



COUNCIL CORNER

The revised CMC By-Laws approved by the membership at the Annual Meeting last year included a new Council position—Councilor for Technology. I proposed this position and, at that meeting, was elected to fill it. So why do we need this position and what is it? While we have an ongoing relationship with Stratos Digital, the company that designed and maintains our website we, the members, are responsible for web content and for making sure problems that arise are addressed in a timely manner. Similarly, while super-volunteer Tim Carrigan designed and maintains the member and trail maintenance data bases, we strive to resolve as many issues as possible without calling on his time. The Councilor for Technology's primary role is to "triage" web and data base problems and either resolve them him/herself, refer them to another member or, when necessary, refer them to Stratos or Tim for resolution. The Councilor is also responsible for updating and adding to web content—either individually or in coordination with other members. Finally, the Councilor for Technology will take a leadership role when major changes to our technology resources are required. Over the past ten years the CMC has come to depend more and more on technology to serve and interact with members and the public; this new position acknowledges that dependence and the importance of technology to the Club.



— Marcia Bromberg



Eleventh annual Spring Social is a hit

by Bobbi Powers

The 11th edition of CMC's Spring Social was perfect from start to finish – sunny, 2 well-attended hikes, the traditional Bubba's BBQ meal accompanied by a slide show of members' photos, and an excellent program.

As the social hour wound down, Les Love welcomed the crowd and announced that Gov. McCrory has appointed Tom Weaver to the NC Trails Committee. Quite an honor, Tom! He then introduced President Barbara

Morgan, who in turn introduced our honored guests: Tyrone Brandyburg, Supt. of Carl Sandburg National Historic Site; Christine Hoyer, Backcountry Management Specialist in GSMNP; Clay Jordan, Deputy Supt. GSMNP; Mark Woods, Supt. of the Blue Ridge Parkway; and Lizzie Watts, Supt. of Andrew Johnson National Historic Site and Cemetery in Greenville, TN.

Next were two surprise awards: Lenny Bernstein announced the Award of Appreciation to Steve Pierce for his successful 2-year project to re-create "100 Favorite

Hikes," a project commissioned by Great Smoky Mountains Assoc. This was a monumental task, and for that we owe Steve a huge debt of gratitude. Barbara Morgan, in turn, with Council's blessing, awarded Lenny a Lifetime Membership for his many leadership roles with CMC.

Danny Bernstein put together the program, starting by talking about her 3-year journey to visit all 71 national park units in the Southeast. After showing a brief video, she read a bit



From left, seated are Lizzie Watts, Superintendent of Andrew Johnson National Historic Site, Mark Woods, Superintendent of the Blue Ridge Parkway, Tyrone Brandyburg, Superintendent of Carl Sandburg Home National Historic Site, Clay Jordan, Deputy Superintendent of Great Smoky Mountains National Park, Christine Hoyer, Backcountry Management Specialist at Great Smoky Mountains National Park. Standing is Danny Bernstein.

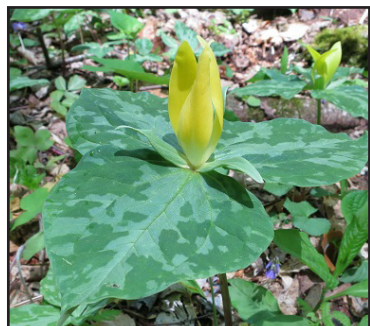
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Rube Rock and Groundhog Creek Trails

The Rube Rock and Groundhog Creek Trail system is a scenic U-shaped trail in the Harmon Den area of N.C., five miles from the TN state line and about 6 miles long. It begins and ends at the A.T., allowing a loop hike. It offers an alternate side trail for A.T. hikers since it begins and ends at the A.T.

Egon Fricke, an experienced CMC hiker, showed me this trail system in the 1990s. Since then, other hike leaders and I have had the pleasure of leading this hike (CMC #560) many times, and showing its beauty to other hikers.

The route of the CMC hike has changed over the years. Originally, we parked in a large parking area off I-40 just before a locked gate to a FS road, and hiked up to the intersecting point between Rube Rock and Groundhog Creek Trails. This access point was also used by fishermen to access Groundhog Creek. We



Yellow Toad Trillium

then hiked up Groundhog Creek Trail to the A.T., turned right onto the A.T. and followed it to the intersection with Rube Rock Trail. The hike then turned right onto Rube Rock Trail, followed it down to the end, and then turned left and back down to the parking area.

About 2010, a guard rail was installed along I-40 at this point, making access to the trails impossible and causing a rerouting of CMC hike #560. After this time, the hike route began and ended at Brown Gap, on the NC-TN state line.

The status of this trail system has been questioned recently by the Appalachian Ranger District. The FS from time to time has expressed a desire to decommission the trails. CMC and fishermen have objected to this. In order to keep the trails open, CMC has previously committed to maintain the trails, but the long distance to the trails (45 miles from Asheville to Brown Gap) has made it difficult to provide maintenance. In 2012-13, a group of eleven volunteers spent seven workdays clearing the trails, and a crew of four maintainers spent a day in 2016 clearing most

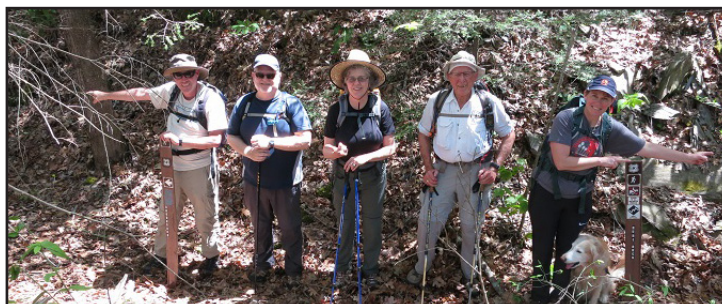


CMC hikers enjoying the Rube Rock trail in April.

of the trail complex for two CMC hikes in April 2016. The future of these trails is in question since it requires a special team of volunteers each time.

Two hikes (CMC #560) were led on the Rube Rock – Groundhog Creek – A.T. loop by CMC in April 2016, with 20 hikers enjoying the trails.

-Reported by Bruce Bente 5/2/16



This is where the Rube Rock Trail ends and Groundhog Creek begins (or vice versa). The hikers at the ends are holding the appropriate trail wands and pointing in the direction of that hike. Photos by Bruce Bente.

Archives on display at UNCA

by Rocko Smucker

As part of the reorganization of the Carolina Mountain Club's archives, a number of items have been retrieved from boxes and are being displayed. CMC trail maintenance, challenge, celebration, and partners' organization patches have been framed and hung in the reading area of the UNCA Special Collections and University Archives located in the D. H. Ramsey Library.

This summer, books donated from CMC authors will be catalogued and then shelved as part of the University of North Carolina archive library collection. These include works from Danny and Lenny Bernstein, Allen de Hart, Jennifer Pharr Davis, Peter Barr, Walt Weber, Heather Housekeeper, Dossey and Hillyer, and Marci Spencer.

The CMC archives are being organized in the following areas: History, Administration, and Club Functions-Hiking-Trail Maintenance-Conservation. There are 25+ boxes of documents, photographs, journals, and publications.

Features of Carolina Mountain Club history have been posted on the CMC eNews and can be viewed at <http://rockocmchistory.blogspot.com/>

This summer until the beginning of the fall semester, the UNCA Special Collections room is open by appointment only.



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, lesrlove55@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, lesrlove55@gmail.com

Folk Art Center to Black Mtn. Campground

John Whitehouse, johnwhitehouse@ccvn.com

HIKE SCHEDULE Third 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

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, pjbar@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, pjbar@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, sue-jackfitz@bellsouth.net

A.T.-MST For hiking the combined 228 miles of the A.T. and the MST on sections maintained

YOUTH PARTNER CHALLENGE HIKES

The Youth Partnership Challenge is designed to introduce youth to fun and educational hiking experiences. Hikes are open to CMC members as well as newcomers. **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 any location listed in the schedule.

Youth Partnership No. Y1603-319 **Jul. 2**
Holmes State Educational Forest 9:00 AM
Hike 2, Drive 75, 1000 ft. ascent, Rated C-C
Kay Shurtleff, 828-749-9230, cell: 828-280-3226, kshurtleff@msn.com

YPC Hikers can: 1) meet at Westgate at 9:00 AM to form carpools; 2) meet families, youth leaders, youth and the hike leader at Cracker Barrel in Hendersonville (park near Upward Rd.), off Exit 53 of I-26 at 9:30 AM, or 3) Meet at Holmes State Forest at 10:00 AM. Holmes State Forest offers hikes that kids will enjoy. We will hike the Talking Trees Trail, on which the trees will tell about their identification and interesting facts. The second trail that we will hike is the Crab Creek Trail, which features a helicopter, tractor and fire tower. Topo(s): Standingstone Mountain; also Holmes Educational State Forest Map

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.

Remaining workdays for 2016 are 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 (lesrlove55@gmail.com) to verify date.

Youth Partnership No. Y1603-453 **Sep. 24**
Max Patch Loop *9:00 AM

Hike 4.4, Drive 100, 800 ft. ascent, Rated C-C
Jan Onan, cell: 828-606-5188, janonan59@gmail.com

YPC, AT-MST *First meeting place: Home Depot off Exit 44 of I-40. CMC will partner with the Appalachian Trail Conservancy for this hike on National Public Lands Day. Learn a bit about the A.T. as you hike through one of the most beautiful places on the A.T. Hike through open meadows, shaded forest and across a small stream. Max Patch bald is a good place to bring and fly a kite (weather permitting). **Note: Please contact leader to inform her about the number of youth in your group. Wear sturdy shoes and bring plenty of water, snacks and a bag lunch. Second meeting place: Pilot Truck Stop off Exit 24 of I-40 at 9:20 AM.** Topo(s): Lemon Gap; also PNF Harmon Den & Hot Springs Area Trail Maps

WEDNESDAY HIKES

Wednesday hikes submitted by Brenda Worley, 828-684-8656, bjdworley@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; start times vary. *Times listed are departure times – arrive early.*

Wednesday No. W1603-231 **Jul. 6**
Cane River Gap to Point Misery 8:30 AM
Hike 9.5, Drive 60, 2800 ft. ascent, Rated A-AA
Carroll Koepplinger, 828-667-0723, cell: 828-231-9444, cakoep29@gmail.com
After a steep ascent to the ridgeline, we will enjoy one of the best views of the entire Black Mountain range and a hike along a narrow ridgeline trail. Topo(s): Mount Mitchell

Wednesday No. W1603-493 **Jul. 13**
Pine Mountain Loop II *8:30 AM
Hike 9.5, Drive 29, 2400 ft. ascent, Rated A-AA
Barbara Morgan, cell: 828-460-7066, barbc129@gmail.com

P400 *Only meeting place: Toys-R-Us parking lot off NC 191 across from Asheville Outlets. An in-and-out hike up to Pine Mountain from the Bent Creek side via Explorer Loop, Chestnut Cove Trail, and MST. Bushwhack up to Pine Mountain from BRP, then down the other side to MST; down Ruth's Ridge and Lower Sidehill Trail to cars. A nice mix of trails, some bushwhacking, and wonderful views at the lunch spot on Double Head. Topo(s): Dunsmore Mountain, NatGeo Map #780

Wednesday No. W1603-337 **Jul. 20**
Shining Rock from Black Balsam *8:00 AM
Hike 11, Drive 65, 1500 ft. ascent, Rated A-B
Randy Fluharty, cell: 828-423-9030, rfluharty54@gmail.com

P400, SB6K *Wilderness hike, limited to ten hik

ers—contact leader for reservation. We'll take the Art Loeb Trail from FS 816 to Shining Rock (6040 ft.), climbing Black Balsam (6214 ft.), Tennesse Mountain (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 Mountain to Cold Mountain. We'll return via the Investor Gap Trail to get a different perspective on the same area. **Second meeting place: BRP Cold Mountain Overlook at 8:30 AM.** Topo(s): Shining Rock, Sam Knob; also NatGeo map #780

Wednesday No. W1603-135 **Jul. 27**
Mt. Mitchell - Potato Hill *8:30 AM
Hike 9, Drive 70, 3000 ft. ascent, Rated B-AA
Gregory Bechtel, cell: 864-607-2645,
gabechtel@yahoo.com
SB6K *First meeting place: Folk Art Center, back parking lot. Strenuous hike! We will enjoy the great views as we hike the ups and downs of the Black Mountain Crest Trail as far as Potato Hill for lunch, return via the same route, then walk the Balsam Nature Trail. **Second meeting place: Craven Gap at 8:45 AM.** Topo(s): Mount Mitchell; also USFS S. Toe River, Mt. Mitchell & Big Ivy map RG355 and NatGeo Map #779

Wednesday No. W1603-250 **Aug. 3**
Douglas Falls-Locust Ridge Circuit *9:00 AM
Hike 8, Drive 60, 2200 ft. ascent, Rated B-AA
Gregory Bechtel, cell: 684-607-2645,
gabechtel@yahoo.com
SB6K *Only meeting place: Folk Art Center, back parking lot. After viewing Douglas Falls, we'll climb on the MST to the BRP Greybeard Overlook (nice lunch stop with great view). For SB6K fans, a one-mile round-trip side hike to Craggy Dome can be done during our lunch stop. We'll continue on MST through blueberry fields to Locust Ridge, then bushwhack down mostly open woods to cars. Short car shuttle. Topo(s): Montreat and Craggy Pinnacle; also NatGeo map #779

Wednesday No. W1603-469 **Aug. 10**
Craggy Gardens to Bull Gap *8:30 AM
Hike 8.7, Drive 45, 1650 ft. ascent, Rated B-A
Paula Massey, 828-299-0226, cell: 828-989-0003,
massey.paula@gmail.com
AT-MST *Only meeting place: Folk Art Center, lower parking lot. A pleasant hike on the MST starting at Craggy Gardens Visitor Center and featuring Lane Pinnacle and the Rattlesnake Lodge site. Great mountain views. Car shuttle. Topo(s): Montreat

Wednesday No. W1603-447 **Aug. 17**
MST: Mount Pisgah *9:00 AM
to Beaver Dam Overlook
Hike 9, Drive 45, 1700 ft. ascent, Rated B-A
Bruce Bente, 828-692-0116, cell: 828-699-6296,
bbente@bellsouth.net
AT-MST, P400 *Only meeting place: BRP

French Broad Overlook. This moderate hike will start with a round trip up and down Mount Pisgah and will then follow the MST eastbound to Beaver Dam Overlook. Expect good views along the route. Short car shuttle. Topo(s): Cruso. Dunsmore Mountain; also NatGeo Map #780 & MST Profiles pp. 53-55

Wednesday No. W1603-387 **Aug. 24**
Green Knob – *8:30 AM
East Fork Pigeon River
Hike 9, Drive 62, 1912 ft. ascent, Rated B-A
Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com
AT-MST *Only meeting place: French Broad Overlook on BRP. *Wilderness hike, limited to ten hikers—contact leader for reservation.* Beginning near Wagon Road Gap we will follow the MST south over Green Knob and Chestnut Knob, with periodic outstanding views, then descend to the East Fork near Dark Prong and follow one of WNC's most beautiful streams down to US 276. Short car shuttle. Topo(s): Shining Rock

Wednesday No. W1603-265 **Aug. 31**
Pantherdown Prowl *8:00 AM
Hike 8, Drive 120, 1700 ft. ascent, Rated B-A
Steve Pierce, 828-724-4999, cell: 828-442-8482,
steperpierce50@gmail.com
WC100 This moderate loop hike has everything: waterfalls, granite domes with impressive cliffs, high-altitude bogs, a lovely valley floor, and great views from the tops of Little Green and Big Green Mountains. **Second meeting place: Pisgah Forest Bi-Lo at 8:30 AM.** Topo(s): Big Ridge

Wednesday No. W1603-367 **Sep. 7**
FS 816 to Bridges Camp Gap *8:30 AM
via Grassy Cove
Hike 8.3, Drive 65, 1400 ft. ascent, Rated B-B
Laura Frisbie, cell: 828-337-5845,
laurafrisbie@gmail.com
P400, SB6K Leader prefers e-mail contact for reservation. **Wilderness hike, limited to ten hikers—contact leader for reservation.* A favorite hike of many that includes a gorgeous variety of environments. Follow the Art Loeb Trail to Black Balsam and Tennesse Mountain, then descend to Investor Gap, turn right and hike down Grassy Cove Ridge to the Big East Fork of the Pigeon River, then right onto Bridges Camp Trail to MST and Bridges Camp Gap. Note that there is a 3000' descent. Car shuttle. **Second meeting place: BRP Cold Mountain Overlook at 9:10 AM.** Topo(s): Shining Rock; also NatGeo map #780

Wednesday No. W1603-805 **Sep. 14**
History Ramble in the Wasp area *8:00 AM
of Cherokee National Forest
Hike 8, Drive 80, 500 ft. ascent, Rated B-C
Jack Dalton, 828-622-3704, cell: 828-380-0848,
jckdalton9@gmail.com and Marcia Carter,
Ranger
***Form carpools at Westgate and meet**

leader(s) at Hot Springs at the A.T. trailhead (south) adjacent to Laughing Heart Hostel on Serpentine St. at 9:00 AM. Hikers must contact leader to reserve a space on this hike. This hike will be done jointly with CMC and the Hot Springs Mountain Club in the Wasp area of Cherokee National Forest. This "ramble" will take us into the Wasp/Upper Wolf Creek Historic area at the western base of Bluff Mountain. Ranger Marcia Carter of Cherokee National Forest will join us and talk about the history of this classic 19th century Appalachian farming community. Marcia is working on a history of Wasp and has graciously agreed to share her knowledge with us. This will be a rare opportunity for history buffs. There will be old home sites, cemeteries, etc. to visit. We will venture down to the Wolf Creek Falls for our lunch break. Topo(s): Lemon Gap; also NatGeo map #782

Wednesday No. W1603-049 **Sep. 21**
Big Creek to Walnut Bottom *8:30 AM
Hike 10.4, Drive 110, 1300 ft. ascent, Rated A-B
Debby Jones, cell: 404-731-3119,
djones715@aol.com
900M *First meeting place: Home Depot off Exit 44 of I-40. Follow the sight and sound of a spectacular mountain stream through a beautiful forest to the Big Creek bridge just before campsite 37. Features to be enjoyed are the Midnight Hole, Mouse Creek Falls and several rapids. **Second meeting place: Pilot Truck Stop, Exit 24 off I-40 at 9:30 AM, but call leader first.** Topo(s): Waterville, Cove Creek Gap, Luftee Knob, also NatGeo map #317

Wednesday No. W1603-223 **Sep. 28**
Folk Art Center to Ox Creek Road *8:30 AM
Hike 7.5, Drive 20, Rated B-C
Keiko Merl, cell: 828-231-2126,
keikomerk@att.net
AT-MST *Only meeting place: Folk Art Center, back parking lot. An easy, enjoyable hike on a choice part of the Mountains-to-Sea Trail in the vicinity of Asheville. Diversified woods and periodic good views. Though generally uphill, this is not strenuous. Topo(s): Oteen

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. A1603-367 **Jul. 3**
Art Loeb, Grassy Cove Ridge *10:00 AM
to Bridges Camp Gap
Hike 8.3, Drive 65, 1650 ft. ascent, Rated B-A
Laura Frisbie, 828-337-5845,
laurafrisbie@gmail.com

P400, SB6K *First meeting place: Toys-R-Us parking lot on NC 191 across from Asheville Outlets. Wilderness hike, limited to ten hikers—contact leader for reservation. Beginning with a climb up to Black Balsam (6214 ft.) we'll follow the ridgeline to Tennesse Mtn. (6040 ft.) and Investor Gap. Then we'll hike down Grassy Cove Ridge to the Big East Fork of the Pigeon River. Two stream crossings, one or both of which may be wet. From there, we'll hike to Skinny Dip Falls, and then end at Bridges Camp Gap. Car shuttle. **Second meeting place: BRP Cold Mtn. Overlook at 10:40 AM.** Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1603-473 **Jul. 10**
Mt. Mitchell –

Maple Camp Bald Loop **9:00 AM**
Hike 7.5, Drive 70, 1500 ft. ascent, Rated B-B
Michael and Kathy Cornn, cell: 828-281-1282,
mcomrn@aol.com

SB6K We'll do a loop from the Mt. Mitchell parking lot, following the MST/Mt. Mitchell and Buncombe Horse Range Trails to Maple Camp Bald for lunch and great views. From there, we'll backtrack a short distance and climb steeply on the Big Tom Gap Trail (#191-A) up to the Crest Trail, and then return to the trailhead via Big Tom and Mt. Craig. **Second meeting place: Craven Gap at 9:20 AM.** Topo(s): Mt. Mitchell; also PNF South Toe River, Mt. Mitchell & Big Ivy trail map & NatGeo map #779

Saturday No. A1603-068 **Jul. 16**
Big Butt from Blue Ridge Parkway *10:00 AM
Hike 7, Drive 55, 2200 ft. ascent, Rated B-AA
Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com
*Only meeting place: Craven Gap. We will take the Big Butt Trail from Balsam Gap on the BRP, following the ridgeline to Big Butt, a short bushwhack at just under 6000 ft., and return via the same route. We will stop at Point Misery for lunch and views of the Black Mtns. Topo(s): Montreat, Mt. Mitchell; also NatGeo map #779 and PNF South Toe River, MM and Big Ivy maps

Sunday No. A1603-135 **Jul. 17**
Mt. Mitchell – Potato Hill ***8:30 AM**
Hike 9, Drive 70, 3000 ft. ascent, Rated B-AA
Gregory Bechtel, cell: 828-607-2645,
gabechtel@yahoo.com

SB6K *First meeting place: back parking lot of Folk Art Center. Strenuous hike! We will enjoy the great views as we hike the ups-and-downs of the Black Mountains Crest Trail as far as Potato Hill for lunch, return via the same route, then walk the Balsam Nature Trail. **Second meeting place: Craven Gap at 8:45 AM.** Topo(s): Mt. Mitchell; also South Toe/Big Ivy FS map RG355 and NatGeo map #779

Sunday No. A1603-368 **Jul. 24**
Bradley Creek &

Riverside Stream Crossings ***8:30 AM**
Hike 8, Drive 70, 650 ft. ascent, Rated B-C
Carroll Koeplinger, 828-667-0723,
cell: 828-231-9444, cakoep29@gmail.com

P400 *First meeting place: Toys-R-Us on NC 191 across from Asheville Outlets. Come and enjoy the water on a warm summer day. There are about 25 wet stream crossings, but the terrain is almost level and you will enjoy the beauty of the streams and the diverse flora nearby. Plan to hike in shoes/boots that you don't mind getting soaked and use two hiking poles. Car shuttle. **Second meeting place: Ingles parking lot at NC 191 and N. Mills River Rd. at 8:50 AM, but contact leader first.** Topo(s): Pisgah Forest, Dunsmore Mtn.; also NatGeo map #780

Saturday No. A1603-493 **Jul. 30**
Pine Mountain Loop II ***8:30 AM**
Hike 10, Drive 20, 2400 ft. ascent, Rated A-AA
Barbara Morgan, cell: 828-460-7066,
barbc129@gmail.com

P400 *Only meeting place: Toys-R-Us on NC 191 across from Asheville Outlets. Hike up to Pine Mtn. from the Bent Creek side via Explorer Loop, Chestnut Cove Trail and MST. Bushwhack through open woods to our scenic lunch stop atop Pine Mtn., then down to MST, Ruth's Ridge and the Lower Sidehill Trail to cars. Topo(s): Enka, Dunsmore Mtn.; also NatGeo map #780

Sunday No. A1603-357 **Jul. 31**
Pisgah Ridge Loop ***10:00 AM**

Hike 7, Drive 70, 1540 ft. ascent, Rated B-A
Janet Onan, 828-698-3237, cell: 828-606-5188,
janonan59@gmail.com
AT-MST, P400, WC100 *Form carpools at Westgate and meet leader(s) at BRP Cold Mtn. Overlook at 10:40 AM. We'll do a scenic circle of the Graveyard Fields area, using the Pisgah Ridge Trail and MST, with lunch at a beautiful overlook. Then we'll follow the Graveyard Ridge Trail, with a stop for swimming at one of the Yellowstone Falls. Topo(s): Shining Rock, Sam Knob; also NatGeo map #780 and USFS Shining Rock & Middle Prong Wilderness map

Sunday No. A1603-669 **Aug. 7**
NC 215 to Buckeye Gap and Fork Ridge ***8:30 AM**
Hike 10.5, Drive 80, 1500 ft. ascent, Rated A-B
Paul Benson, cell: 828-273-2098,
pdbenson@charter.net

P400 *First meeting place: Home Depot off Exit 44 of I-40. Wilderness hike, limited to ten hikers—contact leader for reservation. We'll hike the MST up to and out Fork Ridge to beyond Green Knob for great views from overlooks along the way. We'll see an unnamed waterfall that is said to be the highest waterfall in the eastern US, and then backtrack on Fork Ridge and follow the MST to Buckeye Gap. Car shuttle. **Second meeting place: BRP Cold Mtn. Overlook at 9:10 AM.** Topo(s): Sam Knob; also NatGeo map #780

Saturday No. A1603-578 **Aug. 13**
Flat Laurel Creek, Little Sam Knob, MST Loop ***10:00 AM**
Hike 7.5, Drive 80, 1000 ft. ascent, Rated B-C
Marcia Bromberg, 828-505-0471,
mwbromberg@yahoo.com
AT-MST *First meeting place: Home Depot off Exit 44 of I-40. This is a pleasant loop trail with views of Sam Knob, Fork Ridge and Flat Laurel Creek. After a short walk along NC 215, we'll hike up the Flat Laurel Creek Trail and have lunch next to the creek. Then we'll hike up to the MST on the Little Sam Trail. After a side trip to Devil's Courthouse to enjoy the views, we'll return to our cars via the MST. **Second meeting place: Gravel parking lot on NC 215 1/4 mile north of BRP at 10:50 AM.** Topo(s): Sam Knob; also NatGeo map #780

Sunday No. A1603-267 **Aug. 14**
Horsepasture River **9:00 AM**
Hike 5.5, Drive 105, 1000 ft. ascent, Rated C-C
Kathleen Hannigan, cell: 828-230-4883,
kathannigan@gmail.com

WC100 Swimming hike! Come to see the Gorges State Park area. We will hike upstream alongside the Horsepasture River to see the waterfalls – Rainbow, Turtleback, Drift and Stairway. Several swimming breaks will be taken. **Second meeting place: Pisgah Forest Bi-Lo at 9:30 AM.** Topo(s): Reid; Also Sierra Club guide to Jocassee Gorges

Sunday No. A1603-181 **Aug. 21**
Black Balsam & Tennesse Mtn. to Graveyard Fields ***8:00 AM**
Hike 7.5, Drive 75, 1100 ft. ascent, Rated B-B
Norm Sharp, 864-268-9409, cell: 864-609-7182,
norm.sharp@att.net

P400, SB6K *Form carpools at Westgate and meet leader(s) at BRP Cold Mtn. **Overlook at 8:40 AM.** This scenic hike traverses a long stretch of balds with spectacular 360-degree views. From FS 816, we'll hike over 6214 ft. Black Balsam and 6040 ft. Tennesse Mtn. to Investor Gap, then follow the Graveyard Ridge Trail back to our cars. Car shuttle. Topo(s): Sam Knob, Shining Rock; also NatGeo. map #780

Saturday No. A1603-242 **Aug. 27**
Sam Knob Loop **10:00 AM**
Hike 7.5, Drive 75, 1500 ft. ascent, Rated B-B
Jim and Judy Magura, cell: 828-606-1490,
jqs290@gmail.com

P400, SB6K This hike in the cool high elevations is perfect for a hot summer day. From FS 816 we will ascend Sam Knob (6040 ft.) with its 360 degree views, then hike through high meadows on the Flat Laurel and Little Sam Trails. We then return via the MST across FS 816 and up to the summit of Black Balsam (6214 ft.), then down to our cars. **Second meeting place: BRP Cold Mtn. Overlook at 10:40 AM.** Topo(s): Sam Knob; also NatGeo map #780

Sunday No. A1603-590 **Aug. 28**
Linville Gorge, Conley Cove to Babel Tower *8:00 AM
Hike 7, Drive 130, 2200 ft. ascent, Rated B-AA
Les Love, 828-658-1489, cell: 828-230-1861,
lesrlove55@gmail.com
Wilderness hike, limited to ten hikers—contact leader for reservation.* Strenuous hike! We'll first descend 1100 ft. in less than a mile from Conley Cove trailhead, then hike upstream along the Linville Gorge in the depths of the gorge along one of the great rivers of WNC. We'll then hike out of the gorge via the Babel Tower Trail after a stop at Babel Tower. Short car shuttle. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 8:20 AM. Topo(s): Ashford, Linville Falls; also Linville Gorge Wilderness map

Sunday No. A1603-614 **Sep. 4**
Cheoah Bald from Stecoah Gap *8:00 AM
Hike 11, Drive 170, 3100 ft. ascent, Rated A-AA+
Brent Martin, 828-587-9453, cell: 828-371-0347,
brent_martin@tws.org
AT-MST *Form carpools at Westgate and meet leader(s) at Stecoah Gap at 9:30 AM. We will hike in-and-out from Stecoah Gap to Cheoah Bald, a federally-inventoried roadless area. The views from Cheoah are some of the best in this region. We'll have a chance to see the location for the proposed Corridor K four-lane highway and tunnel, which may radically change the appearance through Stecoah Gap. **Second meeting place: Rest area on US 23/74 beyond Waynesville at 8:30 AM.** Topo(s): Hewitt

Saturday No. A1603-805 **Sep. 10**
History Ramble in the Wasp area of Cherokee National Forest *10:00 AM
Hike 8, Drive 80, 500 ft. ascent, Rated B-C
Jack Dalton, 828-622-3704, cell: 828-380-0848,
jckdalton9@gmail.com
***Form carpools at Westgate and meet leader(s) at Hot Springs at the A.T. trailhead (south) adjacent to Laughing Heart Hostel on Serpentine St. at 11:00 AM.** This hike will be done jointly with CMC and the Hot Springs Mountain Club in the Wasp area of Cherokee National Forest. This "ramble" will take us into the Wasp/Upper Wolf Creek historic area at the western base of Bluff Mtn. This will be a rare opportunity for history buffs. There will be old home sites, cemeteries, etc. to visit. We will venture down to the Wolf Creek Falls for our lunch break. **Hikers must contact the leader to reserve a space on this hike.** Topo(s): Lemon Gap; also NatGeo map #782

Sunday No. A1603-218 **Sep. 11**
Cataloochee Divide *8:00 AM
Hike 12, Drive 85, 1800 ft. ascent, Rated AA-A (EB) AA-AA (WB)
Jeff McGurk, cell: 864-921-6469,
jbsbestfan@hotmail.com and Mark Ellison,
704-796-5031, hikingresearch@yahoo.com

900M (WB ascent: 2800 ft.) If it is clear, we will experience some of the most spectacular views in WNC as we hike over Hemphill Bald and the Swag. Wildflowers should be wonderfully abundant. Key swap hike, with half the group starting from each end. **Second meeting place: K-Mart parking lot in Waynesville at 8:30 AM, but call leader beforehand.** Topo(s): Cove Creek Gap, Dellwood, Bunches Bald; also NatGeo. Map #316

Sunday No. A1603-833 **Sep. 18**
Highlands Plateau Progressive Hikes*8:00 AM
Hike 8.5, Drive 85, 1900 ft. ascent, Rated B-A
Stuart English, cell: 828-384-4870,
stuengo@comporium.net
***Form carpools at Westgate and meet leader(s) at Pisgah Forest Bi-Lo at 8:30 AM.** Highlands is a treasure trove of short, scenic hikes featuring outstanding views and waterfalls. Discover Whiteside Mountain, Sunset Rocks, Glen Falls and Chinquapin Mountain. We'll end up at a great ice cream cafe. Topo(s): Highlands; also NatGeo map #785

Saturday No. A1603-764 **Sep. 24**
Herrin Knob – Mt. Hardy – Green Knob *8:30 AM
Hike 8.5, Drive 90, 2000 ft. ascent, Rated B-A
Dave Wetmore, cell: 828-577-0648,
dwetmore@comporium.net
P400, SB6K *Form carpools at Westgate and meet leader(s) at Cold Mtn. Overlook at 9:10 AM. *Wilderness hike, limited to ten hikers—contact leader for reservation.* We will start from the Courthouse Valley O/L on an unused trail that skirts around Herrin Knob, then cross the BRP at Mt. Hardy Gap and climb to the summit of Mt. Hardy. Our descent is via a connector trail, MST and includes a 3-mile in-and-out hike along Fork Ridge to Green Knob (a different Green Knob!) and to our cars at Buckeye Gap. Our snack and lunch spots on Mt. Hardy and Green Knob will feature 180 and 360-degree mountain views on a clear day. Car shuttle. Topo(s): Sam Knob; also NatGeo Map #780 and USFS Shining Rock & Middle Prong map

Sunday No. A1603-742 **Sep. 25**
Indian Grave Gap to Nolichucky River *8:30 AM
Hike 8.3, Drive 105, 600 ft. ascent, Rated B-C
Mike Knies, 828-628-6712, knies06@att.net
This moderate hike on the A.T. follows a ridge-line to Curley Maple Gap, then descends steadily to the Nolichucky River (2300 ft. total descent) through lush woods, and ends at Uncle Johnny's hostel, a must-stop for A.T. thru hikers. Car shuttle. Topo(s): Chestoa, Hunt Dale

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 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. H1603-135 **Jul. 3**
Mount Mitchell Ramble *11:30 AM
Hike 5.5, Drive 65, 900 ft. ascent, Rated C-C
Dick Zimmerman, 828-989-0480,
dd1zz@yahoo.com
SB6K *Only meeting place: Folk Art Center lower lot. This hike is a modification of hike #135. The trail is called "Black Mountain Crest" on the National Geographic Linville Gorge/Mount Mitchell map, but we will hike only 2 1/2 to 3 miles in, have a snack break and then return. This trail goes north from the Mount Mitchell parking area. It is high so we can get away from the probable heat, mostly follows a ridgeline with a few ups and downs and has some good views. There are rocks and roots on this trail — poles and sturdy shoes are strongly recommended. We will go past Mount Craig and Big Tom to Potato Hill (NOT Potato Knob) and then return. Topo(s): Mount Mitchell; also USFS S. Toe River, Mt. itchell & Big Ivy Trail map RG355 and NatGeo map #779

Half-Day No. H1603-706 **Jul. 10**
Big Bradley Falls – Little Bradley Falls *12:30 PM
Hike 3.5, Drive 60, 300 ft. ascent, Rated C-C
Tom Lucha, 828-696-9117, cell: 828-712-0736,
luchat@bellsouth.net
WC100 There are 6 wet creek crossings, so bring your water shoes, sandals, or old sneakers. The water level is expected to be above ankle to mid-calf high. We hike downstream along Cove Creek to an overlook to see Big Bradley Falls, and back. This trip will not include going down to the base of the falls, which is dangerous, and is not required by the WC challenge. Then we cross the road to get to the trailhead and hike upstream about 3/4 mile to the picturesque Little Bradley Falls and back. **Second meeting place: NE corner of Cracker Barrel parking lot off Exit 53 of I-26.** Topo(s): Clifffield Mtn

Half-Day No. H1603-068 **Jul. 17**
Walker Knob Overlook (Balsam Gap) to Little Butt *12:30 PM
Hike 5, Drive 55, 1300 ft. ascent, Rated C-B
Russ and Heather Cooper, 828-484-9562,
cooper.hs@charter.net

***First meeting place: back parking lot of Folk Art Center. Form carpools and meet leaders at BRP Walker Knob Overlook (MM 360) at 1:00 PM.** This moderate in-and-out hike will be at over 5000-foot elevation. There are three



Spring Social award -

Steve Pierce (right) receives the Award of Appreciation from Lenny Bernstein at the Spring Social.

climbs: to Point Misery and Little Butt (steep) on the way in, and again on the return. The hike goes through a northern hardwood/spruce forest with excellent views of the Black Mountains. Topo(s): Montreat, Mt. Mitchell; also South Toe River PNF map.

Half-Day No. H1603-346 **Jul. 24**
Folk Art Center
to Haw Creek Overlook *1:00 PM

Hike 5, 850 ft. ascent, Rated C-C
 Jim Ariail, 828-505-0443, jimariail@yahoo.com
AT-MST *Only meeting place: back parking lot of Folk Art Center. This favorite moderate hike on the Mountains-to-Sea Trail rewards hikers with great views of the Haw Creek Valley. Topo(s): Oteen; also MST Profiles, pp. 54-55

Half-Day No. H1603-043 **Jul. 31**
Frying Pan Tower *12:00 PM

Hike 4, Drive 40, 950 ft. ascent, Rated C-C
 Ron Navik, 585-662-8047, ron.navik@gmail.com

P400, LTC *First meeting place: Toys-R-Us parking lot on NC 191 across from Asheville Outlets. This is an easy, in-and-out hike, but 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 season wildflowers and provides panoramic views from the fire tower. **Second meeting place: Pisgah Inn parking lot near convenience store at 12:30 PM.** Topo(s): Cruso

Half-Day No. H1603-203 **Aug. 7**
Mill Ridge to Hot Springs *12:00 PM

Hike 5, Drive 70, 790 ft. ascent, Rated C-C
 Jack Dalton, 828-622-3704, jckdalton9@gmail.com

AT-MST *Form carpools at Westgate and meet leader(s) at NOC parking area at the French Broad River in Hot Springs at 12:45 PM. **Driving directions: I-26 W to US 25/70 to Hot Springs, turn right onto River Road just before crossing the bridge over the French Broad River at Hot Springs, circle to the left under the bridge and park in the first parking area on the right - on the river bank. Do not park in the NOC lot.** This is a joint hike with the Hot Springs Mountain Club. We will do a variation of hike #203, hiking on the A.T. through some of the recently-burned area from the Silvermine forest fire and observing the damage and beginnings of recovery. We will hike the A.T. past Lover's Leap and down to the French Broad River in Hot Springs. Car shuttle. Topo(s): Hot Springs; also NatGeo map #782

Half-Day No. H1603-436 **Aug. 14**
Mount Pisgah from Pisgah Inn *12:30 PM

Hike 5.1, Drive 44, 1100 ft. ascent, Rated C-B
 Dennis Bass, 828-367-7792, cell: 828-367-8619, DBass3607@gmail.com

AT-MST, P400 *First meeting place: Toys-R-Us parking lot on NC 191 across from Asheville Outlets. View beautiful scenery from the top of Mount Pisgah on this in-and-out hike. Last 1/2 mile to the top is very steep and rocky. This a fairly tough C-B hike. **Second meeting place: Pisgah Inn parking lot near the convenience store at 1:00 PM.** Topo(s): Cruso, Dunsmore Mtn.; also NatGeo map #780

Half-Day No. H1603-193 **Aug. 21**
Rough Butt Overlook to NC 215 *12:30 PM

Hike 5, Drive 85, 400 ft. ascent, Rated C-C
 Paula Massey, 828-299-0226, cell: 828-989-0003, massey.paula@gmail.com.

P400, SB6K *First meeting place: Home Depot at Exit 44 off I-40. *Wilderness hike, limited to ten hikers—contact leader for reservation.* A lovely ramble in the high country. Possible side trip to Mt. Hardy. Car shuttle. **Second meeting place: BRP Rough Butt Overlook at MM 425 at 1:30 PM, but contact leader first.** Topo(s): Sams Knob; also NatGeo map #780 and MST Trail Profiles, pp. 32-33

Half-Day No. H1603-222 **Aug. 28**
Montreat #3 to Graybeard Falls *12:30 PM

Hike 6, Drive 40, 1300 ft. ascent, Rated C-B
 Linda Blue, 828-296-7537, lgblue@bellsouth.net
 *Form carpools at Westgate and meet leader(s) at Ingles parking lot off Exit 64 of I-40 at 12:50 PM. This in-and-out hike on the rerouted Graybeard Trail to Graybeard Falls is all uphill, until the all downhill return. The trail now follows a section of the old trestle road that was cleared just a few years ago. Three stream crossings. We will snack at Graybeard Falls and return by the same route. Topo(s): Montreat; also Montreat Trail Map

Half-Day No. H1603-767 **Sep. 4**
Lookout Mountain 12:30 PM

Hike 4.7, Drive 40, 1040 ft. ascent, Rated C-B
 Karin Eckert, 516-721-6156, karingarden@yahoo.com
 A hike up to Lookout Mountain via Lookout Road, Rainbow Road, Old Mitchell Toll Road and Hickory Ridge Trail. Return on Lookout Trail. A highlight of this hike is the spectacular view of the Seven Sisters from Lookout Rock. The return trail has a very steep downhill section. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 12:50 PM.** Topo(s): Montreat

Half-Day No. H1603-812 **Sep. 11**
Three Walls

of Looking Glass Rock *11:00 AM
 Hike 4.6, Drive 70, 1900 ft. ascent, Rated C-A
 Bobbi Powers, 828-667-5419, bobbipowers23@gmail.com

P400 *First meeting place: Toys-R-Us parking lot on NC 191 across from Asheville Outlets. View Looking Glass Rock from a new perspective. This hike covers 3 in-and-out trails off FS 475B to the rock face. We may encounter a bonus – rock climbers. **Second meeting place: Pisgah Ranger Station on US 276 at 11:30.** Topo(s): Pisgah Forest; also NatGeo map #780

Half-Day No. H1603-547 **Sep. 18**
MST downhill from

Waterrock Knob Parking Lot *11:00 AM
 Hike 5.5, Drive 80, Rated C-C
 Marcia Bromberg, 828-505-0471, mwbromberg@yahoo.com

SB6K *First meeting place: Home Depot parking lot at Exit 44 off I-40. This is a shorter version of hike #547 on the newest CMC-constructed section of the MST. We'll hike down approximately 5.5 miles and 2000', including a short on-road segment. We'll have lots of beautiful views and maybe even some early fall leaf change. Car shuttle. **Second meeting place: Rest area beyond Waynesville on US 23/74 at 11:30 AM.** Topo(s): Hazelwood; also MST Trail Profiles, pp. 20-21

Half-Day No. H1603-349 **Sep. 25**
Buck Spring Trail Uphill *12:30 PM

Hike 6.2, Drive 44, 1200 ft. ascent, Rated B-B
 Bev MacDowell, 828-777-5806, bevmacdowellhappy@gmail.com

AT-MST, P400 *First meeting place: Toys-R-Us parking lot on NC 191 across from Asheville Outlets. This lovely hike gradually switchbacks up the mountain with a stronger grade at the finale. There are several easy creek crossings. Expect late summer flowers and early leaf color. Possible early supper at Pisgah Inn for those interested. Car shuttle. **Second meeting place: Meet leader at the Pisgah Inn Parking lot near the convenience store at 1:00 PM.** Topo(s): Shining Rock, Cruso; also MST Profiles book pp. 40-41.

Eleventh annual Spring Social is a hit

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from her book *Forests, Alligators, Battlefields: My Journey Through the National Parks of the South*. She stressed that “fair, friendly, and forthcoming” are the 3 words that characterized every park she visited. That segued into our guests’ contribution to the evening; Danny had asked each to relate something quirky about his/her park.

Clay told the story of Dennis Martin, a young boy who got lost in GSMNP in 1969 and was never found, even though 1400 searchers from across the USA looked for him. This tragedy led to rescue teams around the globe honing their skills.

Tyrone talked about one of Carl Sandburg’s grandchildren who visited the site recently and told of his adventures there as a 10-year-old and how the Sandburgs were “just folks.”

Mark spoke of how the developers of the BRP’s 900+ overlooks referred to them as “pearls” in a 469-mile necklace.

Lizzie enthusiastically related little-known facts about Andrew Johnson. Did you know he was the only President apprenticed, who hated his tailoring job, and ran away? The historic site has his WANTED poster offering a \$10 reward for his capture. And guess who created the Dept. of Education? You got it!

It was a spirited program after a lovely day, and everyone left smiling.

Carolina Mountain Club

P.O. Box 68
Asheville, NC 28802

NEXT CMC COUNCIL MEETING

When: Monday, August 1, 2016
Where: West Asheville Library Community Room
Time: 6:00 - 9:00 PM
Info: Call Barbara at 828-460-7066 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: August 15, 2016