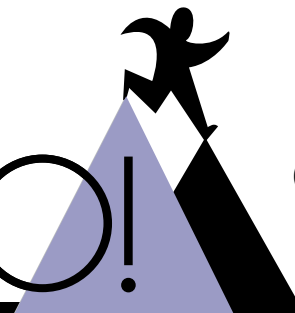


LET'S GO!



SECOND QUARTER 2022
Quarterly Hike Schedule



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

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

If it's not possible to go on the regularly scheduled hike, it may be possible to accompany the leader when the hike is scouted. 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. 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 website for more complete and timely information, including scout reports, at www.carolinamountainclub.org.

CHALLENGE PROGRAMS

A.T.-MST For hiking the 228 miles of the A.T. and MST on CMC maintained sections. Contact ATMST@CarolinaMountainClub.com

FH100 For hiking all 100 trails in the "100 Favorite Trails of the Smokies and Carolina Blue Ridge." Contact Steve Pierce, stevepierce50@gmail.com

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

P400 For hiking every trail in Pisgah Ranger District. Contact P400@CarolinaMountainClub.org

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

WC100 For hiking to the 100 best waterfalls in the area. Contact Jack Fitzgerald, 828-685-2897, suejackfitz@bellsouth.net

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

900M For hiking every trail in GSMNP. Contact Steve Pierce, stevepierce50@gmail.com

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. MST and AT section maintainers work on their own schedule.

Burnsville Monday Crew

John Whitehouse, johnwhitehouse@ccvn.com

Art Leob Monday Crew

Rich Evans, richard.erman.evans@gmail.com

Waynesville Wednesday Crew

Chris Werbylo, jcw402@aol.com

Vance Waggener, vance.waggener@yahoo.com

Thursday Crew

Todd Eveland, pepsitodd1@gmail.com

Ken Hummel, Kenhummel60@gmail.com

Asheville Friday crew

Paul Curtin, pmcurtin@hotmail.com

Chris Werbylo, jcw402@aol.com

Pisgah Friday Crew

Don Cooper, dncpr47@gmail.com

Wilderness Response Crew

Vance Waggener, vance.waggener@yahoo.com

Richard Figura, rafigura107@gmail.com

Quarterly Saturday Crew

Les Love, lesrlove55@gmail.com

AT Maintainers

Paul Curtin,

ATsupervisor@carolinamountainclub.org

Remote Overnight Crew

Paul Curtin, pmcurtin@hotmail.com

Rich Evans, richard.erman.evans@gmail.com

MST Maintainers

Oconaluftee River to Old Bald

Larry Sobil, lsobil@bellsouth.net

Old Bald to Hwy 215

Robert Bolt, otherob@inbox.com

Hwy 215 to Big Ridge O/L

Todd Eveland, pepsitodd1@gmail.com

Big Ridge O/L to BRP Visitor Center

Les Love, lesrlove55@gmail.com

BRP Visitor Ctr to Greybeard O/L

John Busse, jfbusse@hotmail.com

Greybeard O/L to Black Mtn Campground

John Whitehouse, johnwhitehouse@ccvn.com

SATURDAY WORKDAYS

The Quarterly Saturday Trail Maintenance Workdays for 2022 are June 4, August 13 and October 1. We meet at 8:30 and return to Asheville by 3:00. Contact Les Love for details and where to meet.

lesrlove55@gmail.com | 828-658-1489

HIKING FOR NEWCOMERS!

CMC has scheduled quarterly hikes designed for new hikers. A 30 minute Zoom presentation before each hike will get you ready and answer your questions. Please check out our homepage at carolinamountainclub.org or contact us at cmcnewhikers@gmail.com for more information.

SPRING SOCIAL MAY 14

The revived Spring Social will be Saturday, May 14 at the Pavilion at Lake Julian. This will be a potluck with no admission charge and meats will be provided. More details to come.

YOUTH PARTNER CHALLENGE HIKES

The Youth Partnership Challenge is designed to introduce youth to fun, educational hiking experiences. Hikes are open to CMC members as well as newcomers. 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 meeting place. **Due to COVID-19, all hikes have a limit of fifteen hikers unless stated otherwise. Contact leader for reservation.**

Sunday No. Y2202-316 **May 1**
Carl Sandburg Natl. Historic Park 10:00 AM
Hike 3.5, 600 ft. ascent, Rated C-C
Jan Onan, 828-606-5188,
janonan59@gmail.com
Only Meeting Place: Carl Sandburg parking lot. Contact leader via email for reservation. Driving Directions: I-26 E to Exit 53; right onto Upward Rd. to end of road (name changes to Highland Lake Rd. after US 176); left onto US 225; right onto Little River Rd.; left into parking lot for Carl Sandburg Nat'l. Historic Park. Traverse the same trails that poet/author Carl Sandburg enjoyed. Hike to overlook on Big Glassy Mountain. Return via same route, but turn at barn trail. After the hike, you may opt to tour on your own by visiting the goats in the barn or touring Carl Sandburg's historic house for a small fee.
Topo(s): Hendersonville

Saturday No. Y2202-952 **June 4**
Mt. Mitchell Balsam Nature Trail 9:30 AM
Hike 1.5, Drive 60, 500 ft. ascent, Rated C-C,
Jan Onan, 828-606-5188,
janonan59@gmail.com
Only Meeting Place: Back parking lot of Folk Art Center. Contact leader by email for reservation. We will visit the observation platform on Mt. Mitchell, the highest elevation east of the Mississippi River, and hike the Balsam Nature Trail, a short 0.75-mile nature trail that starts at its junction with the Mount Mitchell Trail and ends at the tower summit parking lot. We will plan to visit the museum if it is open. We will walk to the picnic area for lunch and explore the trails nearby. This hike is on National Trails Day, a CMC maintenance crew will be on the trail, and we hope to be able to see them working and ask about their tools.
Topo(s): Mt. Mitchell

ALL-DAY WEDNESDAY HIKES

Wednesday hikes submitted by Brenda Worley, 828-684-8656, bjdworley@gmail.com. **Due to COVID-19, all hikes have a limit of 15 hikers unless stated otherwise. Contact leader**

for reservation. Driving distance is round trip from the first meeting place. Hikes assemble at the location described for that hike. Some hikes will have second meeting places as described in the schedule; start times vary. **Times listed are departure times – arrive early.**

Wednesday No. W2202-680 **April 6**
Lost Cove 8:00 AM
Hike 7.5, Drive 88, 1500 ft. ascent, Rated B-B
Mike Knies, 828-628-6712, knies06@att.net
Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. We will hike to Lost Cove in northern Yancey County. Lost Cove, lost in time and geography, was settled pre-Civil War along the uncharted border of NC and TN in the Nolichucky River Gorge. Accessible only by foot, the settlement was abandoned in the 1950s. Several ruins and a cemetery remain, which we will explore. Time permitting, we may extend the hike to the river.
Topo(s): Chestoa, Hunt Dale

Wednesday No. W2202-066 **April 6**
Garenflo Gap to Bluff Mtn. on A.T. 8:15 AM
Hike 8.5, Drive 83, 2200 ft. ascent, Rated B-AA,
AT-MST
Tish Desjardins, 828-380-1452,
desraylet@aol.com
First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Form carpools and meet leader at second meeting place.
Second Meeting Place: Corner of US 25/70 & NC 208 at 9:00 AM.
We'll do an in-and-out hike on the A.T. 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. After lunch on the summit, it will be all downhill back to the trailhead.
Topo(s): Lemon Gap

Wednesday No. W2202-919 **April 13**
Wildcat Rock to Trombatore Trail and beyond 8:00 AM
Hike 9.5, Drive 20, 3251 ft. ascent,
Rated A-AA+
Randy Fluharty, 828-423-9030,
rfluharty54@gmail.com
Only Meeting Place: Ingles on US 74-A 1-1/2 miles south of I-40 Exit 53. This hike starts at the Wildcat Rock trailhead in Hickory Nut Gorge and ends on US 74-A at the Continental Divide. We start by climbing past Little Bearwallow Falls with the many rock steps and wildflowers this time of year. We will stop at Wildcat Rock for great views up and down Hickory Nut Gorge. Then we will ascend Little Bearwallow Mountain via the new trail built by Conserving Carolina. On Bearwallow, we will enjoy great views toward the west. From there we hike down the Bearwallow Trail and cross over to the Trombatore Trail. Then we hike down the mountain on another new trail built by Conserving

Carolina, stopping at Ferguson's Peak for one last vista before reaching our vehicles on the highway. The total ascent includes three strenuous inclines. Car Shuttle. Topo(s): Bat Cave

Wednesday No. W2202-943 **April 13**
Roundtop Mountain Loop from Sassafras Mountain 8:00 AM
Hike 7, Drive 85, 1011 ft. ascent, Rated B-B
Norm Sharp, 864-268-9409, cell: 864-609-7182,
norm.Sharp@att.net
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at the second meeting place.
Second Meeting Place: Sassafras Tower parking lot at 9:00 AM.
This trip in the Jocassee Gorges on the Palmetto Trail goes through the Carolina Hemlock Loop and features a great view of Rock Mountain. We will see groves of Carolina hemlock being preserved by South Carolina DNR. We will begin at Sassafras Mtn., South Carolina's highest, and see the new overlook there, then follow the Foothills Trail to the Roundtop Mountain Passage of the Palmetto Trail.

Wednesday No. W2202-934 **April 20**
Big Creek to Middle Fork to Spencer Gap Loop 8:00 AM
Hike 9.5, Drive 15, 1150 ft. ascent, Rated A-B,
P400
Barton Paschal, 828-545-6795,
bartonpaschal@bellsouth.net
Only Meeting Place: Ingles on NC 191/280 N end of parking lot in front of Pardee Urgent Care. Driving distance from Asheville is 60 miles round trip. On this loop we ascend Big Creek Trail to the social trail in Horse Cove which connects Big Creek to Middle Creek Trail. We hope to see a variety of trillium and other spring wildflowers along the way. We close the loop via Spencer Gap Trail back to Hendersonville Reservoir, then return to our cars on FS 142. There are several trail sections where spring water inundates the trail. In addition, there are numerous stream fords. I recommend that all hikers wear footwear suitable for crossing streams without stopping to change shoes. Poles are also recommended.

Wednesday No. W2202-547 **April 20**
Waterrock Knob - Balsam Gap 8:00 AM
Hike 10.5, Drive 66, 1000 ft. ascent, Rated A-C,
SB6K
Carroll Koeplinger, 828-667-0723,
cell: 828-231-9444, cakoepl29@gmail.com
Only Meeting Place: Home Depot off Exit 44 of I-40. We'll start by doing an in-and-out hike up to Waterrock Knob to observe the outstanding views, and then we'll hike the MST downhill from Waterrock Knob parking lot to Balsam Gap. Car shuttle.
Topo(s): Hazelwood, Sylva North

Wednesday No. W2202-682 **April 27**
Green River Gamelands
from **Green River Cove Road** **8:00 AM**
Hike 8.8, Drive 54, 1200 ft. ascent, Rated B-B
Sallye Sanders, 208-550-2070,
sallye_sanders@yahoo.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at second meeting place.

Second Meeting Place: Cracker Barrel Restaurant off Exit 53 of I-26 in parking lot close to I-26 at 8:15 AM.

We begin this partial loop hike on the Green River Cove Trail. We take the Pulliam Creek Trail to Rock Hop Trail. Be prepared for a wet crossing on the Pulliam Creek Trail and/or Rock Hop Trail. We continue on using different trails which will bring us back to the Green River Cove Trail for the return to our cars. We hope to see a large variety of wildflowers this time of year on this beautiful hike. Note, there is a 700-foot climb in the first mile.

Topo(s): Clifffield Mtn.

Wednesday No. W2202-932 **April 27**
Oconoluftee, Mingus Creek and Cemeteries **8:00 AM**
Hike 7.2, Drive 98, 800 ft. ascent, Rated B-C, **900M**

Marie Chamberlin, 678-492-6718,
marie.m.chamberlin@gmail.com and
Kay Haskell, 610-613-4858,
HaskellKM@Gmail.com

Only Meeting Place: Home Depot off Exit 44 of I-40. Starting at the Oconaluftee Visitor Center, we will walk through the Mountain Farm Museum and continue along the Oconaluftee River. We will take time to view exhibitions and displays to learn about Appalachian farming practices and Cherokee legend and culture. Driving a short distance to the parking lot of Mingus Mill, we will hike a portion of the Mingus Creek Trail (CMC hike #896) and take a side trail to visit both Mingus and African-American cemeteries. Both hikes are in and out. You must be fully vaccinated to carpool. This hike is a combination of 100 Favorite Trails #16 and #17. Topo(s): Smokemont

Wednesday No. W2202-791 **May 4**
Armstrong Creek **8:00 AM**
Hike 5.8, Drive 118, 1600 ft. ascent, Rated C-A, **AT-MST**

Henry Kassell, 845-656-5528,
hkassell@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. This hike in the Woods Mountain Inventoried Roadless Area treats us to old growth and solitude. In form, it is a balloon on a string. We start at Buck Creek Gap where NC 80 crosses the Blue Ridge Parkway. From the parking area we follow the MST to its junction with FS trail #223, then descend through old growth

hardwoods on an old dug trail to Armstrong Creek. We immediately turn off to ascend along a tributary on another dug trail, to rejoin the MST on the ridge. There we turn back and follow the MST back to the trailhead. On the way we can stop for spectacular views east from a line of cliff tops.

Topo(s): Celso

Wednesday No. W2202-199 **May 4**
Black Mountain Campground to Green Knob **8:30 AM**

Hike 6, Drive 78, 2400 ft. ascent, Rated C-AA, **LTC**

Danny Bernstein, 828-450-0747,
dannyhiker@gmail.com

Only Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain). Driving mileage from Asheville is 93 miles roundtrip. The hike is difficult because of the elevation gain of 2400 ft. in 3 miles. Enjoy the beautiful woods as we climb Lost Cove Ridge on the Green Knob Trail from the Black Mtn. Campground to fantastic views and a first-class lunch spot atop Green Knob. After lunch, it's all downhill. This hike is #89 of the 100 Favorite Trails. CMC members only, no guests. You must be fully vaccinated against the COVID-19 virus.

Topo(s): Celso

Wednesday No. W2202-076 **May 11**
Bee Tree Gap to Little Snowball **8:00 AM**
Hike 7.2, Drive 43, 2600 ft. ascent, Rated B-AA, **LTC**

Adrienne Chang, 414-690-5424,
acjp9349@yahoo.com

Only Meeting Place: Back parking lot of Folk Art Center. From Bee Tree Gap, we'll take the Snowball Trail to High Rocks (Hawkbill Mountain) and then on to the old lookout site atop Little Snowball. This time of year, we expect to see many wildflowers. Return via the same route. If the day is clear, we will have great views from High Rocks and Little Snowball.

Topo(s): Craggy Pinnacle

Wednesday No. W2202-459 **May 11**
Wildcrafting Hike from Greybeard Mountain O/L to Walker Knob O/L **8:15 AM**
Hike 7.2, Drive 68, 1900 ft. ascent, Rated B-A, **AT-MST, SB6K**

Diane Saccone, 703-283-1068,
reemscreekyoga@aol.com

Only Meeting Place: Back parking lot of Folk Art Center. This hike is limited to 10 hikers and is a shorter in-and-out version of hike #459. Join us as we forage for spring medicinal plants. We will learn how to identify the plants that present in the spring, like ramps, nettle, chickweed, sochan, wild onion and violets. The pace will be slower than our normal hikes, giving us time to scout, discuss and learn how to forage responsibly and according to NFS/NPS guidelines. We will lunch at a rock cropping where we will dis-

cuss the biodiversity of these mountains as well as learn about the folklore of Beltane. After the hike, I will share recipes and directions on how to make medicines out of the plants we identify, their primary uses as well as additional seasonal folklore of the Appalachians. I will give instructions on what to bring to hold your treasures to those attending. Note: Diane is a yoga therapist and has specialized training in identifying plants and herbs.

Topo(s): Montreat, Mt. Mitchell

Wednesday No. W2202-113 **May 18**
Cold Mtn. from

Camp Daniel Boone **8:00 AM**

Hike 10.4, Drive 52, 3400 ft. ascent, Rated A-AA+, *Wilderness hike, limited to ten hikers, contact leader for reservation.* **P400, SB6K**

Judy Magura, 828-606-1490,
quilter290@gmail.com and Jim Magura,
828-606-3989, jqs290@gmail.com

Only Meeting Place: Home Depot off Exit 44 of I-40. From the BSA Camp Daniel Boone, we will climb and climb past laurel and rhododendron to Deep Gap, and then continue to the top of Cold Mountain for great views towards the BRP and Mt. Hardy. This hike is #47 of the 100 Favorite Trails.

Topo(s): Cruso, Waynesville

Wednesday No. W2202-527 **May 18**
Chattooga River & Ellicott Rock **8:00 AM**
Hike 8, Drive 150, 500 ft. ascent, Rated B-C, **WC100**

Sallye Sanders, 208-550-2070,
sallye_sanders@yahoo.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools at first meeting place and meet leader at second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

This hike has gentle grades and goes along the Chattooga River. We will be hiking in the area where three states converge - North Carolina, South Carolina and Georgia. We will also make side trips to Spoonauger Falls and Kings Creek Falls. NOTE: We will not be going down the embankment to view Ellicott Rock from the river.

Topo(s): Tamassee

Wednesday No. W2202-372 **May 25**
Big Fork Ridge/Rough Fork Loop **8:00 AM**
Hike 9.6, Drive 70, 1800 ft. ascent, Rated A-A, **900M**

George Shepherd, 405-596-2632,
shepherdgeorge@att.net

First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Exxon station off Exit 20 of I-40 at 8:30 AM - but contact leader first. From the end of the road in Cataloochee Valley,

hike up the Big Fork Ridge Trail, then turn right onto the Caldwell Fork Trail. Pass by record-size tulip poplar trees, then turn downhill on the Rough Fork Trail. This hike is #35 of the 100 Favorite Trails.

Topo(s): Dellwood

Wednesday No. W2202-209 **May 25**

Buckwheat Knob - Coontree Loop 8:00 AM
Hike 8, Drive 54, 2200 ft. ascent, Rated B-AA, **P400**

Virginia Bower, 828-273-2486,
clabbergirl157@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

From the trailhead at Coontree Picnic Area, we'll climb along beautiful Coontree Creek through open forest up to Bennett Gap and on to Buckwheat Knob for lunch, then return via the other segment of the Coontree loop. A moderate woodland hike with exceptional views from the ridgeline. It is possible that this time of year we will be treated to blooming mountain laurel. This hike is #62 of the 100 Favorite Trails.

Topo(s): Shining Rock

Wednesday No. W2202-778 **June 1**

**Bracken Mountain -
Brushy Creek Trails 8:00 AM**

Hike 7.8, Drive 60, 1400 ft. ascent, Rated B-B
Karen Scharmann, 312-241-3329,
Schultz.KarenJ@GMail.com and
Ken Scharmann, 847-772-4693,
Ksruns@Comcast.net

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

Contact Karen Scharmann at schultz.karenj@gmail.com for reservations. This hike will include the Bracken Mtn. and Brushy Creek Trails. If you wish to carpool, you must be fully vaccinated against COVID-19. This hike is #60 of the 100 Favorite Trails.

Topo(s): Rosman, Shining Rock

Wednesday No. W2202-172 **June 1**

John Rock Loop Hike 9:00 AM
Hike 6.2, Drive 58, 1300 ft. ascent, Rated B-B, **P400, WC100**

Bev MacDowell, 828-777-5806,
bevmacdowellhappy@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at the second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:30 AM.

This moderate loop hike, with good views from

John Rock, starts at the Fish Hatchery parking lot. This hike is #61 of the 100 Favorite Trails.

Topo(s): Shining Rock

Wednesday No. W2202-228 **June 8**

Sunburst Campground to Mt. Hardy 8:00 AM
Hike 8.4, Drive 56, 1600 ft. ascent, Rated B-A, *Wilderness hike, limited to ten hikers, contact leader for reservation.* **P400, SB6K**

Henry Kassell, 845-656-5528,
hkassell@gmail.com

Only Meeting Place: Home Depot off Exit 44 of I-40. This variation of hike #228 will start at NC 215 and follow the MST and Green Mountain Trails to Sunburst Campground, with an optional trip to bag over-6000-ft.-Mt. Hardy. Enjoy spectacular views from Fork Ridge and Green Knob along the eastern side of the Middle Prong Wilderness area. There is a steep 2800-ft. descent after Green Knob. Car shuttle.

Topo(s): Sam Knob

Wednesday No. W2202-953 **June 8**

Yoga on the Rocks and Forage Trip 8:00 AM

Hike 5, Drive 40, 1250 ft. ascent, Rated C-B
Diane Saccone, 703-283-1068,
reemscreakyoga@aol.com

First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Form carpools and meet leader at second meeting place.

Second Meeting Place: Publix lower end of parking lot off Exit 19 of I-26 at 8:30 AM.

The hike is limited to 10 people. Join us for a foraging hike. We learn how to identify the plants that present in the summer such as oxeye daisy, wood nettle and more. The pace on this hike is slower to give time to scout, discuss and learn how to forage responsibly & according to NFS/NPS guidelines. We will stop for a snack and refresh our feet in the Big Ivy and talk about the second harvest of the wildcrafting calendar: Midsommer. At the end of the hike, we will sit on the rocks along the Big Ivy for some quiet reflection and yoga stretches and I will share recipes and directions on how to make medicines out of the plants as well as additional seasonal folklore of the Appalachians. I will share additional instructions on what to bring to hold your treasures. There are a few rock-hop water crossings so bring your poles. Note: Diane is a yoga therapist and has special training in how to identify plants and herbs.

Wednesday No. W2202-657 **June 15**

Carvers Gap - Yellow Gap 8:00 AM

Hike 11.7, Drive 120, 2600 ft. ascent,
Rated A-AA, **SB6K**

Jeff Wilcox, 828-989-8755, jwilcox@unca.edu

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. This Roan Mountain hike, a modification of hike #657, starts at Carvers Gap and follows the A.T. over Round Bald, Jane Bald and Yellow Mountain, before dropping into Yellow Mountain Gap and a

side trail to the unique and historic Overmountain Shelter, a two-story red barn. We will return via the same trails. On the return trip, intrepid hikers can add an optional 1.2-mile roundtrip to summit Grassy Ridge (SB6K).

Topo(s): Carvers Gap

Wednesday No. W2202-839 **June 15**

**Pink Beds, S. Mills River,
Soapstone Ridge loop 8:00 AM**
Hike 9.4, Drive 67, 1400 ft. ascent, Rated A-B, **P400**

Carroll Koeplinger, 828-667-0723,
cell: 828-231-9444, cakoep29@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

We'll do a long loop, starting with parts of the Pink Beds Loop and S. Mills River Trails, and returning via Soapstone Ridge and an old road to the old steam locomotive in the Cradle of Forestry.

Topo(s): Pisgah Forest, Shining Rock

Wednesday No. W2202-729 **June 22**

Grandfather Mtn. - Up and Over 8:00 AM

Hike 8.1, Drive 142, 2400 ft. ascent, Rated B-AA
Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

First Meeting Place: River Ridge Market Place behind CVS off Exit 53B of I-40. Form carpools and meet leader at the second meeting place.

Second Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain) at 8:15 AM.

The Profile Trail is the only summit trail on the west side of Grandfather Mountain and always has free public access. This hike will cover only the west end of hike #729. After hiking up the Profile Trail, we will turn left to reach the summit of Calloway Peak (5946 feet) with great views. We return to the cars via the same trail. This hike is #97 of the 100 Favorite Trails.

Topo(s): Grandfather Mtn.

Wednesday No. W2202-242 **June 22**

Sam Knob - Devils Courthouse 8:00 AM

Hike 9, Drive 60, 1800 ft. ascent, Rated B-A, **P400, SB6K**

Karen Lachow, 703-395-5879,
heyk127@hotmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: BRP Cold Mountain Overlook at MM 412 at 8:30 AM.

This hike in the cool high elevations is perfect for a hot summer day. From FS 816 we will ascend 6040-ft. Sam Knob with its 360-degree views, then hike through high meadows on the Flat Laurel and Little Sam Trails to reach Devil's Courthouse. Then we return via the MST to FS 816 and our cars. An optional hike to 6214-ft. Black Balsam Knob will be offered. This hike is

#53 of the 100 Favorite Trails.
Topo(s): Sam Knob

Wednesday No. W2202-475 **June 29**
Hump Mountain and Yellow Mountain Area **8:00 AM**

Hike 8.4, Drive 133, 2400 ft. ascent, Rated B-AA
Sharon Smith, 704-877-7804,
waltersharon204@gmail.com

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Beat the heat and join us along one of the most scenic areas on the A.T. near Roan Mountain (Roan-Unaka Range). We will hike from Roaring Creek Road to Yellow Mountain Gap, joining the A.T. along an open ridge to Little Hump Mtn. and Hump Mtn. We will have lunch on a grassy bald at 5587 ft. and return to Yellow Mtn. Gap, then take the Overmountain Victory Loop back to the trailhead.
Topo(s): Carvers Gap

Wednesday No. W2202-436 **June 29**
Mt. Pisgah from Pisgah Inn **9:00 AM**
Hike 5.1, Drive 41, 1100 ft. ascent, Rated C-B,
AT-MST, P400

Jan Onan, 828-606-5188, janonan59@gmail.com
and Kate Fisher, 828-692-0161,
cell: 828-606-9315, katewfisher@gmail.com
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leaders at the second meeting place.

Second Meeting Place: Pisgah Inn parking lot near convenience store at 9:30 AM.

This loop hike is a variation of Hike #436. We hike the MST through the historic Buck Springs Lodge site, then up Mt. Pisgah. After lunch, we will head down and turn right on the campground trail back to the cars. The last 1/2 mile to the top of Mt. Pisgah is steep and rocky. Topo(s): Dunsmore Mtn., Cruso

ALL-DAY WEEKEND HIKES

All-day hikes submitted by Bruce Bente, 828-692-0116, bbente@bellsouth.net. **Due to COVID-19, all hikes have a limit of 15 hikers unless stated otherwise. Contact leader for reservation.** Driving distance is round trip from the first meeting place. All hikes assemble at the location described for that hike. Some hikes will have second meeting places, and starting times may vary.

Sunday No. A2202-938 **April 3**
Waterrock Knob to The Pinnacle **8:00 AM**
Hike 9.2, Drive 90, 1560 ft. ascent, Rated A-A,
SB6K

Mike Knies, 828-628-6712, knies06@att.net
Only Meeting Place: Home Depot off Exit 44 of I-40. This hike will begin from the Waterrock Knob lower parking lot and continue along a

rough trail, passing Yellow Face and mega rock formations, and on to the spectacular view from Blackrock Mtn. From there we will descend a bit and then hike out to even more spectacular views of craggy Pinnacle Park. We will then backtrack a short distance before descending steeply to our vehicles at the Fisher Creek Trailhead. 30-minute car shuttle. If the parkway is closed, another hike will be announced. Topo(s): Sylva North

Saturday No. A2202-529 **April 9**
Fletcher Fields and Spencer Branch **10:00 AM**

Hike 8, Drive 40, 400 ft. ascent, Rated B-C,
P400

Carroll Koepplinger, 828-667-0723,
cell: 828-231-9444, cakoep29@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Ingles on NC 191/280 N end of parking lot in front of the Pardee Urgent Care at 10:15 AM.

Follow Fletcher Field Trail to East Fork, in and out on Spencer Branch to Hendersonville Reservoir and back to cars.

Topo(s): Dunsmore Mtn.

Sunday No. A2202-142 **April 10**
Jerry Miller Trail to A.T. **8:00 AM**

Hike 10 Drive 92, 2400 ft. ascent, Rated A-AA,
AT-MST

Tish Desjardins, 828-380-1452,
desraylet@aol.com

First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Form carpools and meet leader at second meeting place.

Second Meeting Place: Corner of US 25/70 & NC 208 at 8:30 AM.

We'll hike up the Jerry Miller Trail to Bearwallow Gap, then right on the A.T. to Big Firescald Knob for lunch and exceptional views. We'll return on the Jerry Miller Trail.

Topo(s): Greystone

Sunday No. A2202-454 **April 17**
Porters Creek Trail **8:30 AM**

Hike 7.6, Drive 160, 1500 ft. ascent, Rated B-B,
900M

Danny Bernstein, 828-450-0747,
dannyhiker@gmail.com

First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Pilot Truck Stop off Exit 24 of I-40 at 9:00 AM - but contact leader first.

This trail in Great Smoky Mountains National Park is famous for its wildflower displays in March and April. 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 (we hope) and a rushing creek. This hike is #25 of the 100 Favorite Trails. CMC members only, no guests. You must be fully vaccinated against the COVID-19 virus.

Topo(s): Mt Le Conte

Saturday No. A2202-548 **April 23**
Sams Gap to Big Bald **8:00 AM**

Hike 13, Drive 50, 3300 ft. ascent,
Rated AA-AA+, **AT-MST**
Judy Magura, 828-606-1490,
quilter290@gmail.com and Jim Magura,
828-606-3989, jqs290@gmail.com

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Form carpools and meet leaders at the trailhead. Follow A.T. north from Sams Gap to Big Bald, then reverse direction to start point. Beautiful views along the way! This hike is #46 of the 100 Favorite Trails.
Topo(s): Sams Gap

Sunday No. A2202-406 **April 24**
Club Gap to Clawhammer Mtn. **8:30 AM**

Hike 7.5, Drive 75, 2300 ft. ascent, Rated B-AA,
P400

Lorraine Bernhardt, 828-699-8857,
lsbernhardt50@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leaders at the trailhead.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.

We will climb from the Pink Beds (FS 477) to Club Gap. Then we take the Black Mountain Trail, climbing through Buckhorn Gap and along the ridge to the overlook at Clawhammer Mountain for lunch and 180-degree views. This hike is #66 of the 100 Favorite Trails.

Topo(s): Pisgah Forest, Shining Rock

Monday No. A2202-954 **April 25**
Clingmans Dome to Fontana Lake **7:00 AM**

Hike 22, Drive 160, 1100 ft. ascent, Rated AA-B,
900M

Mike Knies, 828-628-6712, knies06@att.net

Only Meeting Place: Home Depot off Exit 44 of I-40. This hike is a fabulous opportunity to have a great hike (mostly downhill 5500 ft.) on trails that are logistically very difficult to reach. Mike Knies and others are planning a boat/bus combination between Clingmans Dome and Proctor via either the Hazel Creek or Welch Ridge/Cold Spring Trails with the Margaret Stevenson Hiking Group and the Smoky Mountain Hiking Club. A boat charter will be organized to pick up hikers at the Hazel Creek boat launch and transfer to Cable Cove, where a bus will be chartered to take hikers back to Clingmans Dome. It will be a "shotgun" start from Clingmans Dome with hikers to be responsible for adjusting their start time to meet the boat pickup time(s) (likely between 5pm and 5:30pm). Option for an additional 3.6 miles to Bone Valley. Cost will depend on the number of hikers but likely to be Boat: \$25+\$5 tip and Bus: \$20 including tip. If interested, please email Mike with your preferred route / Bone Valley option.

Sunday No. A2202-249 **May 1**
Buckeye Gap
and Haywood Gap Trails Circuit 8:30 AM
Hike 9.6, Drive 70, 1950 ft. ascent, Rated A-A,
P400

Wilderness hike, limited to ten hikers, contact leader for reservation.

Henry Kassell, 845-656-5528,
hkassell@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: BRP Cold Mountain Overlook at MM 412 at 9:15 AM.

We'll hike the MST and the Buckeye Gap Trail in the Middle Prong Wilderness, down a ridge-line on an old logging railroad grade and past an old logging camp. At the junction with the Haywood Gap Trail, we'll turn right down to the lower end of the Haywood Gap Trail, then turn around and hike steeply up alongside Haywood Gap Stream to Haywood Gap. Note: This hike can be tougher than it appears, with a steep downhill and arduous uphill, and three possibly wet crossings. Short car shuttle.

Topo(s): Sam Knob

Saturday No. A2202-172 **May 7**
John Rock Loop Hike 10:00 AM
Hike 6.2, Drive 60, 1300 ft. ascent, Rated B-B,
P400, WC100

Barbara Morgan, 828-460-7066,
barbc129@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Fish Hatchery off FS 475 at 10:30 AM.

This moderate loop hike, with good views from John Rock, starts at the Fish Hatchery parking lot. We will do a loop hike, using the Cat Gap and John Rock Trails. This hike is #61 of the 100 Favorite Trails.

Topo(s): Shining Rock

Sunday No. A2202-089 **May 8**
Lemon Gap to Max Patch 8:00 AM
Hike 10.8, Drive 100, 1600 ft. ascent,
Rated A-A, **AT-MST**

Michael Cornn, 828-458-1281,
mwcornn@gmail.com and Kathy Cornn/Kyle,
828-458-1282, katherinenkyle@gmail.com

First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Pilot Truck Stop off Exit 24 of I-40 at 8:30 AM - but contact leader first.

Early May is a good time to see a beautiful display of white trilliums blooming along the trail. We'll see the A.T. shelter built by the CMC along a beautiful section of the A.T. We will begin at Lemon Gap, have lunch on top of Max Patch with its beautiful views and return to our cars at Lemon Gap. This hike is #40 of the 100 Favorite Trails.

Topo(s): Hot Springs

Sunday No. A2202-839 **May 15**
Pink Beds, S. Mills River,
Soapstone Ridge loop 8:30 AM

Hike 9, Drive 70, 1350 ft. ascent, Rated B-B,
P400

Bruce Bente, 828-692-0116,
cell: 828-699-6296, bbente@bellsouth.net

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.

We'll do a long loop, starting with parts of the Pink Beds Loop and S. Mills River Trails, and returning via Soapstone Ridge, left at Barnett Branch Trail, right onto an old road and past the old steam locomotive.

Topo(s): Pisgah Forest, Shining Rock

Sunday No. A2202-862 **May 22**
Cove Creek Gap - Hemphill Bald 8:00 AM
Hike 12.3, Drive 90, 2740 ft. ascent,
Rated AA-AA, **900M**

Donna Lanning, 828-684-7083,
cell: 828-606-7956, dblanning@bellsouth.net

Only Meeting Place: Home Depot off Exit 44 of I-40. Follow Cataloochee Divide Trail, with great views of valleys and distant mountains to Double Gap, and continue straight on Hemphill Bald Trail to Hemphill Bald. Return on same trails, but turn right onto Ferguson Cabin Trail past the cabin, and turn right onto road to the gate where the shuttle car will be waiting. *Hike limited to ten hikers.*

Topo(s): Cove Creek Gap

Saturday No. A2202-239 **May 28**
Craggy Gardens Picnic Area
to Craven Gap 8:30 AM
Hike 10.2, Drive 30, 1800 ft. ascent, Rated A-A,
AT-MST

Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. An MST hike with good views, varied forest terrain and many wildflowers. We will hike over Lane Pinnacle, past the Rattlesnake Lodge site, and then do an easy 4-mile section

with little elevation change. Car shuttle.
Topo(s): Craggy Pinnacle

Sunday No. A2202-950 **May 29**
Fork Ridge - Noland Divide 8:00 AM

Hike 15.7, Drive 140, 3400 ft. ascent,

Rated AA-AA+, **900M**

Cindy McJunkin, 828-712-9646,
mcjfive@aol.com

First Meeting Place: Home Depot off Exit 44 of I-40. Form carpools and meet leader at second meeting place.

Second Meeting Place: Maggie Valley Post Office at 8:30 AM.

We will have more than 14 hours of daylight to do this challenging and diverse hike on our yearly joint hike with Smoky Mountain Hiking Club. We will begin in a spruce-fir forest, passing through stands of unlogged red spruce, dense rhododendron and laurel and into the lush forest along Deep Creek. Although the hike descends and then climbs nearly 3500 ft., we will be distracted and delighted by the variety of blooms, bird songs and tree canopies along the route. Short car shuttle.

Sunday No. A2202-943 **June 5**
Roundtop Mountain Loop
from Sassafras Mountain 8:00 AM

Hike 7, Drive 85, 1010 ft. ascent, Rated B-B

Norm Sharp, 864-268-9409, cell: 864-609-7182,
norm.Sharp@att.net

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at the second meeting place.

Second Meeting Place: Sassafras Tower parking lot at 9:00 AM.

This trip in the Jocassee Gorges on the Palmetto Trail goes through the Carolina Hemlock Loop and features a great view of Rock Mountain. We will see groves of Carolina hemlock being preserved by South Carolina DNR. We will begin at Sassafras Mtn., South Carolina's highest, and see the new overlook there, then follow the Foothills Trail to the Roundtop Mountain Passage of the Palmetto Trail.

Saturday No. A2202-314 **June 11**
Grassy Ridge Mine Overlook to
Red Rock Road 10:00 AM

Hike 6.6, Drive 90, 300 ft. ascent, Rated B-C,

AT-MST

Marcia Bromberg, 828-505-0471, cell 860-798-9905, mwbrromberg@yahoo.com

Only Meeting Place: Home Depot off Exit 44 of I-40. Have you ever wanted to hike that long MST ridge down to Balsam Gap? Here is your chance in the downhill direction, enjoying the views along the way. NOTE: 1800' descent along good trail. Car shuttle.

Topo(s): Hazelwood

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



Sunday No. A2202-343 **June 12**
Mount Mitchell Loop
via Commissary Ridge **8:30 AM**
 Hike 7, Drive 65, 1500 ft. ascent, Rated B-B,
SB6K
 Karen Lachow, 703-395-5879,
 heyk127@hotmail.com
Only Meeting Place: Back parking lot of Folk
 Art Center. We will hike from the Ranger Station
 to the summit via Old Mitchell Road Trail and
 return via the Commissary Ridge Trail and Camp
 Alice Road. We'll enjoy the view from the Mount
 Mitchell observation platform. This is #88 of the
 100 Favorite Trails.
 Topo(s): Mt. Mitchell

Sunday No. A2202-566 **June 19**
Roans in Bloom **8:00 AM**
 Hike 7.6, Drive 130, 1500 ft. ascent, Rated B-B,
SB6K
 Becky Smucker, 828-231-2198,
 bjsmucker@gmail.com
First Meeting Place: 160 Zillicoa St. (USFS
 parking lot) off Exit 25 of I-26.
Second Meeting Place: Ingles on US 19E
 (Burnsville) at far right side at 8:30 AM.
 A beautiful A.T. hike with some of WNC's finest
 views. Expect to see flame azaleas, rhododen-
 drons and possibly 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.). This hike
 is #100 of the 100 Favorite Trails.
 Topo(s): Bakersville, Carvers Gap

Saturday No. A2202-061 **June 25**
Wilson Lick Ranger Station
to Wayah Bald **8:30 AM**
 Hike 6, Drive 160, 1100 ft. ascent, Rated C-B,
AT-MST
 Henry Kassell, 845-656-5528,
 hkassell@gmail.com
Only Meeting Place: Home Depot off Exit 44
 of I-40. This shorter version of CMC hike #61 is
 #8 of the 100 Favorite Hikes. It will begin at the
 historic CCC-era Wilson Lick Ranger Station,
 hike up the A.T. to the Wayah Bald observation
 tower and return via the same route. This hike is
 #8 of the 100 Favorite Trails.
 Topo(s): Wayah Bald

Sunday No. A2202-228 **June 26**
Sunburst Campground
to Mt. Hardy **8:30 AM**
 Hike 8.5, Drive 70, 3890 ft. ascent,
 Rated B-AA+, P400, SB6K
 Les Love, 828-230-1861,
 lesrlove55@gmail.com and Catherine Love,
 828-658-1489, catmllove2@gmail.com

*Wilderness hike, limited to ten hikers, contact
 leader for reservation.*

Only Meeting Place: Asheville Outlets parking
 lot behind Waffle House off Exit 33 of I-26. This
 strenuous variation of hike #228 will start at
 Sunburst Campground on NC 215 on the Green
 Mountain Trail. After an initial very steep mile,
 the climb slackens and we cross over Green
 Knob with spectacular views of Sam Knob,
 Shining Rock, and other peaks. Then it's on to
 the summit of Mt. Hardy at 6110 ft. We'll then
 get on the MST and take it to the parking area
 where the trail crosses NC 215. Car shuttle.
 Topo(s): Sam Knob

HALF-DAY SUNDAY HIKES

Newcomers are welcome, but non-members
 MUST call the leader before the hike to deter-
 mine the requirements. Half-day hikes submit-
 ted by Lee Silver, 828-668-7147, mhssrunning@
 yahoo.com. **Due to COVID-19, all hikes have
 a limit of 15 hikers unless stated otherwise.**
Contact leader for reservation. Driving dis-
 tance is round trip from the first meeting place.
 Hikes assemble at the location described for
 that hike. Some hikes will have second meeting
 places, and starting times may vary. **Times listed
 are departure times – arrive early.**

Sunday No. H2202-951 **April 3**
Deep Creek Waterfalls Loop **11:00 AM**
 Hike 5.5, Drive 62, 1200 ft. ascent, Rated C-B,
900M
 Karen Lachow, 703-395-5879,
 heyk127@hotmail.com
Only Meeting Place: Home Depot off Exit 44
 of I-40. *Limit of 15 hikers. Contact hike leader
 via email for reservations.* This lovely hike is a
 loop beginning from Deep Creek Campground
 entrance of GSMNP. We will hike along the
 water and visit 3 waterfalls, following the Deep
 Creek Trail, Juney Whank Falls Loop Trail, Loop
 Trail and Indian Creek Trail. Hopefully there will
 be many early wildflowers along the way. This is
 a new hike designed to meet the requirements of
 hike #18 of the 100 Favorite Trails.

Sunday No. H2202-431 **April 10**
Explorer Trailhead to MST
to Sleepy Gap and Return **11:00 AM**
 Hike 5, Drive 12, 900 ft. ascent, Rated C-C,
P400
 Dick Zimmerer, 828-785-9593,
 dd1zz@yahoo.com
Only Meeting Place: Asheville Outlets park-
 ing lot behind Waffle House off Exit 33 of I-26.
*Limit of 15 hikers. Contact hike leader via email
 for reservations, informing me of vaccination
 status.* Form carpools (if vaccinated) and drive to
 trailhead. (If not vaccinated, please still meet at
 the designated place but plan to drive alone to the

trailhead.) 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): Skyland; also USFS Bent Creek Trail
 Map

Sunday No. H2202-447 **April 17**
Mount Pisgah Parking Area
to Beaver Dam Overlook **1:00 PM**
 Hike 6.5, Drive 35, 970 ft. ascent, Rated B-C,
AT-MST, P400
 Bruce Bente, 828-692-0116, cell: 828-699-6296,
 bbente@bellsouth.net
Only Meeting Place: BRP French Broad
 Overlook at MM 393.8. *Limit of 15 hikers.*
Contact hike leader via email for reservations.
 This shorter version of hike #447 will cover 6.5
 miles on the MST, beginning with one ascent,
 followed by a mostly downhill trail. Many wild-
 flowers will be in bloom, possibly including yel-
 low ladyslippers. Car shuttle.
 Topo(s): Cruso

Sunday No. H2202-490 **April 24**
Bull Gap to just past
Lunch Rock on MST **10:30 AM**
 Hike 5.4, Drive 14, 800 ft. ascent, Rated C-C,
AT-MST
 Bobbi Powers, 828-667-5419,
 bobbipowers23@gmail.com
Only Meeting Place: Back parking lot of Folk
 Art Center. *Limit of 15 hikers. Contact hike
 leader via email for reservations.* This part of the
 MST is a lush wildflower habitat in spring. Our
 goal will be spotting several dozen varieties of
 bloomers if our timing is right. Short car shuttle.
 Topo(s): Craggy Pinnacle, Oteen

Sunday No. H2202-855 **May 1**
Bluff Mountain Loop Trail (Betty Place)
FS#285B wildflower extravaganza 10:30 AM
 Hike 4, Drive 10, 850 ft. ascent, Rated C-C
 Jack Dalton, 828-622-3704, cell: 404-376-5785,
 jckdalton9@gmail.com
First Meeting Place: 160 Zillicoa St. (USFS
 parking lot) off Exit 25 of I-26.
Second Meeting Place: Medical Center parking
 lot at 66 NW US 25-70 (Hot Springs) at 11:30
 PM.
*Limit of 15 hikers, contact hike leader via email
 for reservations.* Driving distance from Asheville
 is 85 miles round trip. 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 commu-
 nity 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 streams. We

hope to have an ecologist join us in this very rich area. Expect numerous stops on this wildflower excursion.

Topo(s): Lemon Gap

Sunday No. H2202-882 **May 8**
Panthertown Valley Loop - East 8:30 AM
Hike 5.5, Drive 110, 910 ft. ascent, Rated C-C,
WC100

Tom Lucha, 828-696-9117, cell: 828-712-0736,
luchat@bellsouth.net

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.

Limit of 15 hikers. Contact hike leader via email for reservations. This loop hike will take us to two waterfalls and one outstanding summit with beautiful views. We will begin on Panthertown Valley Trail to Schoolhouse Falls. We will proceed up Little Green Mountain Trail to Tranquility Point and great views. We will then take the Mac's Gap Trail through the pine forest to Granny Burrell Falls. We will then make our way to Panthertown Valley Trail for our trip back to the trailhead. This hike is #14 of the 100 Favorite Trails.

Topo(s): Big Ridge, Lake Toxaway

Sunday No. H2202-004 **May 15**
Glassmine Falls Overlook to
Graybeard Overlook and Return 10:00 AM
Hike 5, Drive 55, 1100 ft. ascent, Rated C-B,
AT-MST

Marcia Bromberg, 828-505-0471,
cell: 860-798-9905, mwbromberg@yahoo.com

Only Meeting Place: Back parking lot of Folk Art Center. *Limit of 12 hikers. Contact hike leader via e-mail for reservations.* This variation of CMC hike #4 will be an in-and-out hike. A lovely ramble and an enjoyable Sunday hike on the MST with great views and, at this time of year, a wide variety of wildflowers.

Topo(s): Montreat

Sunday No. H2202-910 **May 22**
Rocky Fork - Flint Creek 10:00 AM
Hike 5.5, Drive 70, 1000 ft. ascent, Rated C-C
Linda Blue, 828-296-7537, cell: 828-273-6696,
lgblue@bellsouth.net

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. *Limit of 15 hikers. Contact hike leader via email for reservations.* This in-and-out creekside hike is in the Lamar Alexander Rocky Fork State Park in TN. From the park entrance, we will hike up Rocky Fork Rd., then follow the Flint Creek Trail up to the junction with the A.T. access route and return. All of the water crossings on this route along Flint Creek Trail have now been bridged. This

modification of hike #910 will not include the final steep climb to the A.T. Topo(s): Flag Pond

Sunday No. H2202-172 **May 29**
John Rock Loop Hike 11:00 AM
Hike 5.7, Drive 60, 1300 ft. ascent, Rated C-B,
P400, WC100

Barbara Morgan, 828-460-7066,
barbc129@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Fish Hatchery - Pisgah Forest at 11:30 AM - but contact leader first.

Limit of 15 hikers. Contact hike leader via email for reservations. This moderate loop hike, with good views from John Rock, starts at the Fish Hatchery parking lot. This hike is #61 of the 100 Favorite Trails.

Topo(s): Shining Rock

Sunday No. H2202-145 **June 5**
Cherry Cove to Bridges Camp Gap 11:00 AM
Hike 4, Drive 45, 500 ft. ascent, Rated C-C,
AT-MST, P400

Carroll Koeplinger, 828-667-0723,
cell: 828-231-9444, cakoepl29@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: BRP Cold Mountain Overlook at MM 412 at 11:30 AM - but contact leader first.

Limit of 15 hikers. Contact hike leader via email for reservation. We will park at the Cherry Gap Overlook, hike the MST to just beyond Bridges Camp Gap, then turn left onto the blue-blazed connector trail to the Looking Glass Overlook. Car shuttle.

Topo(s): Shining Rock

Sunday No. H2202-068 **June 12**
Big Butt/ Little Butt
from Balsam Gap 10:30 AM

Hike 6, Drive 45, 1650 ft. ascent, Rated C-A

Judy Magura, 828-606-1490,
quilter290@gmail.com and Jim Magura,
828-606-3989, jqs290@gmail.com

First Meeting Place: Back parking lot of Folk Art Center.

Second Meeting Place: Balsam Gap at 11:00 AM. Form carpools and meet the hike leaders at second meeting place.

Limit of 15 hikers. Contact hike leader via email for reservations. (Balsam Gap at MM 359.8). This moderate in-and-out hike will be at over 5000-foot elevation. There are three climbs: to Point Misery and Little Butt (steep) on the way in, and to Point Misery on the return. The hike goes through a northern hardwood/spruce forest with excellent views of the Black Mountains. This is hike #86 of 100 Favorite Trails.

Topo(s): Montreat

Sunday No. H2202-043 **June 19**
Frying Pan Tower 11:00 AM

Hike 4, Drive 30, 950 ft. ascent, Rated C-C,
P400, LTC

Ron Navik, 585-662-8047,
ron.navik@gmail.com

Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. *Limit of 15 hikers. Contact hike leader via email for reservations.* This is an in-and-out hike with some significant ups and downs. It starts at the Mount 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. It passes through a spectacular display of late spring wildflowers and provides panoramic views from the fire tower. Optional car shuttle can be arranged.

Topo(s): Cruso

Sunday No. H2202-493 **June 26**
Cold Knob, Pine Mountain
and Double Head 9:30 AM

Hike 3.9, Drive 20, 910 ft. ascent, Rated C-C,
P400

William Snow, 857-756-3815,
billsnow123@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: BRP Bad Fork Valley Overlook at MM 399.7 at 10:30 AM - but contact leader first.

Limit of 15 hikers. Contact hike leader via email for reservations. We will start at the Bad Fork Valley Overlook and hike to the Cold Knob Boundary Trail up to Cold Knob. We will continue on to Pine Mountain and then to Double Head on the Brushy Ridge trail for lunch and then return. This is a portion of hike #493 along the ridge line, with views of Mount Pisgah.

Topo(s): Dunsmore Mtn.



Paula Robbins, 1935-2022

Paula Robbins, a long-time CMC member, passed away February 19th. Paula's love of nature was demonstrated through her many outdoor activities, prime of which was hiking. Before moving to North Carolina she was an active member of the Appalachian Mountain Club in New England where she climbed all of the 48 mountains over 4,000 in the White Mountains of New Hampshire. After moving to Asheville and joining the

CMC she became a hike leader for the club and was the Sunday half-day scheduler for many years. She also led her own small hiking group called the Bent Creek Harriers. In 2011 Paula moved to Givens Estates where she quickly came to enjoy the trail system running through the campus. Given her love of nature it's not surprising that Paula choose a natural burial at Carolina Memorial Sanctuary in Mills River. Family and friends participated in a very moving memorial and burial service. If you'd like to honor Paula you can make a donation to the North Carolina Arboretum in her memory.

NEXT CMC COUNCIL MEETING

When: May 10, 2022
Where: Please check Breaking News in May
Time: 6:00 - 9:00 PM
Info: Call Tom at 828-785-3646 if you would like to attend. All CMC members are welcome.



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

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. **Due to COVID-19, all hikes have a limit of 15 hikers unless stated otherwise. Contact leader for reservation.** 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. 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 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.

CAROLINA MOUNTAIN CLUB OFFICERS

President: Tom Weaver, 828-785-3646, president@carolinamountainclub.org
Vice-President: Les Love, 828-658-1489, cmcvp@carolinamountainclub.org
Secretary: Karen Lachow, 703-395-5879, secretary@carolinamountainclub.org
Treasurer: George Bauernfeind, 502-724-5714, treasurer@carolinamountainclub.org

Immediate Past President:
Debby Jones, 404-731-3119, pastpresident@carolinamountainclub.org
Councilor for Communications:
Stuart English, 828-384-4870, communications@carolinamountainclub.org
Councilor for Conservation:
Mike Fisher, 781-883-6938, conservation@carolinamountainclub.org
Councilor for Education and Community Outreach:
Jeff Wilcox, 828-232-5184, jwilcox@unca.edu
Councilor for Hiking:
Brenda Worley, 828-684-8656, hiking@carolinamountainclub.org
Councilor for Membership:
Jan Onan, 828-606-5188, membership@carolinamountainclub.org
Councilor for Trail Maintenance:
Todd Eveland, 847-341-1536, TrailsMtc@carolinamountainclub.org
Councilor for Technology:
Jim Magura, 828-606-3989, hikingtech@gmail.com
Councilor at Large:
Sarah Broughton, 828-564-3662, CouncilorLarge_2@carolinamountainclub.org
Councilor at Large:
Bill Sanderson, 828-712-4613, recurvearher57@charter.net