



Carolina Mountain Club

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Hiking is back!

by Danny Bernstein



The CMC Council voted to reopen scheduled hiking - carefully - on May 29, 2020. The hiking committee worked on new hiking guidelines which were reviewed by the Council.

Hikes will be posted either under CMC breaking news - <https://www.carolinamountainclub.org> or on the [CMC Meetup](#) website. The latter requires hikers to join Meetup (at no cost) and choose CMC.

The major changes are: A maximum of ten hikers will be allowed on a hike including the leader. The leader may decide to have fewer people. You must reserve your spot on a hike. Needless to say, with a limit on hikers, you have made a commitment and must let the leader know as soon as possible if you won't be able to attend. We won't be carpooling. Unless you live in the same household, you need to drive to the trailhead. If the trailhead is difficult to find, the leader may list an intermediate point that is easier to find. Then we will all caravan from there. Everyone will have to sign the waiver. BUT bring your own pen and/or gloves when you do sign. Hike leaders are free to impose other guidelines for their hikes. For example, some leaders will accept CMC members only and no guests. Debby Jones' personal opinion is that we may have to follow these guidelines until we have a vaccine for this virus. "We're a public facing organization. CMC is well-known in the state and we have to set the examples. I hope that we all adhere to the guidelines and not be casual about it. I don't want to have to shut down hiking again," Jones said.

Using AllTrails and Gaia GPS

by Jan Onan

CMC members ...

Bob Levy has prepared two YouTube videos - one on the use of AllTrails, and a second on the use of Gaia GPS. The videos cover the following topics: (1) using the apps real-time as you hike; (2) importing and exporting GPS tracks to and from the apps; and (3) creating new hikes and new GPS tracks.

You can access the videos at your convenience. Here are the links:

Hiker's Guide to Using AllTrails - <https://youtu.be/Ngr0UxCZ8T4> (29 mins.)

Hiker's Guide to Using Gaia GPS - <https://youtu.be/aovqd9IYxSQ> (26 mins.)

AllTrails and Gaia GPS are available for both iPhone and Android users. After reviewing a number of hiking apps, Bob selected Gaia to replace MotionX, which is no longer supported by its developer. Before you watch the videos, it would be helpful to install AllTrails or Gaia on your smartphone. Bob recommends the free versions until you determine if you need the premium features. You may also want to establish account logins and passwords for the two apps and the related websites, alltrails.com and gaiagps.com. Additionally, Bob has posted two written guides on the Carolina Mountain Club Public Website under Hiking / Resources: (1) Guide to Using Motion X GPS & All Trails; and (2) Guide to Gaia GPS Hiking Basics. Bob is scheduled to conduct in-person training for CMC members at REI on July 13. Because of the pandemic, that event may be canceled. Moreover, our members may find that the YouTube videos are adequate for training purposes. If you view the videos, please let Bob know whether a follow-up, in-person session would be helpful. Email him at rlevy@cato.org

Friends of the Mountains to Sea Trail Newsletter

by Les Love

Marcia Bromberg and I are both on the board of Friends of the Mountains to Sea Trail and know how much everyone in CMC enjoys the MST. This month's newsletter was filled with so much interesting information that we wanted to make sure all of you have the opportunity to see it. Also now is a good time to join FMST if you're not already a member or make a donation to help keep their projects going and the staff paid during this tough time.

Trail for Today and a Trail for the Future

By Kate Dixon, Executive Director

Today is a global day of giving - a call to those of us who can give to help those in need and to start to rebuild for a better tomorrow.

What do you want our better tomorrow to be?

This pandemic has revealed how much we all need time in nature. The Mountains-to-Sea Trail was built for times like these, and to see large parts of it close due to overcrowding - just when we needed it most - has been heartbreaking. We are all hopeful that many sections will start re-opening next week.



My vision for a better tomorrow is a North Carolina and a world where nature is protected and people can be part of it too. If you share that vision and are able, I hope you will help get us there by [making a gift to Friends of the MST today](#).



One of the things that I have focused on in the last six weeks is building a coalition of North Carolina nonprofits to identify sections of trail that can be built now by people who need work - young people as well as experienced trail and bridge contractors. We'll be asking Congress and the N.C. General Assembly to include funding for these projects if they pass bills to stimulate the economy.

New jobs and new trails will create a better tomorrow.

As devastating as this pandemic has been, it has also given us a gift of focus -- focus on family, friends, community and the beauty of the world. It will close doors, but it will also open up new opportunities that we didn't know were there.

Friends of MST is looking for those new opportunities now - opportunities to build new trail, care for the existing trail, and strengthen relationships with trail neighbors, communities, and land managers all over North Carolina.

Below, you'll read more about what all of our staff have been up to in these last strange weeks. All of us are so motivated to build the MST and continue to nurture the MST community in our beloved state.

If times are tough for you right now, know that the MST is being built for you and you are an important part of our trail community.

But if you are able and you share our vision, I welcome you to [make a gift](#) so that the MST can blossom as an important, vibrant part of North Carolina's future.



A different type of update.

Our newsletters are typically full of news of events, trail workdays, and additions to extend and improve the MST. We are eager to get back to those types of updates, signalling so much more than simply providing new places for us to walk together. Until then, we will bring you a different look at the trail: what the Friends' staff and board is working on to support our ongoing mission, opportunities to learn more about the trail as many are taking time away from it, and ways you can help, now.

The community that surrounds the MST is very special, and we miss being with you. Your energy, passion and support for the MST keeps us pushing forward. And good news - this community is growing as more people find the trail as they seek time in nature. There has been a huge uptick in the number of trail guides that are being downloaded from our website. We hear that trail traffic is steady and courteous.

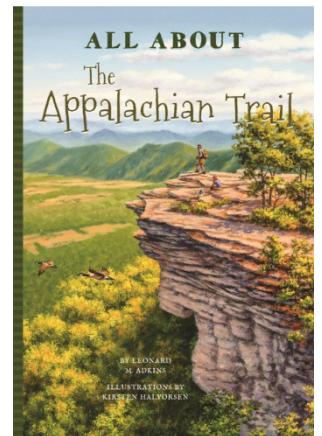
We have much to be encouraged by and are looking forward.

All about the Appalachian Trail by Leonard M. Adkins

Reviewed by Danny Bernstein

The Appalachian Trail may be the most documented trail in the world; it is certainly one of the best known. Hikers come from all over the world to walk the entire 2,190 miles. Each year, thousands of hikers attempt a thru-hike; only about one in four makes it all the way. But there are many ways to explore and sample the A.T.

All about the Appalachian Trail by Leonard Adkins is a small book aimed at the 9 to 13 year old market. Adkins explains that the trail is not just a walk through nature. It's also an introduction to American history and geology. Adults, and not just adults with children, could learn a lot from this book.



For geology, Adkins suggests that you put a throw rug flat on the floor. Then push on one side while someone holds the other side in place. That explains how the earth's surface wrinkled and the huge pile of rocks became the Appalachian Mountains. The history of the Eastern United States can be told by examining the trail from Springer Mountain, Georgia to Mount Katahdin, Maine. On Blood Mountain, Georgia, the Cherokee and Creek tribes fought so fiercely that the mountain was covered in blood. In North Carolina, Adkins tells the story of the Trail of Tears where Cherokees and other eastern tribes were forced to march to Oklahoma in the 1830s. In Shenandoah National Park, we meet the CCC who built much of the infrastructure of the park. Further north, the A.T. goes past the first George Washington memorial in Maryland. And we push north until Mountain Katahdin in Baxter State Park; Katahdin is an Abenaki Indian word which means "greatest mountain." After the history, the book discusses the "cool gear" needed to hike and camp on the A.T. Though children won't be buying their own gear, they may encourage their parents to get them a pack and proper footwear. So many kids and their adults hike in sandals or street shoes with just a phone in their hands – no water, snacks, or day pack. The author talks about A.T. lore and culture including staying in hostels and shelters where you make friends on the trail. Reading this section during the pandemic was the saddest part of the book. Will shelters ever reopen officially? Leonard M. Adkins is a veteran hiker and award winning outdoor writer. He's hiked the full length of the A.T. five times. He's written trail guides, wildflower books, and compiled historic photo books. His book on the Blue Ridge

Parkway is the most thorough I've seen. All about the Appalachian Trail is 5 by 7 inches with exquisite line drawings. It's been published in a modest manner and lists for \$5.99. It's the book to give to your children or grandchildren – but get one for yourself to read. Details: Published by Blue River Press, ISBN: 978-1-68157-099-0, 128 pages with 60 Illustrations, \$5.99



The eNews is published on the first Friday of each month. Articles are due on the last Friday of the previous month. Send your news to eNews@carolinamountainclub.org. Please limit articles to no more than 1,000 words. You may send up to two photos as jpg attachments.

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