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 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 Rogers, Assistant Scout Executive; Chris Mosher, Life Scout; Skip Sheldon, Executive Board Member. Not pictured, Joshua Christ, Scout Executive.

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

COUNCIL CORNER

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.
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 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.

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 (Globetrekks 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.

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, shella@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**

<table>
<thead>
<tr>
<th>First Letter</th>
<th>Second Letter</th>
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<tbody>
<tr>
<td>Distance</td>
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<td>AA: Over 12 miles</td>
<td>AA: Over 2,000 ft.</td>
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<td>A: 9.1-12 miles</td>
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<td>B: 6.1-9 miles</td>
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<td>C: Up to 6 miles</td>
<td>C: Under 1,000 ft.</td>
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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, pjbarr@gmail.com

**P400** For hiking every trail in Pisgah Ranger District. Contact Dave Wetmore, dwetmore@cit.com.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, suejackfiz@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 rear parking area (north end) of Westgate Shopping Center near I-240 exit 38B 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@tw.org
  - *Form carpools at Westgate and meet leader at the Masonic Marker. On the drive back, we’ll stop at the Asheville Friday Crew, we will proceed on the Barnett Trail, cross Yellow Gap Road, and after a short climb, pass a waterfall. We’ll connect with the Buck Spring/MST Trail up to the Pisgah Inn. Optional post-hike dinner at the Pisgah Inn. 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 1800, 1600 ft. ascent, Rated A-B
  - Janet Martin, cell: 502-494-5309, jackymartin@msn.com
  - *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 GSNMP, 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 7, Drive 180, 2221 ft. ascent, Rated B-AA
  - Randy Fulhydr, 828-253-1626, cell: 828-423-9030, rfulhydrty54@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

**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.
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 featuring 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, bdw worley@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 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. W1503-092 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. W1503-172 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, keikomerl@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, bdw worley@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 rhododenron 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,细胞: 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, Tamassaee, 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
This hike will be in the Snowbird-Mountaineer area. Second meeting place: Pisgah Forest Bi-lo at 9:30 AM. Toopo(s): Laura Frisbie, 828-337-5845, laurafrisbie@charter.net

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 Mt. Gap, at which point we join the A.T., along an open ridge to Little Hump Mt. 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

Saturday No. A1503-856 Aug. 2
Ivestor Ridge Loop (strenuous) *8:30 AM
Hike 10, Drive 70, 2900 ft. ascent, Rated A-AA
Paul Benson, 828-251-1909, pdbenson@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 Wildernesses 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
Cheestnut 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. A1503-88 Aug. 16
Big Ivy - Corner Rock Loop 8:00 AM
Hike 11.8, Drive 50, 2000 ft. ascent, Rated A-A
Carol Koeppflinger, 828-667-0723, cell: 828-231-9444, carrolloep@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-inventoryed 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, bdjworley@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 Mt. 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 this hike features exceptional views south from the Black Mtms., 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, leslove55@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 Wildness 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, 828-698-7119, 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 #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 man- ways 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 *First meeting place: Home Depot off Exit 44 of I-40. This hike is designed to visit two of the best scenic over looks 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 Swett 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 #316

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.

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 Rumion 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

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
**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.

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

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**Half-Day No. H1503-436**  **Jul. 26**  
**Pisgah Inn to Mt. Pisgah and back**  
*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*

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**Half-Day No. H1503-508**  **Aug. 2**  
**Green River Gamelands: Bishop Branch/Pulliam Creek/Rock Hop Trails**  
*First meeting place: Cruso, Dunsmore Mt.; also NatGeo map #780*

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**Half-Day No. H1503-193**  **Aug. 9**  
**Rough Butt Overlook to NC 215**  
*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*

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**Half-Day No. H1503-247**  **Aug. 16**  
**Ivestor Gap Blueberry Hike**  
*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): Dusnmore Mtn.; also NatGeo map #780 and MST Trail Profiles, pp. 42-43*

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**Half-Day No. H1503-463**  **Sep. 6**  
**Big Ridge Overlook to Elk Pasture Gap and return**  
*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): Dusnmore Mtn.; also NatGeo map #780 and MST Trail Profiles, pp. 42-43*

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**Half-Day No. H1503-462**  **Jul. 23**  
**Loch Laurel Overlook**  
*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*

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**Half-Day No. H1503-522**  **Aug. 23**  
**Van Cliff & Spring Creek Nature Trails**  
*First meeting place: Home Depot at Exit 44 off I-40. Wilderness hike, limited to ten hikers—call leader for reservation. A 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*

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**Half-Day No. H1503-477**  **Aug. 30**  
**Slate Rock Creek - Pilot Cove**  
*First meeting place: Ingles parking lot across from Asheville Outlets Mall on NC 191. This 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, Pinck Beds, and beyond. 1.7 mile car shuttle. Second meeting place: Mills River Inge (corner of N. Mills River Road and NC 280, near gas pumps) at 12:50 PM. Topo(s): Shining Rock; also NatGeo map #780*

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**Half-Day No. H1503-665**  **Sep. 20**  
**NC 128 - Waterfall**  
*First meeting place: Home Depot at Exit 44 off I-40. Wilderness hike, limited to ten hikers—call leader for reservation. A 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*

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**Half-Day No. H1503-464**  **Sep. 27**  
**Balsam Gap to Greybeard Overlook**  
*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*

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**Van Cliff & Spring Creek Nature Trails**  
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*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*

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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.

Hiking Information: CMC hikes are open to all and we welcome guests. Non-members need to call or email the hike leader to introduce themselves and find out more about the hike. All hikers are encouraged to call or e-mail the leader if they have questions about the hike or the location of the meeting place. Hikes may be canceled by the leader due to adverse weather or dangerous roads. Minors are welcome on CMC hikes, if accompanied by a responsible adult. Pets are not allowed on CMC hikes.

Hikers will carpool from the meeting places to the trailhead and back. Passengers are expected to contribute 10 cents per mile towards the driver’s operating expenses. Most CMC hikes do not require reservations. However, check the hiking schedule to determine whether a reservation is required, and if so, call or e-mail the leader to reserve your space.

Hike leaders have the right to reject participants who are not properly equipped for the hike or who are unlikely to be able to complete the hike. All hikers are expected to follow the leader’s instructions. No one should get ahead of the leader, or lag behind the sweep, without specific permission. Hikers should obtain the leader’s permission if they wish to leave the hike before its completion.

Clothing and equipment: CMC’s website (www.carolinamountainclub.org, click on Hiking) has a full list of day hiking needs. Most critical are water, footwear, rain gear and a first aid kit. Carry at least two quarts of liquid (water, Gatorade, juice) for a full day hike, no matter what time of year. Hiking boots are recommended for all hikes. They should be broken in before the hike. Weather changes quickly in the mountains. Even if there is no sign of rain in the morning, you need to be prepared for an afternoon shower. Your first aid kit should include any personal medication, including allergy medication, if needed. Wear layered clothing – you’ll want to take layers off during a strenuous climb or as the day proceeds, then put them back on in cooler conditions.

Responsibility for safety: Each CMC member and guest agrees to accept personal responsibility for his or her own safety and for the safety of accompanying minors. The Club cannot ensure the safety of any participant on hikes or trail maintenance activities. Each participant agrees to hold harmless and free from blame event leaders and the CMC, its officers and members, for 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
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.

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

Carolina Mountain Club Officers
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Vice-President: Barbara Morgan, 828-738-3395, barbc129@gmail.com
Secretary: Dave Wetmore, 828-377-0648, dwetmore@comporium.com
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