

Friends of the MST Annual Meeting a great success

By Danny Bernstein

Over 240 members came from near and far (Sylva to the Outer Banks) and out-of-state as well to celebrate the 18th annual meeting of the Friends of the Mountains-to-Sea Trail. As a comparison, Jeff Brewer, the first president of FMST, said that the first meeting had twenty participants. A few highlights:

- The FMST website now has trail guides for all the trail sections. You can now follow the trail from Clingmans Dome to Jockey's Ridge with the best turn-by-turn directions and information on what's on the trail.
- I introduced the keynote speaker, Sharon "Mama Goose" Smith, who talked about the importance of Warrior Hikes on transitioning veterans

back to civilian life and walking off the war. Sharon is organizing a group of veterans to walk the MST in the fall. Shorter trails that may just go through one state keep the hiker-veterans close to home and give families a chance to visit with them from time to time.



Sharon "Mama Goose" Smith

- Various speakers talked about the importance of the North Carolina bond issue vote, which comes up on **Tuesday, March 15**. We need to pass this bond issue, because some money will eventually trickle down to the MST and other NC trails.
- Three CMC maintenance members presented their achievement on the Waterrock Knob piece of the MST: Skip Sheldon, Tom Weaver, and Pete Petersen. This piece of trail, high in the Blue Ridge Mountains, was such a challenge that it took six years to complete – all with volunteer labor. In addition, CMC racked up over 9,000 maintenance hours, the most of all the MST task forces.



Skip Sheldon, Tom Weaver and Pete Petersen before their presentation on the Waterrock Knob trailwork at the Friends of the MST annual meeting. Photos by Danny Bernstein.



COUNCIL CORNER

Carolina Mountain Club is a very important part of my life. When I joined in 2007, I just knew that I wanted to hike more than I was already doing in my informal hikes with friends. But I got so much more; I began to plan my days around hike days, I made friends with positive-minded people, got in better



shape, and I learned so much more about our incredible mountains and trails than I ever had hiking with my family as a child.

As I appreciated the Club more and more, I wanted to give back. I became a hike leader, a trail maintainer, and then served on the Council as Membership Chair. When I was nominated for Vice-President, I knew the usual progression was from that to President, and then to Past-President. I knew that I was being asked for a six-year commitment to the Club in a larger way than I'd ever desired.

Why did I say yes? I did because of what I'd seen in the membership of the Club and in the dedication of the many people putting countless hours into trail maintenance, conservation, hike planning, membership work, publications and website, finances, and all the other work that makes the Club the success it is. Yes, my "hat" says President, but I see my role as helping ensure that all those people can function in the work they are passionate about doing. I welcome your help and input.

– Barbara Morgan

Come Spring ...

CMC Spring Social is April 23rd

As I sit here, hunkered down in my house and not hiking while it is in the low 20s outside, thinking of the CMC Spring Social is like an image of lying on the beach at Bora Bora. But it's time to **start thinking of it!**

We will again have Bubba's BBQ catering. Two hikes will be led in the Arboretum area starting at 2:30 and 3:00. (Leaders will be announced later.) The social hour will start at 5 p.m. and beer and wine will be available for purchase. Look for the insert in this newsletter with a tear-off portion to send to Les Love if you plan to come. CMC members, their families

and friends are welcome. You do not have to be a member to attend. Thanks again to Les Love and Sherman Stambaugh for giving us this great event every year.

The theme for the Spring Social is the National Park Service Centennial. Danny Bernstein will talk about her visits to the 71 national park units of the Southeast and emphasize the rangers, volunteers, partners, and visitors – the people who bring each park to life. She'll sign copies of her new book *Forests, Alligators, Battlefields: My Journey through the National Parks of the South*. For each book sold, Danny will donate \$2 to CMC.

To celebrate the NPS Centennial, we've invited superintendents from the six national parks close by to talk about something interesting or quirky about their park. We've extended invitations to Andrew Johnson NHS, the Appalachian National Scenic Trail, the Blue Ridge Parkway, Carl Sandburg Home NHS, Cowpens National Battlefield, and Great Smoky Mountains National Park. There will be a powerhouse of green and gray! We'll have an opportunity to meet national park personnel on an informal basis and become more familiar with our wonderful national parks close by.



CMC teaches and treats hike leaders to dinner

The 2016 Hike Leaders Dinner was held at a room in the Hilton in Biltmore Park. CMC President Barbara Morgan introduced proceedings stating how the 59 people present had contributed to our having a hiking club. Barth Brooker, CMC 2010-2011 president and MST Section Supervisor, was given an Honorary Life Membership. Barth currently leads shorter, slower hikes for those who prefer this.

Marcia Bromberg went through a series of Hike Leader Basics: Get to know your sweep; Stop at Intersections; Give stragglers a chance to rest, too.

Gail Lamb gave a presentation on First Aid and some necessary things to bring on a hike.

Charlie Ferguson talked about Mapping. An attempt is being made to get CMC members to fill in the gaps in the unmapped hikes in the database. Tracks are to be sent

to maps@carolinamountainclub.org.

Paul Benson talked about Meet-Up and the role of this social media phenomenon in our Club. He feels it is the future with its spontaneity and easy interaction.

Kay Shurtleff told us about the Youth Partner Challenge and how it had started with Lenny Bernstein in an attempt to reach out to the community. CMC partners with Big Brothers and Sisters and the YMCA and we have also contacted the Boy Scouts and Girl Scouts to help implement this program.

Bruce Bente spoke about the specialized offerings of the All-Day Weekend Hike schedule including one strenuous hike at the first of the month, a ¾-day hike in the middle of the month that is shorter with a later start time, and a special birding hike in the upcoming quarter.

Barbara updated us on the success hike

leaders were having with a service dog situation on several hikes.

Lee Silver reemphasized the utilization of sweeps; including waiting on them, communicating with them, etc.

Brenda ended the meeting with the presentation of door prizes and hike leaders walked out into the night with a well-deserved glow of accomplishment. You too can experience this! LEAD A HIKE.

How to join the CMC

1. Go to www.carolinamountainclub.org
2. Click on Join (top left) or Join CMC! (right center).
3. You will see instructions for joining online or via mail. or ... write to us at CMC, PO Box 68, Asheville, NC 28802 and we'll mail you an application



TRAIL MAINTENANCE

All members are encouraged to participate in trail maintenance activities. Non-members are invited to try it a few times before deciding if they want to join the Club and be a regular part of a crew. We train and provide tools.

Below is a general schedule of work days. Exact plans often are not made until the last minute, so contact crew leaders for details. Crews marked with an * are currently seeking new members. MST and AT section maintainers work on their own schedule.

Burnsville Monday Crew

John Whitehouse, johnwhitehouse@ccvn.com

Waynesville West Crew *

Larry Sobil, lsobil@bellsouth.net

Thursday Crew

Bill Falender, billfalender@hotmail.com

Asheville Friday crew *

Skip Sheldon, shelhalla@bellsouth.net

Pisgah Friday Crew *

Pete Petersen, roap@aol.com

Wilderness Crew *

Becky Smucker, bjsmucker@gmail.com

Quarterly Saturday Crew *

Les Love, leslove55@gmail.com

AT Maintainers

Tim Carrigan, tim@newprism.com

MST Maintainers

Heintooga Road to Old Bald

Larry Sobil, lsobil@bellsouth.net

Old Bald to Mt. Pisgah Parking Lot

Pete Petersen, roap@aol.com

Mt. Pisgah Parking Lot to Folk Art Center

Les Love, leslove55@gmail.com

Folk Art Center to Black Mtn. Campground

John Whitehouse, johnwhitehouse@ccvn.com

website for more complete and timely information, including scout reports, at www.carolinamountainclub.org.

CHALLENGE PROGRAMS

SB6K For hiking all 40 peaks above 6000'. Contact Peter Barr, pjbarr@gmail.com

P400 For hiking every trail in Pisgah Ranger District. Contact Dave Wetmore, dwetmore@citcom.net

900M For hiking every trail in GSMNP. Contact Dave Wetmore, dwetmore@citcom.net

LTC For hiking all 24 lookout towers in WNC. Contact Peter Barr, pjbarr@gmail.com

WC100 For hiking to the 100 best waterfalls in the mountains of WNC, SC and the Smokies. Contact Jack Fitzgerald, 828-685-2897, suejackfitz@bellsouth.net

A.T.-MST For hiking the combined 228 miles of the A.T. and the MST on sections maintained by the Club. Contact Vance Mann, hvancem@icloud.com

YPC For hiking eight different Land Management areas with youth 17 and under. Contact Kay Shurtleff at kshurtleff@msn.com

YOUTH PARTNER CHALLENGE HIKES

The Youth Participation Challenge is designed to introduce youth to fun and educational hiking experiences. Hikes are open to CMC members, and newcomers are welcome. Call the leader before the hike. YPC hikes submitted by Jan Onan, 828-606-5188, janonan59@gmail.com and Kay Shurtleff, 828-280-3226 or 828-749-9230, kshurtleff@msn.com. Driving distance is round trip from Asheville. Meet at either location listed in the schedule.

Sunday No. Y1602-872

Apr. 17

Cradle of Forestry

***12:30 PM**

Hike 2.5, Drive 80, 200 ft. ascent, Rated C-C
Kay Shurtleff, 828-749-9230, cell: 828-280-3226, kshurtleff@msn.com

YPC *Form carpools at Westgate and meet leader(s) at side of Pisgah Forest Bi-Lo at 1:00 PM. We will tour the forestry exhibits in the Forest Discovery Center, and then hike the one-mile the Biltmore Campus Trail through the campus of the first American forestry school and the 1.3-mile The

Forest Festival Trail, covering many topics including forestry issues and past transportation methods. Join us for a fun, leisurely, educational hike. \$5 per adult entry fee; free for ages 16 and under.

Saturday No. Y1602-043

May 14

Frying Pan Tower

***12:00 Noon**

Hike 4, Drive 30, 950 ft. ascent, Rated C-C
Kay Shurtleff, 828-749-9230, cell: 828-280-3226, kshurtleff@msn.com

YPC, P400, LTC *Form carpools at Westgate and meet leader(s) at Pisgah Inn parking lot near convenience store at 12:30 PM. This in-and-out hike starts at the Mt. Pisgah Campground and meanders through the forest until reaching a FS gravel road to the tower, a 7/10-mile trek, uphill all the way. The many ups and downs make this a more challenging hike than the 4 miles might indicate.

WEDNESDAY HIKES

Wednesday hikes submitted by Ann Gleason 828-859-9387, gleason.ann@gmail.com. Driving distance is round-trip from Asheville. All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B unless otherwise noted. Some hikes will have second meeting places as described in the schedule, and start times may vary. *Times listed are departure times – arrive early.*

Wednesday No. W1602-584

Apr. 6

Butter Gap

8:00 AM

Hike 9, Drive 75, 1900 ft. ascent, Rated B-A
Gregory Bechtel, cell: 864-607-2645, gabechtel@yahoo.com

P400 We'll follow the Butter Gap Trail through the beautiful Grogan Creek watershed and Picklesheimer Fields, part of the Art Loeb Trail, and down the Cat Gap Trail. Great hike for wildflowers. Topo(s): Rosman & Shining Rock; also NatGeo map #780

Wednesday No. W1602-599

Apr. 13

Daniel Ridge Loop

from Cove Creek

***8:00 AM**

Hike 5.5, Drive 70, 600 ft. ascent, Rated C-C
Jack Fitzgerald, 828-685-2897, suejackfitz@bellsouth.net

P400, WC100 *Form carpools at Westgate and meet leader(s) at Pisgah Forest Bi-lo at 8:30 AM. On this shorter version of hike #599, we'll hike from Cove Creek Campground on an unmarked trail to intercept Daniel Ridge Loop Trail at Toms Spring Falls, then hike upstream to intercept Farlow Gap Trail. We'll continue on the Daniel Ridge Trail back to an unmarked trail to Cove Creek Campground. Topo(s): Shining Rock; also NatGeo map #780

Wednesday No. W1602-560

Apr. 20

Rube Rock,

Groundhog Creek, A.T. Loop

***8:00 AM**

Hike 9, Drive 100, 1900 ft. ascent, Rated B-A
Bruce Bente, 828-692-0116, cell: 828-699-6296,

HIKE SCHEDULE Second Quarter 2016

Hike Ratings

First Letter Distance	Second Letter Elevation Gain
AA: Over 12 miles	AA: Over 2,000 ft.
A: 9.1-12 miles	A: 1,501-2,000 ft.
B: 6.1-9 miles	B: 1,001-1,500 ft.
C: Up to 6 miles	C: 1,000 ft. or less

All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B unless otherwise noted.

If it's not possible for a hiker to go on the regularly scheduled hike, it may be possible to accompany the leader when the hike is scouted. Call or email the hike leader.

Hike cancellations are announced on the CMC website in the "Breaking News Box." Hike Leaders will announce a cancellation or significant change at least a few hours before the hike meeting time. Hikers that do not have internet access or live hours away from the meeting place: call the hike leader to ensure that you are informed about hike changes. See the Hike Schedule on the CMC

SATURDAY WORKDAY

For the Saturday MST Trail Building Workdays in 2016, meet at 8:30 at the Home Depot at the Enka-Candler Exit 44 off of I-40.

Workdays for 2016 are March 19, May 7, June 4, August 20 and October 1. As in the past, we will be back in Asheville by 3:00. Call Les Love at 828-658-1489 (leslove55@gmail.com) to verify date.

bbente@bellsouth.net

AT-MST *First meeting place: Home Depot off Exit 44 of I-40. This is a loop hike located in the Harmon Den area of Pisgah National Forest. Starting at Brown Gap, we'll take a forest road, then go down Rube Rock Trail into the Pigeon River Gorge. Hiking along an abandoned railroad grade, we will see many yellow trilliums in bloom. We'll climb the Groundhog Creek Trail past an A.T. shelter and then turn right to follow the AT back to Brown Gap. Three stream crossings can be crossed dry, unless it has rained recently. **Second meeting place: Pilot Truck Stop off I-40 at Exit 24 at 8:30 AM, but contact leader first.** Topo(s): Waterville

Wednesday No. W1602-454 **Apr. 27**
Porters Creek Trail *8:30 AM
Hike 7.4, Drive 164, 1500 ft. ascent, Rated B-B
Randy Fluharty, cell: 828-423-9030,
rfluharty54@gmail.com

900M *First meeting place: Home Depot off Exit 44 of I-40. This GSMNP trail is famous for its wildflower displays. We will first 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. **Second meeting place: Pilot Truck Stop, off Exit 24 of I-40 at 9:00 AM, but contact leader first.** Topo(s): Mt. Le Conte; also NatGeo map #317

Wednesday No. W1602-060 **May 4**
Pilot Mountain - Farlow Gap *8:30 AM
Hike 8, Drive 80, 2500 ft. ascent, Rated B-AA
Debby Jones, cell: 404-731-3119,
djones715@aol.com

P400 *Form carpools at Westgate and meet leader(s) at Ingles parking lot on NC 280 behind gas pumps at 8:45 AM. This hike is timed for what we hope will be the bloom of rare pinkshell azaleas and trout lilies. It starts with a steep climb to the summit of Pilot Mountain, 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 gravel forest road. There will be several stops for photography along the way. Topo(s): Shining Rock; also NatGeo map #780

Wednesday No. W1602-310 **May 11**
Pinnacle Pass - Rim of the Gap *8:00 AM
Hike 9, Drive 80, 1800 ft. ascent, Rated B-A
Barbara Morgan, cell: 828-460-4066,
barbc129@gmail.com

***First meeting place: Toys-R-Us off NC 191, across from Asheville Outlets.** Starting at Jones Gap State Park (NOTE: \$2 entry fee per person), we will hike a scenic loop route, first hiking up the Pinnacle Pass Trail over Little Pinnacle Mountain and taking in two of the best views in the Jones Gap/Caesars Head State Parks. The way up includes some scrambling over boulders. We

will have lunch at the second overlook. Then after back-tracking about a mile, we will take a connector trail and return via the Rim of the Gap Trail. **Additional meeting places: Cracker Barrel off Exit 53 of I-26 (NE corner of parking lot) at 8:30 AM. Final meeting Place: Jones Gap State Park at 9:00 AM.** Topo(s): Standingstone Mtn.; also Mountain Bridge Wilderness map

Wednesday No. W1602-051 **May 18**
Hickey Fork - Pounding Mill - *8:30 AM
Whiteoak Flats
Hike 8, Drive 85, 1900 ft. ascent, Rated B-A
Tish Desjardins, cell: 828-380-1452,
desraylet@aol.com

***Form carpools at Westgate and meet leader(s) at US 25/NC 208 intersection at 9:10 AM.** Starting at the footbridge over Hickey Fork, we'll do a nice loop hike, using three different trails and finishing on the newly and heavily rebuilt Hickey Fork Rd. Topo(s): White Rock, Greystone; also NatGeo map #782

Wednesday No. W1602-164 **May 25**
Hawkbill Flower Hike *8:00 AM
Hike 8.4, Drive 54, 2600 ft. ascent, Rated B-AA
Carroll Koeppinger, 828-667-0723,
cell: 828-231-9444, carrollkoepp@bellsouth.net

LTC This great wildflower hike follows a rough trail up alongside Hawkbill Creek to the top of the cove, then a very steep, 400 ft. bushwhack up to Hawkbill Rock. Then hike along the ridgeline to site of Little Snowball Tower and follow old roads and trails down to the trailhead. The wildflowers have been spectacular every time CMC has done this hike in April – let's see how they are in late May. Topo(s): Craggy Pinnacle

Wednesday No. W1602-286 **Jun. 1**
Sycamore Cove *8:30 AM
Hike 7, Drive 70, 1400 ft. ascent, Rated B-B
Ken and Carol Deal, 828-274-7070,
cnkdeal@charter.net

P400 *Form carpools at Westgate and meet leader(s) at Pisgah Forest Bi-Lo at 9:00 AM. We'll park near the Davidson River Campground and walk a short distance on US 276 to the beginning of the Sycamore Cove Trail. This is a loop hike that also includes the Grassy Road Trail, Thrift Cove Trail, and a short portion of the Black Mountain Trail. Topo(s): Pisgah Forest; also NatGeo map #780

Wednesday No. W1602-629 **Jun. 8**
Rough Creek *8:30 AM
Hike 7.5, Drive 55, 1800 ft. ascent, Rated B-A
Laura Frisbie, cell: 828-337-5845,
laurafrisbie@gmail.com

***Form carpools at Westgate and meet leader(s) at park n ride off Exit 33 of I-40 at 8:50 AM.** This is a rarely used trail in the Canton Watershed. During this loop hike, we walk uphill in the morning, largely on grass roads, to a ridge line with long-distance views. Shortly after we start down,

we'll have lunch on rocks overlooking a beautiful valley. After lunch we return downhill, crossing Rough Creek on a bridge. Topo(s): Canton

Wednesday No. W1602-063 **Jun. 15**
Big East Fork, Art Loeb Trail, *8:00 AM
Shining Creek Loop
Hike 13, Drive 70, 2800 ft. ascent, Rated AA-AA
Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com
P400 *Only meeting place: Toys-R-Us parking lot on NC 191, across from Asheville Outlets. *Wilderness hike, limited to ten hikers—contact leader for reservation.* A beautiful but strenuous hike with three of WNC's most beautiful streams. We'll hike up Big East Fork, then Grassy Cove Ridge and the Art Loeb Trail to Shining Rock Gap, with great views, and then down Shining Creek. Two stream crossings may be wet crossings. Topo(s): Shining Rock; also NatGeo map #780

Wednesday No. W1602-566 **Jun. 22**
Roans in Bloom *8:30 AM
Hike 8, Drive 130, 1000 ft. ascent, Rated B-B
Bruce Bente, 828-692-0116, cell: 828-699-6296,
bbente@bellsouth.net

SB6K A beautiful A.T. hike with some of WNC's finest views. Expect to see Gray's Lilies in bloom. From Carvers Gap we'll go north past Grassy Ridge Bald (6160 ft.) to a scenic overlook for lunch, then return to Carvers Gap by the same route. From here, we'll drive up to the gardens area (small fee to enter) and walk 1/2 mile to see the vista from Roan High Bluff (6287 ft.). **Second meeting place: Burnsville McDoanlds at 9:10 AM.** Topo(s): Carvers Gap; also NatGeo #783

Wednesday No. W1602-826 **Jun. 29**
Corn Mill Shoals P.L. #4 *8:30 AM
Hike 8, Drive 90, 1300 ft. ascent, Rated B-B
Stuart English, cell: 828-384-4870,
stuengo@comporium.net

***Form carpools at Westgate and meet leader(s) at Pisgah Forest Bi-Lo at 9:00 AM.** This three-loop hike will explore a rock quarry, mountain vistas and river water views. Topo(s): Standingstone Mountain; also DuPont State Recreational Forest Trail map, 2014 edition

ALL-DAY WEEKEND HIKES

All-day hikes submitted by Bruce Bente, 828-692-0116, bbente@bellsouth.net. Driving distance is round-trip from Asheville. All Saturday and Sunday hikes assemble at the far rear (north end) of Westgate Shopping Center at I-240 exit 3B UNLESS OTHERWISE NOTED. Some hikes will have second meeting places, and starting times may vary.

Sunday No. A1602-248 **Apr. 3**
AT: Spivey Gap *8:00 AM
and Nolichucky River
Hike 10.6, Drive 110, 2000 ft. ascent, Rated A-A

Mike Knies, 828-628-6712, knies06@att.net
AT-MST Follow the A.T. north from Spivey Gap to the hostel at the Nolichucky River. Great view of the Nolichucky Gorge. Car shuttle. Topo(s): Chestoa

Sunday No. A1602-869 **Apr. 10**
Balsam Mountain Preserve 8:30 AM
Hike 8, Drive 95, 1200 ft. ascent, Rated B-B
Danny Bernstein, cell: 828-450-0747,
danny@hikertohiker.com

Walk the grounds of Balsam Mountain Preserve, a gated community in a 3000-acre nature preserve near Sylva. We'll hike with a resident who will show us their trails, camping area and stream. Then we'll visit the nature center, where we'll see how they work with birds of prey and local snakes. Because this hike is on private property, it may not be repeated. **Second meeting place: rest area on US 23/74 past Waynesville at 9:00 AM, but contact leader first.** Topo(s): Hazelwood

Saturday No. A1602-062 **Apr. 16**
Daniel Ridge Loop and Shuck Falls *9:30 AM
Hike 7.8, Drive 70, 1500 ft. ascent, Rated B-B
Marianne Newman, 828-257-2136,
mariannenewman12@gmail.com
P400, WC100 *First meeting place: Toys-R-Us on NC 191, across from Asheville Outlets. Waterfalls and wildflowers highlight our route, and we'll take the time to enjoy them both. We'll climb gradually on the Daniel Ridge Loop along a flower-bordered stream beside small waterfalls. Then we'll add a bit of the Farlow Gap Trail to Shuck Falls and back. Our final descent will take the other leg of the Daniel Ridge Loop, where yet another waterfall will end our hike. **Second meeting place: Pisgah Forest Bi-Lo at 10:00 AM.** Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1602-164 **Apr. 17**
Hawkbill Flower Hike 8:00 AM
Hike 8.4, Drive 54, 2600 ft. ascent, Rated B-AA
Carroll Koeplinger, 828-667-0723,
cell: 828-231-9444, carrollkoepp@bellsouth.net
LTC This great wildflower hike follows a rough trail up alongside Hawkbill Creek to the top of the cove, then a very steep, 400-ft. bushwhack up to Hawkbill Rock. Then hike along the ridgeline to site of Little Snowball Tower and follow old roads and trails down to the trailhead. The wildflowers and ramps have been spectacular every time CMC has done this hike. Topo(s): Craggy Pinnacle

Sunday No. A1602-560 **Apr. 24**
Rube Rock, Groundhog Creek, A.T. Loop *8:00 AM
Hike 9, Drive 100, 1900 ft. ascent, Rated B-A
Bruce Bente, 828-692-0116, cell: 828-699-6296,
bbente@bellsouth.net
AT-MST *First meeting place: Home Depot off Exit 44 of I-40. This is a loop hike located in the Harmon Den area of Pisgah Nat'l. Forest. Starting at Brown Gap, we'll hike along a forest

road and then down Rube Rock Trail into the Pigeon River Gorge. Hiking along an abandoned railroad grade, we will see many yellow trilliums in bloom. We'll climb the Groundhog Creek Trail, past an A.T. shelter, then turn right onto the A.T. and back to Brown Gap. Three stream crossings can be crossed dry, unless it has rained recently. **Second meeting place: Pilot Truck Stop off I-40 at Exit 24 at 8:30 AM, but contact leader first.** Topo(s): Waterville

Weekend No. C1602-860 **Apr. 29 - May 1**
Mountain Treasures
Camporee #7 (rescheduled)
Ted Snyder, 864-638-3686,
tedsnyderjr@bellsouth.net
This is a re-casting of the Camporee that was cancelled last fall due to rain. We will be camping at the National Forest Mortimer Campground. As we evolve the camporee format, we now schedule one easy hike on each day. For Saturday, we have 1) a South Harper Creek loop; 2) a Lost Cove Creek loop; 3) a Wilson Creek streamside ramble, and 4) a loafer's prize. For Sunday we have 1) North Harper Creek Falls and Little Lost Cove Cliffs loop; 2) Pine Ridge and Phillips Branch almost a loop; 3) South Harper Creek Falls, and 4) Nuwati Trail to Storyteller's Rock. More details about the hikes and driving directions are posted on the CMC website under "camporees". Registration for the Camporee and for the Saturday night barbecue are required. Make reservations with Ted Snyder at the contact numbers listed above.

Saturday No. A1602-753 **May 7**
Alarka Laurel Birding Hike *8:00 AM
Hike 7, Drive 150, 800 ft. ascent, Rated B-C
Brent Martin, 828-587-9453, cell: 828-371-0347,
brent_martin@tws.org
LTC *Form carpools at Westgate and meet leader(s) at Cowee Convenience Store (US 23/441 south, right onto Sanderstown Rd., right onto NC 28) at 9:15 AM. This hike in the Alarka Laurel area of the Cowee Mountains will be a slow-paced hike designed to identify birds in this unusual high altitude spruce bog area. It will be a loop hike on various named and unnamed trails, and include a visit to scenic Cowee Bald. Topo(s): Greens Creek

Sunday No. A1602-051 **May 8**
Hickey Fork - Pounding Mill - Whiteoak Flats *8:30 AM
Hike 8, Drive 85, 1900 ft. ascent, Rated B-A
Tish Desjardins, cell: 828-380-1452,
desraylet@aol.com
***Form carpools at Westgate and meet leader(s) at US 25/NC 208 intersection at 9:10 AM.** Starting at a splendid footbridge over Hickey Fork, we'll do a nice loop hike using three different trails and finishing on newly and heavily rebuilt Hickey Fork Rd. Topo(s): White Rock, Greystone; also NatGeo. map #782

Saturday No. A1602-611 **May 14**
Big Ivy - Walker Ridge Loop 10:00 AM
Hike 7.4, Drive 34, 1700 ft. ascent, Rated B-A
Marcia Bromberg, 828-505-0471,
mwbromberg@yahoo.com
On this variation of hike 611 we'll begin by hiking down the steep Staire Creek Trail from FS 63, then up the Walker Creek Trail and across the road to continue up on the Perkins Trail to the Laurel Gap Trail. After a 2-mile stroll on this meadow-like trail we'll head downhill on the Bear Pen Trail to return to our cars. These trails are rocky and steep in spots. There are several stream crossings on this hike. We walk near lovely creeks on part of the trails and should see lots of wildflowers. **Second meeting place: Rose's parking lot in Weaverville at 10:15 AM, but contact leader first.** Topo(s): Mount Mitchell, Craggy Pinnacle, Montreat; also South Toe/Big Ivy FS map RG355 and NatGeo map #779

Sunday No. A1602-337 **May 15**
Shining Rock from Black Balsam *9:00 AM
Hike 11, Drive 65, 1500 ft. ascent, Rated A-B
John Sanders, 828-707-6377,
jmsinasheville@gmail.com and Felicia Hemans,
828-458-6017, hemansf@gmail.com
P400, SB6K *Form carpools at Westgate and meet leader(s) at Cold Mountain Overlook at 9:40 AM. *Wilderness hike, limited to ten hikers—contact leader for reservation.* We will take the ALT from FS 816 to Shining Rock (6040 ft.), climbing Black Balsam (6214 ft.), Tennent Mtn. (6040 ft.) and Grassy Cove Top (6040 ft.) along the way. This will be your chance to bag four SB6K peaks while enjoying beautiful views covering the area from Pilot Mtn. to Cold Mtn. We'll return via the Ivestor Gap Trail to get a different perspective on the same area. Topo(s): Shining Rock, Sam Knob; also NatGeo map #780

Sunday No. A1602-214 **May 22**
Kimsey Creek Trail - Standing Indian Circuit *8:00 AM
Hike 10, Drive 170, 2800 ft. ascent, Rated A-AA
Mark Ellison, cell: 704-796-5031,
hikingresearch@yahoo.com
AT-MST *Form carpools at Westgate and meet leader(s) at Old School Antique Mall at 4704 US 23/441 past Dillsboro at 9:00 AM. *Wilderness hike, limited to ten hikers—contact leader for reservation.* This great hike in the Nantahala National Forest is known for its beautiful forest, rushing streams and excellent vistas. We'll hike up the Kimsey Creek Trail to the A.T. at Deep Gap, and then along the A.T. to our lunch spot, Standing Indian Mountain. At 5498 ft., it is the highest mountain on the A.T. south of the Great Smoky Mountains, with outstanding views. From the summit, the hike will be down Lower Trail and Ridge Trail to loop back to the Standing Indian Campground. Topo(s): Rainbow Springs; also NatGeo map #784

Sunday No. A1602-310 **May 29**
Pinnacle Pass - Rim of the Gap *8:00 AM
Hike 9, Drive 80, 1800 ft. ascent, Rated B-A
Barbara Morgan, cell: 828-460-4066,
barbc129@gmail.com

***First meeting place: Toys-R-Us on NC 191, across from Asheville Outlets.** Starting at Jones Gap State Park (NOTE: \$2 entry fee per person), we will hike a scenic loop route, first hiking up the Pinnacle Pass Trail over Little Pinnacle Mountain and taking in two of the best views in the Jones Gap/Caesars Head State Parks. The way up includes some scrambling over boulders. We will have lunch at the second overlook. Then after back-tracking about a mile, we will take a connector trail and return via the Rim of the Gap Trail. **Additional meeting places: Cracker Barrel off Exit 53 of I-26 (NE corner of parking lot) at 8:30 AM. Final meeting Place: Jones Gap State Park at 9:00 AM.** Topo(s): Standingstone Mtn., Cleveland; also Mountain Bridge Wilderness map

Monday No. A1602-871 **May 30**
Mt. Sterling Loop 8:00 AM
Hike 17.2, Drive 105, 4300 ft. ascent,
Rated AA+-AA+
Becky Smucker, cell: 828-231-2198,
bjsmucker@gmail.com

900M, LTC Our annual joint hike with the Smoky Mountains Hiking Club this year will be a challenging loop from Big Creek Campground, up the Big Creek, Swallow Fork and Mt. Sterling Ridge trails to the summit of Mt. Sterling. From here, it's downhill all the way on the Baxter Creek Trail to our cars. **Second meeting place: Pilot Truck Stop off Exit 24 of I-40 at 8:30 AM, but contact leader first.** Topo(s): Waterville, Luftee Knob, Cove Creek Gap; also NatGeo map #317

Sunday No. A1602-120 **June 5**
Charlies Bunion - Kephart Prong *8:00 AM
Hike 10.2, Drive 140, 1500 ft. ascent, Rated A-B
Michael and Kathy Cornn, 828-458-1281,
mccornn@aol.com

SB6K, 900M ***First meeting place: Home Depot off Exit 44 of I-40.** An outstanding rock outcrop along the A.T. and stunning views are the highlights of the trip. From Newfound Gap, we'll hike four miles to our lunch spot at Charlies Bunion, then hike Dry Sluice Gap, Grassy Branch and Kephart Prong trails down to US 441. Note that this hike has 2800 ft. of descent. Car shuttle. **Second meeting place: Maggie Valley Post Office, back of parking lot at 8:30 AM, but call leader first.** Topo(s): Clingman's Dome, Mt. Guyot, Smokemont; also NatGeo map #317

Saturday No. A1602-747 **June 11**
Rainbow Falls and Pretty Place *10:00 AM
Hike 8, Drive 95, 1800 ft. ascent, Rated B-A
Bev MacDowell, 828-684-1000,
bevmacdowellhappy@gmail.com
WC100 ***Form carpools at Westgate and meet leader(s) at NE corner of Cracker Barrel**

parking lot at Exit 53 of I-26 at 10:30 AM. Additional meeting place at Jones Gap State Park at 10:45 AM. This in-and-out hike at Jones Gap State Park (NOTE: \$2 entry fee per person) will first go up to beautiful Rainbow Falls, then continue on a rope-assisted trail up to the ridgeline and over to Pretty Place for lunch. Return via the same route. Topo(s): Cleveland, Standingstone Mtn.; also Mountain Bridge Wilderness map

Sunday No. A1602-566 **June 12**
Roans in Bloom 8:30 AM
Hike 7, Drive 130, 1000 ft. ascent, Rated B-C
Bruce Bente, 828-692-0116, cell: 828-699-6296,
bbente@bellsouth.net

SB6K A beautiful A.T. hike with some of WNC's finest views. Expect rhododendrons and flame azaleas to be in bloom, and perhaps an early Gray's Lily. From Carvers Gap we'll go north past Grassy Ridge (6160 ft.) to a scenic overlook for lunch, then double back to Carvers Gap. From here we'll drive to see the Rhododendron Gardens (small fee to enter garden area) and the vista from Roan High Bluff (6287 ft.). **Second meeting place: Burnsville McDonalds at 9:10 AM.** Topo(s): Carvers Gap; also NatGeo map #783

Sunday No. A1602-870 **June 19**
Sampson Mountain Wilderness - A.T. - Sarvis Cove *8:00 AM
Hike 11.2, Drive 130, 3100 ft. ascent,
Rated A-AA+
Les and Catherine Love, cell: 828-230-1861,
lesrlove55@gmail.com

**Wilderness hike, limited to ten hikers—contact leader for reservation.* New hike for CMC. We'll start from the Horse Creek Recreation Area in east Tennessee, hike through the Sampson Mountain Recreation Area on the Middle Springs Trail, and continue on the undesignated Middle Springs Ridge Trail to the heath bald and Ball Ground to Big Butt and the A.T. We'll follow the A.T. south across Cold Springs Mountain, and then down the Sarvis Cove Trail. Optional 1.2 miles round trip to Pete's Branch Falls. Note: Five rock-hop stream crossings - poles are recommended. Optional dinner at Farmer's Daughter after the hike. Topo(s): Greystone; also NatGeo map #782

Saturday No. A1602-063 **June 25**
Big East Fork, Art Loeb Trail, Shining Creek Loop *8:00 AM
Hike 13, Drive 70, 2800 ft. ascent, Rated AA-AA
Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

P400 ***Only meeting place: Toys-R-Us parking lot off NC 191.** *Wilderness hike, limited to ten hikers—contact leader for reservation.* A beautiful but strenuous hike with three of WNC's most beautiful streams. We'll hike up Big East Fork, then Grassy Cove Ridge and the Art Loeb Trail to Shining Rock Gap, with great views, and then down Shining Creek. Two stream crossings may be wet crossings. Topo(s): Shining Rock; also

NatGeo map #780

Sunday No. A1602-308 **June 26**
Ox Creek Road to Rich Knob *9:00 AM
Hike 8.5, Drive 8, 1850 ft. ascent, Rated B-A
Laura Frisbie, cell: 828-337-5845,
laurafrisbie@gmail.com

AT-MST ***Only meeting place: Back parking lot of Folk Art Center.** A pleasant, gradual climb in the peaceful woods. We'll hike the MST from Ox Creek Road and climb to Rich Knob via Rattlesnake Lodge and return. Topo(s): Craggy Pinnacle

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 Gail Lamb, 828-338-0443, glamb46@gmail.com and Lee Silver, 828-668-7147, leehsilver@aol.com. Driving distance is round-trip from Asheville. All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B UNLESS OTHERWISE NOTED. Some hikes will have second meeting places, and starting times may vary. *Times listed are departure times – arrive early.*

Half-Day No. H1602-431 **Apr. 3**
Chestnut Cove to MST
to Sleepy Gap to Explorer Trail *12:00 PM
Hike 5, Drive 12, 900 ft. ascent, Rated C-C
Dick Zimmerer, 828-989-0480,
dd1zz@yahoo.com

P400 ***Only meeting place: Toys-R-Us parking lot on NC 191, across from Asheville Outlets.** This hike off Bent Creek Gap Road follows a number of trails up to Chestnut Cove, then follows the MST to Sleepy Gap and back down into the Bent Creek area. At the beginning there will be a 750-foot climb that will take about an hour. Total hike time will be around 3 hours. There are many slippery rocks, roots and leaves on this trail, so poles are highly recommended. Topo(s): Dunsmore Mtn; also USFS Bent Creek Trail Map

Half-Day No. H1602-815 **Apr. 10**
Sams Gap to Street Gap on the A.T. 12:00 PM

Hike 4.6, Drive 60, 1200 ft. ascent, Rated C-B
Linda Blue, 828-296-7537, lgblue@bellsouth.net
AT-MST This is a pleasant section of the Appalachian Trail. After a somewhat strenuous uphill at the start of this hike, the trail levels off on a ridge that runs along the NC-TN border. At this time of year we should still have nice views and hopefully some early wildflowers. Topo(s): Sams Gap; also NatGeo map #782

Half-Day No. H1602-049 **Apr. 17**
Big Creek Wildflower Hike 11:00 AM

CMC helps fight invasive plants

CMC will be assisting Amy Snyder of the Appalachian Trail Conservancy rid parts of the AT of the noxious weed garlic mustard. The first pull will be at Bluff Mountain on April 5th with rain date April 6th. The second pull will be at Lemon Gap May 2nd with May 3rd as rain date.

Garlic mustard was introduced as a culinary herb, and the leaves have a mild flavor of garlic and mustard. However, garlic mustard escaped cultivation and has spread aggressively in North American natural areas due to a lack of natural controls and its release of allelopathic chemicals which inhibit seed germination of other species.

We will meet for both dates at 9 AM at Westgate. Herbicides or special equipment are not needed, just bring your gloves and small garden shovels so we can get it up by the roots.

Please contact Brenda Worley at bjd-worley@gmail.com for more information and so we will know you are coming.

Hike 6, Drive 110, 500 ft. ascent, Rated C-C
Renate Rikkers, 828-298-9988,
rerikkers@aol.com

900M Big Creek, a spectacular mountain stream in the Smokies, offers hikers an opportunity to slow down and appreciate the wild beauty of this section of the park. A comfortable roadbed meanders along rushing rapids, Mouse Creek Falls, huge boulders, and deep swimming holes. A beautiful forest and early wildflower environment make for a special experience - so bring your camera! A moderate in-and-out hike. **Second meeting place: Pilot Truck Stop off Exit 24 of I-40 at 11:30 AM.** Topo(s): Luftee Knob, Cove Creek Gap; also NatGeo map #317

Half-Day No. H1602-490 **Apr. 24**
Craven Gap to Folk Art Center *12:30 PM

Hike 5.4, Drive 12, 750 ft. ascent, Rated C-C
Bobbi Powers, 828-667-5419,
bobbipowers23@gmail.com

AT-MST *Only meeting place: **Back parking lot of Folk Art Center.** Depending on Mother Nature's timing, this section of the MST is usually a mecca for dozens of varieties of early spring wildflowers. We'll enjoy views and a snack break at Lunch Rock. Car shuttle. Topo(s): Oteen, Craggy Pinacle

Half-Day No. H1602-102 **May 1**
Coontree Loop 12:30 PM

Hike 3.7, Drive 65, 1050 ft. ascent, Rated C-B
Lee Belknap, 828-693-2635, cell: 828-674-3631,
rivergyppy@sprintmail.com

P400 **Form carpools at the Toys-R-Us on NC 191, across from Asheville Outlets, and meet leader at Pisgah Forest Bi-Lo at 1:00 PM.** This loop hike is partially along a lovely creek, with views from Coontree Mountain. Some steep areas. Topo(s): Shining Rock; also NatGeo map #780

Half-Day No. H1602-603 **May 8**
Big Ivy 12:30 PM

Hike 5.5, Drive 55, 700 ft. ascent, Rated C-C
Bonnie Allen, 828-645-0357, cell: 828-707-6115,
bonnie@allencats.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. Expect to see spring wildflowers along the way. **Second meeting place: Roses parking lot off Exit 19 of I-26 in Weaverville at 12:45 PM.** Topo(s): Mt. Mitchell, Montreat

Half-Day No. H1602-855 **May 15**

Bluff Mountain Loop (Betty Place)*12:00 PM

Hike 6, Drive 85, 850 ft. ascent, Rated C-C

Jack Dalton, 828-622-3704,

jkcdalton9@gmail.com

***Form carpools at Westgate and meet leader(s) at Hot Springs Medical Center parking lot in Hot Springs, 66 NW US 25-70 at 12:45 PM.** This is a joint hike with the Hot Springs Mountain Club. The group will drive to the trailhead from the Hot Springs Medical Center parking lot. We will begin on the Betty Place Trail (FS #285A) in the Upper Shut-In community to the new upper loop trail, passing old home sites at the base of Bluff Mountain. The grade is moderate, and the trail passes through mixed hardwood forest along old roads and along streams. We hope to have an ecologist join us in this very rich area. Topo(s): Hot Springs; also NatGeo map #782

Half-Day No. H1602-686 **May 22**
Shope Creek Ramble *12:30 PM

Hike 5, Drive 25, 1200 ft. ascent, Rated C-B

Gail Lamb, 828-275-4500, glamb46@gmail.com

***Only meeting place: Ingles parking lot across from VA hospital.** During this hike a fast group will be led by Stan Endlich and Gail will lead the slower group. This is a short ride for a walk in the woods, partly along Shope Creek in the Riceville Rd. area. The hike will include unmarked trails, some of which are near the Parkway, but do not connect. Possible wet stream crossing. In May wildflowers are abundant and some less common ones have been seen. Topo(s): Craggy Pinnacle

Half-Day No. H1602-511 **May 29**
Florence Nature Preserve *12:30 PM

Hike 5, Drive 40, 1000 ft. ascent, Rated C-B

Karin Eckert, 828-593-8453,
karingarden@yahoo.com

***Only meeting place: Ingles on US 74-A 1-1/2 miles south of I-40 Exit 53.** This hike is a loop in the Florence Nature Preserve 600+ acre tract in Hickory Nut Gorge. We'll be hiking part of the hike as described in #511, to keep it to approximately 5 miles. We'll take the Yellow, Blue, White and Red Trails to a nice overlook, return via the Blue and Yellow Trails. Topo(s): Bat Cave; also CMLC Florence Preserve trails map

Half-Day No. H1602-845 **June 5**
Trombatore Trail *12:00 PM

Hike 5.4, Drive 35, 1300 ft. ascent, Rated C-B

Ron Navik, 855-662-8047,

ron.navik@gmail.com

***Only meeting place: Ingles on US 74-A 1-1/2 miles south of I-40 Exit 53.** We begin across the road from the trailhead to Bearwallow Mountain. This in-out trail ends in a beautiful meadow with long-distance views. Topo(s): Bat Cave

Half-Day No. H1602-004 **June 12**
Glassmine Falls to

Greybeard Overlook and return *1:00 PM

Hike 5, Drive 55, 1100 ft. ascent, Rated C-B

Dennis Bass, 828-367-8619,

DBass3607@gmail.com

AT-MST *Only meeting place: **Back parking lot of Folk Art Center.** An enjoyable Sunday afternoon hike on the MST with good views and an interesting variety of trees and shrubs. Hopefully we will also have a good display of rhododendrons in bloom. Topo(s): Montreat; also NatGeo map #779

Half-Day No. H1602-002 **June 19**
MST: NC 128 to Balsam Gap *11:00 AM

Hike 5, Drive 60, 1500 ft. ascent, Rated C-A

Marcia Bromberg, 828-505-0471,

mwbromberg@yahoo.com

AT-MST, SB6K *Only meeting place: **back parking lot of Folk Art Center.** This shuttle hike in the high country on the MST near Mount Mitchell features great views, rocky climbs, spruce forests and 6320-ft. Blackstock Knob. Topo(s): Montreat; also MST Profiles, pg. 67-69

Half-Day No. H1602-145 **June 26**
Cherry Gap Overlook

to Skinny Dip Falls *12:00 PM

Hike 4, Drive 45, 840 ft. ascent, Rated C-C

Chris Allen, 828-645-0357, cell: 828-707-6500,

cpallen@icloud.com

AT-MST, P400 *First meeting place: **Toys-R-Us parking lot on NC 191, across from Asheville Outlets.** This hike is a modification of hike #145 and includes part of hike #146. We will park at the Cherry Gap overlook. The hike will follow the MST to Skinny Dip Falls, where we will have a snack, and then return to Cherry Gap. **Second meeting place: Cherry Gap overlook at BRP MM 415.7 at 12:40 PM.**

100 favorite hikes update

By Steve Pierce

The 100 Favorite Hikes project is now in the hands of the Great Smoky Mountains Association. One hundred and one hike descriptions and GPS tracks were submitted to the GSMA in January.

This project was a group effort; with many CMC members leading hikes, hiking the trails and submitting trail descriptions and GPS tracks. Others provided and edited GPS tracks.

The 101 hikes total 667.2 miles of trails in WNC from the Smokies to Grandfather Mountain.

Here is a list of CMC members who contributed to the 100 Favorite Hikes Project. I hope I didn't miss anyone!

Dennis Bass	Randy Fluharty	Bev MacDowell
Lee Belknap	Laura Frisbee	Keiko Merl
Bruce Bente	Ann Gleason	Barbara Morgan
Danny Bernstein	Mary Beth Gwynn	Jan Onan
Lenny Bernstein	Daisy Karasek	Steve Pierce
Marcia Bromberg	Carroll Koepplinger	Rich Sampson
Heather Cooper	Kathy Kyle	Lee Silver
Michael Corrn	Ashok Kudva	Becky Smucker
Stuart English	Gail Lamb	Dave Wetmore
Charlie Ferguson	Vance Mann	Brenda Worley
Jack Fitzgerald	Brent Martin	Dick Zimmerer
Beth Fluharty	Janet Martin	

Carolina Mountain Club

P.O. Box 68

Asheville, NC 28802

NEXT CMC COUNCIL MEETING

When: Monday, May 2, 2016

Where: West Asheville Library Community Room

Time: 6:00 - 9:00 PM

Info: Call Barbara at 738-3395 if you would like to attend. All CMC members are welcome.

HIKING INFORMATION: CMC hikes are open to all and we welcome guests. Non-members need to call or email 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. Pets 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.carolinamountainclub.org, click on Hiking) 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.

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

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

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 joining and paying dues. To join online or by paper application, go to www.carolinamountainclub.org and click on the green Join button just below the Member Login. Choose either Join CMC online or CMC application form (pdf). Don't have internet access? Mail a note to the CMC address requesting an application form be mailed to you. Annual dues are \$20 for individuals and \$30 for families. Hikers are expected to join CMC after participating in a few hikes. Some trail maintenance activities are only open to members.

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Deadline next issue: May 15, 2016