

LET'S GO!



SECOND QUARTER 2019 Quarterly News Bulletin and Hike Schedule



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

TRAIL MAINTENANCE

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

Below is a general schedule of work days. Exact plans often are not made until the last minute, so contact crew leaders for details. 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 *

Hugh Hensleigh, hhensleigh@gmail.com

Sam Clarke, edistoxc@yahoo.com

Asheville Friday Crew *

David Galentine, daveai@me.com

Paul Curtin, pmcurtin@hotmail.com

Chris Werbylo, jcw402@aol.com

Pisgah Friday Crew *

Ed Paukovits, epauko610@gmail.com

Wilderness Crew *

Mike Goodman, msg_53@hotmail.com

Quarterly Saturday Crew *

Les Love, lesrlove55@gmail.com

AT Maintainers

Paul Curtin,

ATsupervisor@carolinamountainclub.org

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, lesrlove55@gmail.com

Folk Art Center to Black Mtn. Campground

John Whitehouse, johnwhitehouse@ccvn.com

SATURDAY WORKDAYS

The Quarterly Saturday Trail Maintenance Workdays in 2019 will be April 13, June 1, Aug. 17 and Oct. 12. We meet at 8:30 and return to Asheville by 3:00. Contact Les Love for details and where to meet.

lesrlove55@gmail.com | 828-658-1489

HIKE SCHEDULE Second Quarter 2019

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. C 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. Hikers that do not have internet access or live hours away from the meeting place: call the hike leader to ensure that you are informed about hike changes. See the Hike Schedule on the CMC website for more complete and timely information, including scout reports, at www.carolinamountainclub.org.

CHALLENGE PROGRAMS

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

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

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

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

WC100 For hiking to the 100 best waterfalls in the mountains of WNC, SC and the Smokies. Contact Jack Fitzgerald, 828-685-2897, suejackfitz@bellsouth.net

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

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

YOUTH PARTNER CHALLENGE HIKES

The Youth Partnership Challenge is designed to introduce youth to fun and educational hiking

experiences. Hikes are open to CMC members as well as newcomers. **Call the leader before the hike.** YPC hikes submitted by Jan Onan, 828-606-5188, janonan59@gmail.com and Kay Shurtleff, 828-280-3226 or 828-749-9230, kshurtleff@msn.com. Driving distance is round trip from meeting place.

Saturday No. Y1902-912 **May 4**
YPC - Rattlesnake Lodge 10:00 AM

Hike 3.0, Drive 15, 600 ft. ascent, Rated C-C
Judy Magura, 828-606-1490,
quilter290@gmail.com and Jim Magura,
828-606-3989, jqs290@gmail.com

Only Meeting Place: back parking lot of Folk Art Center. The hike will start at the Bull Gap trailhead. We will first stop to take a look at the split rail fencing installed by CMC maintenance crew. This is a perfect example of Leave No Trace. We will continue on up the MST to the Rattlesnake Lodge site, pointing out the remains of the stables, pool and other features. We will stop for a lunch break at the lodge site. After lunch we will continue on the MST to view a few more remains. The site of the old spring is a great photo spot.

Saturday No. Y1902-318 **June 15**
East Fork of Pigeon River 10:00 AM

Hike 3.0, 300 ft. ascent, Rated C-C, **P400**
Jan Onan, 828-698-3237, cell: 828-606-5188,
janonan59@gmail.com

Only Meeting Place: Cold Mountain Overlook at MM 412 of BRP. *Wilderness hike, limited to ten hikers, contact leader for reservation.* This in-and-out hike starts at the Big East Fork parking lot 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 at one of the swimming holes – bring water shoes if interested. Bring water, snack and a lunch.
Topo(s): Shining Rock

ALL-DAY WEDNESDAY HIKES

Wednesday hikes submitted by Brenda Worley, 828-684-8656, bjdworley@gmail.com. Driving distance is round-trip from Asheville. Hikes assemble at the location described for that hike. Some hikes will have second meeting places as described in the schedule; start times vary. **Times listed are departure times – arrive early.**

Wednesday No. W1902-596 **April 3**
Laurel Fork Gap to Lake Jocassee **8:00 AM**
Hike 10.8, Drive 93, 1400 ft. ascent, Rated A-B
Laura Frisbie, 828-337-5845,
laurafrisbie@gmail.com

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

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

We'll hike the Foothills Trail in SC, from Laurel Fork Gap to Lake Jocassee. This in-and-out hike along Laurel Fork Creek features a beautiful stream, waterfalls, great bridges and a scenic lakeside lunch spot. Topo(s): Reid

Wednesday No. W1902-752 **April 10**
Little Cataloochee History Tour **8:00 AM**
Hike 8.0, Drive 80, 1800 ft. ascent, Rated B-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.

On this hike we will learn about the history of the mountain settlement of Little Cataloochee and the people who lived there. We will be visiting the community of Ola and investigating old home, mill, and school sites as well as farms, a church and a cemetery or two. We will be doing mostly on-trail hiking with one easy short off-trail excursion. This is a special cultural hike like few others. Topo(s): Cove Creek Gap

Wednesday No. W1902-49 **April 17**
Big Creek to Walnut Bottom **8:30 AM**
Hike 10.3, Drive 99, 500 ft. ascent, Rated A-C,
900M

Daisy Teng Karasek, 828-505-2036,
cell: 408-887-3666, daisytk@yahoo.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 and early wildflower environment make for a special experience - so bring your camera! Walnut Bottom is usually covered by carpets of white-fringed phacelia this time of year. A moderate in-and-out hike.

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

Wednesday No. W1902-888 **April 24**
Asheville Camino Walk **9:00 AM**
Hike 10.0, 500 ft. ascent, Rated A-C
Danny Bernstein, 828-450-0747,
danny@hikertohiker.com

Only Meeting Place: Asheville Visitor Center 36 Montford Ave. lowest level of parking lot. Walk

the Asheville Camino del Norte, a 10-mile easy walk on sidewalks and trails. See North Asheville, UNC-A, the Botanical Gardens and the Basilica of St. Lawrence. Have a café con leche at the historic Grove Park Inn. The hike simulates a short day on the Camino de Santiago, Spain. Wear good sneakers or low boots. Bring water and snacks. We'll stop for morning coffee and lunch but feel free to bring all your own food. For more information about the route, see www.ashevillecaminos.org/about.html. Topo(s): Asheville

Wednesday No. W1902-542 **May 1**
Wesser Creek - Wesser Bald **8:00 AM**
Hike 10.8, Drive 144, 2350 ft. ascent, Rated A-AA, **LTC**

Sallye Sanders, 208-550-2070,
sallye_sanders@yahoo.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.

Strenuous - The excellent route starts at the end of the Wesser Creek Road and climbs to the ridge on the old location of the Appalachian Trail. This is a beautiful forest environment along a mountain stream. On reaching the ridge, join the A.T. and continue south to the Wesser Bald Tower. This is the old fire tower, the top half of which has been removed and a large deck added. Here are 360-degree views. Return on the new location of the A.T. to N.O.C. Two-mile car shuttle. Topo(s): Wesser

Wednesday No. W1902-8 **May 1**
Bee Tree Gap to Tanbark Tunnel **9:00 AM**
Hike 6.2, Drive 40, 1300 ft. ascent, Rated B-B,
AT-MST

Beth Fluharty, 828-253-1626, cell: 828-231-5785,
elflugharty@gmail.com

Only Meeting Place: back parking lot of Folk Art Center. Moderate - A pleasant spring hike on the MST over Lane Pinnacle and through the Rattlesnake Lodge site, featuring excellent views, interesting rock formations and late spring wildflowers. There are several steep, but short, ups and downs and a long, gradual descent. Car shuttle. Topo(s): Craggy Pinnacle

Wednesday No. W1902-516 **May 8**
Lakeshore Loop **8:00 AM**
Hike 10.3, Drive 145, 1600 ft. ascent, Rated A-A,
900M

Barbara Morgan, 828-460-7066,
barbc129@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) at 8:30 AM - but contact leader first.

We will start at the tunnel at the end of the Lakeshore Drive, and hike Lakeshore, White

Oak Branch, Forney Creek, and Goldmine Trails. Learn the history of the infamous Road to Nowhere, settlement and logging along Forney Creek and the development of Lake Fontana. We will visit some old home and farm sites and discuss the way of life of the pre-GSMNP inhabitants, and may visit some cemeteries. Topo(s): Noland Creek

Wednesday No. W1902-504 **May 15**
Lane Pinnacle from Bull Gap **8:00 AM**
Hike 10.4, Drive 37, 2900 ft. ascent, Rated A-AA,
AT-MST

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

Only Meeting Place: back parking lot of Folk Art Center. Strenuous - Hike on the MST from Bull Gap, past the Rattlesnake Lodge site, Rich Mountain, and up to good views from our lunch stop at Lane Pinnacle. Return via same route.

Topo(s): Craggy Pinnacle

Wednesday No. W1902-170 **May 15**
Butter Gap Trail **9:00 AM**
Hike 7.0, Drive 60, 1086 ft. ascent, Rated B-B,
P400

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

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

Second Meeting Place: Fish Hatchery - Pisgah Forest at 9:45 AM.

Moderate - From the Fish Hatchery parking lot, we will follow the Cat Gap Trail to its junction with the Butter Gap Trail for the in-and-out hike along Grogan Creek. Topo(s): Shining Rock

Wednesday No. W1902-736 **May 22**
Cove Creek Gap - Gooseberry Knob **8:00 AM**
Hike 11.7, Drive 63, 2450 ft. ascent, Rated A-AA,
900M

Sharon Smith, 704-877-7804,
walterssharon204@gmail.com

Only Meeting Place: Home Depot off Exit 44 of I-40. Form carpools at Home Depot and meet leader at Cove Creek Gap trailhead. Strenuous - We will follow Cataloochee Divide Trail to Gooseberry Knob for lunch and return to our cars via the same trail. Although lengthy, the hike is generally moderate and follows the Cataloochee Divide, with good views into the Smokies and toward the East.

Topo(s): Cove Creek Gap, Dellwood

Wednesday No. W1902-204 **May 22**
Max Patch Ramble **8:30 AM**
Hike 7.5, Drive 93, 1100 ft. ascent, Rated B-B,
AT-MST

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

First Meeting Place: Home Depot off Exit 44

of I-40. Form carpools and meet leader at second meeting place.

Second Meeting Place: Pilot Truck Stop off Exit 24 of I-40 at 9:00 AM.

Moderate - We will do a scenic hike around Max Patch, following the A.T. north to visit the Roaring Fork shelter built by CMC, then returning on the Buckeye Ridge Trail and A.T. over Max Patch and back to our cars. Expect spectacular views from the summit of Max Patch.

Topo(s): Lemon Gap

Wednesday No. W1902-367 **May 29**

FS 816 to Bridges Camp Gap via Grassy Cove **8:30 AM**

Hike 8.3, Drive 65, 1400 ft. ascent, Rated B-B, **P400, SB6K, WC100**

Brenda Worley, 828-684-8656,

cell: 828-606-7297, bjdworley@gmail.com

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

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

Wilderness hike, limited to ten hikers, contact leader for reservation. A favorite hike of many that includes a gorgeous variety of environments. Follow the Art Loeb Trail to Black Balsam and Tennent Mountain, then descend to Ivestor Gap, turn right and hike down Grassy Cove Ridge to the Big East Fork of the Pigeon River, then right onto Bridges Camp Trail to MST and Bridges Camp Gap. Two water crossings could be wet. Bring water shoes and poles just in case. Note that there is a 3000-ft. descent. Short car shuttle.

Topo(s): Shining Rock

Wednesday No. W1902-343 **May 29**

Mount Mitchell Loop via Commissary Ridge **9:00 AM**

Hike 7.0, Drive 60, 1500 ft. ascent, Rated B-B, **SB6K**

Carroll Koeplinger, 828-667-0723,

cell: 828-231-9444, cakoep29@gmail.com

Only Meeting Place: back parking lot of Folk Art Center. Moderate - We will hike from the Ranger Station to the summit via Old Mitchell Road Trail and return via the Commissary Ridge Trail and Camp Alice Road. We'll enjoy the view from the Mount Mitchell observation platform. Bring rain gear for the usual afternoon shower.

Topo(s): Mt. Mitchell

Wednesday No. W1902-700 **June 5**

Hyatt Ridge to Enloe Creek Trail **8:00 AM**

Hike 11.5, Drive 140, 3000 ft. ascent,

Rated A-AA, **WC100, 900M**

Sallye Sanders, 208-550-2070,

sallye_sanders@yahoo.com

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

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

Strenuous - This hike is a variation of Hyatt Ridge to Beech Gap hike #700. Instead, we will first

hike Hyatt Ridge Trail to its end at a campsite. On the return, we'll hike through a wild section of GSMNP on the Enloe Creek Trail to an impressive bridge over Raven Fork. We will continue an additional half mile to view Enloe Creek Falls through the trees before hiking back to our cars.

Topo(s): Bunches Bald, Smokemont

Wednesday No. W1902-369 **June 5**

Buckeye Gap - Bearpen Gap **9:00 AM**

Hike 6.0, Drive 70, 1000 ft. ascent, Rated C-C,

AT-MST, P400

Laura Frisbie, 828-337-5845,

laurafrisbie@gmail.com

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

Second Meeting Place: Rough Butt Bald Overlook at MM 425 of BRP at 9:45 AM - but contact leader first.

Moderate - We will start by hiking an MST section that leads through a lush forest of spruce and birch where the forest floor is covered with mosses and ferns. Two-mile car shuttle.

Topo(s): Sam Knob

Wednesday No. W1902-357 **June 12**

Pisgah Ridge Loop **8:30 AM**

Hike 6.8, Drive 57, 1540 ft. ascent, Rated B-A,

AT-MST, P400, WC100

Bob Levy, 828-670-1611, cell: 240-604-5000,

rlevy@cato.org

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

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

We'll do a scenic circle of the Graveyard Fields area, using the Pisgah Ridge Trail and MST, with lunch at a beautiful overlook. We'll follow the Graveyard Ridge Trail, turn on the lower falls trail, climb the steps to the Graveyard Fields parking lot and cross the BRP to an unnamed trail back to the cars. Topo(s): Sam Knob

Wednesday No. W1902-566 **June 19**

Roans in Bloom **8:30 AM**

Hike 7.6, Drive 124, 1500 ft. ascent, Rated B-B,

SB6K

Stockton Hill, 828-290-3635,

hillstockton@gmail.com

First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26.

Second Meeting Place: Ingles on US 19E (Burnsville) near gas pumps at 9:00 AM - but contact leader first.

A beautiful A.T. hike with some of WNC's finest views. Expect to see flame azaleas, rhododendrons and possibly Gray's lilies in bloom. From Carvers Gap we'll go north past Grassy Ridge Bald (6160 ft.) to a scenic overlook for lunch, then return to Carvers Gap by the same route. From here, we'll drive up to the gardens area (small fee to enter) and walk 1/2 mile to see the vista from Roan High Bluff (6287 ft.).

Topo(s): Bakersville, Carvers Gap

Wednesday No. W1902-76 **June 26**

Craggy to Little Snowball **8:30 AM**

Hike 7.2, Drive 40, 2600 ft. ascent, Rated B-AA, **LTC**

Randy Fluharty, 828-423-9030,

rfluharty54@gmail.com

Only Meeting Place: back parking lot of Folk Art Center. From Bee Tree Gap, we'll take the Snowball Trail to High Rocks (Hawkbill Mountain) and then on to the old lookout site atop Little Snowball. Return via the same route. If the day is clear, we will have great views from High Rocks and Little Snowball.

Topo(s): Craggy Pinnacle

ALTERNATE WEDNESDAY HIKES

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

ALL-DAY WEEKEND HIKES

All-day hikes submitted by Bruce Bente, 828-692-0116, bbente@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at the location described for that hike. Some hikes will have second meeting places, and starting times may vary.

Sunday No. A1902-488 **April 7**

Gabes Mountain Trail **8:00 AM**

Hike 8.3, Drive 140, 1800 ft. ascent, Rated B-A, **900M**

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

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 - but contact leader first.

This hike will begin on an old CCC road, and then follow a mostly gentle trail from Cosby Campground to Maddron Bald Trailhead through open, old-growth forest. Added attractions are a short, steep side trip to the bottom of Hen Wallow Falls, lunch at a shady, streamside campsite and a visit to the restored Baxter cabin. Four-mile car shuttle.

Topo(s): Luftee Knob, Mt. Guyot

Saturday No. A1902-907 **April 13**

Wildcat Rock Trail **10:00 AM**

Hike 5.8, Drive 20, 1635 ft. ascent, Rated C-A

Brenda Worley, 828-684-8656,

cell: 828-606-7297, bjdworley@gmail.com

First Meeting Place: Ingles on US 74-A 1-1/2 miles south of I-40 Exit 53.

Second Meeting Place: Upper Hickory Nut George Trailhead (Florence Nature Preserve) at 10:15 AM.

Park at the Florence Preserve Trailhead and cross the road to the Wildcat Rock Trail. The trail goes around an apple orchard and crosses Hickory Creek on a wooden bridge before beginning the ascent. We will climb 100 log steps to reach the 100-foot Little Bearwallow Falls at about 1 mile. After viewing the waterfall, we will climb more than 130 rock stairs as we ascend the side of the cliff line on our way to the Wildcat Rock Overlook Trail. We climb an additional 90+ rock stairs up to the Wildcat Rock, where we will enjoy great views. We will continue on for another mile to the ridgeline of Bearwallow Mountain. Here we turn around to return to Wildcat Rock for lunch, and climb back down to our cars.

Sunday No. A1902-454 **April 14**
Porters Creek Trail **8:30 AM**
Hike 7.4, Drive 160, 1500 ft. ascent, Rated B-B, **900M**

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

This GSMNP trail is famous for its wildflower displays. We will first pass the remnants of old homesteads and the Owenby cemetery before entering a moist, sheltered cove with large trees, masses of wildflowers, a rushing creek and even a waterfall.

Topo(s): Mt Le Conte

Sunday No. A1902-555 **April 21**
NC 80/BRP to Woods Mountain **8:30 AM**
Hike 10.0, Drive 90, 2600 ft. ascent, Rated A-AA, **AT-MST**

Carroll Koeplinger, 828-667-0723,
cell: 828-231-9444, cakoep29@gmail.com

First Meeting Place: River Ridge Market Place behind CVS off Exit 53B on I-240.

Second Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain) at 8:45 AM.

Hike on a little-traveled section of the eastbound MST north of NC 80 to Woods Mountain, with seldom-seen views of the Blacks and Mount Mitchell. Topo(s): Celo, Little Switzerland

Saturday No. A1902-516 **April 27**
Lakeshore Loop **8:00 AM**
Hike 10.3, Drive 70, 1600 ft. ascent, Rated A-A, **900M**

Barbara Morgan, 828-460-7066,
barbc129@gmail.com

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

Second Meeting Place: Rest area beyond Waynesville on US 23/74 at 8:30 AM - but contact leader first.

We will start at the tunnel at the end of the Lakeshore Drive and hike Lakeshore, White Oak Branch, Forney Creek, and Goldmine Trails. Learn the history of the infamous Road to Nowhere, set-

tlement and logging along Forney Creek and the development of Lake Fontana. We will discuss the way of life of the pre-GSMNP inhabitants and may visit some cemeteries.

Topo(s): Noland Creek

Sunday No. A1902-691 **April 28**
Upper Whitewater Falls -
Round Mountain Gap **8:00 AM**

Hike 8.0, Drive 120, 1000 ft. ascent, Rated B-C, **WC100**

Donna Lanning, 828-684-7083,
cell: 828-606-7956, dblanning@bellsouth.net

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

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

We will follow the Foothills Trail west from the NC 281 parking lot to Round Mountain Gap, then follow the Round Mountain Trail back to the Whitewater Falls overlook. From here we will drop steeply on the Foothills Trail east, cross the Whitewater River bridge, and later turn right and uphill on a short spur trail to the Bad Creek parking area. Short car shuttle.

Topo(s): Reid

Friday No. A1902-775 **May 3-5**
Mountain Treasures Camporee #13
at Black Mountain Campground **9:00 AM**

Rated C-C, Kathleen Hannigan, 828-230-4883,
kathannigan@gmail.com

The spring Mountain Treasures Camporee will be held May 3-5 at the Briar Bottom Group Camp in Black Mountain Campground near Mt. Mitchell. The camping area is right beside the river, has covered picnic tables, and showers are available. Hikes of various lengths and difficulty will be offered Saturday and Sunday. Dinner will be shared Saturday night. Ham and turkey will be offered for an additional small cost (\$3-\$5). Please bring a side dish to share. Send a \$10 check per person to reserve a space to Kathleen Hannigan at 307 River Ridge Dr., Asheville, NC 28803, or you can pay her through PayPal using kathannigan@gmail.com. CMC Camporees are held to recognize the importance of North Carolina's Mountain Treasures, 41 areas within our Nantahala and Pisgah National Forests that stand out with special conservation, recreation, scenic and cultural values.

Saturday No. A1902-62 **May 11**
Daniel Ridge Loop Trail and
Shuck Falls extension **10:00 AM**

Hike 8.2, Drive 70, 1500 ft. ascent, Rated B-B, **P400, WC100**

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

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

Second Meeting Place: Pisgah Forest Bi-Lo at

10:30 AM.

Waterfalls and wildflowers highlight our route, and we'll take the time to enjoy them both. We'll climb gradually on the Daniel Ridge Loop along a flower-bordered stream beside small waterfalls. Then we'll add a bit of the Farlow Gap Trail to Shuck Falls and back. Our final descent will take the other leg of the Daniel Ridge Loop, where yet another waterfall will end our hike.

Topo(s): Shining Rock

Sunday No. A1902-723 **May 12**
Sugarland Mountain Trail **7:30 AM**
Hike 11.1, Drive 180, 400 ft. ascent, Rated A-C, **900M**

Les Love, 828-658-1489, cell: 828-230-1861,
lesrlove55@gmail.com and Catherine Love,
828-658-1489, catmlove2@gmail.com

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

Second Meeting Place: Maggie Valley Post Office at 8:00 AM - but contact leader first.

This spectacular hike will feature a dramatic seasonal change and abundant wildflowers as we descend from 5900 ft. to 1900 ft. We will hike from the Fork Ridge parking area on Clingmans Dome Rd. via the Sugarland Mountain and Huskey Gap Trails to US 276 instead of following the Sugarland Mountain Trail all the way. It will be interesting to see how the forest has recovered in an area that was burned in late 2016. Hikers must register with leader beforehand so that car shuttle arrangements can be made. Long car shuttle (or key swap if anyone volunteers to climb 4000 ft.)

Topo(s): Clingmans Dome, Gatlinburg, Mt Le Conte

Sunday No. A1902-216 **May 19**
Sams Gap
to Devil Fork Gap on the A.T. **8:30 AM**

Hike 8.5, Drive 90, 1900 ft. ascent, Rated B-A, **AT-MST**

Tish Desjardins, 828-380-1452,
desraylet@aol.com

First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Form carpools and meet leader at second meeting place.

Second Meeting Place: US 25/NC 208 intersection at 9:00 AM.

This section of the A.T. features a beautiful display of trilliums in bloom and nice views into Tennessee from the ridgeline, traversing a series of knobs along an unusual section of the TN-NC state line where Tennessee is east of N.C. and the southbound hiker is actually traveling north. This hike requires a car shuttle. Please bring enough cars to shuttle hikers. Topo(s): Sams Gap

Saturday No. A1902-504 **May 25**
Lane Pinnacle from Bull Gap **8:00 AM**
Hike 10.4, Drive 30, 2900 ft. ascent, Rated A-AA, **AT-MST**

Jim Magura, 828-606-3989, jqs290@gmail.com

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

Only Meeting Place: back parking lot of Folk Art Center. Hike on the MST from Bull Gap, past the Rattlesnake Lodge site, Rich Mountain, and up to good views from our lunch stop at Lane Pinnacle. Topo(s): Craggy Pinnacle

Sunday No. A1902-913 **May 26**
FS 816 to Daniel Boone Scout Camp 8:00 AM

Hike 10.6, Drive 80, 4000 ft. ascent, Rated A-AA+, **P400, SB6K**
Lorraine Bernhardt, 828-676-0255,
cell: 828-699-8857, lsbernhardt50@gmail.com
and Daisy Teng Karasek, 828-505-2036,
cell: 408-887-3666, daisytk@yahoo.com

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

This is the third and final segment of CMC's sequential hike of the Art Loeb Trail. This segment will be done as a key-swap between the intersection with FS 816 and the Daniel Boone Scout Camp. From where the trail crosses FS 816, the westbound hikers will ascend Black Balsam and Tennent Mtns., then past Investor Gap and Shining Rock to Deep Gap, and then down to the Scout Camp. NOTE: Ascent above is for eastbound direction. Westbound direction has an 1800-ft. ascent and is rated A-A. NOTE: This hike will be limited to 18 hikers. *Please contact Lorraine Bernhardt before May 22 for a reservation and to request a hike direction, to enable planning for key swap.* Topo(s): Shining Rock, Sam Knob, Cruso, Waynesville

Monday No. A1902-95 **May 27**
Hemphill Bald from Polls Gap 8:30 AM

Hike 9.5, Drive 95, 1600 ft. ascent, Rated A-A, **900M**
Cindy McJunkin, 828-712-9646,
mcjfive@aol.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 9:00 AM.

This is our annual joint hike with the Smoky Mountains Hiking Club. 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.

Topo(s): Dellwood

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



Sunday No. A1902-646 **June 2**
Mount Noble Lookout Tower 8:30 AM

Hike 7.5, Drive 110, 1800 ft. ascent, Rated B-A, **LTC**

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

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

Second Meeting Place: Maggie Valley Post Office at 9:00 AM - but contact leader first.

Starting from the Oconaluftee Indian Village in Cherokee, we will hike up the steep Mt. Noble trail to its lookout tower. After enjoying the views, we'll walk the gravel Adams Creek Rd. and a 0.5 mile manway up to the GSMNP boundary. There we'll intersect the Mingus Creek Trail and descend to its end with a visit to Mingus Mill. Car shuttle. Topo(s): Smokemont

Sunday No. A1902-475 **June 9**
Hump Mountain 8:00 AM

and Yellow Mountain Area
Hike 9.0, Drive 140, 2400 ft. ascent, Rated B-AA
Michael Cornn, 828-458-1281, mcornn@aol.com
and Kathy Cornn, 828-458-1281,
katherinenkyle@gmail.com

First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26.

Second Meeting Place: Ingles on US 19E (Burnsville) near gas pumps at 8:30 AM.

Join us along one of the most scenic areas on the A.T. near Roan Mountain (Roan-Unaka Range). We will hike from Roaring Creek Road to Yellow Mountain Gap, joining the A.T. along an open ridge to Little Hump Mtn. and Hump Mtn. We will have lunch on a grassy bald at 5587 ft. and return to Yellow Mtn. Gap, then take the Overmountain Victory Loop back to the trailhead.

Topo(s): Carvers Gap

Saturday No. A1902-566 **June 15**
Roans in Bloom 8:30 AM

Hike 8.0, Drive 130, 1500 ft. ascent, Rated B-B, **SB6K**

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

First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26.

Second Meeting Place: Ingles on US 19E (Burnsville) near gas pumps at 9:00 AM.

A beautiful A.T. hike with some of WNC's finest views. Expect to see flame azaleas, rhododendrons and possibly Gray's lilies in bloom. From Carvers Gap we'll go north past Grassy Ridge Bald (6160 ft.) to a scenic overlook for lunch, then return to Carvers Gap by the same route. From here, we'll drive up to the gardens area (small fee to enter) and walk 1/2 mile to see the vista from Roan High Bluff (6287 ft.).
Topo(s): Bakersville, Carvers Gap

Sunday No. A1902-372 **June 16**
Big Fork Ridge to Rough Fork Loop 8:00 AM

Hike 9.6, Drive 80, 1800 ft. ascent, Rated A-A,

900M

Beth Ransom, 813-220-8959,
ransosar@gmail.com

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

Second Meeting Place: Pilot Truck Stop off Exit 24 of I-40 at 8:30 AM.

From the end of the road in Cataloochee Valley, hike up the Big Fork Ridge Trail, then turn right onto the Caldwell Fork Trail. Pass by record-size tulip poplar trees, then turn downhill on the Rough Fork Trail.

Topo(s): Dellwood

Sunday No. A1902-447 **June 23**
Mount Pisgah 9:00 AM

to Beaver Dam Overlook
Hike 8.5, Drive 45, 1700 ft. ascent, Rated B-A,

AT-MST, P400

Bruce Bente, 828-692-0116, cell: 828-696-6296,
bbente@bellsouth.net

Only Meeting Place: French Broad Overlook at MM 393.8 of BRP. This moderate hike will start with a round trip up and down Mount Pisgah, with a stop at the viewing platform, and will then follow the MST eastbound to Beaver Dam Overlook. Expect good views along the route. Short car shuttle.

Topo(s): Cruso, Dunsmore Mtn.

Saturday No. A1902-128 **June 29**
Chestnut Bald & Sam Knob via MST 8:00 AM

and Flat Laurel Creek Trails
Hike 9.8, Drive 90, 1700 ft. ascent, Rated A-A,

P400, SB6K

Jim Magura, 828-606-3989, jqs290@gmail.com

Only Meeting Place: Home Depot off Exit 44 of I-40. We'll start at NC 215 and follow the MST north, with a side trip to Devil's Courthouse. We will continue along the MST toward Black Balsam and do a short hike along the access road (FS 816) and then loop back to NC 215 via the Sam's Knob and Flat Laurel Creek Trail. We hope to see some spectacular rhododendron along the Flat Laurel Creek Trail and an opportunity to cool our feet in the creek. (Optional ascent of Chestnut Bald for SB6K peak baggers), Contact Leader if you plan to meet at trailhead by the MST. Short car shuttle.

Topo(s): Sam Knob

Sunday No. A1902-396 **June 30**
Thompson Ridge and Pilot Rock 8:00 AM

Hike 8.8, Drive 80, 2100 ft. ascent, Rated B-AA, **AT-MST, P400**

Eva Blinder, 828-275-6447, ejb5711@gmail.com

Only Meeting Place: Asheville Outlet parking lot behind Waffle House off Exit 33 of I-26. We will climb 1500 feet in two miles up the well-graded Pilot Rock Trail and eat lunch at Buck Springs Overlook. After lunch, we'll hike down the Thompson Creek Trail. Expect great views along the way.

Topo(s): Cruso

HALF-DAY SUNDAY HIKES

Newcomers are welcome, but non-members MUST call the leader before the hike to determine the requirements. Half-day hikes submitted by Gail Lamb, 828-338-0443, glamb46@gmail.com and Lee Silver, 828-668-7147, leehsilver@aol.com. Driving distance is round-trip from Asheville. Hikes assemble at the location described for that hike. Some hikes will have second meeting places, and starting times may vary. **Times listed are departure times – arrive early.**

Sunday No. H1902-380 **April 7**
Big Creek

in North Mills River Rec. Area 11:00 AM
Hike 6.0, Drive 38, 525 ft. ascent, Rated C-C,
P400

Richard Zimmerer, 828-785-9593,
ddlzz@yahoo.com

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

Second Meeting Place: Ingles on NC 280 in Mills River behind gas pumps at 11:15 AM.

A nice, quiet, easy spring hike, along the North Fork of the Mills River and Big Creek. This is a modification of hike #380. We start the hike at the Trace Ridge parking area (on FS 142, off FS 5000). We walk 1.5 miles on the gated portion of FS 142 (an old, almost unused, gravel/dirt road at this point) to the former Hendersonville water reservoir dam. We'll walk around the reservoir, crossing a medium length log bridge. From there, we'll walk another 1.5 miles on the Big Creek Trail, which is a true trail, not a road. At the 3-mile mark we'll have a late lunch or snack before returning to the trailhead the same way we came in. There are no wet stream crossings on this hike, but there are several slightly muddy seeps and several small brook hops. Hopefully there will be wildflowers in bloom.

Topo(s): Dunsmore Mtn.

Sunday No. H1902-49 **April 14**
Big Creek in the Smokies 9:30 AM

Hike 5.0, Drive 110, 500 ft. ascent, Rated C-C,
900M

Bonnie Allen, 828-707-6115,
bonnie@allencats.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 12:30 PM - 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 part of the park. The comfortable roadbed meanders along rushing rapids, a waterfall, huge boulders, and deep swimming holes. A beautiful forest and wildflower environment makes for a special experience. This area is known for its prolific early spring flowers. An easy in-and-out hike. Bring your camera!

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

Sunday No. H1902-789 **April 21**
Hickory Branch 12:00 PM

Hike 3.5, Drive 40, 400 ft. ascent, Rated C-C
Matthew Kearney, 828-406-3274,
matt@verygoodphotographer.com

First Meeting Place: River Ridge Market Place behind CVS off Exit 53B of I-40.

Second Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain) at 12:15 PM.

This is the first segment of hike #789, a leisurely-paced hike in the Curtis Creek area near Old Fort. We'll enjoy wildflowers and have a snack break near the falls. There are 6 stream crossings, usually done by rock-hop but possibly wet if the water level is high. Those who want to get to the base of the falls need to do a short scramble and step into the stream.

Topo(s): Old Fort

Sunday No. H1902-490 **April 28**
Bull Gap to just past Lunch Rock 11:30 AM

on MST 11:30 AM
Hike 5.4, Drive 14, 800 ft. ascent, Rated C-C,
AT-MST

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

Only Meeting Place: back parking lot of Folk Art Center. This part of the MST is a lush wildflower habitat in spring. Our goal will be spotting several dozen varieties of bloomers if our timing is right. Short car shuttle. Slight variation of hike #490.

Topo(s): Craggy Pinnacle, Oteen

Sunday No. H1902-855 **May 5**
Bluff Mountain Loop (Betty Place) 11:30 AM

Hike 6.0, Drive 85, 850 ft. ascent, Rated C-C
Jack Dalton, 828-622-3704,
jckdalton9@gmail.com

First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Form carpools and meet leader at second meeting place.

Second Meeting Place: Medical Center 66 NW US 25-70 (Hot Springs) at 12:30 PM.

This is a joint hike with the Hot Springs Mountain Club. The group will drive to the trailhead from the Hot Springs Medical Center parking lot. We will begin on the Betty Place Trail (FS #285A) in the Upper Shut-In community to the new Bluff Mountain Loop, passing old home sites at the base of Bluff Mountain. The grade is moderate, and the trail passes through mixed hardwood forest along old roads and streams. We hope to have an ecologist join us in this very rich area. Call the hike leader at 828-622-3704 before 10:30 AM if needed, due to lack of cell: service in Hot Springs.

Topo(s): Lemon Gap

Sunday No. H1902-910 **May 12**
Rocky Fork - Flint Creek 11:30 AM

Hike 5.5, Drive 70, 1000 ft. ascent, Rated C-C
Linda Blue, 828-296-7537, cell: 828-273-6696,
lgblue@bellsouth.net

Only Meeting Place: 160 Zillicoa St. (USFS park-

ing lot) off Exit 25 of I-26. This in-and-out, mostly shaded, creekside hike, new to CMC, showcases the new Rocky Fork State Park. Start at the park entrance, hike up Rocky Fork Rd., then follow the Flint Creek Trail up to the junction of the A.T. Access Route and return. All the water crossings on this route, along Flint Creek Trail, have now been bridged. This modification of hike #910 will not include the final steep climb to the A.T.

Sunday No. H1902-696 **May 19**
Green River Gamelands

Upper Trails Loop 11:30 AM

Hike 5.7, Drive 70, 900 ft. ascent, Rated C-C
Ted Altman, 513-532-7766,
tedaltman2@gmail.com

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

Second Meeting Place: Cracker Barrel Restaurant off Exit 53 of I-26 in parking lot close to I-26 at 12:00 PM.

Start at the trailhead for Long Ridge Trail and go 0.6 mi., then left on Turkey Gut Trail. Take it to the end at the viewpoint of Pace Cliffs. Retrace back to a left on Stair Step Falls Trail, shortly passing by the falls. Continue on this trail along the Loobie Cliffs with a couple of views along the way. The trail ends where it joins the Long Ridge Trail - turn left and go to the end, with another viewpoint. Return to the trailhead on the Long Ridge Trail.

Topo(s): Cliffield Mtn

Sunday No. H1902-655 **May 26**
Looking Glass Overlook

to Big East Fork 10:00 AM

Hike 5.5, Drive 60, 100 ft. ascent, Rated C-C,
P400
Tom Lucha, 828-696-9117, cell: 828-712-0736,
luchat@bellsouth.net

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

Second Meeting Place: Cold Mountain Overlook at MM 412 of BRP at 10:30 AM.

Wilderness hike, limited to ten hikers, contact leader for reservation. This downhill-all-the-way hike (1000' descent) begins on the MST at Looking Glass Rock Overlook and connects with the Big East Fork Trail via Bridges Camp Gap Trail. Rushing waters, magnificent boulders and some tricky rock hops highlight this hike. Weather permitting, we will stop for swimming/wading at a favorite swimming hole. Car shuttle.

Topo(s): Shining Rock

Sunday No. H1902-347 **June 2**
Twin Falls 11:00 AM

Hike 5.0, Drive 40, 500 ft. ascent, Rated C-C,
P400, WC100

William Snow, 857-756-3815,
billsnow123@gmail.com

First Meeting Place: Asheville Outlet 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 Bi-Lo at 11:30 AM.

This is a moderate hike in the Pisgah National Forest, starting on the Buckhorn Gap Trail, taking the Twin Falls Bypass to view two nice waterfalls and completing a loop on a Forest Service Road and the Clawhammer Cove Trail with its large but abandoned beaver dam. Bring your camera!

Topo(s): Pisgah Forest

Sunday No. H1902-116

June 9

Craggy Dome

from Craggy Gardens Picnic Area 12:30 PM

Hike 4.1, Drive 40, 1100 ft. ascent, Rated C-B,

AT-MST

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

Only Meeting Place: back parking lot of Folk Art Center. The hike starts at Bee Tree Gap. We

will hike the MST to the Craggy Gardens Visitors Center and then return, which is a round trip of approximately 2.7 miles. We will then drive up to the Craggy Pinnacle Trail for an additional 1.4 mile round trip. Hopefully the rhododendron will be in bloom. Topo(s): Montreat

Sunday No. H1902-815

June 16

Sams Gap to Street Gap on the A.T. 12:00 PM

Hike 5.0, Drive 50, 1200 ft. ascent, Rated C-B,

AT-MST

Paula Massey, 828-484-7509, cell: 828-989-0003, massey.paula@gmail.com

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. This is a pleasant section of the Appalachian Trail. After a somewhat strenuous uphill at the start of this hike, the trail levels off on a ridge that runs along the NC-TN border. We should still have nice views and hopefully some late spring wildflowers.

Topo(s): Sams Gap

Sunday No. H1902-153

June 23

Caney Bottom - Cove Creek

11:30 AM

Hike 5.0, Drive 75, 300 ft. ascent, Rated C-C,

P400, WC100

Stuart English, 828-384-4870,

stuengo@comporium.net

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

Second Meeting Place: Pisgah Forest Bi-Lo at 12:00 PM.

This is a pleasant walk in the valley below Looking Glass Rock. The trail follows a moderate grade as it wanders along a number of streams and cascades and includes Cove Creek Falls as its feature attraction. Topo(s): Shining Rock

Sunday No. H1902-381

June 30

Snowball Trail

12:00 PM

Hike 3.0, Drive 30, 1000 ft. ascent, Rated C-C

Ron Navik, 585-662-8047, ron.navik@gmail.com

Only Meeting Place: back parking lot of Folk Art Center. This in-and-out hike has a steady climb (some hikers consider it to be steep) to Hawkbill Rock. Diverse and centennial trees may be admired all the way on the ridge. Stop for a snack at Snowball Gap before return. The hike can be from 3 miles (1000-foot elevation gain) to 5 miles (2000-foot elevation gain). We will adjust distance by consensus of the hikers.

Topo(s): Craggy Pinnacle

NEXT CMC COUNCIL MEETING

When: April 30, 2019

Where: Community room in Earthfare on Hendersonville Road

Time: 6:00 - 9:00 PM

Info: Call Randy at 828-253-1626 if you would like to attend. All CMC members are welcome.



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

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

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

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

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

RESPONSIBILITY FOR SAFETY: Each CMC member and guest agrees to accept personal responsibility for his or her own safety and for the safety of accompanying minors. The Club cannot ensure the safety of any participant on hikes or trail maintenance activities. Each participant agrees to hold harm-

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

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

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

CAROLINA MOUNTAIN CLUB OFFICERS

President: Randy Fluharty, 828-253-1626, rfluharty54@gmail.com

Vice-President: Debby Jones, 404-731-3119, djones715@aol.com

Secretary: Kathy McAuley, 518-248-2197, kathymcauley4031@gmail.com

Treasurer: George Bauernfeind, 502-724-5714, ggb1005@gmail.com

Immediate Past President: Barbara Morgan, 828-460-7066, barbc129@gmail.com

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

Councilor for Conservation: Mike Fisher, 781-883-6938, mfshr@yahoo.com

Councilor for Education and Community Outreach:

Jan Onan, 828-606-5188, janonan59@gmail.com

Councilor for Hiking: Gregory Bechtel, 864-607-2645, gabechtel@gmail.com

Councilor for Membership: Lynn Saul, 704-451-5268, lynnhappytrails@gmail.com

Councilor for Trail Maintenance: Ron Navik, 585-662-8047, ron.navik@gmail.com

Councilor for Technology: Judy Magura, 828-606-1490, hikingtech@gmail.com

Councilor at Large: Hugh Hensleigh, 828-702-7782, hhensleigh@gmail.com

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