmail.com
900M *Note later start time. A lush forest with many wildflowers, giant old-growth tulip trees and remnants of pioneer life make this a favorite loop hike in the Cataloochee area of the Smokies. If we're lucky, we may spot some of the elk that have been introduced into this valley. **Second meeting place: Pilot truck stop at Exit 24 off I-40 at 9:30 AM.** Topos: Cove Creek Gap, Dellwood; also Nat'l. Geo. GSMNP map #229

SATURDAY HALF-NO. H0802-577 **June 7**
Little Cataloochee Church *9:00 AM
(easy hike)
Hike 5 miles, Drive 100, Rated C-C
Leader to be named (see hike schedule on web-site)
900M *Note later start time. Hike to the Little Cataloochee Church and cemetery on a good jeep road, with a short diversion to the Hannah Cemetery. Residents in this vibrant Little Cataloochee community had to leave when the area became the Great Smoky Mountains Nat'l. Park. After the hike, those who wish can drive to the Big Cataloochee valley and see the church, school and other structures. **Second meeting place: Pilot truck stop at Exit 24 off I-40 at 9:30 AM.** Topo: Cove Creek Gap; also Nat'l. Geo. GSMNP map #229

ALL DAY NO. A0802-599 **June 15**
Daniel Ridge – Caney Bottom – 8:30 AM
Cove Creek Falls Loop *8:30 AM
Hike 10, Drive 80, 1800 ft. ascent, Rated A-A
Stuart English, 828-883-2447, stuengo@citcom.net
P400 *Note later start time. Meet at Westgate at 8:30 AM to form carpools, and meet leader at Pisgah Forest Ranger Station at 9:05 AM. We'll start with the Daniel Ridge Loop, ending at Toms Springs Falls, a 100 foot falls. From these falls, we'll follow an old FS road, go down a perfectly good but unmapped trail to Caney Bottom Trail. Here we'll loop around it to Cove Creek Trail and 60-foot Cove Creek Falls, then back to Caney Bottom Loop and eventually back to our cars on Davidson River Road (FS 475). Topo: Shining Rock; also Nat'l. Geo. PRD map #780

ALL DAY NO. A0802-047 **June 22**
AT: Indian Grave Gap – 8:00 AM
Iron Mtn. Gap