



THIRD QUARTER 2015
 Quarterly News Bulletin
 and Hike Schedule



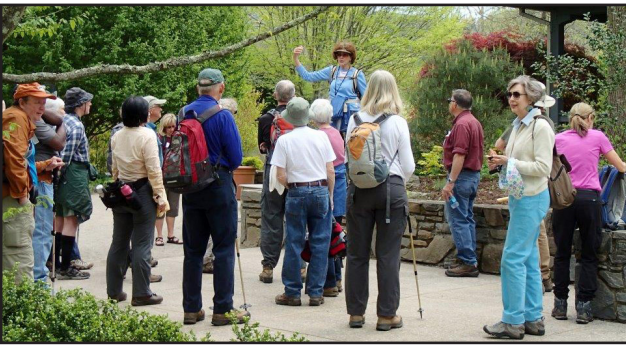
P.O. Box 68, Asheville, NC 28802 • www.carolinamountainclub.org • e-mail: cmcinfo@carolinamountainclub.org

A Spring Social for the ages

By Stuart English

Even before the 2015 CMC Spring Social began, there seemed to be something special in the air. The last two socials had been rainy affairs and judging by the forecast, it seemed this one would be no different. There was an 80% chance of rain and the morning was dark and dreary. But around noon the sky started brightening and the sun appeared to win the battle with the clouds. And by the way, this was our 10th annual Spring Social at the NC Arboretum.

Danny Bernstein led a hike around Lake Powhattan and Bobbi Powers led a wildflower hike around the arboretum trails. More people began arriving closer to the 5 p.m. social hour. One hundred



Bobbi Powers gathers hikers before the start of the wildflower hike. Photo by Ann Hendrickson.



From left, Greg Mosher, Troop Committee Chair; Charles Schilling, Eagle Scout; Emory Hunnicutt, Tenderfoot; Dan Rogers, Assistant Scout Executive; Chris Mosher, Life Scout; Skip Sheldon, Executive Board Member. Not pictured, Joshua Christ, Scout Executive.

and seven attended this year. The magic of the day became more and more apparent as old friends, new friends, new members, veterans of many years hiking with the club, and some that could no longer hike at all gathered and reminisced.

Bubba's BBQ served their usual tasty fare and CMC president Lenny Bernstein started the evening program by thanking Les Love and Sherman Stambaugh for originating the social 10 years ago. Record-setting hiker Jennifer Pharr Davis, owner of Blue Ridge Hiking Company, announced

that her company would donate 1% of their profits every year to CMC, and presented Lenny a check for \$1000.

The main program was on Scouting in Western North Carolina and was presented by Skip Sheldon, Executive Board member of Daniel Boone Council and CMC Maintenance Crew leader. Members of the Daniel Boone Council present were Joshua Christ, Scout Executive; Charles Schilling, Eagle Scout; Emory Honeycutt, Tenderfoot; Dan

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COUNCIL CORNER

Even though the CMC website shows I joined the club in 2002, I joined 9/14/94 and have the letter from President Jim Roddy to prove it. However, I didn't volunteer for anything until a few years after I retired in 2005. I started out leading hikes and later on began scheduling Wednesday hikes on alternating quarters. Two years ago I was given the opportunity to become Hiking Committee Chairman. This is a great job because I have such a wonderful group of people on the committee. The committee consists of Carroll Koeplinger, Jim Reel and Marcia Bromberg, plus all hike schedulers, which include Bruce Bente, Ann Gleason, Lee Silver and Gail Lamb.



As a committee, we approved the new 100 Favorite Trails pamphlet project which is coordinated by Steve Pierce. I have been listening to different CMC members relate their experiences with the original "100 Favorite Trails" pamphlet by Bernard Elias. Their experience with the pamphlet is similar to mine; they used it to hike in these mountains. Bernard's pamphlet has been out of print for several years. Also, some of the trails have changed. That is why CMC is partnering with the Great Smoky Mountain Association to produce a new "100 Favorite Trails." Steve Pierce is working hard to get all 100 of the hikes described with GPS tracks. Contact him at stevepierce50@gmail.com for a list of the hikes still waiting for descriptions and GPS tracks. This project is special and will take all of us. I believe Bernard, who passed away August 13, 2010, is proud to know the club is working on this project, and to have been the person who first had the vision of how valuable something like this would be.

– Brenda Worley

Map makers needed

By Charlie Ferguson

For many years a few CMC members have been making maps and elevation profiles that accompany the hike descriptions in our hike database. Our detailed hike database helps make CMC's website one of the best hiking resources on the internet. These maps and profiles, and the GPS data that they were made from, are free for anyone to download and use. We would like to train a few more people to make the maps and profiles in an attempt to keep the database up to date, especially for new hikes. Making the maps is not particularly technical – no computer science or programming skills are required. There are four reasonably user-friendly Windows-based programs used in the process. This is a brief description of the process:

1. Someone will have hiked with their GPS on, and will have submitted the track file to the hiking committee.
2. A GPS mapping program is used to clean up the GPS track file, which is usually just deleting some track points at the beginning and end of the hike and lunch breaks.
3. The file from step 2 is loaded into another GPS mapping program that has access to USGS topo map scans. A PDF file is made of the hike track data overlaid on the topo map.
4. A table from step 2 is copied and pasted into an Excel or LibreOffice spreadsheet. A PDF file is made of the elevation data to make the profile file.
5. These three files are uploaded to the website.

Once one gains proficiency, this process can take 10-20 minutes for each hike. An example of these files can be found in the description for hike 763: (<http://www.carolinamountainclub.org/hiking/hikedetails.cfm?hikenum=763>)

Training will consist of detailed written instructions, a group training session and individual instruction and help, as needed. The basic skills needed are those that one normally gains using a desktop or laptop computer while using a range of applications. Those who are interested should be comfortable diving into new computer-related tasks. It would be helpful, although not required, to have a handheld trail GPS or be familiar with how they work. Charlie Ferguson and Dave Wetmore will provide the initial training. Charlie will also provide follow-up training and help. Anyone interested in learning to make maps for the CMC website can contact Charlie Ferguson at ccf@carolinamountainclub.org. Once we have a list of interested map-makers, we will sort out when to schedule the training.



Hikers at the summit of Mt. Mitchell. Photos by Bruce Bente.

Mt. Mitchell to Montreat hike

By Bruce Bente

On Saturday May 2, 12 CMC hikers enjoyed one of our more unusual hikes, going from the summit of Mt. Mitchell to Montreat, a 13.5-mile hike along a historic route which descends nearly 4000 feet.

This hike is very difficult to arrange because a car shuttle would take too long, and no one seems to be crazy enough to volunteer to hike uphill for a key swap.

Through some unusual circumstances, we were able to arrange to charter a 12-passenger bus (Globetreks likes to call it a coach). The coach made pickup stops in Hendersonville and Asheville and dropped us off at the Mt. Mitchell parking lot about 9 AM, then later picked us up at 5:15 PM in Montreat and made the same dropoff stops. This is the way to hike! Relax and let someone else do the driving.

The hike itself was done in cool and sunny weather, perfect for hiking. After first hiking up to the Mt. Mitchell summit to enjoy the view, our first mile was steeply downhill to Camp Alice, and then the descent became moderate until the lower part of Graybeard Trail. The initial route followed the MST and Buncombe Horse Trail as far as NC 128, then walked the shoulders of NC 128 and the BRP for a mile until we entered the old toll road. Lunch was in soft grass at a BRP overlook enjoying the view of the mountains. The old toll road was originally a logging railroad, then later used to carry passengers up to Camp Alice, and still later converted into an auto toll road for tourists going up to the Mt. Mitchell summit.



Hikers disembarking the van at Mt. Mitchell.

We followed the old railroad grade all the way down onto the Graybeard Trail and through the switchbacks, with a stop at Graybeard Falls. Just below Pot Cove Gap, the Graybeard trail takes a sharp right and descends steeply, with dry-foot stream crossings, to the trailhead where our faithful bus and driver were waiting for us. After this long hike, the beverages in the cooler we brought along were enjoyed by all.

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, leslove@charter.net

AT Maintainers

Tim Carrigan, tim@newprism.com

MST Maintainers

Heintooga Road to Old Bald

Larry Sobil, lsobil@bellsouth.net

Old Bald to Mt. Pisgah Parking Lot

Pete Petersen, roap@aol.com

Mt. Pisgah Parking Lot to Folk Art Center

Les Love, leslove55@gmail.com

Folk Art Center to Black Mtn. Campground

John Whitehouse, johnwhitehouse@ccvn.com

HIKE SCHEDULE Third Quarter 2015

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: Under 1,000 ft.

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, suejackfitz@bellsouth.net

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. W1503-745

Jul. 1

Upper Snowbird Creek

(Mountain Treasures hike #3) *8:00 AM

Hike 11, Drive 200, 1400 ft. ascent, Rated A-B
Jill Gottesman, 828-587-9453, cell: 828-301-8900, jill_gottesman@tws.org

***Form carpools at Westgate and meet leader at Ingles, 2 Sweetwater Rd, Robbinsville, NC at 10:00 AM.** This hike will be in the Snowbird Wilderness Study area, as recognized by the 1984 N.C. Wilderness Act. This is an in-and-out hike on Snowbird Creek Trail, featuring Middle and Upper Falls. Note: There are eleven stream crossings, most of which will be wet crossings. Please RSVP to leader. There is no limit, but leader wants to know how many to expect. Directions to Ingles: Take I-40 to Exit 27 (US 23/74), turn right onto NC 28 (Highway 28 north), turn left onto NC 143; Ingles is on left entering Robbinsville. Topo(s): Santeetlah Creek; also NatGeo map #784

SATURDAY WORKDAY

For the Saturday MST Trail Building Workdays in 2015, meet at 8:30 at the Home Depot at the Enka-Candler Exit 44 off of I-40.

The workdays are August 15 and October 3. As in the past, we will be back in Asheville by 3:00. Call Les Love at 828-658-1489 (leslove55@gmail.com) to verify date.

Wednesday No. W1503-729

Jul. 8

Grandfather Mountain Profile Trail 8:00 AM

Hike 7, Drive 180, 2221 ft. ascent, Rated B-AA
Randy Fluharty, 828-253-1626, cell: 828-423-9030, rfluharty54@gmail.com

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. Afterwards, there is a possible side hike to the right for an additional two miles before we return to our cars on this in-and-out hike. Topo(s): Grandfather Mtn.; also NatGeo map #783

Wednesday No. W1503-667

Jul. 15

Pink Beds - Pisgah Inn *8:30 AM

Hike 8.2, Drive 85, 1700 ft. ascent, Rated B-A
Ashok Kudva, 828-698-7119, cell: 828-674-1374, ashok.kudva@att.net

P400 *Form carpools at Westgate and meet leader at the parking lot near the Pisgah Inn Convenience Store at 9:05 AM. From one branch of the Pink Beds Loop we will go on the Barnett Branch boardwalk, built by the CMC Friday Pisgah crew. We will proceed on the Barnett Branch trail, cross Yellow Gap Road, and after a short steep climb, pause at a waterfall. We'll connect with the Buck Spring/MST Trail up to the Pisgah Inn. Optional post-hike dinner at the Pisgah Inn. Carpool accordingly. Car shuttle. Topo(s): Shining Rock, Cruso; also NatGeo map #780

Wednesday No. W1503-095

Jul. 22

Hemphill Bald from Polls Gap *8:00 AM

Hike 9.5, Drive 95, 1600 ft. ascent, Rated A-A
Janet Martin, cell: 502-494-5309, jaykaymartin@msn.com

900M *First meeting place: Home Depot off Exit 44 of I-40. We will hike from Polls Gap to our scenic lunch spot at Hemphill Bald in the GSMNP, with outstanding views. The return route will be via the same trail. On the drive back, we'll stop at the Masonic Marker. **Second meeting place: Maggie Valley Post Office, rear of parking lot, at 9:00 AM, but contact leader first.** Topo(s): Dellwood, Bunches Bald; also NatGeo map #317

Wednesday No. W1503-365

Jul. 29

Mt. Mitchell Ramble 8:30 AM

Hike 8, Drive 75, 1400 ft. ascent, Rated B-B
Paul Benson, 828-273-2098, pdbenson@charter.net

SB6K A loop on several trails in the Mt. Mitchell area, including the Old Mt. Mitchell Trail, Camp Alice Road and Commissary Ridge Trail. An optional side trip to Mt. Craig and Big Tom. **Second meeting place: Craven Gap on BRP at 8:45 AM.** Topo(s): Montreat and Mt. Mitchell, also PNF South Toe River, Mount Mitchell & Big Ivy Trail Map

Wednesday No. W1503-858 **Aug. 5**
Big Ivy - Corner Rock Loop **8:00 AM**
Hike 11.8, Drive 50, 2000 ft. ascent, Rated A-A
Carroll Koeppinger, 828-667-0723,
cell: 828-231-9444, carrollkoepp@bellsouth.net
This new loop hike in the Big Ivy area will
follow a number of trails, including Elk Pen,
Upper Corner Rock, Laurel Gap, Bear Pen and
Staire Gap. Topo(s): Barnardsville, Mt. Mitchell,
Montreat; also NatGeo map #779

Wednesday No. W1503-833 **Aug. 12**
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
at Pisgah Forest Bi-Lo at 8:30 AM.** Highlands
is a treasure trove of short, scenic hikes featur-
ing outstanding views and waterfalls. Discover
Whiteside Mountain, Sunset Rocks, Glen Falls
and Chinquapin Mountain. Topo(s): Highlands;
also NatGeo map #785

Wednesday No. W1503-369 **Aug. 19**
Buckeye Gap - Bearpen Gap ***10:00 AM**
Hike 6, Drive 80, 1000 ft. ascent, Rated C-C
Bruce Bente, 828-692-0116, cell: 828-699-6296,
bbente@bellsouth.net

**P400 *Form carpools at Westgate and meet
leader at BRP Cold Mountain Overlook at
10:40 AM.** We will start by hiking a MST
section that leads through a lush forest of
spruce and birch where the forest floor is
covered with mosses and ferns. We will stop
for blueberry picking in areas that have
yielded abundant berries in past years.
Two-mile car shuttle. Topo(s): Sam Knob;
also NatGeo map #780

Wednesday No. W1503-151 **Aug. 26**
Shining Rock from Big East Fork ***8:00 AM**
Hike 8.5, Drive 60, 3100 ft. ascent, Rated B-AA
Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

**P400, SB6K *Form carpools at Westgate and
meet leader at Big East Fork Trailhead at 9:00
AM.** *Wilderness hike, limited to ten hikers—call
leader for reservation.* We will hike from the
Big East Fork parking lot up the steep Chestnut
Ridge trail over Dog Loser and Old Butt knobs
to lunch at Shining Rock (6040 ft.) with its
exceptional views. Wonderful blueberries have
been found here in past years so bring a small
container and we will stop for awhile to pick.
We'll return via a steep descent to the North
Fork of Shining Creek. Topo(s): Shining Rock;
also NatGeo map #780

Wednesday No. W1503-172 **Sep. 2**
John Rock Loop Hike **8:00 AM**
Hike 5.7, Drive 72, 1300 ft. ascent, Rated C-B
Keiko Merl, 828-231-2126, keikomarl@att.net
P400, WC100 This is a moderate loop hike,
with good views from John Rock. **Second
meeting place: Fish Hatchery Parking lot off
FS 475 at**

8:45 AM. Topo(s): Shining Rock; also NatGeo
map #780

Wednesday No. W1503-249 **Sep. 9**
Buckeye Gap - Haywood Gap ***8:30 AM**
Hike 9, Drive 80, 1500 ft. ascent, Rated B-B
Laura Frisbie, 828-337-5845,
laurafrisbie@gmail.com

**P400 *Wilderness hike, limited to ten hikers—
call leader for reservation.** We'll hike the
MST and the Buckeye Gap Trail in the Middle
Prong Wilderness, down a ridgeline on an old
logging railroad grade, then past an old logging
camp. At the junction with the Haywood Gap
Trail, we'll hike steeply up alongside Haywood
Gap Stream to Haywood Gap and follow the
MST back to our cars. **Second meeting place:
Cold Mountain Overlook on BRP at 9:10 AM.**
Topo(s): Sam Knob; also NatGeo map #780
and USFS Shining Rock and Middle Prong
Wilderness map

Wednesday No. W1503-113 **Sep. 16**
Cold Mountain ***8:00 AM**
Hike 10.4, Drive 70, 3400 ft. ascent,
Rated A-AA+
Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

**P400, SB6K *Wilderness hike, limited to ten
hikers—call leader for reservation.** This
hike is being led again this year in response
to a special request. From the BSA Daniel
Boone Camp, we will climb and climb past
laurel and rhododendron to Deep Gap, and
then continue to the top of Cold Mountain
for great views towards the BRP and Mt.
Hardy. Topo(s): Waynesville, Cruso; also
NatGeo map #780

Wednesday No. W1503-092 **Sep. 23**
Heartbreak Ridge ***8:00 AM**
Hike 11.5, Drive 55, 2950 ft. ascent,
Rated A-AA+
Rich Sampson, cell: 704-453-9059,
sampson_r@bellsouth.net

***Form carpools at Westgate and meet leader
at Ingles parking lot off Exit 64 of I-40 at 8:20
AM.** This in-and-out hike is an almost
steady climb of 2950 ft. on a good trail that
we share with mountain bikes, starting 500
feet past Brookside Church and ending at the
BRP. Great views from Bernard's Rock
(named for Bernard Elias) looking down on
the valley and the railroad tracks disappearing
into the tunnels of the area from the first
ridge. Topo(s): Old Fort, Montreat; also
NatGeo map #779

Wednesday No. W1503-199 **Sep. 30**
**Black Mountain Campground
to Green Knob** **8:30 AM**
Hike 7, Drive 85, 2000 ft. ascent, Rated B-A
Barbara Morgan, 828-738-3395,
cell: 828-460-7066, barbc129@gmail.com

LTC Enjoy the beautiful woods as we climb
Lost Cove Ridge on the Green Knob Trail
from the Black Mtn. Campground to
fantastic views and

a first-class lunch spot atop Green Knob.
After lunch, it's all downhill. **Second
meeting place: Ingles parking lot off Exit 64
of I-40 at 8:50 AM.** Topo(s): Old Fort;
also USFS South Toe River, Mt. Mitchell &
Big Ivy Trail Map

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. A1503-448 **Jul. 5**
Ellicott Rock ***8:00 AM**
(strenuous)

Hike 7.5, Drive 150, 1750 ft. ascent, Rated
B-A Norm Sharp, 864-268-9409, cell: 864-609-7182,
norm.sharp@att.net

***Form carpools at Westgate at 8:00 AM,
stop for more hikers at Pisgah Forest Bi-Lo at
8:30 AM, and meet leader at Whitewater Falls
parking area at 9:20 AM.** **Wilderness hike,
limited to ten hikers—call leader for reservation.*
A great time to celebrate an American
invention—wilderness. 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. Dress appropriately
and expect to get wet. Hiking poles are
recommended for the crossing. Topo(s):
Highlands, Tamassee, Cashiers; also
NatGeo map #785

Sunday No. A1503-734 **Jul. 5**
Jones Meadow to Allen Gap **8:30 AM**
(moderate)

Hike 9, Drive 100, 900 ft. ascent, Rated B-C
Bruce Bente, 828-692-0116, cell: 828-699-6296,
bbente@bellsouth.net

LTC This scenic hike climbs up to the A.T.
from Jones Meadow, and then follows the
A.T. south to Allen Gap, with a side trip to
the Camp Creek Bald tower. There is a 3130
ft. descent. 8.7 mile

Saturday No. A1503-357 **Jul. 11**
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,
janonan@bellsouth.net

**P400, WC100 *Form carpools at Westgate
and meet leader 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

car shuttle. Topo(s): Greystone, Davy Crockett Lake, Hot Springs; also NatGeo map #782

Sunday No. A1503-475 **Jul. 12**
Hump Mtn. from Yellow Mtn. Gap 8:30 AM
Hike 9, Drive 140, 2400 ft. ascent, Rated B-AA
Jeff Wasserman, cell: 828-243-7815,
jbwass47@gmail.com

We will hike from Roaring Creek Road to Yellow Mtn. Gap, at which point we join the A.T., along an open ridge to Little Hump Mtn. and on to Hump Mountain where we'll have lunch on a grassy bald at 5587 ft. We'll return to Yellow Mountain Gap and take the Overmountain Victory Loop back to the cars. The fabulous vistas and open meadows make the drive and moderately strenuous hike worthwhile. Topo(s): Carvers Gap, White Rocks Mtn.; also NatGeo map #783

Sunday No. A1503-745 **Jul. 19**
Upper Snowbird Creek 8:00 AM
Hike 11, Drive 200, 1400 ft. ascent, Rated A-B
Jill Gottesman, 828-587-9453,
cell: 828-301-8900, jill_gottesman@tws.org

***Form carpools at Westgate and meet leader at Ingles on NC 143 at north end of Robbinsville at 10:00 AM.** This hike will be in the Snowbird Wilderness Study Area, as recognized by the 1984 N.C. Wilderness Act. This is an in-and-out hike on Snowbird Creek Trail, featuring Middle and Upper Falls. Note: There are eleven stream crossings, most of which will be wet crossings. Please RSVP to leader. There is no limit, but leader wants to know how many to expect. Directions to Ingles: Take I-40 to Exit 27 (US 23/74); turn right onto NC 28 north; turn left onto NC 143; Ingles is on left entering Robbinsville. Topo(s): Santeetlah Creek; also NatGeo map #784

Saturday No. A1503-128 **Jul. 25**
Sam Knob Loop from NC 215 8:30 AM
Hike 10, Drive 90, 1700 ft. ascent, Rated A-A
Amy Treverton, cell: 828-216-3914,
athikerbabe@gmail.com

P400, SB6K (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, cross FS 816 onto ALT. 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): Shining Rock & Sam Knob; also NatGeo map #780

Sunday No. A1503-471 **Jul. 26**
Pigeon Gap – Bridges Camp Gap – East Fork of Pigeon River 8:30 AM
Hike 8.8, Drive 60, 1500 ft. ascent, Rated B-B
Laura Frisbie, 828-337-5845,
laurafrisbie@charter.net

P400 **Wilderness hike, limited to ten hikers—call leader for reservation.* We will follow the MST

south from Pigeon Gap to Bridges Camp Gap, then hike down to the East Fork of the Pigeon River for lunch and a leisurely swim at the East Fork of the Pigeon River. After lunch it's downhill all the way to the Big East Fork parking area. Car shuttle. **Second meeting place: Big East Fork small parking area on US 276 at 9:15 AM.** Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1503-856 **Aug. 2**
Ivestor Ridge Loop 8:30 AM
(strenuous)
Hike 10, Drive 70, 2900 ft. ascent, Rated A-AA
Paul Benson, 828-251-1909,
pbbenson@charter.net

P400 **Form carpools at Westgate and meet leader at Looking Glass Rock Overlook at BRP MM 417 at 9:15 AM.* *Wilderness hike, limited to ten hikers—call leader for reservation.* This challenging loop will begin at Bridges Camp Gap and follow the MST to Dark Prong Gap, then take the Graveyard Ridge, Greasy Cove and Bridges Camp Gap Trails. Two stream crossings may be difficult. Expect a mostly rugged, rocky trail. The leader plans a stop for swimming. Topo(s): Shining Rock; also NatGeo #780 and USFS Shining Rock & Middle Prong Wilderness map

Sunday No. A1503-062 **Aug. 2**
Daniel Ridge Loop and Shuck Falls 8:30 AM
(moderate)
Hike 7.8, Drive 70, 1500 ft. ascent, Rated B-B
Stuart English, cell: 828-384-4870,
stuengo@citcom.com

P400, WC100 **Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:00 AM.* This will be the longer version of #62, as shown on the hike database map. The trail climbs gradually along a lovely stream beside small waterfalls on the Daniel Ridge loop, and then we will climb uphill to Shuck Falls along the Farlow Gap Trail. After the falls, we will return downhill and then follow the other leg of the Daniel Ridge loop. Another nice waterfall is seen just before the end of the hike. Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1503-267 **Aug. 9**
Horsepasture River 9:00 AM
Hike 5.5, Drive 105, 1000 ft. ascent, Rated C-B
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

Saturday No. A1503-440 **Aug. 15**
Chestnut Cove to French Broad River 10:00 AM
Hike 6.5, Drive 30, 900 ft. ascent, Rated B-C

Lenny Bernstein, cell: 828-450-1325,
lennybernstein41@gmail.com
This will be a mostly downhill, pleasant walk on the MST from the BRP Chestnut Cove Overlook to the French Broad River Overlook. Car shuttle. **Second meeting place: BRP French Broad Overlook at 10:15 AM.** Topo(s): Dunsmore Mountain; also NatGeo map #780 and MST Profiles, pp. 44-47

Sunday No. A1503-858 **Aug. 16**
Big Ivy - Corner Rock Loop 8:00 AM
Hike 11.8, Drive 50, 2000 ft. ascent, Rated A-A
Carroll Koeppinger, 828-667-0723,
cell: 828-231-9444, carrollkoepp@bellsouth.net
This new loop hike in the Big Ivy area will follow a number of trails, including Elk Pen, Upper Corner Rock, Laurel Gap, Bear Pen and Staire Gap. Topo(s): Barnardsville, Mt. Mitchell, Montreat; also NatGeo map #779

Sunday No. A1503-614 **Aug. 23**
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

***Form carpools at Westgate and meet leader 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. A1503-373 **Aug. 29**
Yellow Mountain 8:00 AM
Hike 10, Drive 125, 2900 ft. ascent, Rated A-AA
Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

***First Meeting Place: Home Depot off Exit 44 of I-40.** We'll hike in the Cowee Mtns on a heavily forested high altitude trail that ascends four peaks going in and three on the way back. Views from the Yellow Mtn. observation tower are great – a fine lunch spot. Strenuous but rewarding. **Second meeting place: Rest area on US 23/74 beyond Waynesville at 8:30 AM.** Topo(s): Highlands, Glenville; also NatGeo map #785

Sunday No. A1503-190 **Aug. 30**
MST: Mt. Mitchell to Balsam Gap 8:00 AM
Hike 9.5, Drive 70, 1600 ft. ascent, Rated A-A
Janet Martin, cell: 502-494-9309,
jaykaymartin@msn.com

SB6K This is one of the really great sections of the MST, and includes two SB6K peaks. The first part of the hike features exceptional views south from the Black Mtns., while the second part showcases the trail-building and rock-work achievements of the CMC. See spectacular scen-

ery from our lunch spot. Car shuttle. Topo(s): Mt. Mitchell, Montreat; also PNF South Toe River, Mt. Mitchell & Big Ivy Trail Map

Sunday No. A1503-510 **Sep. 6**
Pinch-In and Babel Tower Trails *8:00 AM
(strenuous)

Hike 9.2, Drive 100, 2300 ft. ascent, Rated A-AA Les and Catherine Love, 828-658-1489, cell: 828-230-1861, lesrlove55@gmail.com
Wilderness hike, limited to ten hikers—call leader for reservation.* We will descend into Linville Gorge on the very steep Pinch-In Trail, then hike up the gorge next to the noisy and beautiful Linville River, and then hike up and out on Babel Tower Trail. Car shuttle. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 8:20 AM. Topo(s): Linville Falls; also PNF Linville Gorge Wilderness map

Sunday No. A1503-667 **Sep. 6**
Pink Beds - Pisgah Inn *8:30 AM
(moderate)

Hike 8.2, Drive 85, 1700 ft. ascent, Rated B-A Ashok Kudva, 828-696-7119, cell: 828-674-1374, **P400** **Form carpools at Westgate and meet leader at parking lot near Pisgah Inn Convenience Store at 9:05 AM.* From one branch of the Pink Beds Loop, we will go over the Barnett Branch boardwalk, built by the CMC Friday Pisgah crew. We will proceed on the Barnett Branch Trail, cross Yellow Gap Road, and after a short, steep climb, pause at a waterfall. We'll connect with the Buck Spring/MST up to the Pisgah Inn. Optional post-hike dinner at the Pisgah Inn; please carpool accordingly. Car shuttle. Topo(s): Shining Rock, Cruso; also NatGeo map #780

Saturday No. A1503-459 **Sep. 12**
MST: NC 128

to Glassmine Falls Overlook *10:00 AM
Hike 6.4, Drive 80, 1900 ft. ascent, Rated B-A Marcia Bromberg, 828-505-0471, mwrbromberg@yahoo.com

SB6K **Only Meeting Place: Back parking lot of Folk Art Center.* We will head up into the cool, old-growth balsam and spruce forests south of Mount Mitchell. There are several scenic overlooks and we will stop for lunch on one of them. Car shuttle. Topo(s): Mt Mitchell, Montreat; also MST profiles, pp. 62-63.

Sunday No. A1503-859 **Sep. 13**
Coffee Pot Mountain Summit *9:00 AM

Hike 6.5, Drive 55, 1820 ft. ascent, Rated B-A Dave Wetmore, cell: 828-577-0648, dwetmore@comporium.net

P400 **Form carpools at Westgate and meet leader at Mills River Ingles (behind gas pumps) at 9:20 AM.* Many have circled it, but few have ascended to the summit! Here is your chance to scale the heights of Coffee Pot Mountain. Invigorating mountain air! Vistas of almost 20

feet! We will go down the road from the Trace Ridge parking lot to the Hendersonville Reservoir, up to Spencer Creek and then off-trail to Coffee Pot Mountain, stopping at the Duckett Grave. From Coffee Pot Mountain we will go off-trail down to the Endless Road and follow it back to Trace Ridge. Topo(s): Dunsmore Mountain; also NatGeo map #780

Sunday No. A1503-241 **Sep. 20**
Mt. Kephart

via Sweat Heifer Creek Trail *8:00 AM
Hike 12.8, Drive 140, 2000 ft. ascent, Rated AA-A

Mike Knies, 828-628-6712, knies06@att.net
SB6K, 200M **First meeting place: Home Depot off Exit 44 of I-40.* This hike is designed to visit two of the best scenic overlooks in the Smokies, The Jumpoff and Charlies Bunion, and to climb Mt. Kephart (6217 ft.). From Newfound Gap, we will hike on the A.T. to Mt. Kephart and The Jumpoff, and from there to Charlies Bunion. After lunch, we will return via the A.T., and then down the Sweat Heifer Creek and Kephart Prong Trails. Car shuttle. **Second meeting place: Rear of Maggie Valley Post Office parking lot at 8:30 AM, but contact leader first.** Topo(s): Clingmans Dome, Mt. Le Conte, Mt. Guyot, Smokemont; also NatGeo map #317

Saturday No. A1503-453 **Sep. 26**
Max Patch Loop *9:00 AM

(Youth Partner Challenge hike)
Hike 4.4, Drive 100, 800 ft. ascent, Rated C-C Jan Onan, 828-698-3237, cell: 828-606-5188, janonan@bellsouth.net

***First meeting place: Home Depot off Exit 44 of I-40.** This hike debuts CMC's new Youth Partner Challenge hikes. 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 him/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: Max Patch parking lot at 10:00 AM.** Topo(s): Lemon Gap; also PNF Harmon Den & Hot Springs Area Trail Maps

Saturday No. A1503-326 **Sep. 26**
Pump Gap loop from Tanyard Gap 8:30 AM

Hike 9.3, Drive 66, 2000 ft. ascent, Rated A-A Jim and Judy Magura, cell: 828-606-1490, jqs290@gmail.com

This will be a moderate, low-altitude ramble through the area between Tanyard Gap and Pump Gap. We'll do all of Pump Gap and Mill Ridge Trails, connecting through woods roads and manways north and south of the A.T. Topo(s): Hot

Springs; also NatGeo map #782

Sunday No. A1503-697 **Sep. 27**
Silers Bald 8:30 AM

Hike 9, Drive 150, 2400 ft. ascent, Rated A-AA Daisy Teng Karasek, 828-505-2036, cell: 408-887-3666, daisytk@yahoo.com
SB6K, 900M In early fall, at this altitude some of the leaves will be down, opening views in all directions as we hike the mile high, narrow ridge-line from Clingmans Dome to Silers Bald. **Second meeting place: Maggie Valley Post Office parking lot at 9:00 AM, but contact leader first.** Topo(s): Clingmans Dome; Silers Bald. Also NatGeo Maps #316 and #317

HALF-DAY SUNDAY HIKES

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

Half-Day No. H1503-101 **Jul. 5**
Lower Big Laurel Creek 11:30 AM

Hike 6, Drive 60, 300 ft. ascent, Rated C-C Stuart English, cell: 828-384-4870, stuengo@comporium.net
Stroll along a beautiful stream with white water, rocks and surrounding high cliffs. Visit Runion Logging Camp. Over 250 species of vascular plants have been identified along this trail, including five endangered species. We should see abundant wildflowers. Parts of the trail are rocky – hiking boots or hiking shoes are required. Wear long pants because this hike features healthy poison ivy in the summer. **Second meeting place: Trailhead at intersection of US 25/70 at NC 208 at 12:15 PM.** Topo(s): Hot Springs

Half-Day No. H1503-666 **Jul. 12**
Pink Beds/

Cradle of Forestry Loop *12:30 PM

Hike 5.6, Drive 90, 850 ft. ascent, Rated C-C Ashok Kudva, 828-698-7119, cell: 828-674-1374, ashok.kudva@att.net

P400 **Form carpools at Westgate and meet leader at Pisgah Ranger Station at 1:00 PM.* From one branch of Pink Beds Loop Trail, we will go over the Barnett Branch boardwalk, built by the CMC Friday Pisgah Crew. After climbing over the Barnett Branch Trail and Soapstone Ridge around Rich Mountain, we will descend on a forest service road to the Cradle of Forestry. We will visit a logging locomotive and logging history

placards before returning to the cars. Topo(s): Shining Rock; also NatGeo map #780

Half-Day No. H1503-525 **Jul. 19**
DuPont Forest:

Corn Mill Shoals P. L. #2 *1:00 PM
Hike 5, Drive 50, 400 ft. ascent, Rated C-C
Greg Goodman, 828-684-9703,
greggoodman@bellsouth.net

***Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 1:30 PM.** A pleasant hike over several trails up and over the granite slabs of Big Rock and Cedar Rock. From Corn Mill Shoals parking lot we will take Big Rock Trail and Cedar Trails to Little River Trail. We will snack at the river and return on Corn Mill Shoals Trail. Topo(s): Standingstone Mountain; also DuPont S.R. Forest trails map

Half-Day No. H1503-436 **Jul. 26**
Pisgah Inn to Mt. Pisgah and back *1:00 PM
Hike 5.1, Drive 30, 1100 ft. ascent, Rated C-B
Bobbi Powers, 828-667-5419,
bobbipowers23@gmail.com

P400 ***First meeting place: Ingles parking lot across from Asheville Outlets Mall on NC 191.** This in-and-out hike starts at the Pisgah Inn, meanders along a ridge line past the Buck Spring Lodge site, and then gets serious with an ascent up Mt. Pisgah. The last half mile is tough, but 360-degree views from the tower make the effort worthwhile. Possible after-hike libation on the Pisgah Inn lawn to celebrate our day if the weather is fine! **Second meeting place: Parking lot near Pisgah Inn convenience store at 1:30 PM.** Topo(s): Cruso, Dunsmore Mtn.; also NatGeo map #780

Half-Day No. H1503-508 **Aug. 2**
Green River Gamelands: Bishop Branch/Pulliam Creek/Rock Hop Trails *12:00 PM
Hike 6.5, Drive 70, 1200 ft. ascent, Rated B-B
Tom Lucha, 828-696-9117, luchat@bellsouth.net
***Form carpools at Westgate and meet leader at the Cracker Barrel, off Exit 53 of I-26, northeast corner of parking lot at 12:30 PM.** Deep forest hike with distant views of Green River Gorge, The Narrows and Bishop Branch Falls. We'll hike the Rock Hop Trail to complete the loop rather than walk along Big Hungry Road. Topo(s): Clifffield Mountain; also Trails of the Green River Gamelands map

Half-Day No. H1503-193 **Aug. 9**
Rough Butt Overlook to NC 215 *12:30 PM
Hike 5, Drive 85, 400 ft. ascent, Rated C-C
Marcia Bromberg, 828-505-0471,
cell: 828-798-9905, mwbromberg@yahoo.com
P400, SB6K ***First meeting place: Home Depot at Exit 44 off I-40.** *Wilderness hike, limited to ten hikers—call 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. H1503-247 **Aug. 16**
Investor Gap Blueberry Hike *11:00 AM
Hike 5, Drive 65, 500 ft. ascent, Rated C-C
Bonnie Allen, 828-645-0357, cell: 828-707-6115,
bonnie@allencats.com
P400, SB6K **Wilderness hike, limited to ten hikers—call leader for reservation.* Our traditional hike to the picking fields of Grassy Cove Top in the Shining Rock Wilderness. While others are picking blueberries, there is an optional hike to the top of 6000-ft. Grassy Cove Top. Once we get to the blueberries, we plan on picking for 2 hours. Everyone should bring berry picking containers, hat and sunscreen. If there are no blueberries we will all hike to the top of Grassy Cove Top. **Second meeting place: BRP Cold Mountain Overlook at 11:40 AM.** Topo(s): Sam Knob, Shining Rock; also NatGeo map #780

Half-Day No. H1503-522 **Aug. 23**
Van Cliff & Spring Creek Nature Trails *12:00 PM
Hike 3.8, Drive 75, 840 ft. ascent, Rated C-C
Jack Dalton, 828-622-3704,
jckdalton9@gmail.com
***Form carpools at Westgate and meet leader at Rocky Bluff Recreation Area on NC 209 2.5 miles south of Hot Springs at 1:00 PM.** From the campground, the Van Cliff Trail ascends to nice views, and then returns to the campground. The second loop will be the Spring Creek Nature Trail, which leaves from the campground and follows along Spring Creek. There is a possibility of a swim in Spring Creek on a hot August afternoon. Topo(s): Spring Creek; also NatGeo Map #782

Half-Day No. H1503-437 **Aug. 30**
Slate Rock Creek - Pilot Cove *12:30 PM
Hike 5.3, Drive 40, 960 ft. ascent, Rated C-C
Lee Belknap, 828-693-2635, cell: 828-674-3631,
rivergyppy@sprintmail.com
P400 ***First meeting place: Ingles parking lot across from Asheville Outlets Mall on NC 191.** This moderate hike is in the Pisgah National Forest on the Pilot Loop and Slate Rock Creek trails. From the top of the cliffs on Fork Ridge expect beautiful views of Pilot Cove, Pilot Rock, Pink Beds, and beyond. 1.7 mile car shuttle. **Second meeting place: Mills River Ingles (corner of**

N. Mills River Road and NC 280, near gas pumps) at 12:50 PM. Topo(s): Shining Rock; also NatGeo map #780

Half-Day No. H1503-463 **Sep. 6**
Big Ridge Overlook to Elk Pasture Gap and return *12:30 PM
Hike 4.4, Drive 50, 750 ft. ascent, Rated C-C
Dennis Bass, 828-367-8619,
dbass3607@gmail.com
P400 ***First meeting place: Ingles parking lot across from Asheville Outlets Mall on NC 191.** An in-and-out hike on part of the Shut-in Trail along the MST between two overlooks on the Parkway. **Second meeting place: BRP Big Ridge Overlook (MM 403.6) at 1:00 PM.** Topo(s): Dunsmore Mtn.; also NatGeo map #780 and MST Trail Profiles, pp. 42-43

Half-Day No. H1503-511 **Sep. 13**
Florence Nature Preserve *12:30 PM
Hike 5, Drive 40, 1000 ft. ascent, Rated C-B
Karin Eckert, 828-593-8453,
karingarden@yahoo.com
***Only Meeting Place: Ingles on US 74-A about 1/2 mile south of I-40 Exit 53.** This hike is a loop in the Florence Nature Preserve 600+ acre tract in Hickory Nut Gorge. We'll be hiking part of the hike as described in #511 (6.5 miles) to keep it to approx. 5 miles. We'll take the new Yellow, Blue, White, and Red Trails to a nice overlook, and return via Blue and Yellow Trails. Topo(s): Bat Cave; also CMLC Florence Preserve trails map

Half-Day No. H1503-665 **Sep. 20**
NC 128 - Waterfall *12:00 PM
Hike 6, Drive 62, 500 ft. ascent, Rated C-C
Maggie Marshall, cell: 828-772-4286,
Maggie.marshall@yahoo.com
***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, Mount Mitchell

Half-Day No. H1503-464 **Sep. 27**
Balsam Gap to Greybeard Overlook *11:00 AM
Hike 5, Drive 44, 1300 ft. ascent, Rated C-B
Renate Rikkers, 828-298-9988,
rerikkers@aol.com
***Only Meeting Place: Back parking lot of Folk Art Center.** A 5-mile hike through a range of environments and landscapes, including rocky trail sections that require good foot wear and hiking poles, especially for bad knees. This hike takes us from Alpine vegetation through old hemlock and lichen-covered oak forest, over open blueberry balds with long-range views, and finally through lovely beech forest and sweeping native grasses to the Greybeard Overlook. Car shuttle. Topo(s): Montreat; also MST Trail Profiles pp. 60-63

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





A Spring Social for the ages

continued from page 1

Rogers, Assistant Scout Executive; Chris Mosher, Life Scout; and Greg Mosher, Troop Committee Chair. Skip made the point that most hikers started out as Scouts and that these young men could be seen as future CMC members. It is also important for the Scouts and other young people to be aware of CMC and their work in conservation, maintaining trails, and providing maps for all to enjoy.

Dan Rogers, long hiker and author of a book about hiking 11,000 miles across the US, gave an inspirational speech on hiking. He encouraged all of us to "live our dreams."

The day ended as a culmination of spring: new growth, moist warmth, a sea of blossoming green all around, and rejuvenation! As we drove home in the dusk, we had the satisfaction of knowing that we are a part of something older than us, bigger than us, and destined to last much longer than us. After all, we had seen the future.

Carolina Mountain Club

P.O. Box 68
Asheville, NC 28802

NEXT CMC COUNCIL MEETING

When: Monday, August 3, 2015
Where: EarthFare, Hendersonville Road (US 25), south Asheville
Time: 6:00 - 9:00 PM
Info: Call Lenny at 450-1325 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

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

and free from blame event leaders and the CMC, its officers and members, for any accident, injury or illness which might be sustained from participating in Club hikes and other activities.

CONSERVATION: CMC works with other organizations concerned about the protection of our natural heritage to protect trails and the hiking experience in our hiking area. Phone the Councilor for Conservation for details.

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

CAROLINA MOUNTAIN CLUB OFFICERS

President: Lenny Bernstein, 828-450-1325, lennybernstein41@gmail.com
Vice-President: Barbara Morgan, 828-738-3395, barbc129@gmail.com
Secretary: Dave Wetmore, 828-577-0648, dwetmore@comporium.com
Treasurer: Jim Ariail, 828-505-0443, jimariail@yahoo.com
Immediate Past President: Marcia Bromberg, 828-505-0471, mwbromberg@yahoo.com
Councilor for Communication:
 Kathy Kyle-Cornn, 828-458-1281, katherinekyle@gmail.com
Councilor for Conservation: Ruth Hartzler, 828-251-0886, ruthmtn@charter.net
Councilor for Education: Kay Shurtleff, 828-749-9230, kshurtleff@msn.com
Councilor for Hiking: Brenda Worley, 828-684-8656, bjdworley@gmail.com
Councilor for Membership: Lee Silver, 828-668-7147, leehsilver@aol.com
Councilor for Trail Maintenance: Pete Petersen, 828-697-1967, roap@aol.com
Councilor at Large: Sawako Jager, 828-687-2547, baiko70@aol.com
Councilor at Large: Ann Hendrickson, 828-668-9253, arriba2928@aol.com

Editor: Stuart English, 828-384-4870, stuengo@comporium.net
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