

LET'S GO!

FOURTH QUARTER 2015
Quarterly News Bulletin
and Hike Schedule



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

CMC members attend conference

Several of our members attended the Biennial Appalachian Trail Conservancy Conference in Winchester, Virginia. Here are observations from some of them.

Daisy Kaserek: This conference definitely lived up to its "Hiking through History" theme. My first hike was in the George Washington National Forest where George Washington had traveled through in his work as surveyor. Old Town Winchester, where we had dinner several nights, has many historic

buildings, including a small one that served as George Washington's office when he was in the area surveying and later, overseeing the construction of Fort Loudoun. I consider the eight-mile 'hike' through the Antietam Battlefield my favorite hike of the week.

Paul Benson: The hike to Emerald Pond was exactly as described – a beautiful, crystal-clear pond on an extremely hot day – wonderful swimming! The 4-day slack pack was fantastic – 4 days of hiking and 3 nights in cabins on the highest section of the A. T. in Shenandoah National Park. Very scenic and interesting. We had a great group of hikers and the organizers did an excellent job. The best part was meeting new hikers from all over the country and spending time with old CMC friends.

Bruce Bente: The weather was HOT. For the first few days, temperatures maxed out in the mid-90s in Winchester, with one afternoon at 97 and humidity to match. It was 10 degrees cooler in the woods, but hiking in the 80s is not pleas-



Antietam Battlefield, above and below.



ant. After three days, it cooled down somewhat, but the big improvement was the reduction in humidity. Hiking was much more comfortable thereafter.



In Old Town Winchester. Photos by Daisy Kaserek.

COUNCIL CORNER

Since joining CMC in 2007, the club has provided experiences I never anticipated. I joined the club to hike. I have hiked, maintained trails, been Councilor at Large, led and scheduled hikes, and chaired the Membership Committee for the Club. I have made life-long friends and had life-changing experiences. I've



had fun! Through all my Club involvement, I have learned what amazing people belong to this illustrious Club. We are an interesting, active, multi-talented group. Hikers are good people. CMC members hike, build trails, take on challenges, and support the Club. We organize hikes, camporees, social events, meetings, training, finances, trail work, publications, and the Club website. Members document and share our Club history, write grant requests, enter data for hikes, maintenance and membership and

write computer code. We represent the Club on the local, regional and national levels, influencing plans and policy for land use, conservation, parks, community development and more. We are generous with our time and talents. We have skills and experience levels within our membership that are truly astounding. Remarkably, we are all Volunteers. I want to thank you all for supporting CMC. Stay involved. Ask others to join us. Support our club. Volunteer.

– Lee Silver

New hiking challenge on Club-maintained trails!

The CMC Challenge committee has announced a new permanent hiking challenge: CMC: A.T.-MST Challenge.

In 2013 CMC celebrated its 90-year anniversary by challenging hikers to hike either the 93 miles of the A.T. and/or the 130 miles of the MST maintained by the Club. Since then the CMC trail maintenance crews have built an additional five-mile section of the MST from south of Woodfin Cascade to Waterrock Knob.

CMC currently maintains 93 miles of the Appalachian Trail from Davenport Gap to Spivey Gap (northbound) and 135 miles of the Mountains-To-Sea Trail from Waterrock Knob to Black Mountain Campground (eastbound). Members who hike the combined 228 miles of the Appalachian Trail (A.T.) and the Mountains-To-Sea Trail (MST) on sections maintained by the Club will be awarded a certificate of comple-

tion and a commemorative embroidered hiking patch.

Please check the CMC website Challenge page for the details. If you have further questions please e-mail Vance Mann who is coordinating this new challenge. You can reach Vance at hvancem@icloud.com.

Waterrock Knob - Woodfin Cascade Overlook Hike Description:

The trailhead for the MST (north/eastbound) is 200' up the Waterrock Knob Trail from the Waterrock Knob Visitor Center parking lot, on the right. Hike for about 2.2 miles to Fork Ridge Overlook, then walk the Blue Ridge Parkway (northward) for about 0.6 mile. There are no blazes here except on the posts where the Trail comes out to the road and where it leaves the road. Re-enter the MST at the Scotts Creek Overlook and hike another 2 miles to the Howard McDonald Bridge. If you want to end your hike at Woodfin Cascade Overlook, take the blue-blaze trail on your right just past the bridge.

Challenge mileage logs are ready for you to download. Start hiking the A.T. and MST and earn your cool patch!

2015 Annual Dinner

By Barbara Morgan

We hope you can attend this year's Annual Meeting and Dinner, as it promises to be an important and fun-filled evening. It will be held in the Mountain View Room in the Sherrill Center at UNC-Asheville on Friday, October 30. Your reservation form is included in this edition of *Let's Go!* You can mail your form and check by 10/14/15 (to ensure delivery and processing). OR, you can make your reservation and pay on our website by 10/21/15. The cost is \$32.50 for dinner, but if you only want to come to the meeting there is no charge. Please make your reservation by the deadline as we have to tell the catering service (Chartwell's of UNC-A) a number by that date.

The Social Hour begins at 5:30, and you will be able to buy wine or beer by the "ticket" system we've used elsewhere. The dinner starts at 6:30, with Challenge Awards during dinner. The Business Meeting begins at 7:30 and includes important Club business, including electing new Council members and presentation of the Club's two highest awards – the Award of Appreciation and the Distinguished Service Award. Look in this *Let's Go* for how you can nominate members for these awards.

I'm pleased to announce that our speaker this year is CMC member and author Marci Spencer. She's published *Pisgah National Forest – A History* (see review by Danny Bernstein in the December 2014 *eNews*), *Clingman's Dome*, *Highest Mountain in the Smokies*, and just recently a children's book titled *Potluck, Message Delivered!* about the saving of the Great Smoky Mountains. Her entertaining talk will conclude the evening.

Directions:

From Future I-26, take exit 25 and turn toward UNC-A. At the first traffic light, turn left onto Campus Drive. The Sherrill Center is at the top of the hill on the right. Check the website, center area on the Home Page, for information about parking.



Goodbye Sawako

In 2008, a shy, retiring Japanese lady named Sawako Jager joined our club. Now due to a career decision by her husband, she has moved away. During those seven years, what she accomplished was no less than phenomenal. No one else has completed all the challenges offered by CMC in such a short time. This included the SB6K, the Pisgah 400, the Lookout Tower Challenge, and the Waterfall Challenge. (The 900M GSMNP Challenge does not belong to CMC.)

She learned how to find all these remote destinations better than the savviest native. She could identify most flowers and plants. She became a go-to person if you needed help scouting a hike. Anyone who hikes in WNC with any group has probably crossed paths with Sawako because she did not limit herself to CMC hikes while completing these challenges. She hiked with many Meet Up groups and almost every organized or unorganized group in the area. She served several years on the CMC Council and was Chair of the Challenge Committee. If we had a Hall of Fame, she would surely be in it.

– Stuart English

TRAIL MAINTENANCE

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

Below is a general schedule of work days. Exact plans often are not made until the last minute, so contact crew leaders for details. Crews marked with an * are currently seeking new members. MST and AT section maintainers work on their own schedule.

Burnsville Monday Crew

John Whitehouse, johnwhitehouse@ccvn.com

Waynesville West Crew *

Larry Sobil, lsobil@bellsouth.net

Thursday Crew

Bill Falender, billfalender@hotmail.com

Asheville Friday crew *

Skip Sheldon, shelhalla@bellsouth.net

Pisgah Friday Crew *

Pete Petersen, roap@aol.com

Wilderness Crew *

Becky Smucker, bjsmucker@gmail.com

Quarterly Saturday Crew *

Les Love, leslove@charter.net

AT Maintainers

Tim Carrigan, tim@newprism.com

MST Maintainers

Heintooga Road to Old Bald

Larry Sobil, lsobil@bellsouth.net

Old Bald to Mt. Pisgah Parking Lot

Pete Petersen, roap@aol.com

Mt. Pisgah Parking Lot to Folk Art Center

Les Love, leslove55@gmail.com

Folk Art Center to Black Mtn. Campground

John Whitehouse, johnwhitehouse@ccvn.com

HIKE SCHEDULE Fourth Quarter 2015

Hike Ratings

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

All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B unless otherwise noted.

If it's not possible for a hiker to go on the regularly scheduled hike, it may be possible to accompany the leader when the hike is scouted. Call or email the hike leader.

Hike cancellations are announced on the CMC website in the "Breaking News Box." Hike Leaders will announce a cancellation or significant change at least a few hours before the hike meeting time. Hikers that do not have internet access or live hours away from the meeting place: call the hike leader to ensure that you are informed about hike changes. See the Hike Schedule on the CMC

website for more complete and timely information, including scout reports, at www.carolinamountainclub.org.

CHALLENGE PROGRAMS

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

P400 For hiking every trail in Pisgah Ranger District. Contact Dave Wetmore, dwetmore@citcom.net

900M For hiking every trail in GSMNP. Contact Dave Wetmore, dwetmore@citcom.net

LTC For hiking all 24 lookout towers in WNC. Contact Peter Barr, pjbarr@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 Vance Mann, hvancem@icloud.com.

YOUTH PARTNER CHALLENGE HIKES

Newcomers are welcome, but non-members must call the leader before the hike. YPC hikes submitted by Jan Onan, 828-606-5188, janonan@bellsouth.net and Kay Shurtleff, 828-280-3226, kshurtleff@msn.com. Driving distance is round trip from Asheville. Meet hike leaders at location listed in schedule.

Saturday No. A1504-466 Oct. 24
Buck Spring Loop *9:30 AM
Hike 3, Drive 65, 300 ft. ascent, Rated C-C
Jan Onan, cell: 828-606-5188,
janonan59@gmail.com

P400 *First meeting place: BRP French Broad River Overlook at MM 393.8. This is the second Youth Participation Hike (YPC). Enjoy the mountain views along the MST from Pisgah Inn to the Buck Spring Gap Overlook. Visit the site of Vanderbilt's historic Buck Spring Lodge. We will have lunch at a picnic area, then hike back to the cars via the campground trail. Please contact leader beforehand so we can get a head count. Second meeting place: Pisgah Inn parking lot near the convenience store at 10:00 AM. Topo(s): Cruso, Dunsmore Mtn.; also MST Profiles book, pg. 42-45

SATURDAY WORKDAY

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

The remaining 2015 workday is October 3. As in the past, we will be back in Asheville by 3:00. Call Les Love at 828-658-1489 (leslove55@gmail.com) to verify date.

Sunday No. A1504-746 Nov. 29
Bearallow Mountain *12:30 PM
Hike 2.5, Drive 80, 500 ft. ascent, Rated C-C
Kay Shurtleff, 828-749-9230, cell: 828-280-3226,
kshurtleff@msn.com

*Form carpools at Westgate and meet leader at Ingles on US 64 off Exit 49 of I-26 (Hendersonville) at 1:00 PM. This is the third YPC hike. We will hike to the grassy summit with a nearly 360 degree view. A historic fire lookout tower occupies the summit. Bring a kite for some awesome fun. Please contact leader beforehand so we can get a headcount. Topo(s): Bat Cave

WEDNESDAY HIKES

Wednesday hikes submitted by Ann Gleason 828-859-9387, gleason.ann@gmail.com. Driving distance is round-trip from Asheville. All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B unless otherwise noted. Some hikes will have second meeting places as described in the schedule, and start times may vary. *Times listed are departure times - arrive early.*

Wednesday No. W1504-515 Oct. 7
Brown Gap to Snowbird Mountain *8:00 AM
Hike 10.8, Drive 100, 2600 ft. ascent, Rated A-AA
Janet Martin, cell: 502-494-9309,
jaykaymartin@msn.com

***First meeting place: Home Depot off Exit 44 of I-40.** From Brown Gap the southbound A.T. mostly descends to the Groundhog Creek Shelter at Deep Gap, then climbs to Turkey Gap, and continues to the grassy bald on the summit of Snowbird Mountain. After lunch and a look at the FAA tower, we will return on the same track to Brown Gap. **Second meeting place: Pilot Truck Stop at Exit 24 off I-40 at 8:30 AM, but contact leader first.** Topo(s): Lemon Gap, Waterville; also NatGeo map #782.

Wednesday No. W1504-437 Oct. 14
Slate Rock Creek - Pilot Cove *8:30 AM
Hike 6, Drive 80, 1300 ft. ascent, Rated C-B
Jack Fitzgerald, 828-685-2897,
suejackfitz@bellsouth.net

P400 *Form carpools at Westgate and meet leader at Mills River Ingles off NC 280 at 9:00 AM. A moderate hike up the beautiful Slate Rock Creek Trail, then to overlook on Pilot Cove Loop Trail for lunch. Lots of fall colors. Short car shuttle. Topo(s): Shining Rock

Wednesday No. W1504-691 Oct. 21
Upper Whitewater Falls - Round Mountain Gap *9:00 AM
Hike 7, Drive 120, 1000 ft. ascent, Rated B-B
Stuart English, cell: 828-384-4870,
stuengo@comporium.net

WC100 *Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:30 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): Cashiers, Reid; also Natl Geo map #78

Wednesday No. W1504-076 **Oct. 28**
Craggy to Little Snowball ***9:00 AM**
Hike 7.2, Drive 40, 2600 ft. ascent, Rated B-AA
Brenda Worley, cell: 828-606-7297,
bjdworley@gmail.com

LTC *Form carpools at Westgate and meet leader at Craven Gap at 9:20 AM. 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; also USFS South Toe River, Mount Mitchell & Big Ivy Trail Map

Wednesday No. W1504-582 **Nov. 4**
Gauging Station – Pink Beds Loop **8:30 AM**
Hike 9, Drive 85, 1200 ft. ascent, Rated B-B
Laura Frisbie, 828-337-5845,
laurafrisbie@gmail.com

P400 This will be a pleasant loop from the gauging station, covering parts of the S. Mills River, Buckhorn Gap, Black Mountain, Barnett Branch and Pink Beds Loop Trails. **Second meeting place: Pisgah Forest Bi-Lo at 9:00 AM.** Topo(s): Shining Rock, Pisgah Forest; also NatGeo map #780

Wednesday No. W1504-862 **Nov. 11**
Cove Creek Gap to Hemphill Bald **8:00 AM**
Hike 12.3, Drive 100, 2740 ft. ascent,
Rated AA-AA
Steve Pierce, cell: 828-442-8482,
stevepierce50@gmail.com

900M Follow Cataloochee Divide Trail, with great views of valleys and distant mountains to Double Gap, and continue straight on Hemphill Bald Trail to Hemphill Bald. Return on same trails, but turn right onto Ferguson Cabin Trail past the cabin, and turn right onto road to the gate where shuttle car is waiting. Topo(s): Cove Creek, NatGeo map #317

Wednesday No. W1504-142 **Nov. 18**
Jerry Miller Trail to A.T. to Fork Ridge Trail ***8:30 AM**
Hike 10.5, Drive 92, 3300 ft. ascent,
Rated A-AA+
Tish Desjardins, cell: 828-380-1452,
desraylet@aol.com

***Form carpools at Westgate and meet leader at US 25/NC 208 intersection at 9:15 AM.** We'll hike up the Jerry Miller Trail to Bearwallow Gap, then right on the A.T. to Andrew Johnson Mountain for lunch and exceptional views. Afterwards, turn right onto the Fork Ridge Trail

down to FS 111 and a short walk to the cars. Topo(s): Greystone; also NatGeo map #782

Wednesday **Nov. 25**
NO HIKE SCHEDULED

Wednesday No. W1504-307 **Dec. 2**
MST around Asheville/ West Portion ***9:00 AM**
Hike 10.7, Drive 15, 1450 ft. ascent, Rated A-B
Barbara Morgan, cell: 828-460-7066,
barbc129@gmail.com

***Only Meeting Place: Ingles parking lot on NC 191 across from Asheville Outlets.** We will hike on the MST around Asheville, a pleasant MST section that is often overlooked. We'll hike from the Blue Ridge Parkway Visitor Center to the French Broad Overlook. Car shuttle. Topo(s): Asheville

Wednesday No. W1504-492 **Dec. 9**
Cookie Hike ***8:30 AM**
Hike 7.5, Drive 3, 800 ft. ascent, Rated B-C
Ken and Carol Deal, 828-274-7070,
cnkdeal@charter.net

P400 *Only Meeting Place: Ingles parking lot on NC 191 across from Asheville Outlets. We'll start the hike at the French Broad River picnic area near the entrance to the Blue Ridge Parkway, and we will do a moderate loop hike in the Arboretum area and adjacent trails to the Education Center. Our plan is to have the longer portion of the hike before lunch (6 miles), stop and have lunch and share cookies in the Arboretum, and then walk approximately 1.5 miles back to the cars. Bring your lunch, as well as cookies to share.

Wednesday No. W1504-492 **Dec. 9**
Cookie Hike – Shorter Version – Alternate Hike ***10:00 AM**
Hike 3, Drive 3, 400 ft. ascent, Rated C-C
Diane Stickney, 828-333-3207,
magenta9@charter.net

P400 *Only Meeting Place: Ingles parking lot on NC 191 across from Asheville Outlets. We will start the hike at the French Broad River picnic area near the entrance to the Blue Ridge Parkway, hike on Arboretum trails to the Education Center to have lunch and share cookies, and return to the cars in the afternoon. Bring your lunch, as well as cookies to share.

Wednesday No. W1504-406 **Dec. 16**
Pink Beds to Clawhammer and Return **9:00 AM**
Hike 8, Drive 86, 2300 ft. ascent, Rated B-AA
Randy Fluharty, cell: 828-423-9030,
rfluharty54@gmail.com

P400 We will climb from the Pink Beds (FS 477) to Club Gap. Then we take the Black Mountain Trail, climbing through Buckhorn Gap and along the ridge to the overlook at Clawhammer Mountain for lunch and 180-degree views. **Second meeting place: Pisgah Forest Bi-Lo at**

9:30 AM. Topo(s): Shining Rock, Pisgah Forest; also NatGeo map #780

Wednesday No. W1504-863 **Dec. 23**
Palmetto Trail – Saluda Mountain Passage ***8:30 AM**
Hike 6.3, Drive 85, 1575 ft. ascent, Rated B-A
Rich Bowerman, cell: 828-808-2891,
pcdbowerman@hotmail.com

***Form carpools at Westgate and meet leader at Marathon Gas Station off Exit 3 of US 25 at 9:00 AM.** Set aside your last-minute Christmas shopping for a challenging Winter Solstice hike. This new CMC hike will tackle a portion of the Saluda Mountain Passage of the Palmetto Trail that clings to the South Carolina/North Carolina state line, starting at Talisman Camp. We will climb into the Saluda Mountains before descending into the Fall Creek Valley. We will not hike the final 2.8 miles of road walk that officially completes this Passage. We will, however, consider a post-hike stop at the famous Green River BBQ. Car shuttle. Topo(s): Zirconia

Wednesday No. W1504-563 **Dec. 30**
Palmetto Trail – Poinsett Reservoir Passage ***8:20 AM**
Hike 10, Drive 100, 2400 ft. ascent, Rated A-AA
Rich Bowerman, cell: 828-808-2891,
pcdbowerman@Hotmail.com

***Form carpools at Westgate and meet leader at Saluda Truck Plaza-BP gas station, off Exit 59 of I-26 at 9:00 AM.** Finish the year with a trip south for a challenging day hike! Poinsett Reservoir Passage travels the mountain ridges along the northern boundary of Poinsett Watershed. This pristine watershed of 19,000 acres contains the headwaters feeding Poinsett Reservoir of the Greenville Water System. Rare plants and animals inhabit this unique watershed. We will start with a drive through quaint Landrum, SC, to the SC Nature Conservancy's Blue Wall Preserve trailhead. We will enjoy a 30' waterfall shortly into our hike, after which the fun begins! We will gain 2000' in 4 miles with some of the grade at 15% and even up to 26%. This section will be STRENUOUS. Soon we turn west and trek along Bushy Ridge (border between the Carolinas), then cross into North Carolina for a short hike to Orchard Lake Campground. A post-hike trip to the Purple Onion restaurant may be in order as a reward for a hike well done and a year successfully completed! Car Shuttle. Topo(s): Saluda

ALL-DAY WEEKEND HIKES

All-day hikes submitted by Bruce Bente, 828-692-0116, bbente@bellsouth.net. Driving distance is round-trip from Asheville. All Saturday and Sunday hikes assemble at the far rear (north end) of Westgate Shopping Center at I-240 exit 3B UNLESS OTHERWISE NOTED. Some hikes will have second meeting places, and starting times may vary.

Sunday No. A1504-860 **Oct. 2-4**
Mountain Treasures Camporee #7
Ted Snyder, 864-638-3686,
tedsnyderjr@bellsouth.net

We continue the Mountain Treasures Camporees with a weekend at the Mortimer campground. This is a repeat of the 2011 camporee, but with some new and different hikes. Hikes will be in the Harper Creek and Lost Cove Wilderness Study Areas, and a new hike in Grandfather Mountain State Park. Lots of waterfalls will be featured, many rarely visited. Hikers should plan to arrive Friday for this car-camping weekend. Four hikes are planned for Saturday and four for Sunday. There will be a barbeque supper Saturday night. Reservations are required, both to attend and for the barbeque. Reservations for both should be made with Ted at the address above. A list of the hikes and driving directions from Asheville has been posted on the CMC website. Any questions should be put to Ted.

Sunday No. A1504-582 **Oct. 11**
Gauging Station – Pink Beds loop 8:30 AM
Hike 9, Drive 85, 1200 ft. ascent, Rated B-B
Laura Frisbie, 828-337-5845,
laurafrisbie@gmail.com

P400 This will be a pleasant loop from the gauging station, covering parts of the S. Mills River, Buckhorn Gap, Black Mountain, Barnett Branch and Pink Beds Loop Trails. Second meeting place: Pisgah Forest Bi-Lo at 9:00 AM. Topo(s): Shining Rock, Pisgah Forest; also NatGeo map #780

Saturday No. A1504-498 **Oct. 17**
High Windy and High Top *10:00 AM
Hike 7.6, Drive 40, 1900 ft. ascent, Rated B-A
Barbara Morgan, 828-738-3395,
cell: 828-460-7066, barbc129@gmail.com
***Form carpools at Westgate and meet leader at Ingles parking lot off Exit 64 of I-40 at 10:20 AM.** A fairly steep ascent on beautiful backwoods trails in the YMCA Blue Ridge Assembly area. High Windy is the former site of a lookout tower. We'll hike another mile to High Top for more views to the north and east. Back the same way we came. Topo(s): Black Mtn.; also Blue Ridge Assy. Trails map

Sunday No. A1504-200 **Oct. 18**
Jones Gap State Park – Middle Saluda River *8:30 AM
Hike 10, Drive 96, 1200 ft. ascent, Rated A-B
Stuart English, cell: 828-384-4870,
stuengo@comporium.net

***Form carpools at Westgate and meet leader at NE corner of Cracker Barrel parking lot at Exit 53 of I-26 at 9:00 AM.** An in-out hike. Follows the Jones Gap Trail (part of the Foothills Trail) along the Middle Saluda River most of the way, with lunch at a nice double waterfall. Elevation change is a very gradual 1200 feet. Remember S.C. Jones Gap State Park is a fee area with \$2 per person for hiking. Topo(s): Standingstone Mtn.;

also Mountain Bridge Wilderness trail map

Sunday No. A1504-861 **Oct. 25**
Big and Little Cataloochee via Dug Roads and Hall Branch *8:00 AM

Hike 6, Drive 95, 1935 ft. ascent, Rated B-A
Mike Knies, 828-628-6712, knies06@att.net
***First meeting place: Home Depot off Exit 44 of I-40.** This new CMC hike will walk the "dug roads", originally built in the 1850s. See unrestored farm sites, a restored log cabin, the old apple house, an old church and tourists looking for elk. The trail starts across from the church in Big Cataloochee, goes across Noland Mountain to Little Cataloochee and then back across down Hall Branch to end at the Group Campsite. The entire hike is on abandoned but fairly open trails. Short car shuttle. **Second meeting place: Exxon station off Exit 20 of I-40 at 8:40 AM, but notify leader first.** Topo(s): Cove Creek Gap; also NatGeo map #317

Sunday No. A1504-151 **Nov. 1**
Big East Fork to Shining Rock via Old Butt *8:00 AM (strenuous)
Hike 8.5, Drive 60, 3100 ft. ascent, Rated B-AA+
Michael and Kathy Cornn, cell: 828-458-1281,
mccornn@aol.com

P400, SB6K *Form carpools at Westgate and meet leaders at Cold Mtn. Overlook at 8:40 AM. *Wilderness hike, limited to ten hikers—call leaders for reservation.* We will hike from the Big East Fork parking lot up the steep Chestnut Ridge trail over Dog Loser and Old Butt knobs to lunch at Shining Rock (6040 ft.), with its exceptional views. We'll return via a steep descent to the North Fork of Shining Creek. Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1504-631 **Nov. 1**
Dupont Forest Buck Forest P.L. #2 (3 Falls & 2 Lakes) 8:30 AM (less strenuous)
Hike 10.4, Drive 80, 1000 ft. ascent, Rated A-C
Danny Bernstein, cell: 828-450-0747,
danny@hikertohiker.com

This hike goes to three of the best waterfalls and two lakes in the Dupont State Forest. We will be going to Triple and High Falls and then to Lake Dense. We will use Conservation Road to get to the south part of the Little River, then cross the dam to Lake Julia. After lunch at Lake Julia we hike to the old airstrip, horse barn and then the beautiful cascade of water over Bridal Veil Falls. Car shuttle. **Second meeting place: Bi-Lo at Pisgah Forest at 9:00 AM.** Topo(s): Standingstone Mtn.; also DuPont State Forest Map

Sunday No. A1504-216 **Nov. 8**
Sams Gap to Devil Fork Gap on the A.T. *8:30 AM
Hike 8.5, Drive 90, 1900 ft. ascent, Rated B-A

Bob Hysko, cell: 828-243-3630,
rhysko@yahoo.com

A pleasant woods hike on the A.T. south from Sams Gap parking lot to an overlook at High Rock, then to Rice Gap, Lick Rock, Sugarloaf Gap and ending at Devil Fork Gap. Car shuttle. Topo(s): Sams Gap; also ATC TN-NC map #3

Saturday No. A1504-615 **Nov. 14**
Black Balsam Loop via Graveyard Ridge Trail & ALT *10:00 AM
Hike 6, Drive 70, 1200 ft. ascent, Rated B-B
Marcia Bromberg, 828-505-0471,
mwbromberg@yahoo.com

P400, SB6K *First meeting place: Ingles on NC 191 across from Asheville Outlets. This hike includes great views. New hikers: take note that 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. Begin from FS 816 on MST, then left on Graveyard Ridge Trail to Investor Gap. Return on Art Loeb Trail over Tennesse Mtn. and Black Balsam. We'll stop at the high points to enjoy great views. **Second meeting place: BRP Cold Mtn. Overlook at 10:40 AM. If BRP is closed, check Breaking News for meeting place.** Topo(s): Sam Knob, Shining Rock; also NatGeo. map #780 **Second meeting place: BRP French Broad Overlook at 10:15 AM.** Topo(s): Dunsmore Mountain; also NatGeo map #780 and MST Profiles, pp. 44-47

Sunday No. A1504-142 **Nov. 15**
Jerry Miller Trail to A.T. to Fork Ridge Trail *8:00 AM
Hike 10.5, Drive 92, 3350 ft. ascent,
Rated A-AA+
Tish Desjardins, cell: 828-380-1452,
desraylet@aol.com

***Form carpools at Westgate and meet leader at the corner of U.S. 25/70 and NC 208 at 8:40 AM.** After the hike there will be a potluck supper at the nearby Bear River Community Lodge. Hikers are requested to contribute food for the supper. Food will be taken to a refrigerator before the hike. Please contact the leader to coordinate what food to bring. Hike up Jerry Miller Trail, right onto A.T., then right on Fork Ridge Trail. Walk short distance on FS 111 to trailhead. Topo(s): Greystone; also NatGeo map #782

Sunday No. A1504-374 **Nov. 22**
MST: Good Road to Bald Knob 8:00 AM
Hike 10, Drive 80, 2500 ft. ascent, Rated A-AA
Brent Martin, 828-587-9453, cell: 828-371-0347,
brent_martin@twsw.org

We'll go north of our usual hiking area to hike the MST north from the end of Good Rd. to the North Fork of the Catawba River. After crossing the MST bridge over the river, we'll hike north to the summit of Bald Knob and return via the same route. See American Chestnut and Carolina

Hemlock trees along the dry ridgeline on this hike. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 8:20 AM.** Topo(s): Little Switzerland

Saturday No. A1504-584 **Nov. 28**
Butter Gap Loop 9:00 AM

Hike 9, Drive 75, 2000 ft. ascent, Rated A-A
Amy Treverton, cell: 828-216-3914,
athikerbabe@gmail.com
P400 We'll follow the Butter Gap Trail through the beautiful Grogan Creek watershed and Picklesheimer Fields, part of the Art Loeb Trail, and down the Cat Gap Trail. A great late-autumn hike with streams, waterfalls and views. **Second meeting place: Pisgah Fish Hatchery at 9:40 AM.** Topo(s): Shining Rock, Rosman; also NatGeo. map #780

Sunday No. A1504-268 **Dec. 6**
Hospital Rock – Rainbow Falls 9:00 AM
(strenuous)

Hike 8, Drive 95, 2000 ft. ascent, Rated B-A
Becky Smucker, cell: 828-231-2198,
bjsmucker@gmail.com
WC100 This is a challenging hike in Jones Gap State Park in S.C. Hiking up past Hospital Rock on the rebuilt trail reopened in 2015, we will enjoy a great view at lunchtime from Pretty Place. After lunch we will walk along a road for a short distance, then turn downhill past beautiful Rainbow Falls onto a trail down to the river and back to our cars. NOTE: \$2/person parking fee at trailhead. **Second meeting place: Cracker Barrel off Exit 53 of I-26 at 9:30 AM.** Topo(s): Cleveland, Standingstone Mtn.; also Mountain Bridge Wilderness map

Sunday No. A1504-826 **Dec. 6**
Corn Mill Shoals P.L. #4 *8:30 AM
(moderate)

Hike 8, Drive 90, 1300 ft. ascent, Rated B-B
Ashok Kudva, 828-698-7119, cell: 828-674-1374,
Ashok.kudva@att.net
***Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:00 AM.** This three-loop hike will explore a rock quarry, mountain vistas and river water views. Topo(s): Standingstone Mountain; also DuPont State Recreational Forest Trail map, 2014 edition

Saturday No. A1504-538 **Dec. 12**
Vineyard Gap – Forge Mtn. Loop 10:00 AM

Hike 7.5, Drive 55, 800 ft. ascent, Rated B-C
Jim and Judy Magura, cell: 828-606-1490,
jqs290@gmail.com
This is a nice loop hike from the Turkey Pen parking area, including a walk along the Forge Mtn. ridge, a pleasant stroll along the S. Mills River, and ending with a short, steep climb over a ridge to the parking area. **Second meeting place: Turkey Pen parking lot at 10:30 AM.** Topo(s): Pisgah Forest; also NatGeo map #780

Sunday No. A1504-671 **Dec. 13**
Raven Cliff Falls –
Naturaland Trust *8:00 AM

Hike 8, Drive 100, 1800 ft. ascent, Rated B-A
Jeff McGurk, cell: 864-921-6469,
jbsbestfan@hotmail.com
***Form carpools at Westgate, stop at Bi-Lo in Pisgah Forest at 8:30 AM to meet more hikers, and meet leader at Raven Cliff Falls trailhead at 9:00 AM.** This hike in Caesar's Head State Park will go from US 276 to Raven Cliff Falls overlook, then double back and follow the Dismal and Naturaland Trust trails back to US 276 near the Visitors Center. Short car shuttle. Topo(s): Table Rock, Cleveland; also Mtn. Bridge Wilderness Area map

Sunday No. A1504-270 **Dec. 20**
Cedar Rock Mtn. - John Rock Loop *9:00 AM

Hike 8, Drive 80, 2000 ft. ascent, Rated B-A
Bruce Bente, 828-692-0116, cell: 828-699-6296,
bbente@bellsouth.net
P400 *Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:30 AM. This trip features two of the spectacular bare rock faces in the Pisgah National Forest, with great views from both. Starting at the Fish Hatchery, we'll have our major climb up to Cat Gap and then on to Cedar Rock to enjoy the view during lunch. We'll return via John Rock. Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1504-766 **Dec. 27**
Bent Creek Loop #10 9:00 AM

Hike 7.5, Drive 10, 1100 ft. ascent, Rated B-B
Les and Catherine Love, 828-658-1489,
cell: 828-230-1861, lesrlove55@gmail.com
P400 We will start at the parking lot near the west end of the Campground Connector, then walk along Boyd Branch Road, Little Hickory Gap Trail to Five Points, North Boundary Road (FS 485), Green's Lick Trail, Laurel Branch Road, Lower Sidehill Road and Boyd Branch Road, which will take us back to our cars. Topo(s): Dunsmore Mtn.; also NatGeo map #780

HALF-DAY SUNDAY HIKES

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

Half-Day No. H1504-043 **Oct. 4**
Frying Pan Tower *12:30 PM

Hike 4, Drive 30, 950 ft. ascent, Rated C-C
Bobbi Powers, 828-667-5419,
bobbipowers23@gmail.com
P400, LTC *First meeting place: Ingles on Brevard Rd. across from Asheville Outlets. This in-and-out hike starts at the Mt. Pisgah Campground and meanders through the forest until reaching a FS gravel road to the tower, a 7/10-mile trek, uphill all the way. The many ups and downs make this a more challenging hike than the 4 miles might indicate. In the 10 years I've lived here, this will be the first time it has not been done as a wildflower hike. I wonder what the fall color will be like at 5000 feet? We'll find out! **Second meeting place: Pisgah Inn parking lot near convenience store at 1:00 PM.**

Half-Day No. H1504-453 **Oct. 11**
Max Patch Loop *10:00 AM

Hike 6, Drive 100, 800 ft. ascent, Rated C-C
Jack Dalton, 828-622-3704, cell: 828-380-0848,
jckdalton9@gmail.com
***Form carpools at Westgate and meet leader at Old Spring Creek School building on NC 209 in Spring Creek at 10:45 AM.** Drive to Max Patch parking area, hike up to top to join the A.T., enjoy views and head south on the A.T. to pick up the Buckeye Ridge Trail, loop around to rejoin the A.T., back up to top of Max Patch, then return to cars. Awesome 360-degree panoramic views from summit of Max Patch make this a favorite hike. Topo(s): Lemon Gap; NatGeo #782

Half-Day No. H1504-465 **Oct. 18**
Sam Knob 12:00 PM

Hike 4, Drive 80, 900 ft. ascent, Rated C-C
Chris Allen, 828-707-6500, cpallen@gmail.com
P400, SB6K Beginning at the parking lot at the end of FS 816, hike the Sam Knob trail up to the summit of Sam Knob with its two peaks and 360-degree views. Go back down to the junction with the Flat Laurel Creek Trail and take it back to the parking lot. **Second meeting place: BRP Cold Mountain Overlook at 12:40 PM.** Topo(s): Sam Knob; also NatGeo map #780

Half-Day No. H1504-767 **Oct. 25**
Lookout Mountain 12:30 PM

Hike 4.7, Drive 40, 1040 ft. ascent, Rated C-B
Karin Eckert, 516-721-6156,
karingarden@yahoo.com
A hike up to Lookout Mountain via Lookout Road, Rainbow Road, Old Mitchell Toll Road and Hickory Ridge Trail. Return on Lookout Trail. A highlight of this hike is the spectacular view of the Seven Sisters from Lookout Rock. The return trail has a very steep downhill section. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 12:50 PM.** Topo(s): Montreat

Half-Day No. H1504-346 **Nov. 1**
Folk Art Center
to Haw Creek Overlook *1:00 PM
Hike 5, 850 ft. ascent, Rated C-C

Bill Ramer 1942-2015



Bill Ramer died after a short bout with cancer in June. Many knew him from Sunday Half-Day hikes. Some of us knew him as an expert on the trails and roads in the Pisgah Ranger District. We are glad he did not suffer long, but we will long suffer without him.

Jim Ariail, 828-505-0443, jimariail@yahoo.com
***Only Meeting Place: back parking lot of Folk Art Center.** This favorite moderate hike on the Mountains-to-Sea Trail rewards hikers with great views of the Haw Creek Valley. Topo(s): Oteen; also MST Profiles, pp. 54-55

Half-Day No. H1504-101 **Nov. 8**
Lower Big Laurel Creek ***12:00 PM**
 Hike 6, Drive 50, 350 ft. ascent, Rated C-C
 Russ and Heather Cooper, 828-484-9562,
 cooper.hs@charter.net

***Only Meeting Place: Wells Fargo/Rose's parking lot in Weaverville off Exit 19B of I-26.** Hike along a beautiful stream with whitewater, big rocks and surrounding high cliffs to the French Broad River. Interesting flora. Parts of the trail are rocky – hiking boots/shoes are recommended. Topo(s): Hot Springs

Half-Day No. H1504-316 **Nov. 15**
Carl Sandburg Home National Historic Site ***12:30 PM**
 Hike 5, Drive 60, 750 ft. ascent, Rated C-C
 Tom Lucha, 828 696-9117, cell: 828 712-0736,
 luchat@bellsouth.net

Time to nominate our finest volunteers

REMINDER! Nominations for CMC Service Awards are due September 20th. Nominating forms for the Distinguished Service Award and Award of Appreciation can be found at carolinamountainclub.org. Awards will be presented and the Annual Meeting and Dinner October 30th. Please consider nominating a member whom you believe has met the qualifications described on the nominating forms.

***Form carpools at Ingles on NC 191 across from Asheville Outlets and meet leader at parking lot of Carl Sandburg National Historic Site at 1:15 PM.** Traverse the same trails that poet/biographer Carl Sandburg enjoyed by climbing Big Grassy Mountain. Topo(s): Hendersonville

Half-Day No. H1504-675 **Nov. 22**
Rainbow Falls/ Jones Gap State Park ***11:00 AM**
 Hike 4.6, Drive 90, 1200 ft. ascent, Rated C-B
 Bev MacDowell, 828-777-5806,
 bevmacdowellhappy@gmail.com

***Form carpools at Ingles on NC 191 across from Asheville Outlets and meet leader at Cracker Barrel off Exit 53 of I-26 at 11:30 AM.** The early start is to help prevent a possible wait in line that often happens in the post-church hour, especially holiday week, at JGSP. We will follow the Jones Gap Trail along the Middle Saluda River, then follow the Rainbow Falls Trail uphill to beautiful Rainbow Falls. Return the same way. This is one of the most spectacular falls in the area. \$5 fee per person to enter JGSP. Topo(s): Standingstone Mountain; also Mountain Bridge Wilderness Area map

Half-Day No. H1504-815 **Nov. 29**
Sams Gap to Street Gap on A.T. **12:00 PM**
 Hike 4.6, Drive 60, 1200 ft. ascent, Rated C-B
 Linda Blue, 828-296-7537, lgblue@bellsouth.net
 Start working off some of those Thanksgiving calories on this 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. At this time of year we should have nice views, including Big Bald and the ski slopes of Wolf Laurel. Topo(s): Sams Gap; also NatGeo map #782

Half-Day No. H1504-440 **Dec. 6**
Sleepy Gap to French Broad Overlook **12:30 PM**
 Hike 5, Drive 25, 400 ft. ascent, Rated C-C
 Lenny Bernstein, cell: 828-450-1325,
 lennybernstein41@gmail.com
 This modification of hike #440 will be a mostly downhill, pleasant walk on the MST from the BRP Sleepy Gap to the French Broad River Overlook. Car shuttle. Topo(s): Dunsmore Mountain; also NatGeo map #780 and MST Profiles, pp. 44-47

Half-Day No. H1504-490 **Dec. 13**

Craven Gap to Folk Art Center ***12:00 PM**
 Hike 5.4, Drive 12, 750 ft. ascent, Rated C-C
 Dick Zimmerer, 828-989-0480,
 dd1zz@yahoo.com

***Only Meeting Place: Back parking lot of Folk Art Center.** This is a pleasant walk, mostly protected from cold winds, along the MST from Craven Gap to the Folk Art Center. Note: 1640 ft descent. Car shuttle. Topo(s): Oteen, Craggy Pinnacle

Half-Day No. H1504-511 **Dec. 20**
Florence Nature Preserve ***12:30 PM**
 Hike 5, Drive 24, 1500 ft. ascent, Rated C-B
 Dennis Bass, 828-367-8619,
 dbass3607@gmail.com

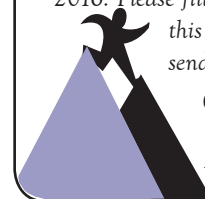
***Only Meeting Place: Ingles parking lot, 225 Charlotte Hwy. (US 74-A east of I-40).** This hike is a loop in the Florence Nature Preserve 600+ acre tract in Hickory Nut Gorge. We'll be hiking part of the hike as described in # 511, to keep it to approximately 5 miles. We'll take the Yellow Diamond Trail, Blue Trail, White Trail, Red Trail to nice overlook, and return via Blue Trail and Yellow Trail. Topo(s): Bat Cave

Half-Day No. H1504-685 **Dec. 27**
North Slope Trail ***12:00 PM**
 Hike 5.4, Drive 62, 700 ft. ascent, Rated C-C
 Stuart English, 828-384-4870,
 stuenngo@comporium.net

P400 *Form carpools at Westgate and meet leader at Pisgah Ranger Station on US 276 at 12:30 PM. We will go along the Exercise Trail at the Ranger Station, cross US 276 to the Davidson River Campground, walk along the river with a stop at the historic English Chapel and the English family cemetery, and then take the North Slope Loop Trail and return to the cars through the campground. Topo(s): Pisgah Forest; also NatGeo map #780

Time to Renew Membership!

This is a gentle reminder that all CMC membership dues need to be in by Jan. 1, 2016. Please fill out the application in this issue of Let's Go and send it, with your dues, to:



Carolina Mountain Club
 P.O. Box 68
 Asheville, NC 28802

Remember to enter the CMC photo contest!

Fall is just around the corner and the perfect time to lace up your boots, grab the camera and hit the trail. Maybe you can multitask and work on one of the CMC Challenges and earn a badge and win a prize at the same time!

We have named our Grand Prize the "McNabb Award" after an influential, dedicated, individual, Gerry McNabb, who has made a significant everlasting contribution to the CMC. Gerry's own timeless photography continues to inspire and impress. The theme of this contest is the trails in the Club's hike database (<http://www.carolinamountainclub.org/index.cfm/do/pages.view/id/8/page/Hike-Search>). A prize will also be awarded for each winning photo in one of three categories: Landscape, People on the Trail, and Plants and/or Animals.

Winning photographs of the contest will be featured on the CMC website and recognition will be given at the Annual Meeting.

Enter the contest at: CMC.photocontest@gmail.com. The competition is open until September 30, 2015. The contest rules are available on the CMC website. Prizes are courtesy of Diamond Brand Outdoors. Contact Arriba2928@aol.com with any questions.

Carolina Mountain Club

P.O. Box 68
Asheville, NC 28802

NEXT CMC COUNCIL MEETING

When: Monday, October 5, 2015

Where: EarthFare, Hendersonville Road (US 25), south Asheville

Time: 6:00 - 9:00 PM

Info: Call Lenny at 450-1325 if you would like to attend. All CMC members are welcome.

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

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

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

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

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

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

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

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

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

CAROLINA MOUNTAIN CLUB OFFICERS

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Councilor at Large: Ann Hendrickson, 828-668-9253, arriba2928@aol.com

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

Deadline next issue: November 15, 2015