

LET'S GO!



THIRD QUARTER 2019 Quarterly News Bulletin and Hike Schedule



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

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

Robert Bolt, otherob@inbox.com

Waynesville West Crew

Larry Sobil, lsobil@bellsouth.net

Thursday Crew

Hugh Hensleigh, hhensleigh@gmail.com

Sam Clarke, edistoxc@yahoo.com

Asheville Friday crew

David Galentine, daveai@me.com

Paul Curtin, pmcurtin@hotmail.com

Chris Werbylo, jcw402@aol.com

Pisgah Friday Crew

Ed Paukovits, epauko610@gmail.com

Wilderness Response Crew

Michael Ramos, 52miramos@gmail.com

Quarterly Saturday Crew

Les Love, leslove55@gmail.com

AT Maintainers

Paul Curtin,

ATsupervisor@carolinamountainclub.org

Remote Overnight Crew

Paul Curtin, pmcurtin@hotmail.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

Aaron Saft, runningpains@gmail.com

Big Ridge O/L to BRP Visitor Center

Les Love, leslove55@gmail.com

BRP Visitor Ctr to Greybeard O/L

David Galentine, daveai@me.com

Greybeard O/L to Black Mtn Campground

John Whitehouse, johnwhitehouse@ccvn.com

HIKE SCHEDULE Third Quarter 2019

Hike Ratings

First Letter

Distance

AA: Over 12 miles

A: 9.1-12 miles

B: 6.1-9 miles

C: Up to 6 miles

Second Letter

Elevation Gain

AA: Over 2,000 ft.

A: 1,501-2,000 ft.

B: 1,001-1,500 ft.

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

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

P400 For hiking every trail in Pisgah Ranger District. Contact Kathy McAuley, kathymcauley4031@gmail.com

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

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

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

A.T.-MST For hiking the 228 miles of the A.T. and MST on CMC maintained sections. Contact Chris Koebelin, chriskoebelin@yahoo.com

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

YOUTH PARTNER CHALLENGE HIKES

The Youth 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 meeting place.

Wednesday No. Y1903-450

July 3

Graveyard Fields

9:00 AM

Hike 2, Drive 14, 500 ft. ascent, Rated C-C, **P400**

Jan Onan, 828-698-3237, cell: 828-606-5188,

janonan59@gmail.com

Only Meeting Place: Cold Mountain Overlook at MM 412 of BRP. We will form carpools and then drive to GYF parking area. We will enjoy a moderate loop hike on the Graveyard Ridge Trail and MST to a spectacular waterfall. On the way we will collect and observe small insects in the stream. Bring water, lunch, water shoes, sunscreen and wear sturdy shoes.

ALL-DAY WEDNESDAY HIKES

Wednesday hikes submitted by Brenda Worley, 828-684-8656, bjdworley@gmail.com. Driving distance is round-trip from Asheville. 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. W1903-915

July 3

Panthertown Nine-Waterfalls Hike

8:00 AM

Hike 9.2, Drive 111, 2000 ft. ascent, Rated A-AA,

WC100

Chuck Mills, 240-385-4879,

chckmills@icloud.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: Pisgah Forest Bi-Lo at 8:30 AM.

This hike starts at the Cold Mountain entrance and will visit nine waterfalls, from Redbutt Falls in the north to Greenland Creek Falls in the south. There are several swimming opportunities along the way

SATURDAY WORKDAYS

The Quarterly Saturday Trail Maintenance Workdays in 2019 will be Aug. 17 and Oct. 12. We meet at 8:30 and return to Asheville by 3:00. Contact Les Love for details and where to meet.

leslove55@gmail.com | 828-658-1489

that we will take advantage of, weather permitting. The list of waterfalls from north to south is Redbutt, Elbow, Riding Ford, Jawbone, Warden, Schoolhouse, Pothole, Macs and Greenland Creek falls.

Wednesday No. W1903-128 **July 10**
Chestnut Bald & Sam Knob via MST and Flat Laurel Creek Trails **8:00 AM**
Hike 9.8, Drive 70, 1700 ft. ascent, Rated A-A, **P400, SB6K**

Jim Magura, 828-606-3989, jqs290@gmail.com
Only Meeting Place: Home Depot off Exit 44 of I-40. Strenuous - (Optional ascent of Chestnut Bald and Black Balsam available for SB6K peak-baggers.) We'll start at NC 215 and follow the MST, with a side trip to Devil's Courthouse, as far as FS 816. Then we'll loop back and ascend Sam Knob (6040 ft.) with its 360-degree views, return via the Flat Laurel Creek Trail to NC 215. The stream crossing at the end may be a wet crossing if it has rained recently. One-mile car shuttle. Topo(s): Sam Knob

Wednesday No. W1903-598 **July 10**
Pink Beds to Soapstone Ridge **8:30 AM**
Hike 6.7, Drive 70, 1200 ft. ascent, Rated B-B, **P400**

Bob Levy, 828-670-1611, cell: 240-604-5000, rlevy@cato.org
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: Ingles on NC 280 in Mills River in front of gas pumps at 8:45 AM. Moderate - From the Pink Beds parking lot, we will do part of the Pink Beds Loop, then hike the Barnett Branch Trail up to Rich Mountain on the Black Mountain Trail for lunch and views to north and south. Then down to the Cradle of Forestry via the Club Gap Trail to return to our cars. Topo(s): Shining Rock

Wednesday No. W1903-531 **July 17**
Pisgah Inn to Beaver Dam Overlook **8:30 AM**
Hike 7.9, Drive 50, 1100 ft. ascent, Rated B-B, **AT-MST, P400**

Brenda Worley, 828-684-8656, cell: 828-606-7297, bjdworley@gmail.com
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: Beaver Dam Overlook at MM401.7 of BRP at 9:00 AM - but contact leader first.

Enjoy the mountain views along the MST from Pisgah Inn to the Beaver Dam Overlook. After Little Pisgah Mtn, it's downhill almost all the way. Look for the giant Turk's Cap lilies near the big funny tree. Car shuttle. Topo(s): Dunsmore Mtn.

Wednesday No. W1903-476 **July 24**
South Mills River - Mullinax Trail - Laurel Creek Trail **8:30 AM**
Hike 8.6, Drive 40, 1200 ft. ascent, Rated B-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: Ingles on NC 280 in Mills River in front of gas pumps at 8:45 AM. We will hike the South Mills River Trail to Mullinax Trail, to Laurel Creek Trail, then to Bradley Branch, then back by Pea Gap to our cars. The creek crossings may be wet so bring water shoes and hiking poles. Topo(s): Pisgah Forest

Wednesday No. W1903-459 **July 31**
NC 128 to Greybeard Overlook **8:00 AM**
Hike 8.1, Drive 55, 2600 ft. ascent, Rated B-AA, **AT-MST, SB6K**

Susan Hutson, 336-406-9279, picassue48@gmail.com
Only Meeting Place: back parking lot of Folk Art Center. We'll head up into old growth balsam and spruce forests just south of Mount Mitchell and over 6359 ft. Blackstock Knob. This is a scenic hike with dramatic views and several rocky climbs. Car shuttle. Topo(s): Montreat, Mt. Mitchell

Wednesday No. W1903-33 **Aug. 7**
Ramsey Cascades **8:00 AM**
Hike 8.0, Drive 148, 2300 ft. ascent, Rated B-AA, **WC100**

Randy Fluharty, 828-423-9030, rfluharty54@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. This popular hike goes through diverse forests rich in wildflowers. We'll see huge old-growth tulip trees at the mid-point of the trail. Sixty-foot-high Ramsey Cascades is one of the most beautiful waterfalls in the Smokies. Topo(s): Mt. Guyot

Wednesday No. W1903-729 **Aug. 14**
Grandfather Mountain Profile Trail **8:00 AM**
Hike 7.0, Drive 142, 2221 ft. ascent, Rated B-AA

Sallye Sanders, 208-550-2070, sallye_sanders@yahoo.com
First Meeting Place: River Ridge Market Place across from McDonald's 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. Strenuous - 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. There will be an option to extend the hike a short distance to the historic Hi-Balsam Shelter on the Daniel Boone Scout Trail before we return to our cars on this in-and-out hike. Topo(s): Grandfather Mtn.

Wednesday No. W1903-273 **Aug. 14**
Boogerman Trail **8:00 AM**
Hike 8.0, Drive 72, 1100 ft. ascent, Rated B-B
George Shepherd, 405-596-2632, shepherdgeorge@att.net

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

Second Meeting Place: Exxon station off Exit 20 of I-40 at 8:30 AM. Moderate - A lush forest with giant old-growth trees, stone walls and a root cellar make this a favorite loop hike in the Cataloochee area of the Smokies. We'll cross Caldwell Fork ten times but several bridges are out of commission and crossings will be wet. Bring poles and water shoes. Topo(s): Cove Creek Gap

Wednesday No. W1903-717 **Aug. 21**
Sunburst to Waterfalls **9:00 AM**
Hike 6.2, Drive 54, 700 ft. ascent, Rated B-C, **P400**

Barbara Morgan, 828-460-7066, barbc129@gmail.com
Only Meeting Place: Home Depot off Exit 44 of I-40. Two-thirds of this hike follows one of the prettiest FS roads around, with switchbacks and good views of the forest and a rushing stream. We will detour twice, each time to view a waterfall. It's all uphill going in and downhill on the way back. Topo(s): Sam Knob, Waynesville

Wednesday No. W1903-242 **Aug. 28**
Sam Knob - Devils Courthouse **8:30 AM**
Hike 9.0, Drive 60, 1500 ft. ascent, Rated B-B, **P400, SB6K**

Bruce Bente, 828-692-0116, cell: 828-696-6296, 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 the second meeting place.

Second Meeting Place: Cold Mountain Overlook at MM 412 of BRP at 9:00 AM. 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. Topo(s): Sam Knob

Wednesday No. W1903-209 **Sept. 4**
Buckwheat Knob - Coontree Loop **8:30 AM**
Hike 8.0, Drive 58, 1900 ft. ascent, Rated B-A, **P400**

Bob Levy, 828-670-1611, cell: 240-604-5000, rlevy@cato.org
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: Ingles on NC 280 in Mills River in front of gas pumps at 8:45 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. Topo(s): Shining Rock

Wednesday No. W1903-165 **Sept. 11**
Mt Leconte, via Boulevard & Alum Cave Trails **8:00 AM**

Hike 13.0, Drive 128, 2600 ft. ascent, Rated AA-AA, **SB6K**
Sallye Sanders, 208-550-2070, sallye_sanders@yahoo.com
First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Maggie Valley Post Office at 8:30 AM - but contact leader first.

This classic and exciting hike features great views from the A.T., Boulevard, LeConte and Alum Cave Trails. We can visit the LeConte Lodge where the bronzed boots of Margaret Stevenson who hiked to the summit over 718 times are displayed. Expect a long day. Five-mile car shuttle. Topo(s): Clingmans Dome

Wednesday No. W1903-471 **Sept. 11**
Wagon Road Gap

to Bridges Camp Gap to Big East **8:00 AM**
Hike 9.4, Drive 42, 1500 ft. ascent, Rated A-B, *Wilderness hike, limited to ten hikers, contact leader for reservation.* **AT-MST, P400**

Laura Frisbie, 828-337-5845, laurafrisbie@gmail.com

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

Second Meeting Place: Big East Fork small parking area on US 276 at 8:45 AM - but contact leader first.

We will follow the MST south from Pigeon Gap to Bridges Camp, then hike down to the East Fork of the Pigeon River. The last third of the hike is along the lovely East Fork of Pigeon River which is a cool, shady, damp, and flat rocky trail. No water crossings. After lunch, it's downhill all the way to the Big East Fork parking area. Short car shuttle. We will drop cars at East Fork small parking area. Takes a full day. Possible wade/swim toward end of hike. Topo(s): Shining Rock

Wednesday No. W1903-239 **Sept. 18**
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 and varied forest terrain. We will hike over Lane Pinnacle, past the Rattlesnake Lodge site, and then do an easy 4-mile hike with little elevation change to our cars at Craven Gap. Car shuttle. Topo(s): Craggy Pinnacle

Wednesday No. W1903-131 **Sept. 25**
Laurel Mountain Trail from Yellow Gap Road to Turkey Spring Gap **8:30 AM**
Hike 10.0, Drive 47, 1500 ft. ascent, Rated A-B, **P400**

Daisy Teng Karasek, 828-505-2036, cell: 408-887-3666, daisytk@yahoo.com

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

Second Meeting Place: Ingles on NC 280 in Mills River in front of gas pumps at 8:45 AM.

From Yellow Gap, we'll hike up the Laurel Mountain Trail to Sassafras Gap and then turn downhill to the Slate Rock Creek Trail, following this pretty mountain stream down to Yellow Gap Road. Car shuttle. Topo(s): Dunsmore Mtn.

ALTERNATE WEDNESDAY HIKES

Alternate Wednesday hikes, easy to moderate, are available. These hikes are scheduled a few days before the hike and info is emailed to interested hikers. To be on the list, please contact: Bob Poe at rclpoe@charter.net

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 hikes assemble at the location described for that hike. Some hikes will have second meeting places, and starting times may vary.

Sunday No. A1903-644 **July 7**
Mingus Mill semi-circular **8:00 AM**

Hike 10.5, Drive 110, 2800 ft. ascent, Rated A-AA, **900M**

Danny Bernstein, 828-450-0747, danny@hikertohiker.com

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

Second Meeting Place: Maggie Valley Post Office at 8:30 AM - but contact leader first.

We'll hike up Newton Bald to a former bald with good views from the ridge top. We will then descend on the Mingus Creek Trail, on the MST. We'll visit a slave cemetery at the end. Short car shuttle. Topo(s): Smokemont

Saturday No. A1903-314 **July 13**
Grassy Ridge Mine Overlook to (almost) Balsam Gap **10:00 AM**

Hike 7, Drive 90, 200 ft. ascent, Rated B-C, **AT-MST**

Marcia Bromberg, 828-505-0471, cell: 860-798-9905, mwibromberg@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 and summer wildflowers along the way. We'll stop about a mile short of Balsam Gap, walking out on

an old road that crosses the MST. NOTE: 1800' descent along good trail. Car shuttle. Topo(s): Hazelwood

Sunday No. A1903-448 **July 14**
Ellicott Rock **8:00 AM**

Hike 7.5, Drive 150, 1750 ft. ascent, Rated B-A *Wilderness hike, limited to ten hikers, contact leader for reservation.*

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 at first meeting place, stop for hikers at second meeting place and meet leader at parking area just south of Whitewater Falls parking area at 9:20 AM.

Second Meeting Place: Pisgah Forest Bi-Lo at 8:30 AM.

A unique and historic place: three states come together, their junction marked with inscriptions that are 200 years old. There is a refreshing ford of the Chattooga River at the middle of the hike, as well as a great swimming hole there. Dress appropriately and expect to get wet. Hiking poles are recommended for the crossing. Topo(s): Highlands

Sunday No. A1903-343 **July 21**
Mount Mitchell Loop via Commissary Ridge **8:00 AM**

Hike 7, Drive 60, 1500 ft. ascent, Rated B-B, **SB6K**

Carroll Koeplinger, 828-667-0723, cell: 828-231-9444, cakoep29@gmail.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. Bring rain gear for the usual afternoon shower. Topo(s): Mt. Mitchell

Saturday No. A1903-193 **July 27**
Bearpen Gap to NC 215 on the MST **8:30 AM**

Hike 9.1, Drive 75, 1900 ft. ascent, Rated A-A, **P400, SB6K**

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: Cold Mountain Overlook at MM 412 of BRP at 9:00 AM.

A lovely ramble in the high country. Possible side trip to Mt. Hardy. Car shuttle. Topo(s): Sam Knob

Sunday No. A1903-883 **July 28**
Pin Oak Gap - Laurel Gap Shelter **8:30 AM**

Hike 8.4, Drive 110, 1500 ft. ascent, Rated B-B

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

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

Second Meeting Place: Maggie Valley Post

Office at 9:00 AM - but contact leader first. Enjoy a cool high-altitude hike on the Balsam Mountain Trail to our lunch spot at the Laurel Gap Shelter, and return on the same trail.

Sunday No. A1903-231 **Aug. 4**
Cane River Gap to Little Butt **8:30 AM**
Hike 7.5, Drive 60, 2800 ft. ascent, Rated B-AA
Sarah Broughton, 828-564-3662,
sarahebroughton@icloud.com
Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. 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. We will return via the same route. Topo(s): Mt. Mitchell

Saturday No. A1903-471 **Aug. 10**
Bennett Gap to Bridges Camp Gap to Big East **10:00 AM**
Hike 7.2, Drive 60, 900 ft. ascent, Rated B-C, *Wilderness hike, limited to ten hikers, contact leader for reservation. AT-MST, P400*
Laura Frisbie, 828-337-5845,
laurafrisbie@gmail.com
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: Big East Fork small parking area on US 276 at 10:45 AM.
This hike is a shorter version of #471. We will follow the MST south from Bennett Gap to Bridges Camp Gap, then hike down to the East Fork of the Pigeon River for lunch. After lunch, the last three miles are a cool, shady hike along the river, with a possible wade or swim. Car shuttle. Topo(s): Shining Rock

Sunday No. A1903-473 **Aug. 11**
Mt. Mitchell,
Maple Camp Bald Loop **9:00 AM**
Hike 7.5, Drive 70, 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. This is a loop following the MST/Mt. Mitchell and Buncombe Horse Range Trails, to Maple Camp Bald for lunch and great views, where blueberries may be ripe. After lunch, we'll backtrack a short distance and climb steeply on the Big Tom Gap Trail (191A) up to the Crest Trail, then return to Mt. Mitchell parking lot via Big Tom and Mt. Craig. Topo(s): Mt. Mitchell

Saturday No. A1903-22 **Aug. 17**
Chestnut Cove Overlook
to Ferrin Knob **8:00 AM**
Hike 8, Drive 15, 1500 ft. ascent, Rated B-B, **AT-MST, P400**
Donna Lanning, 828-684-7083,
cell: 828-606-7956, dblanning@bellsouth.net
Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. This is a moderate in-and-out hike on the Mountains-

to-Sea Trail from Chestnut Cove to Ferrin Knob and return. We will have a substantial, steady climb in the morning, with lunch at the top of Ferrin Knob, and an easy return in the afternoon. Topo(s): Dunsmore Mtn.

Sunday No. A1903-267 **Aug. 18**
Horsepasture River **9:00 AM**
Hike 8, Drive 105, 1000 ft. ascent, Rated B-C, **WC100**
Kathleen Hannigan, 828-230-4883,
kathannigan@gmail.com
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: Pisgah Forest Bi-Lo at 9:30 AM.

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. Topo(s): Reid

Saturday No. A1903-239 **Aug. 24**
Bee Tree Gap to Craven Gap **8:30 AM**
Hike 9.7, 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 beautiful mountain views and varied forest terrain. We will hike over Lane Pinnacle, past the Rattlesnake Lodge site and Ox Creek Road to Craven Gap. Car shuttle. Topo(s): Craggy Pinnacle

Sunday No. A1903-242 **Aug. 25**
Sam Knob - Devils Courthouse **9:00 AM**
Hike 9, Drive 75, 1500 ft. ascent, Rated B-B, **P400, SB6K**
Bruce Bente, 828-692-0116, cell: 828-696-6296,
bbente@bellsouth.net
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: Cold Mountain Overlook at MM 412 of BRP at 9:30 AM.
Form carpools and meet leader at second meeting place. 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. Topo(s): Sam Knob

Sunday No. A1903-190 **Sept. 1**
Mt. Mitchell to Balsam Gap
via Blackstock Knob **8:00 AM**
Hike 9.5, Drive 70, 1600 ft. ascent, Rated A-A, **AT-MST, SB6K**
Daisy Teng Karasek, 828-505-2036,
cell: 408-887-3666, daisytk@yahoo.com
Only Meeting Place: back parking lot of Folk Art Center. This is one of the really great sections of

the MST and includes two SB6K peaks. The first part features exceptional views south, while the second part showcases the trail-building and rock-work achievements of the CMC. See spectacular scenery from our lunch spot on a rocky outcropping. Car shuttle. Topo(s): Mt. Mitchell

Sunday No. A1903-914 **Sept. 8**
Assault on Black Rock
and the Pinnacle **8:00 AM**
Hike 11.4, Drive 105, 3450 ft. ascent, Rated A-AA+
Les Love, 828-658-1489, cell 828-230-1861,
lesrlove55@gmail.com and Catherine Love,
828-658-1489, catmlove2@gmail.com
First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Haywood County Rest Area 19500 Great Smoky Mtn Expy (US 23/74) Waynesville NC at 8:30 AM - but contact leader first.

We'll summit both of these spectacular peaks in Sylva's Pinnacle Park, starting at the main parking lot and taking the West Fork Trail to the Pinnacle, then cutting across to Black Rock, hiking on the new trail constructed this summer that eliminates the grueling final half mile to the top. Then we'll return on the East Fork Trail to the cars. Topo(s): Sylva South

Saturday No. A1903-375 **Sept. 14**
Sams Gap to Rice Gap **10:00 AM**
Hike 7.5, Drive 50, 1800 ft. ascent, Rated B-A, **AT-MST**
Donna Lanning, 828-684-7083,
cell: 828-606-7956, dblanning@bellsouth.net
Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. An in-and-out hike on the A.T. in the beautiful open forest from Sams Gap to Rice Gap, with a visit to Hogback Ridge shelter, built by CMC members. Topo(s): Sams Gap

Sunday No. A1903-74 **Sept. 15**
Tanawha Trail **8:00 AM**
Hike 13.2, Drive 150, 2600 ft. ascent, Rated AA-AA
Michael Cornn, 828-458-1281, mcorrn@aol.com and Kathy Cornn, 828-458-1281,
katherinenkyle@gmail.com
First Meeting Place: River Ridge Market Place behind CVS off Exit 53B of I-40.
Second Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain) at 8:15 AM.
One of our best hikes when the weather cooperates. A fragile and ancient ecosystem, rhododendron and laurel tunnels, hardwood coves, boulder fields and great views make this a special hike. Car shuttle. Topo(s): Grandfather Mtn

Sunday No. A1903-600 **Sept. 22**
Pink Beds - Buckhorn Gap -
South Mills River Loop **8:00 AM**
Hike 13.1, Drive 75, 1000 ft. ascent, Rated AA-C,

P400

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

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

Second Meeting Place: Pisgah Forest Bi-Lo at 8:30 AM.

We'll start on the Pink Beds Loop to Barnett Branch, up to Buckhorn Gap, and then down to the S. Mills River. Hike to gauging station and return to cars on Pink Beds Loop. Lots of variety and a moderate pace. Topo(s): Shining Rock

Saturday No. A1903-63 **Sept. 28**

Big East Fork - Grassy Cove - Shining Creek Loop

8:00 AM

Hike 12, Drive 70, 2800 ft. ascent, Rated A-AA, Wilderness hike, limited to ten hikers, contact leader for reservation, **P400**

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

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

Second Meeting Place: Big East Fork large parking area on US 276 at 8:30 AM.

A beautiful but strenuous hike with three of WNC's most beautiful streams. We'll hike up Big East Fork, then Grassy Cove Ridge and the Art Loeb Trail to Shining Rock Gap, with great views, and then down Shining Creek. Two stream crossings may be wet. Topo(s): Shining Rock

Sunday No. A1903-131 **Sept. 29**

Laurel Mtn. Trail from Yellow Gap Road to Turkey Spring Gap

8:30 AM

Hike 10, Drive 55, 1500 ft. ascent, Rated A-B, **P400**

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: Ingles on NC 191/280 (Mills River) by gas pumps at 8:45 AM.

From Yellow Gap, we'll hike up the Laurel Mtn. Trail, Turkey Spring Gap, then return to Sassafras Gap, and turn downhill to the Slate Rock Creek Trail, following this pretty mountain stream down to Yellow Gap Rd. Short car shuttle. Topo(s): Dunsmore Mtn.

HALF-DAY SUNDAY HIKES

Newcomers are welcome, but non-members MUST call the leader before the hike to determine the requirements. Half-day hikes submitted by Gail Lamb, 828-338-0443, glamb46@gmail.com and Lee Silver, 828-668-7147, leehsilver@aol.com. Driving distance is round-trip from Asheville. 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. H1903-54 **July 7**
John Rock 12:00 PM

Hike 4.0, Drive 40, 900 ft. ascent, Rated C-C, **P400**

Ron Navik, 585-662-8047, ron.navik@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 at 12:30 PM.

This hike goes up Old Horse Cove Trail to the top of John Rock. At the top there is a great view of Looking Glass Rock and the Fish Hatchery. Topo(s): Shining Rock

Sunday No. H1903-463 **July 14**
Big Ridge Overlook to Elk Pasture Gap 12:00 PM

Hike 4.4, Drive 40, 750 ft. ascent, Rated C-C, **AT-MST, P400**

Rebecca Banner, 828-713-4660, beccabanner@gmail.com

Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. An in-and-out hike on part of the Shut-in Trail along the MST between two overlooks on the Parkway.

Topo(s): Dunsmore Mtn.

Sunday No. H1903-43 **July 21**
Frying Pan Tower 10:30 AM

Hike 4.0, Drive 30, 950 ft. ascent, Rated C-C, **P400, LTC**

Bobbi Powers, 828-667-5419, bobbipowers23@gmail.com

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

Second Meeting Place: Pisgah Inn parking lot near convenience store at 11:00 AM.

This in-and-out hike starts at the Mt. Pisgah Campground and meanders through the forest until reaching a FS gravel road to the tower, a 7/10-mile trek, uphill all the way. The many ups-and-downs make this a more challenging hike than the 4 miles might indicate. We will beat the heat and enjoy late summer wildflowers and views from the tower. Optional late lunch at the Pisgah Inn after the hike. Topo(s): Cruso

Sunday No. H1903-512 **July 28**
Pisgah Inn to Big Ridge Overlook 11:00 AM

Hike 5.7, Drive 34, 800 ft. ascent, Rated C-C,

AT-MST, P400

Ted Altman, 513-532-7766, tedaltman2@gmail.com

Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Hike on the MST from the Pisgah Inn, with a brief stop to view the Buck Spring Lodge site, continuing over Little Pisgah Mountain down to the Big Ridge Overlook on the Blue Ridge Parkway. 1500 ft. descent, occasionally very steep. Poles recommended. Car shuttle. Topo(s): Cruso

Sunday No. H1903-369 **Aug. 4**
Bear Pen Gap to Charlie's Bald 12:30 PM

Hike 3.5, Drive 80, 250 ft. ascent, Rated C-C, **AT-MST, P400**

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

Only Meeting Place: Home Depot off Exit 44 of I-40. This short variation of hike 369 will take us from Bear Pen Gap on the Blue Ridge Parkway to the end of Charlie's Bald, an open field full of wildflowers and, maybe, blueberries. The field ends with a beautiful view of Nantahala National Forest. Call hike leader to arrange possible second meeting place. Topo(s): Sam Knob

Sunday No. H1903-135 **Aug. 11**
Mt. Mitchell - Cattail Peak 10:00 AM

Hike 7.0, Drive 60, 1900 ft. ascent, Rated B-A, **SB6K**

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

Only Meeting Place: back parking lot of Folk Art Center. We will hike the ups-and-downs of the Black Crest Trail as far as Cattail Peak, then return for an optional early supper at Mt. Mitchell Restaurant. Lunch will likely be at the extraordinary views at Mt. Craig. Come enjoy the cool, Canadian-like forest above 6000 feet! Topo(s): Celso

Sunday No. H1903-2 **Aug. 18**
NC 128 to Balsam Gap 11:00 AM

Hike 5.0, Drive 60, 1500 ft. ascent, Rated C-B, **AT-MST, P400**

Dennis Bass, 828-367-7792, cell: 828-367-8619, dbass3607@gmail.com

Only Meeting Place: back parking lot of Folk Art Center. This shuttle hike in the high country on the MST near Mount Mitchell features great views, rocky climbs, spruce forests and 6320-ft. Blackstock Knob. Topo(s): Montreat

Sunday No. H1903-285 **Aug. 25**
Lane Pinnacle 12:00 PM

Hike 6.0, Drive 60, 1000 ft. ascent, Rated C-C, **AT-MST**

Sarah Broughton, 828-564-3662, sarahebroughton@icloud.com

Only Meeting Place: back parking lot of Folk Art Center. This is a great in-and-out and up-and-down hike on a high ridge with excellent views. After a short climb of this high altitude ridge, we can enjoy

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



4 lovely viewpoints. We'll take the MST trail from Bee Tree Gap to Lane Pinnacle and return. The climbs are short but quite steep. We will proceed at a moderate pace.

Sunday No. H1903-68 **Sept. 1**
Little Butt from Balsam Gap 10:30 AM

Hike 4.5, Drive 44, 1300 ft. ascent, Rated C-B
 Richard Zimmerer, 828-785-9593,
 dd1zz@yahoo.com

Only Meeting Place: back parking lot of Folk Art Center. Form carpools and drive to Balsam Gap (aka Walker Knob Overlook at BRP MM 360). This moderate in-and-out hike will be at over 5000-foot elevation. There are three climbs: to Point Misery and Little Butt 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

Sunday No. H1903-665 **Sept. 8**
NC 128 - Waterfall 12:00 PM

Hike 6.0, Drive 62, 500 ft. ascent, Rated C-C
 Linda Blue, 828-296-7537, cell: 828-273-6696,
 lgblue@bellsouth.net

Only Meeting Place: back parking lot of Folk Art Center. A gentle hike along the MST to a small but lovely waterfall and return. We'll have views along the BRP on the drive up to Mt. Mitchell Road where the hike begins. Topo(s): Montreat, Mt. Mitchell

Sunday No. H1903-578 **Sept. 15**

Flat Laurel Creek - Little Sam Knob - MST Loop 9:30 AM

Hike 6.5, Drive 60, 1000 ft. ascent, Rated B-C,
AT-MST
 William Snow, 857-756-3815, cell: 508-308-6103,
 billsnow123@gmail.com

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

Second Meeting Place: Cold Mountain Overlook at MM 412 of BRP at 10:00 AM - but contact leader first.

This is a moderate hike in the Pisgah National Forest, starting at the trailhead on NC 215 on the Flat Laurel Creek Trail, passing by Wildcat Falls and out to the falls on Flat Laurel Creek. We will continue with Little Sam Trail to the MST and return. Topo(s): Sam Knob

Sunday No. H1903-845 **Sept. 22**
Trombatore Trail 12:00 PM

Hike 5.4, Drive 35, 1300 ft. ascent, Rated C-B
 Karin Eckert, 516-721-6156,
 karingarden@yahoo.com

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

Sunday No. H1903-465 **Sept. 29**
Sam Knob Loop 9:00 AM

Hike 5.0, Drive 65, 900 ft. ascent, Rated C-C,
AT-MST, P400
 Stuart English, 828-384-4870,
 stuengo@comporium.net

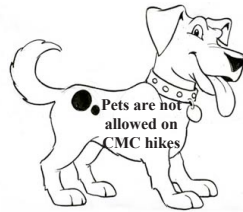
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Cold Mountain Overlook at MM 412 of BRP at 9:30 AM.

We will take the Sam Knob Trail up Sam Knob, back to Flat Laurel Creek, then through a spruce forest to return. Topo(s): Sam Knob

NEXT CMC COUNCIL MEETING

When: Aug. 6, 2019
Where: Community room in Earthfare on Hendersonville Road
Time: 6:00 - 9:00 PM
Info: Call Randy at 828-253-1626 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. 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 harm-

less 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

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Councilor at Large: Chris Koebelin, 518-372-4130, chriskoebelin@yahoo.com