

# LET'S GO!



THIRD QUARTER 2022  
Quarterly Hike Schedule



P.O. Box 68, Asheville, NC 28802 • [www.carolinamountainclub.org](http://www.carolinamountainclub.org) • e-mail: [cmcinfo@carolinamountainclub.org](mailto:cmcinfo@carolinamountainclub.org)

## HIKE RATINGS

First Letter Distance	Second Letter Elevation Gain
AA: Over 12 miles	AA: Over 2,000 ft.
A: 9.1-12 miles	A: 1,501-2,000 ft.
B: 6.1-9 miles	B: 1,001-1,500 ft.
C: Up to 6 miles	C: 1,000 ft. or less

If it's not possible to go on the regularly scheduled hike, it may be possible to accompany the leader when the hike is scouted. Hike cancellations are announced on the CMC website in the Breaking News box. Hike Leaders will announce a cancellation or significant change at least a few hours before the hike. Hikers that do not have internet access or live hours away from the meeting place: call the hike leader to ensure that you are informed about hike changes. See the Hike Schedule on the CMC website for more complete and timely information, including scout reports, at [www.carolinamountainclub.org](http://www.carolinamountainclub.org).

## CHALLENGE PROGRAMS

**A.T.-MST** For hiking the 228 miles of the A.T. and MST on CMC maintained sections. Contact [ATMST@CarolinaMountainClub.com](mailto:ATMST@CarolinaMountainClub.com)

**FH100** For hiking all 100 trails in the "100 Favorite Trails of the Smokies and Carolina Blue Ridge." Contact Steve Pierce, [stevepierce50@gmail.com](mailto:stevepierce50@gmail.com)

**LTC** For hiking all 24 lookout towers in WNC. Contact Peter Barr, [pjbarr@gmail.com](mailto:pjbarr@gmail.com)

**P400** For hiking every trail in Pisgah Ranger District. Contact [P400@CarolinaMountainClub.org](mailto:P400@CarolinaMountainClub.org)

**SB6K** For hiking all 40 peaks above 6000'. Contact Peter Barr, [pjbarr@gmail.com](mailto:pjbarr@gmail.com)

**WC100** For hiking to the 100 best waterfalls in the area. Contact Jack Fitzgerald, 828-685-2897, [suejackfitz@bellsouth.net](mailto:suejackfitz@bellsouth.net)

**YPC** For hiking eight different Land Management areas with youth 17 and under. Contact Kay Shurtleff at [kshurtleff@msn.com](mailto:kshurtleff@msn.com)

**900M** For hiking every trail in GSMNP. Contact Steve Pierce, [stevepierce50@gmail.com](mailto:stevepierce50@gmail.com)

## TRAIL MAINTENANCE

All members are encouraged to participate in trail maintenance activities. Non-members are invited to try it a few times before deciding if they want to join the Club and be a regular part of a crew. We train and provide tools.

Below is a general schedule of work days. Exact plans often are not made until the last minute, so contact crew leaders for details. MST and AT section maintainers work on their own schedule.

### **Burnsville Monday Crew**

John Whitehouse, [johnwhitehouse@ccvn.com](mailto:johnwhitehouse@ccvn.com)

### **Art Leob Monday Crew**

Rich Evans, [richard.erman.evans@gmail.com](mailto:richard.erman.evans@gmail.com)

### **Waynesville Wednesday Crew**

Chris Werbylo, [jcw402@aol.com](mailto:jcw402@aol.com)

Vance Waggener, [vance.waggener@yahoo.com](mailto:vance.waggener@yahoo.com)

### **Thursday Crew**

Todd Eveland, [pepsitodd1@gmail.com](mailto:pepsitodd1@gmail.com)

Ken Hummel, [kenhummel60@gmail.com](mailto:kenhummel60@gmail.com)

### **Asheville Friday crew**

Paul Curtin, [pcurtin@hotmail.com](mailto:pcurtin@hotmail.com)

Chris Werbylo, [jcw402@aol.com](mailto:jcw402@aol.com)

### **Pisgah Friday Crew**

Don Cooper, [dncpr47@gmail.com](mailto:dncpr47@gmail.com)

### **Wilderness Response Crew**

Vance Waggener, [vance.waggener@yahoo.com](mailto:vance.waggener@yahoo.com)

Richard Figura, [rafigura107@gmail.com](mailto:rafigura107@gmail.com)

### **Quarterly Saturday Crew**

Les Love, [lesrlove55@gmail.com](mailto:lesrlove55@gmail.com)

### **AT Maintainers**

Paul Curtin,

[ATsupervisor@carolinamountainclub.org](mailto:ATsupervisor@carolinamountainclub.org)

### **Remote Overnight Crew**

Paul Curtin, [pcurtin@hotmail.com](mailto:pcurtin@hotmail.com)

Rich Evans, [richard.erman.evans@gmail.com](mailto:richard.erman.evans@gmail.com)

### **MST Maintainers**

**Oconaluftee River to Old Bald**

Larry Sobil, [lsobil@bellsouth.net](mailto:lsobil@bellsouth.net)

**Old Bald to Hwy 215**

Robert Bolt, [otherob@inbox.com](mailto:otherob@inbox.com)

**Hwy 215 to Big Ridge O/L**

Todd Eveland, [pepsitodd1@gmail.com](mailto:pepsitodd1@gmail.com)

**Big Ridge O/L to BRP Visitor Center**

Les Love, [lesrlove55@gmail.com](mailto:lesrlove55@gmail.com)

**BRP Visitor Ctr to Greybeard O/L**

John Busse, [jfbusse@hotmail.com](mailto:jfbusse@hotmail.com)

**Greybeard O/L to Black Mtn Campground**

John Whitehouse, [johnwhitehouse@ccvn.com](mailto:johnwhitehouse@ccvn.com)

## SATURDAY WORKDAYS

The remaining Quarterly Saturday Trail Maintenance Workdays for 2022 are August 13 and October 1. We meet at 8:30 and return to Asheville by 3:00. Contact Les Love for details and where to meet.

[lesrlove55@gmail.com](mailto:lesrlove55@gmail.com) | 828-658-1489

## HIKING FOR NEWCOMERS!

CMC has scheduled quarterly hikes designed for new hikers. A 30 minute Zoom presentation before each hike will get you ready and answer your questions. Please check out our homepage at [carolinamountainclub.org](http://carolinamountainclub.org) or contact us at [cmcnewhikers@gmail.com](mailto:cmcnewhikers@gmail.com) for more information.

## YOUTH PARTNER CHALLENGE HIKES

The Youth Partnership Challenge is designed to introduce youth to fun, educational hiking experiences. Hikes are open to CMC members as well as newcomers. YPC hikes submitted by Jan Onan, 828-606-5188, [janonan59@gmail.com](mailto:janonan59@gmail.com) and Kay Shurtleff, 828-280-3226 or 828-749-9230, [kshurtleff@msn.com](mailto:kshurtleff@msn.com). Driving distance is round trip from meeting place. **Due to COVID-19, all hikes have a limit of fifteen hikers unless stated otherwise. Contact leader for reservation.**

Sunday No. Y2203-053  
**East Fork Pigeon River**  
Hike 3, Drive 7, 660 ft. ascent, Rated C-C,  
*Wilderness hike, limited to ten hikers, contact leader for reservation. P400*  
Cindy McJunkin, 828-712-9646,  
mcjfive@aol.com

**Only Meeting Place:** BRP Cold Mountain Overlook at MM 412. This in-and-out hike starts at Big East Fork and goes towards the headwaters of the Pigeon River. The river is crystal clear and we will have opportunities to go down to the river and play in the water.  
Topo(s): Shining Rock

## WEDNESDAY HIKES

Wednesday hikes submitted by Daisy Karasek, 828-505-2036, daisytk@yahoo.com. **Due to COVID-19, all hikes have a limit of 15 hikers unless stated otherwise. Contact leader for reservation.** Driving distance is round trip from the first meeting place. Hikes assemble at the location described for that hike. Some hikes will have second meeting places as described in the schedule; start times vary. **Times listed are departure times – arrive early.**

Wednesday No. W2203-868  
**Woodfin Cascades to Waterrock Knob**  
**8:00 AM**

Hike 10.4, Drive 65, 2300 ft. ascent, Rated A-AA, **AT-MST, SB6K**  
Karen Schultz, 312-241-3329,  
Schultz.KarenJ@GMail.com and  
Ken Scharmann, 847-772-4693,  
Ksruns@Comcast.net  
**First Meeting Place:** Home Depot off Exit 44 of I-40.

**Second Meeting Place:** BRP Woodfin Cascades Overlook at MM 447 at 8:30 AM - but contact leader first.

This is a variation of Hike #868 starting from the Woodfin Cascades Overlook on the Blue Ridge Parkway. We will hike on the MST for 4.8 miles and then take the fairly steep path just above the visitor center to Waterrock Knob for great views, return via the same route. This hike features an evenly-graded trail through various forest types. This is #38 of the 100 Favorite Trails. NOTE: Contact Karen Schultz at schultz.karenj@gmail.com for reservations. If you wish to carpool, you must be fully vaccinated against COVID-19.  
Topo(s): Hazelwood, Sylva North

Wednesday No. W2203-882  
**Panthertown East Entrance**  
**8:30 AM**  
Hike 6.5, Drive 110, 1100 ft. ascent, Rated B-B,  
**WC100**

Brenda Worley, 828-684-8656,  
cell: 828-606-7297, bjdworley@gmail.com  
**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at the second

meeting place.

**Second Meeting Place:** Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.

This loop hike will take us to two waterfalls and one outstanding summit with beautiful views. We begin on Macs Gap Trail, then hook up with Greenland Creek Trail to Greenland Creek Falls. Next, we hook back up with Macs Gap Trail, cross Greenland Creek, and onto Little Green Mountain Trail to the summit and Tranquility Point for lunch. From there we return to our cars with a stop at Schoolhouse Falls. A hike to Warden Falls will be offered and is dependent on the desires of the hikers. This hike meets the requirements of #14 of the 100 Favorite Trails.  
Topo(s): Big Ridge, Lake Toxaway

Wednesday No. W2203-273  
**Boogerman Trail**  
**7:30 AM**  
Hike 8, Drive 72, 1100 ft. ascent, Rated B-B,  
**900M**

Thomas Butler, 361-484-3381,  
butler.tom3381@gmail.com  
**First Meeting Place:** Home Depot off Exit 44 of I-40.

**Second Meeting Place:** Pilot Truck Stop off Exit 24 of I-40 at 8:00 AM.

A lush forest with giant old-growth trees, stone walls and a root cellar make this a favorite loop hike in the Cataloochee area of the Smokies. We'll cross Caldwell Fork a number of times, so be prepared for some cool stream crossings on what will probably be a hot summer day! Poles will be helpful.  
Topo(s): Cove Creek Gap

Wednesday No. W2203-615  
**Black Balsam Loop via Graveyard Ridge & ALT**  
**8:00 AM**  
Hike 6.3, Drive 70, 1200 ft. ascent, Rated B-B,  
**AT-MST, P400, SB6K**

George Shepherd, 405-596-2632,  
shepherdgeorge@att.net

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

**Second Meeting Place:** BRP Cold Mountain Overlook at MM 412 at 8:45 AM - but contact leader first.

This hike offers great views. We begin on the MST from FS 816, then go left on Graveyard Ridge Trail to Investor Gap. We return on the Art Loeb Trail over Tennent Mountain and Black Balsam Knob. We'll stop at the high points to enjoy great views. This hike is #50 of the 100 Favorite Trails.  
Topo(s): Sam Knob, Shining Rock

Wednesday No. W2203-463  
**MST Big Ridge Overlook to Elk Pasture Gap**  
**9:00 AM**  
Hike 4.4, Drive 40, 750 ft. ascent, Rated C-C,  
**AT-MST, P400**  
Rebecca Banner, 828-713-4660,

beccabanner@gmail.com

**Only Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. HALF-DAY HIKE. An in-and-out hike on part of the Shut-in Trail along the MST between two overlooks on the Parkway. We hope to see Turk's Cap lilies in bloom.  
Topo(s): Dunsmore Mtn.

Wednesday No. W2203-454  
**Porters Creek Trail**  
**8:30 AM**  
Hike 7.6, Drive 160, 1500 ft. ascent, Rated B-B,  
**900M**

Judy Magura, 828-606-1490,  
quilter290@gmail.com and Jim Magura,  
828-606-3989, jqs290@gmail.com  
**Only Meeting Place:** Home Depot off Exit 44 of I-40. This is a popular Smokies hike. We will first pass the remnants of old homesteads and the Owenby Cemetery before entering a moist, sheltered cove with large trees, wildflowers, a rushing creek and even a waterfall. This hike is #25 of the 100 Favorite Trails.  
Topo(s): Mt Le Conte

Wednesday No. W2203-956  
**Buck Spring Gap to Turkey Spring Gap Loop**  
**9:00 AM**  
Hike 4, Drive 60, 695 ft. ascent, Rated C-C,  
**P400**

Barton Paschal, 828-545-6795,  
bartonpaschal@bellsouth.net  
**Only Meeting Place:** BRP Buck Spring Gap Overlook near the Buck Spring Lodge site.

HALF-DAY HIKE. This hike offers local history and several scenic overlooks in the Pisgah Inn area. We will first visit the former site of the Vanderbilts' mountain cabin, Buck Spring Lodge, and its springhouse. We then hike downhill on the Laurel Mountain Trail to Turkey Spring Gap. After a break, we will take the Laurel Mountain Connector to join the Pilot Rock Trail that will take us up to Little Bald Mountain. From there, it is downhill to finish the loop and join the MST to take us back to our starting point. This hike concludes with an in-and-out from Buck Spring Gap Overlook to the top of Buck Spring Tunnel at its N terminus. Bring your hiking poles due to some tricky spots in the downhill sections and your binoculars to better enjoy the views.

Wednesday No. W2203-640  
**Walker's Knob - Montreat**  
**8:30 AM**  
Hike 8, Drive 40, 1800 ft. ascent, Rated B-A  
Virginia Bower, 828-273-2486,  
clabbergirl57@gmail.com

**Only Meeting Place:** Ingles off Exit 64 of I-40 (Black Mountain). We shall hike the Graybeard Trail up to Walker's Knob and back. The hike is a steady 1800 ft. climb with a wonderful view of Montreat and Black Mountain Valley from Walker's Knob.  
Topo(s): Montreat

- Wednesday No. W2203-043      **July 27**  
**Frying Pan Tower**      **9:00 AM**  
Hike 4, Drive 30, 950 ft. ascent, Rated C-C,  
**P400, LTC**  
Thomas Butler, 361-484-3381,  
butler.tom3381@gmail.com  
**Only Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. HALF-DAY HIKE. This is a short in-and-out hike from the Mt Pisgah Campground to enjoy panoramic views of Looking Glass Rock, Mt. Pisgah and Cold Mountain from Frying Pan Mountain Lookout Tower (listed on the National Register of Historic Places). The trail meanders through the forest until reaching a Forest Service gravel road to the tower, a 0.7-mile trek, uphill all the way.  
Topo(s): Cruso
- Wednesday No. W2203-621      **Aug. 3**  
**Linville Progressive Hike**      **8:00 AM**  
Hike 8.3, Drive 140, 1800 ft. ascent, Rated B-A, *Wilderness hike, limited to ten hikers, contact leader for reservation. WC100*  
Brenda Worley, 828-684-8656,  
cell: 828-606-7297, bjdworley@gmail.com  
**Only Meeting Place:** Ingles off Exit 64 of I-40 (Black Mountain). After driving on dirt roads on the east side of Linville Gorge, we'll go up Table Rock Mountain with its fantastic views and then The Chimneys, a set of rocky columns and crevasses. We will also climb Hawksbill for an additional 1.4 miles. Our final stop is Linville Falls. This hike meets the requirements for #92, #93 and #94 of the 100 Favorite Trails.  
Topo(s): Linville Falls
- Wednesday No. W2203-444      **Aug. 3**  
**Avery Creek/Twin Falls Loop**      **8:30 AM**  
Hike 9.5, Drive 80, 2000 ft. ascent, Rated A-AA, **P400, WC100**  
Marie Chamberlin, 678-492-6718,  
marie.m.chamberlin@gmail.com and  
Kay Haskell, 610-613-4858,  
HaskellKM@gmail.com  
**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.  
**Second Meeting Place:** Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM - but contact leader first.  
A scenic hike featuring waterfalls and a beaver dam. We'll first climb to Buckhorn Gap via Twin Falls, then follow the Black Mountain Trail to Club Gap, and return downhill on the Avery Creek Trail. This hike is #65 of the 100 Favorite Trails. You must be fully vaccinated against COVID to carpool.  
Topo(s): Pisgah Forest, Shining Rock
- Wednesday No. W2203-047      **Aug. 10**  
**Indian Grave Gap**      **8:00 AM**  
**to Iron Mountain Gap**      **8:00 AM**  
Hike 10.8, Drive 120, 2800 ft. ascent, Rated A-AA, **AT-MST**
- Randy Fluharty, 828-423-9030,  
rfluharty54@gmail.com and Steve Pierce,  
828-442-8482, stevepierce50@gmail.com  
**Only Meeting Place:** Publix lower end of parking lot off Exit 19 of I-26. KEY-SWAP HIKE. This A.T. hike passes by appropriately named Beauty Spot with views of the Roans and Blacks, and over 5180-ft. Unaka Mountain, with a lovely hemlock grove on top. The hike has equal difficulty in both directions. We will set up the key-swap in the Publix parking lot.  
Topo(s): Unicoi
- Wednesday No. W2203-677      **Aug. 10**  
**Swannanoa River/**  
**Warren Wilson College**      **9:00 AM**  
Hike 5, 100 ft. ascent, Rated C-C  
Rebecca Banner, 828-713-4660,  
beccabanner@gmail.com  
**Only Meeting Place:** Charles D. Owen Park on Warren Wilson Road. HALF-DAY HIKE (Easy). This is a short version of Hike #677. We will enjoy an easy and pleasant walk along the Swannanoa River, skirting part of the Warren Wilson College farm.  
Topo(s): Oteen
- Wednesday No. W2203-584      **Aug. 17**  
**Butter Gap - Cat Gap Loop**      **8:30 AM**  
Hike 9, Drive 80, 1900 ft. ascent, Rated B-A, **P400**  
Richard Sampson, 704-453-9059,  
richsmpson360@gmail.com  
**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at the second meeting place.  
**Second Meeting Place:** Pisgah Forest Fish Hatchery off FS 475 at 9:00 AM.  
This hike will start at the Fish Hatchery and follow the Cat Gap Loop Trail to the Butter Gap Trail. Then we'll follow the Art Loeb Trail to Cat Gap Loop Trail back to the parking lot. This hike is #59 of the 100 Favorite Trails.  
Topo(s): Rosman
- Wednesday No. W2203-578      **Aug. 17**  
**Flat Laurel Creek,**  
**Little Sam Knob, MST Loop**      **9:00 AM**  
Hike 6.5, Drive 60, 1000 ft. ascent, Rated B-C, **AT-MST**  
Bev MacDowell, 828-777-5806,  
bevmacdowellhappy@gmail.com  
**Only Meeting Place:** BRP Cold Mountain Overlook at MM 412. This is a moderate hike in the Pisgah National Forest, starting at the trailhead on NC 215 on the Flat Laurel Creek Trail, passing by Wildcat Falls and out to the falls on Flat Laurel Creek after passing Little Sam Knob. We will continue on the Little Sam Trail to the MST and return. We'll end with a short walk along NC 215 to our cars.  
Topo(s): Sam Knob
- Wednesday No. W2203-929      **Aug. 24**  
**Hard Times Loop**      **8:00 AM**  
Hike 6.4, Drive 15, 505 ft. ascent, Rated B-C  
Diane Saccone, 703-283-1068,  
reemscreekyoga@aol.com  
**Only Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. HALF-DAY HIKE. This will be a variation of Hike #929. We start from the Hard Times parking area in Bent Creek and walk along Bent Creek Road/Bent Creek Trail in the Arboretum. We then turn up Hard Times Road near the entrance parking area to complete the loop, staying on Hard Times Road as it ascends and then descends back to Bent Creek Road. Let's see what summer wildflowers are blooming and if chanterelles are in the forest. Good footing all the way.
- Wednesday No. W2203-343      **Aug. 24**  
**Mount Mitchell Loop**      **8:30 AM**  
**via Commissary Ridge**      **8:30 AM**  
Hike 7, Drive 65, 1500 ft. ascent, Rated B-B, **SB6K**  
Thomas Butler, 361-484-3381,  
butler.tom3381@gmail.com  
**Only Meeting Place:** Back parking lot of Folk Art Center. We will hike from the Ranger Station to the summit via Old Mitchell Road Trail and return via the Commissary Ridge Trail and Camp Alice Road. We'll enjoy the view from the Mount Mitchell observation platform. This hike is #88 of the 100 Favorite Trails.  
Topo(s): Mt. Mitchell
- Wednesday No. W2203-035      **Aug. 31**  
**Looking Glass Rock**      **8:30 AM**  
Hike 5.8, Drive 60, 1800 ft. ascent, Rated C-A, **P400**  
Virginia Bower, 828-273-2486,  
clabbergirl57@gmail.com  
**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.  
**Second Meeting Place:** Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.  
HALF-DAY HIKE. A moderate, well-graded trail leads to the top of this pluton and then downhill to the first viewpoint, with beautiful views of the mountains. After visiting the west-facing face, we'll hike downhill, turn right and past the helicopter pad to the second viewpoint. In-and-out hike. This hike is #56 of the 100 Favorite Trails.  
Topo(s): Shining Rock
- Wednesday No. W2203-464      **Sept. 7**  
**Balsam Gap (Walker Knob Overlook)**  
**to Graybeard Overlook**      **9:00 AM**  
Hike 7.4, Drive 45, 2000 ft. ascent, Rated B-AA, **AT-MST**  
Danny Bernstein, 828-450-0747,  
dannyhiker@gmail.com  
**Only Meeting Place:** Back parking lot of Folk

Art Center. We will hike through a range of environments and landscapes on the MST, including rocky trail sections that require good footwear and hiking poles. This hike takes us from alpine vegetation through an old hemlock and lichen-covered oak forest, over an open blueberry bald with long-range views and finally through a lovely beech forest and sweeping native grasses to the Graybeard Overlook. We return to our cars on the same trail. This hike is #85 of the 100 Favorite Trails. CMC members only, no guests. You must be fully vaccinated against the COVID-19 virus.

Topo(s): Montreat

Wednesday No. W2203-753 **Sept. 14**  
**Cowee Bald Lookout Tower**  
**and Alarka Falls** **8:00 AM**

Hike 7.5, Drive 130, 800 ft. ascent, Rated B-C, **LTC**

Carroll Koepplinger, 828-231-9444,  
cakoep29@gmail.com

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

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

This hike is in a remote part of the Cowee Mountains about 10 miles southwest of the Sylva-Dillsboro area. The hike is in a section of Nantahala National Forest which the Wilderness Society has identified as a "Mountain Treasure" area. This is a two-part hike: hike in and out to the lookout tower on Cowee Bald; drive to Walton trailhead and do a loop hike with an in-and-out to Alarka Falls.

Topo(s): Greens Creek

Wednesday No. W2203-346 **Sept. 14**  
**MST Folk Art Center**  
**to Haw Creek Overlook** **9:00 AM**

Hike 5, 850 ft. ascent, Rated C-C, **AT-MST**

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

**Only Meeting Place:** Back parking lot of Folk Art Center. HALF-DAY HIKE. This favorite moderate hike on the Mountains-to-Sea Trail rewards hikers with great views of the Haw Creek Valley.

Topo(s): Oteen

Wednesday No. W2203-957 **Sept. 21**  
**Long Creek Falls &**  
**Opossum Creek Falls** **8:00 AM**

Hike 7.8, Drive 154, 1390 ft. ascent, Rated B-B, **WC100**

Sallye Sanders, 208-550-2070,  
sallye\_sanders@yahoo.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at second meeting place.

**Second Meeting Place:** Pisgah Forest Walmart

parking (back of center aisles close to Taco Bell) at 8:30 AM.

A new CMC hike. We will hike to two waterfalls whose creeks flow into the scenic Chattooga River. Both creeks descend to the river, with Long Creek Falls only about 30 yards from the confluence and Opossum Creek Falls about half a mile from the confluence.

Wednesday No. W2203-903 **Sept. 21**  
**Cataloochee and Little Cataloochee**

**via Little Cataloochee Trail** **8:30 AM**  
Hike 9.5, Drive 80, 1850 ft. ascent, Rated A-A, **900M**

Karen Lachow, 703-395-5879,  
heyk127@hotmail.com

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

**Second Meeting Place:** Pilot Truck Stop off Exit 24 of I-40 at 9:00 AM - but contact leader first.

We follow Pretty Hollow Trail for 0.8 miles, turn right and follow Little Cataloochee Trail to the Dan Cook cabin, Little Cataloochee Baptist Church and its cemetery. We will stop for lunch there and maybe continue a short distance afterwards to visit the Hannah cabin before returning to the trailhead on the same trail. This hike is #32 of the 100 Favorite Trails.

Wednesday No. W2203-218 **Sept. 28**  
**Cataloochee Divide**

**to Purchase Knob** **8:00 AM**  
Hike 10, Drive 80, 1900 ft. ascent, Rated A-A, **900M**

Mike Knies, 828-628-6712, knies06@att.net

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

**Second Meeting Place:** Exxon station off Exit 20 of I-40 at 8:30 AM - but contact leader first.

This shorter version of #218 will be an in-and-out from Cove Creek Rd. to the intersection with McKee Branch Trail and will include a loop through the Science Center and past Ferguson Cabin. Great views along the way. This hike is #36 of the 100 Favorite Trails.

Topo(s): Bunches Bald, Cove Creek Gap

Wednesday No. W2203-955 **Sept. 28**  
**Andrews Bald & Chimney Tops in Great**

**Smoky Mountains National Park** **8:00 AM**  
Hike 7.1, Drive 140, 2450 ft. ascent,  
Rated B-AA, **LTC, 900M**

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

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

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

Two hikes in one day--an opportunity to do two of the 100 Favorite Trails, or just one. Andrews Bald Hike: 3.6 miles, out-and-back; 850 feet elevation gain. This high-elevation hike leads to a grassy bald with views of surrounding mountains and Fontana Lake. The trail starts at

the Clingmans Dome parking area, through the forest to the open bald. We return on the same trail back to our cars. This hike is #20 of the 100 Favorite Trails. We then drive to the Chimney Tops trailhead (optional). Hike: 3.5 miles, out-and-back; 1,600 feet elevation gain. A popular hike leading to an observation viewpoint. The trail is steep with many steps. This hike is #22 of the 100 Favorite Trails.

## ALL-DAY WEEKEND HIKES

All-day hikes submitted by Karen Lachow, 703-395-5879, heyk127@hotmail.com. **Due to COVID-19, all hikes have a limit of 15 hikers unless stated otherwise. Contact leader for reservation.** Driving distance is round trip from the first meeting place. All hikes assemble at the location described for that hike. Some hikes will have second meeting places, and starting times may vary.

Sunday No. A2203-615 **July 3**  
**Black Balsam Loop**

**via Graveyard Ridge & ALT** **8:30 AM**

Hike 6.3, Drive 65, 1200 ft. ascent, Rated B-B, **AT-MST, P400, SB6K**

Karen Lachow, 703-395-5879,  
heyk127@hotmail.com

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

**Second Meeting Place:** BRP Cold Mountain Overlook at MM 412 at 9:00 AM - but contact leader first.

This hike has great views and visits two peaks over 6000 ft. New hikers take note: there is a 200-ft. altitude gain over 1/4-mile early in the hike, and two more uphill, each with about 500-ft. altitude gain, in the last leg of the hike. We will begin from FS 816 on the MST, then left onto the Graveyard Ridge Trail to Ivester Gap. We return on the Art Loeb Trail over Tennent Mtn. and Black Balsam Knob. We'll stop at the high points to enjoy the great views. This hike is #50 of the 100 Favorite Trails.

Topo(s): Sam Knob, Shining Rock

Sunday No. A2203-955 **July 10**  
**Andrews Bald & Chimney Tops in Great**

**Smoky Mountains National Park** **7:30 AM**

Hike 7.1, Drive 165, 2450 ft. ascent,  
Rated B-AA, **LTC, 900M**

Danny Bernstein, 828-450-0747,  
dannyhiker@gmail.com

**First Meeting Place:** Food Lion - 35 Westridge Market Pl. Candler.

**Second Meeting Place:** Oconoluftee Visitors Center on US 441 at 8:30 AM - but contact leader first.

Two hikes in one day, an opportunity to do two of the 100 Favorite Trail hikes. Andrews Bald Hike: 3.6 miles, out-and-back; 850 feet

elevation gain. This high-elevation hike leads to a grassy bald with views of surrounding mountains and Fontana Lake. The trail starts at the Clingmans Dome parking area, through the forest to the open bald. We return on the same trail back to our cars. This hike is #20 of the 100 Favorite Trails. We then drive to the Chimney Tops trailhead. Hike: 3.5 miles, out-and-back; 1,600 feet elevation gain. A popular hike leading to an observation viewpoint. The trail is steep with many steps. This hike is #22 of the 100 Favorite Trails. CMC members only, no guests. You must be fully vaccinated against the COVID-19 virus. Topo(s): Clingmans Dome, Mt. Le Conte

Saturday No. A2203-242 **July 16**  
**Sam Knob - Devils Courthouse 8:00 AM**  
 Hike 9, Drive 60, 1800 ft. ascent, Rated B-A, **P400, SB6K**  
 Brenda Worley, 828-684-8656, cell: 828-606-7297, bjdworley@gmail.com  
**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.  
**Second Meeting Place:** BRP Cold Mountain Overlook at MM 412 at 8:30 AM.  
 This hike in the cool high elevations is perfect for a hot summer day. From FS 816 we will ascend 6040-ft. Sam Knob with its 360-degree views, then hike through high meadows on the Flat Laurel and Little Sam Trails to reach Devil's Courthouse. Then we return via the MST to FS 816 and our cars. An optional hike to 6214-ft. Black Balsam Knob may be offered. This hike is #53 of the 100 Favorite Trails.  
 Topo(s): Sam Knob

Sunday No. A2203-190 **July 17**  
**Mt. Mitchell to Balsam Gap via Blackstock Knob 8:00 AM**  
 Hike 9.5, Drive 70, 1600 ft. ascent, Rated A-A, **AT-MST, SB6K**  
 Kathy Cornn/Kyle, 828-458-1282, katherinenkyle@gmail.com and Michael Cornn, 828-458-1281, mwcornn@gmail.com  
**Only Meeting Place:** Back parking lot of Folk Art Center. This is one of the really great sections of the MST and includes two SB6K peaks. The first part 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 scenery from our lunch spot on a rocky outcropping. CAR SHUTTLE.  
 Topo(s): Mt. Mitchell

Sunday No. A2203-753 **July 24**  
**Cowee Bald Lookout Tower and Alarka Falls 8:00 AM**  
 Hike 7.5, Drive 130, 800 ft. ascent, Rated B-C, **LTC**  
 Carroll Koeplinger, 828-231-9444, cakoep29@gmail.com  
**First Meeting Place:** Home Depot off Exit 44

of I-40.

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

This hike is in a remote part of the Cowee Mountains about 10 miles southwest of the Sylva-Dillsboro area. The hike is in a section of Nantahala National Forest which the Wilderness Society has identified as a "Mountain Treasure" area. This is a two-part hike: hike in and out to the lookout tower on Cowee Bald; drive to Walton trailhead and do a loop hike with an in-and-out to Alarka Falls.  
 Topo(s): Greens Creek

Saturday No. A2203-095 **July 30**  
**Hemphill Bald from Polls Gap 8:00 AM**  
 Hike 9.5, Drive 85, 1600 ft. ascent, Rated A-A, **900M**  
 Thomas Butler, 361-484-3381, butler.tom3381@gmail.com  
**First Meeting Place:** Home Depot off Exit 44 of I-40. Form carpools and meet leader at second meeting place.  
**Second Meeting Place:** Maggie Valley Post Office at 8:30 AM.  
 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. This hike is #37 of the 100 Favorite Trails.  
 Topo(s): Dellwood

Sunday No. A2203-910 **July 31**  
**Rocky Fork - Flint Creek 8:30 AM**  
 Hike 7.8, Drive 80, 1860 ft. ascent, Rated B-A  
 Les Love, 828-230-1861, lesrlove55@gmail.com and Catherine Love, 828-658-1489, catmlove2@gmail.com  
**Only Meeting Place:** 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. This in-and-out creekside hike showcases the new Rocky Fork State Park and one of its links to the A.T. We will follow the Flint Creek Trail up to Flint Gap on the A.T., then return to the park entrance where we will take the new side trail up to Whitehouse Cliffs for a full view of the Rocky Fork watershed. Our co-leader on this hike will be John Beaudet, who will be sharing history of the Indian battlefield we will cross in the park, as well as his individual efforts to turn around the state's decision to build a visitor center in a pristine area of the park. This hike fills the requirement for #45 of the 100 Favorite Trails.  
 Topo(s): Flag Pond

Sunday No. A2203-060 **Aug. 7**  
**Pilot Mountain from Gloucester Gap 8:30 AM**  
 Hike 6.5, Drive 80, 2500 ft. ascent, Rated B-AA, **P400**  
 Marie Chamberlin, 678-492-6718, marie.m.chamberlin@gmail.com

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

**Second Meeting Place:** Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.

This hike starts with a steep climb to the summit of Pilot Mountain, then down to Deep Gap and a short climb over Sassafras Knob. It's nearly all downhill or level as we continue to Farlow Gap. We'll return on a pleasant, seldom-used gravel forest road. This hike is #57 of the 100 Favorite Trails. Please do not carpool unless you are fully vaccinated against Covid.  
 Topo(s): Shining Rock

Saturday No. A2203-459 **Aug. 13**  
**MST: NC 128 to Glassmine Falls Overlook 10:00 AM**  
 Hike 6.4, Drive 80, 1900 ft. ascent, Rated B-A, **AT-MST, SB6K**  
 Marcia Bromberg, 828-505-0471, cell: 860-798-9905, mwbromberg@yahoo.com  
**Only Meeting Place:** Back parking lot of Folk Art Center. For this shorter version of hike #459 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): Montreat, Mt. Mitchell

Sunday No. A2203-699 **Aug. 14**  
**Pisgah Loop II 9:00 AM**  
 Hike 6.5, Drive 60, 1500 ft. ascent, Rated B-B, **P400**  
 Bruce Bente, 828-692-0116, cell: 828-699-6296, bbente@bellsouth.net  
**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at second meeting place.  
**Second Meeting Place:** BRP Cold Mountain Overlook at MM 412 at 9:30 AM.  
 This loop hike will go downhill on the boundary trail to the MST, with a stop at Skinny Dip Falls to explore the damage caused by the flood last year and to see the new ladders installed by CMC to descend to creek level and rock-hop the stream. We'll hike up to Graveyard Fields and spend time looking for blueberries before returning to our cars.  
 Topo(s): Sam Knob, Shining Rock

Sunday No. A2203-584 **Aug. 21**  
**Butter Gap - Cat Gap Loop 8:30 AM**  
 Hike 9, Drive 80, 1900 ft. ascent, Rated B-A, **P400**  
 Marie Chamberlin, 678-492-6718, marie.m.chamberlin@gmail.com  
**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.  
**Second Meeting Place:** Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.  
 We'll follow the Butter Gap Trail through

the beautiful Grogan Creek watershed and Picklesheimer Fields, then follow the Art Loeb Trail, and return on the Cat Gap Trail. A great summer hike with streams, waterfalls and views. This hike is #59 of the 100 Favorite Trails. Please do not carpool unless you are fully vaccinated against Covid.  
Topo(s): Rosman

Saturday No. A2203-049 **Aug. 27**  
**Big Creek to Walnut Bottom** **8:30 AM**  
Hike 10.3, Drive 110, 1300 ft. ascent, Rated A-B, **900M**  
Henry Kassell, 845-656-5528, hkassell@gmail.com  
**First Meeting Place:** Home Depot off Exit 44 of I-40.

**Second Meeting Place:** Pilot Truck Stop off Exit 24 of I-40 at 9:00 AM - but contact leader first.

Big Creek, a spectacular mountain stream in the Smokies, offers hikers an opportunity to slow down and appreciate the wild beauty of this section of the park. A comfortable roadbed meanders along rushing rapids, Mouse Creek Falls, huge boulders, and deep swimming holes. A beautiful forest makes for a special experience. A moderate in-and-out hike. This hike is #30 of the 100 Favorite Trails.

Topo(s): Cove Creek Gap, Luftee Knob, Waterville

Sunday No. A2203-061 **Aug. 28**  
**Wayah Bald to Siler Bald** **8:00 AM**  
Hike 12, Drive 150, 3050 ft. ascent, Rated A-AA+, **AT-MST**  
Donna Lanning, 828-684-7083, cell: 828-606-7956, dblanning@bellsouth.net

**Only Meeting Place:** Home Depot off Exit 44 of I-40. Starting at Wayah Gap, we will turn south on the A.T. to 5216-ft. Siler Bald first, climbing a short way off the A.T. in the cooler morning. We will then follow the A.T. northbound to 5342-ft. Wayah Bald, taking a short detour to the Wilson Lick Ranger Station, and then back to our cars. Both balds feature some of the most spectacular 360-degree views in western NC. This exceeds the requirement for #8 of the 100 Favorite Trails.

Topo(s): Wayah Bald

Sunday No. A2203-868 **Sept. 4**  
**Woodfin Cascades to Waterrock Knob** **8:00 AM**

Hike 10.4, Drive 65, 2300 ft. ascent, Rated A-AA, **AT-MST, SB6K**  
Lorraine Bernhardt, 828-699-8857, lsbernhardt50@gmail.com  
**Only Meeting Place:** Home Depot off Exit 44 of I-40. This variation of hike #868 starts from the Woodfin Cascades Overlook on the Blue Ridge Parkway. We will hike on the MST for 4.8 miles and then take the fairly steep path just above the visitor center to Waterrock Knob for great views. We return via the same route. This hike features an evenly graded trail through various forest types. This hike is #38 of the 100 Favorite Trails.

Topo(s): Hazelwood, Sylva North

Saturday No. A2203-578 **Sept. 10**  
**Flat Laurel Creek, Little Sam Knob, MST Loop** **9:30 AM**

Hike 7.5, Drive 60, 1000 ft. ascent, Rated B-C, **AT-MST**  
Barbara Morgan, 828-460-7066, barbc129@gmail.com

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

**Second Meeting Place:** Gravel parking lot on NC 215 1/4 mile north of BRP at 10:30 AM - but contact leader first.

This is a pleasant loop trail with views of Sam Knob, Fork Ridge and Flat Laurel Creek. We will be hiking in a counter-clockwise direction, up the MST with a side trip to Devils Courthouse for lunch, down the Little Sam Knob Trail to Flat Laurel Creek and then a gentle return on the Flat Laurel Creek Trail. We'll end with a short walk along NC 215 to our cars. Trails may be wet and muddy with a possible wet creek crossing at the end, depending on weather conditions. Poles are recommended.

Topo(s): Sam Knob

Sunday No. A2203-558 **Sept. 11**  
**Round Top Ridge to Rich Mtn., A.T. to Hot Springs** **8:00 AM**

Hike 11.7, Drive 70, 3000 ft. ascent, Rated A-AA, **AT-MST**  
Thomas Butler, 361-484-3381, butler.tom3381@gmail.com

**Only Meeting Place:** 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. From the French Broad River near Hot Springs, we climb the A.T. to Lover's Leap Ridge, crossing Pump Gap and Tanyard Gap. Then we'll ascend Rich Mountain to the junction of the Round Top Ridge Trail. There will be an optional in-out to the Rich Mountain fire tower, and then we'll descend on the Round Top Ridge Trail back to the river. This hike exceeds the requirements for #42 of the 100 Favorite Trails.

Topo(s): Hot Springs

Sunday No. A2203-516 **Sept. 18**  
**Lakeshore Loop** **8:00 AM**

Hike 10.3, Drive 145, 1600 ft. ascent, Rated A-A, **900M**  
Thomas Butler, 361-484-3381, butler.tom3381@gmail.com

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

**Second Meeting Place:** Waynesville Publix parking lot east end off Exit 102 of US 23/74 at 8:30 AM.

We will start at the tunnel at the end of Lakeshore Drive and hike Lakeshore, White Oak Branch, Forney Creek, and Goldmine Trails. Along the way we'll learn the history of the infamous Road to Nowhere, settlement and logging along Forney Creek and the development of Lake Fontana. This hike is #19 of the 100 Favorite Trails.

Topo(s): Noland Creek

Saturday No. A2203-072 **Sept. 24**  
**Graybeard via Pot Cove Gap** **8:30 AM**

Hike 9.5, Drive 35, 2200 ft. ascent, Rated A-AA  
Judy Magura, 828-606-1490, quilter290@gmail.com and Jim Magura, 828-606-3989, jqs290@gmail.com

**Only Meeting Place:** Ingles off Exit 64 of I-40 (Black Mountain). This Montreat hike will cross Flat Creek bridge then in one mile, turn right onto trail with rock hops of Flat Creek. A short spur on the right goes to Graybeard Falls. At each trail junction, we'll follow the blue blazes to Graybeard summit (elevation 5408 ft.), with great views. Return will be via the same trail, with the option of a short in-out hike to Walker Knob at the shelter. This hike is #82 of the 100 Favorite Trails.

Topo(s): Montreat

Sunday No. A2203-273 **Sept. 25**  
**Boogerman Trail** **8:00 AM**

Hike 8, Drive 72, 1100 ft. ascent, Rated B-B, **900M**  
Mike Knies, 828-628-6712, knies06@att.net  
**First Meeting Place:** Home Depot off Exit 44 of I-40.

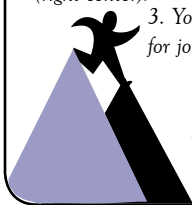
**Second Meeting Place:** Exxon station off Exit 20 of I-40 at 8:30 AM - but contact leader first. A lush forest with giant old-growth trees, stone walls, old cemeteries, former homesites and a root cellar makes this a favorite loop hike in the Catalochee area of the Smokies. On the way back we will cross Caldwell Fork ten times. Three crossings may be wet depending on water level. Water shoes are fine. Bring poles. This hike is #34 of the 100 Favorite Trails.

Topo(s): Cove Creek Gap

### How to join the CMC

1. Go to [www.carolinamountainclub.org](http://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



## 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 Lee Silver, 828-668-7147, mhsrunning@yahoo.com. **Due to COVID-19, all hikes have a limit of 15 hikers unless stated otherwise. Contact leader for reservation.** Driving distance is round trip from the first meeting place. Hikes assemble at the location described for that hike. Some hikes will have second meeting places, and starting times may vary. **Times listed are departure times – arrive early.**

Sunday No. H2203-281 **July 3**  
**Snowball Trail 10:00 AM**  
Hike 3, Drive 30, 1275 ft. ascent, Rated C-B  
Bobbi Powers, 828-667-5419,  
bobbipowers23@gmail.com

**Only Meeting Place:** Back parking lot of Folk Art Center. Limit of 15 hikers. Contact hike leader via email for reservations. This high elevation hike, starting at Bee Tree Gap, is a steady, often steep, beautiful climb to Rock on Hawkbill Mountain with its superb views. After lunch on the rock, we return via the same route.  
Topo(s): Craggy Pinnacle

Sunday No. H2203-512 **July 10**  
**Pisgah Inn to Big Ridge Overlook 10:30 AM**  
Hike 5.7, Drive 34, 800 ft. ascent, Rated C-C,  
**AT-MST, P400**  
Dick Zimmerer, 828-785-9593,  
dd1zz@yahoo.com

**Only Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Limit of 15 hikers. Contact hike leader via email for reservations. Hike on the MST from the Pisgah Inn, with a brief stop to view the Buck Spring Lodge site, continuing over Little Pisgah Mountain down to the Big Ridge Overlook on the Blue Ridge Parkway. 1500-ft. descent, occasionally very steep. Poles recommended. Car shuttle.  
Topo(s): Cruso

Sunday No. H2203-453 **July 17**  
**Max Patch Loop 8:30 AM**  
Hike 4.4, Drive 100, 800 ft. ascent, Rated C-C,  
**AT-MST**  
Judy Magura, 828-606-1490,  
quilter290@gmail.com and Jim Magura,  
828-606-3989, jqs290@gmail.com

**First Meeting Place:** Home Depot off Exit 44 of I-40.  
**Second Meeting Place:** Pilot Truck Stop off Exit 24 of I-40 at 9:00 AM - but contact leader first. Limit of 10 hikers on Max Patch. Contact hike leader via email for reservations. We'll pass through woods to Buckeye Ridge and follow the ridge, enjoying views of Max Patch, then loop around to intersect with the A.T. Our route back

will be either via Max Patch summit or Buckeye Ridge Trail. This hike is #39 of the 100 favorite hikes.  
Topo(s): Lemon Gap

Sunday No. H2203-190 **July 24**  
**NC 128 to Balsam Gap 10:00 AM**  
Hike 5, Drive 60, 1300 ft. ascent, Rated C-B,  
**AT-MST, SB6K**  
Ted Altman, 513-532-7766,  
tedaltman2@gmail.com

**Only Meeting Place:** Back parking lot of Folk Art Center. Limit of 12 hikers, contact hike leader via email for reservations. This shuttle hike in the high country on the MST near Mount Mitchell features great views, rocky climbs, spruce forests and 6320-ft. Blackstock Knob. This is the second half of hike #190. Because of limited trailhead parking, we will have to carpool. Masks required in cars; hikers must have Covid 19 vaccine to carpool.  
Topo(s): Mt. Mitchell

Sunday No. H2203-598 **July 31**  
**Pink Beds to Soapstone Ridge Loop 10:00 AM**  
Hike 6.2, Drive 80, 1100 ft. ascent, Rated B-B,  
**P400**  
William Snow, 857-756-3815,  
billsnow123@gmail.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at second meeting place.  
**Second Meeting Place:** Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 10:30 AM - but contact leader first. Limit of 15 hikers. Contact hike leader via email for reservations. This is a moderate hike in the Pisgah National Forest. We will start on the Pink Beds Trail, going right onto Barnett Branch and up to Black Mountain Trail on the summit of Rich Mountain. We will go down Club Gap to FS 477 and return up US 276 to the Pink Beds parking lot. We will have the option to shorten the hike before Rich Mountain and take an unmarked trail over to the 1915 Climax Locomotive in the Cradle of Forestry.  
Topo(s): Shining Rock

Sunday No. H2203-172 **Aug. 7**  
**John Rock Loop Hike 12:00 PM**  
Hike 5.7, Drive 60, 1300 ft. ascent, Rated C-B,  
**P400, WC100**  
Lee Belknap, 828-698-9394, cell: 828-674-3631,  
rivergypsy@sprintmail.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at second meeting place.  
**Second Meeting Place:** Pisgah Forest Fish Hatchery off FS 475 at 12:30 PM - but contact leader first. Limit of 15 hikers. Contact hike leader via email

for reservations. This moderate loop hike, with good views from John Rock, starts at the Fish Hatchery parking lot.  
Topo(s): Shining Rock

Sunday No. H2203-357 **Aug. 14**  
**Upper Pisgah Ridge Loop 10:00 AM**  
Hike 5.7, Drive 60, 1300 ft. ascent, Rated C-B,  
**AT-MST, P400, WC100**  
Barbara Morgan, 828-460-7066,  
barbc129@gmail.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.  
**Second Meeting Place:** John Rock Overlook at MM 419 of BRP at 10:30 AM. Limit of 15 hikers. Contact hike leader via email for reservations. We'll do a scenic circle of the Graveyard Fields area, using the Pisgah Ridge Trail and MST, with lunch at a beautiful overlook. Possible blueberry and/or blackberry picking. Then we'll follow the Graveyard Ridge Trail, with a stop for cooling our feet at one of the Yellowstone Falls.  
Topo(s): Sam Knob

Sunday No. H2203-665 **Aug. 21**  
**NC 128 - Waterfall 10:00 AM**  
Hike 6, Drive 62, 300 ft. ascent, Rated C-C  
Marcia Bromberg, 828-505-0471,  
cell: 860-798-9905, mwrbromberg@yahoo.com

**Only Meeting Place:** Back parking lot of Folk Art Center. Limit of 15 hikers. Contact hike leader via email for reservations. This cool, gentle hike begins way up high near Mt. Mitchell. We can expect some late wildflowers along the way and maybe even a few early blueberries. Three miles in, we get to a small waterfall where we'll eat our lunch and then return by the same route.  
Topo(s): Montreat, Mt. Mitchell

Sunday No. H2203-699 **Aug. 28**  
**Pisgah Loop II 1:00 PM**  
Hike 5, Drive 60, 1200 ft. ascent, Rated C-B,  
**P400, AT-MST**  
Bruce Bente, 828-692-0116, cell: 828-699-6296,  
bbente@bellsouth.net

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at the second meeting place.  
**Second Meeting Place:** BRP Cold Mountain Overlook at MM 412 at 1:30 PM. Contact hike leader for reservations. Limit of 15 hikers. Contact hike leader via email for reservations. This shorter version of hike #699 is designed to explore the Skinny Dip Falls area to see the damage caused by the flood a year ago and to use ladder steps recently built by CMC to descend to stream level and then rock-hop the stream. Then we will do a loop hike on the MST up to Graveyard Fields and back on another trail.  
Topo(s): Sam Knob, Shining Rock

Sunday No. H2203-285

Sept. 4

**Lane Pinnacle from Bee Tree Gap 10:30 AM**  
Hike 5, Drive 60, 1000 ft. ascent, Rated C-C, **AT-MST**

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

**Only Meeting Place:** Back parking lot of Folk Art Center. Limit of 15 hikers. Contact hike leader via email for reservations. This is a great in-and-out and up-and-down hike on a high ridge with excellent views. After a short climb of

this high altitude ridge, we can enjoy 4 lovely viewpoints. We'll take the MST from Bee Tree Gap to Lane Pinnacle and return. The climbs are short but quite steep. We will proceed at a moderate pace.

Sunday No. H2203-553

**Montreat Loop #4 – Lookout Rock Loop**

Hike 5, Drive 40, 1840 ft. ascent, Rated C-A  
Karen Lachow, 703-395-5879,

Sept. 11

10:00 AM

heyk127@hotmail.com

**Only Meeting Place:** Ingles off Exit 64 of I-40 (Black Mountain). Limit of 15 hikers. Contact hike leader via email for reservations. This moderate hike ascends the Lookout Trail over Lookout Rock and then follows the East Ridge Trail to Sourwood Gap. Return will be by the Old Mitchell Toll Road, the Buck Gap Trail, and the Old Trestle Road back to the Lookout Trail. Note to new hikers: This hike is more challenging than most half-day hikes. Lookout

## Carolina Mountain Club - almost 100 years

by Danny Bernstein

Carolina Mountain Club is turning 100 years old next year – July 23, 2023 to be exact. For over a year, I have been working on writing its history.

The story actually starts a couple of years before 1923 when officials of the Appalachian Mountain Club came to Asheville intent of starting a southern chapter of their club. Their idea of the south was anything south of Pennsylvania. Well, that didn't work too well and CMC became its own club in 1923.

### Awards at the Social

Honorary Life Member / Les Love

Distinguished Service / Steve Pierce

Award of Appreciation / Brenda Worley and Mel Skiles

Order of the Long Leaf Pine / Lew Blodgett

In mid-May, CMC had its spring social at Lake Julian. One of our members, Lew Blodgett, is older than CMC and will be turning 100 next year as well. He joined CMC in 1972 while he was working for the National Climatic Data Center in Asheville. He was a hiker and also an avid trail maintainer. With the help of other CMC members, Lew still goes out on the trail to clean it up. This year, he



From left to right, the guys in the back row: Tom Weaver, current president and Randy Fluharty, President (2018-2019). And the women: Debby Jones (2020-2021), Marcia Bromberg (2012-2013), Barbara Morgan (2016-2017), Becky Smucker (2008-2009) and Sara Davis (1984-1985). Being president is essentially a six-year commitment: Vice President, President and Immediate Past President, each for a two-year term.



Mel Skiles

received the Order of the Long Leaf Pine, the highest honor that can be bestowed by the Governor of North Carolina.

At the same time, Mel Skiles, a much younger maintainer, was awarded the Blue Ridge Parkway's 2021 Volunteer of the Year. Mel is on the trail all the time; on his section of the MST and working with various CMC crews. There were various other awards. I received an award for having completed 75 hikes on the list of the 100 Favorite Trails of the Smokies and the Carolina Blue Ridge.

The Spring Social was the first social occasion after the pandemic. It was good to see everyone and to give out (and receive) awards. Every once in a while, we have to get off the trail and celebrate our accomplishments.



Lew Blodgett receives the Order of the Long Leaf Pine for exemplary service and exceptional accomplishments.

Mtn. begins with a steep ascent of approximately 900 ft., and a short rock scramble. Poles are recommended. This hike is an extended version of FH100 #81.

Topo(s): Montreat

Sunday No. H2203-958 **Sept. 18**  
**Discovery, Log Hollow, Upper Log Hollow and Logging Road Falls** **9:00 AM**

Hike 5, Drive 80, 700 ft. ascent, Rated C-C, **P400, WC100**

William Snow, 857-756-3815,

billsnow123@gmail.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at second meeting place.

**Second Meeting Place:** Pisgah Forest Walmart parking (back of center aisles close to Taco Bell)

at 9:30 AM - but contact leader first.

Limit of 12 hikers. Contact hike leader via email for reservations. This is a moderate hike in the Pisgah National Forest. We will start from the gate for FS 5043 or as close as we can on FS 475B and hike on Headwaters Road. We will take the trail to the right to go up to Discovery Falls and back. We'll then continue to Log Hollow Falls and Upper Falls and return. We will continue along FS 5043 to Logging Road Falls and then return to our cars. We should be able to get a view of Shining Rock along the way. Topo(s): Shining Rock

Sunday No. H2203-678 **Sept. 25**

**Rhapsodie, Lower Dismal and Aunt Sally Falls** **9:00 AM**

Hike 4, Drive 110, 660 ft. ascent, Rated C-C, **WC100**

William Snow, 857-756-3815,

billsnow123@gmail.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at second meeting place.

**Second Meeting Place:** Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:30 AM.

Limit of 15 hikers. Contact hike leader via email for reservations. This moderate, shortened version of hike #678 in the East Side of Panthertown will begin at a parking area just off NC 281 on the West Fork Way Trail. We will first go out and back to Aunt Sally Falls, which is just north of the main trail. Then we will go left to Rhapsodie Falls, also known as Grotto Falls. We will explore that area and then make a turn to an unmarked trail out to Lower Dismal Falls, passing by the Great Dismal Wall. We will return on West Fork Way Trail back to our cars. Check Burt Kornegay's "A Guide's Guide to Panthertown" for a map since Alltrails is incomplete.

Topo(s): Lake Toxaway

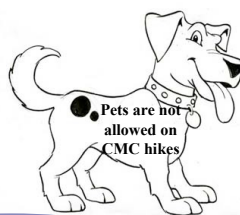
## NEXT CMC COUNCIL MEETING

**When:** Aug. 2, 2022

**Where:** Please check Breaking News in August

**Time:** 6:00 - 9:00 PM

**Info:** Call Tom at 828-785-3646 if you would like to attend. All CMC members are welcome.



Further information about regulations is available at [www.carolinamountainclub.org](http://www.carolinamountainclub.org)

**HIKING INFORMATION:** CMC hikes are open to all and we welcome guests. Non-members need to call or email the hike leader to introduce themselves and find out more about the hike. **Due to COVID-19, all hikes have a limit of 15 hikers unless stated otherwise. Contact leader for reservation.** 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. 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](http://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](http://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:* Tom Weaver, 828-785-3646, [president@carolinamountainclub.org](mailto:president@carolinamountainclub.org)

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*Councilor at Large:*

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