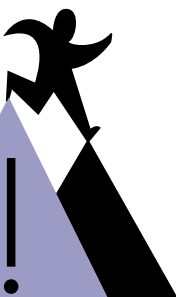


LET'S GO!



THIRD QUARTER 2018 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 WORKDAY

Quarterly Saturday Trail Maintenance Workdays in 2018 will be August 18 and October 13. 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 Third Quarter 2018

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.

Sunday No. Y1803-53 **Aug. 19**
East Fork Pigeon River **10:00 AM**
Hike 3, Drive 7, 500 ft. ascent, Rated B-B, Wilderness hike, limited to ten hikers, contact leader for reservation. **P400**
Jan Onan, 828-698-3237, cell: 828-606-5188, janonan59@gmail.com

Only Meeting Place: Cold Mountain Overlook at MM 412 of BRP. This in-and-out hike starts at Big East Fork and goes towards the headwaters of the Pigeon River. The river is crystal clear and we will have opportunities to play in the water.
Topo(s): Shining Rock; also NatGeo map #780

Sunday No. Y1803-43 **Sept. 9**
Frying Pan Tower **12:00 PM**
Hike 4, 950 ft. ascent, Rated C-C, **P400, LTC**
Kay Shurtleff, 828-749-9230, cell: 828-280-3226, kshurtleff@msn.com

Only Meeting Place: Pisgah Inn parking lot near convenience store. This is an in-and-out hike with some significant ups and downs. It starts at the Mount 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. It passes through a spectacular display of late season wildflowers and provides panoramic views from the fire tower. Optional car shuttle can be arranged.
Topo(s): Cruso; also NatGeo map #780

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. W1803-53 **July 4**
East Fork Pigeon River **8:30 AM**
Hike 8.5, Drive 65, 1200 ft. ascent, Rated B-B, Wilderness hike, limited to ten hikers, contact

leader for reservation. **P400**

Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

First Meeting Place: Ingles on NC 191 across from Asheville Outlets Mall. Form carpools at first meeting place and meet leader at second meeting place.

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

The East Fork of the Pigeon River is a great place to be on a hot July day. We'll hike in the morning, and on our return, we'll have a chance to play in one of the many pools or just lounge on the rocks before heading back to our cars. Bring swimsuit, towel, etc.

Topo(s): Shining Rock; also NatGeo map #780

Wednesday No. W1803-794

July 11

MST: Cowee Access

to Haywood Gap

8:30 AM

Hike 8.5, Drive 90, 1500 ft. ascent, Rated B-B
Jim Magura, 828-606-3989, jqs290@gmail.com
and Judy Magura, 828-606-1490,
quilter290@gmail.com

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

We will start at the spectacular Cowee Overlook on the Blue Ridge Parkway and hike downhill through a beautiful spruce forest approximately 1/2 mile to the MST. Once on the MST we will walk east approximately 8 miles to the Parkway crossing at Haywood Gap. I would classify this 8.5 mile hike as moderate since much of the distance is easy walking on an old roadbed. Almost all of this hike is above 5,000' so it should feel great on a hot July day. Car shuttle.

Topo(s): Sam Knob

Wednesday No. W1803-858

July 18

Corner Rock Loop

8:00 AM

Hike 10.7, Drive 50, 2000 ft. ascent, Rated A-A,
Jeff Wilcox, 828-505-2815, cell: 828-989-8755,
jwilcox@unca.edu

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

This loop hike in the Big Ivy area will follow a number of trails, including Elk Pen, Upper Corner Rock, Laurel Gap, Bear Pen and Staire Gap.

Topo(s): Barnardsville, Mt. Mitchell, Montreat

Wednesday No. W1803-349

July 25

Buck Spring Trail

8:00 AM

Hike 12, Drive 45, 1200 ft. ascent, Rated A-B,
AT-MST, P400
Gregory Bechtel, 864-607-2645,
gabechtel@gmail.com

First Meeting Place: Ingles on NC 191 across from Asheville Outlets Mall.

Second Meeting Place: Ingles on NC 191/280 (Mills River) by gas pumps at 8:15 AM.

This lovely hike gradually switchbacks up the mountain with a stronger grade at the finale. There are several easy creek crossings. For those who would like, we will have lunch in the Pisgah

Inn dining room. Or bring your lunch if you wish and eat on the porch. After lunch, we will hike back downhill to our cars.

Topo(s): Cruso, Shining Rock; also NatGeo map #780

Wednesday No. W1803-906

Aug. 1

Heintooga Ridge Area

progressive hike

8:00 AM

Hike 9.2, Drive 100, 3100 ft. ascent,
Rated A-AA+,

Steve Pierce, 828-724-4999, cell: 828-442-8482,
stevepierce50@gmail.com

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

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

We will take a series of hikes along Heintooga Ridge Road and Balsam Mountain Road in the Great Smoky Mountains National Park. From Wolf Laurel Gap off BRP at milepost 458.2, we drive on Heintooga Ridge Road to the Heintooga picnic area, organize a car shuttle for the 2.6-mile hike and regroup at Flat Creek Trailhead. Drive 6 miles on Balsam Mountain Road to the Spruce Mountain Trailhead; park and hike 2.2 miles in/out Spruce Mountain Trail. Drive 2.3 miles to Pin Oak Gap and drop half the cars, then continue 4.7 miles to the Beech Gap Trailhead. Hike Beech Gap (2.5 miles) and Balsam Mountain Trail (2.1 miles) to cars. Drive to other cars, proceed 15 miles to Cherokee, then BRP to Soco Gap and back to Asheville.

Topo(s): Bunches Bald, Luftee Knob; also NatGeo map #317

Wednesday No. W1803-189

Aug. 8

Old Settlers Trail

8:00 AM

Hike 12, Drive 160, 2200 ft. ascent, Rated A-AA,
900M

Mike Knies, 828-628-6712, cell: 828-279-3531,
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 8:30 AM - but contact leader first.

This is a shorter version of the Old Settlers Trail, beginning at Greenbrier and ending at the barn just off the highway, with a half-mile spur trail to parking. The hike features a rich bottom land of hemlock and hardwood forest, while passing many old home sites with chimneys, rock walls and exotic plants now remaining. Although no ascent is more than 800 ft., the hike is strenuous. An option will allow those wanting to do the whole 17 miles to come out at the Maddron Bald Trail. The car shuttle is about 12 miles.

Topo(s): Jones Cove, Mt. Guyot, Mt. Le Conte; also NatGeo map #317

Wednesday No. W1803-190

Aug. 15

Mt. Mitchell to Balsam Gap

via Blackstock Knob

8:00 AM

Hike 9.5, Drive 70, 1600 ft. ascent, Rated A-A,

AT-MST, SB6K

Randy Fluharty, 828-423-9030,
rfluharty54@gmail.com

First Meeting Place: back parking lot of Folk Art Center. Form carpools at first meeting place and meet leader at second meeting place.

Second Meeting Place: Craven Gap at 8:15 AM. This is one of the really great sections of the MST and includes two SB6K peaks. The first part of the hike features exceptional views south from the Black Mtns., while the second part showcases the trail-building and rock-work achievements of the CMC. See spectacular scenery from our lunch spot on a rocky outcropping. Car shuttle.

Topo(s): Mt. Mitchell, Montreat; also MST Profiles, pp. 62-65

Wednesday No. W1803-124

Aug. 22

Clingmans Dome, Mt. Collins

from Fork Ridge Trailhead

8:00 AM

Hike 8, Drive 150, 1900 ft. ascent, Rated B-A,
900M, SB6K

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

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

Second Meeting Place: Maggie Valley Post Office at 8:30 AM.

We will hike the AT from Fork Ridge Trailhead, over Mt. Collins (6188 ft.) to Clingmans Dome (6643 ft.) and return. The views are great and the high elevation will give us a respite from the hot August weather below.

Topo(s): Clingmans Dome; also NatGeo map #317

Wednesday No. W1803-267

Aug. 29

Horsepasture River

9:00 AM

Hike 8, Drive 105, 2000 ft. ascent, Rated B-A,
WC100

Anita Broderick, 828-363-9950,
cell: 828-290-4429, tbrode5060@yahoo.com

First Meeting Place: Ingles on NC 191 across from Asheville Outlets Mall. Form carpools at first meeting place and meet leader at second meeting place.

Second Meeting Place: Pisgah Forest Bi-Lo at 9:30 AM.

Swimming hike! Come to see the Gorges State Park area. We will hike upstream alongside the Horsepasture River to see the waterfalls – Rainbow, Turtleback, Drift and Stairway. We may or may not continue to Windy Falls. The decision will be made on the day of the hike and depends on whether we want to spend more time hiking or swimming. The hike will be 5.5 miles with 1000' ascent if we do not continue to Windy Falls.

Topo(s): Reid

Wednesday No. W1803-584

Sept. 5

Butter Gap Loop

8:00 AM

Hike 9, Drive 75, 2000 ft. ascent, Rated B-A,
P400

Bob Levy, 828-670-1611, cell: 240-604-5000, rlevy@cato.org

First Meeting Place: Ingles on NC 191 across from Asheville Outlets Mall.

Second Meeting Place: Ingles on NC 191/280 (Mills River) by gas pumps at 8:15 AM.

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-summer hike with streams, waterfalls and views.

Topo(s): Rosman & Shining Rock; also NatGeo map #780

Wednesday No. W1803-423 **Sept. 12**

Pilot Rock, Laurel Mountain and Slate Rock Creek Trails **9:00 AM**

Hike 7, Drive 90, 1450 ft. ascent, Rated B-B, **P400**

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

First Meeting Place: Ingles on NC 191 across from Asheville Outlets Mall.

Second Meeting Place: Ingles on NC 191/280 (Mills River) by gas pumps at 9:15 AM.

Starting at Slate Rock Creek Trail, we hike along and across Slate Rock Creek. The creek crossing may be a wet crossing if it has rained recently. Then we go up the Laurel Mountain Trail and by connector continue on the Pilot Cove Loop Trail, where there is an overlook with beautiful views. We proceed on the Pilot Cove Trail to our cars. Short car shuttle.

Topo(s): Dunsmore Mtn.; also NatGeo map #780

Wednesday No. W1803-241 **Sept. 19**

Mt. Kephart via Sweat Heifer Creek Trail **8:00 AM**

Hike 12.8, 2000 ft. ascent, Rated AA-A, **900M, SB6K**

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

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

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

This hike is designed to visit two of the best scenic overlooks in the Smokies, The Jumpoff and Charlies Bunion, and to climb Mt. Kephart (6217 ft.). From Newfound Gap, we will hike on the A.T. to Mt. Kephart and The Jumpoff, and from there to Charlies Bunion. After lunch, we will return via the A.T., and then down the Sweat Heifer Creek and Kephart Prong Trails. Car shuttle.

Topo(s): Clingman's Dome, Mt. LeConte, Mt. Guyot, Smokemont

Wednesday No. W1803-257 **Sept. 26**

Hemphill Bald - Rough Fork Loop **8:00 AM**

Hike 13.5, Drive 86, 3200 ft. ascent, Rated AA-AA+, **900M**

Debby Jones, 404-731-3119,

Djones715@aol.com

Only Meeting Place: Home Depot off Exit 44 of I-40. If this is a clear day, we will experience some of the most spectacular views in WNC. We will hike to Hemphill Bald for lunch, then down Caldwell Fork Trail and back up Rough Fork Trail, passing enormous old-growth tulip trees along the way. A strenuous hike, but the trails are well-graded.

Topo(s): Bunches Bald, Dellwood; also NatGeo map #317

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. A1803-904 **July 1**

Thomas Divide - Indian Creek Loop **8:00 AM**

Hike 12, Drive 110, 2600 ft. ascent, Rated A-AA, **900M**

Beth Ransom, 813-287-4836, cell: 813-220-8959, ransosar@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.

This new CMC hike in the Deep Creek area of GSMNP will follow a loop using Thomas Divide, Deeplow Gap, Indian Creek and Stone Pile Gap Trails.

Topo(s): Bryson City; also NatGeo map #317

Sunday No. A1803-611 **July 8**

Big Ivy - Walker Ridge Loop **9:00 AM**

Hike 8, Drive 35, 1700 ft. ascent, Rated B-A

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

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. On this variation of hike 611 we'll begin by hiking down the steep

Staire Creek Trail from FS 63, then up the Walker Creek Trail and across the road to continue up on the Perkins Trail to the Laurel Gap Trail. After a 2-mile stroll on this meadow-like trail we'll head downhill on the Bear Pen Trail to return to our cars. These trails are rocky and steep in spots. There are several stream crossings on this hike. We walk near lovely creeks on part of the trails.

Topo(s): Barnardsville & 3 others

Saturday No. A1803-53 **July 14**

East Fork Pigeon River **10:00 AM**

Hike 8.5, Drive 65, 1200 ft. ascent, Rated B-B, *Wilderness hike, limited to ten hikers, contact leader for reservation, P400*

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

First Meeting Place: Ingles on NC 191 across

from Asheville Outlets.

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

The East Fork of the Pigeon River is a great place to be on a hot August day. We'll hike in the morning, and on our return, we'll have a chance to play in one of the many pools or just lounge on the rocks before heading back to our cars. Bring swimsuit, towel, etc.

Topo(s): Shining Rock

Sunday No. A1803-905 **July 15**

Sill Branch Falls Loop **8:00 AM**

Hike 10.8, Drive 120, 2175 ft. ascent, Rated A-AA

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

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. NEW HIKE FOR CMC in Tennessee between Sampson Mtn.

Wilderness and Rocky Fork State Park. We'll hike up the cascading Longarm Branch to Bearwallow Gap, then loop through beautiful open hardwood coves and go down the Sill Branch trail to the spectacular Sill Branch Falls near the end.

Thirteen moderate to easy stream crossings, zip-offs recommended. Optional dinner at Farmer's Daughter.

Topo(s): NatGeo map #782

Sunday No. A1803-734 **July 22**

Jones Meadow to Allen Gap **8:00 AM**

Hike 9, Drive 100, 900 ft. ascent, Rated B-C, **AT-MST, LTC**

Becky Smucker, 828-231-2198, bjsmucker@gmail.com

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

Second Meeting Place: Allen Gap at 8:45 AM - but contact leader first.

This scenic hike begins by taking in the panoramic views from Jones Meadow, climbs up to the A.T., and then follows a beautiful stretch of the A.T. south to Allen Gap, passing Little Laurel Shelter along the way. Note: 3100' descent, and 8.7-mile car shuttle.

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

Saturday No. A1803-119 **July 28**

Charlies Bunion from Newfound Gap and Return **8:00 AM**

Hike 8, Drive 135, 2400 ft. ascent, Rated B-AA, **900M, SB6K**

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

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

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

This scenic in-and-out hike will follow the A.T. from Newfound Gap to a spectacular lunch spot at

Charlies Bunion. After lunch we'll do a side trip to Mt. Kephart and the Jumpoff.
Topo(s): Clingmans Dome, Mt. LeConte; also NatGeo map #317

Sunday No. A1803-660 **July 29**
Chimney Tops from Newfound Gap 8:00 AM
Hike 10, Drive 150, 3250 ft. ascent,
Rated A-AA+, **900M**
Jason Jordan, 812-314-5587,
jasjorda@gmail.com

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

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

We'll do an in-and-out hike on the A.T. from Newfound Gap to Indian Gap, then follow the Road Prong and Chimney Tops Trails. Expect spectacular views, steep climbs and wet feet from the many stream crossings.

Topo(s): Clingmans Dome, Mt. LeConte; also NatGeo map #317

Sunday No. A1803-135 **Aug. 5**
Mt. Mitchell Parking Area to Deep Gap and Return 8:30 AM
Hike 6, Drive 70, 2000 ft. ascent, Rated B-A, **SB6K**

Gregory Bechtel, 864-607-2645,
gabechtel@gmail.com

First Meeting Place: back parking lot of Folk Art Center.

Second Meeting Place: Craven Gap at 8:45 AM
Strenuous hike! We will enjoy the great views as we hike the ups-and-downs of the Black Mountains Crest Trail as far as Potato Hill for lunch, return via the same route and then walk the Balsam Nature Trail.

Topo(s): Celu, Mt. Mitchell, Burnsville; also South Toe/Big Ivy FS map and NatGeo map #779

Saturday No. A1803-369 **Aug. 11**
Buckeye Gap - Bearpen Gap 9:30 AM
Hike 6, Drive 80, 1000 ft. ascent, Rated C-C, **AT-MST, P400**

Marcia Bromberg, 828-505-0471,
cell: 860-798-9905, mwbromberg@yahoo.com

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

Second Meeting Place: Rough Butt Bald Overlook at MM 425 of BRP at 10:15 AM - but contact leader first.

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. We will stop for berry picking in areas that have yielded blueberries in past years. Two-mile car shuttle.

Topo(s): Sam Knob; also MST Profiles, pp. 30-31

Sunday No. A1803-762 **Aug. 12**
Mt. Cammerer from Davenport Gap 8:00 AM
Hike 11.4, Drive 110, 3000 ft. ascent,
Rated A-AA, **900M, LTC**

Mike Knies, 828-628-6712, cell: 828-279-3531,
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 8:30 AM - but contact leader first.

This hike follows the A.T. from Davenport Gap to the historic fire lookout atop Mt. Cammerer. Strenuous, but the payoffs are a good workout and what Backpacker magazine calls the best Tennessee view in the Smokies.

Topo(s): Waterville, Hartford; also NatGeo map #317

Sunday No. A1803-267 **Aug. 19**
Horsepasture River 9:00 AM
Hike 8, Drive 105, 1000 ft. ascent, Rated C-C, **WC100**

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

First Meeting Place: Toys-R-Us on NC 191 across from Asheville Outlets.

Second Meeting Place: Pisgah Forest Bi-Lo at 9:30 AM.

Swimming hike! Come to see the Gorges State Park area. We will hike upstream alongside the Horsepasture River to see the waterfalls - Rainbow, Turtleback, Drift and Stairway. Several swimming breaks will be taken. Topo(s): Reid

Saturday No. A1803-868 **Aug. 25**
Soco Gap to Woodfin Cascades 8:00 AM
Hike 9.8, Drive 65, 2264 ft. ascent, Rated A-AA, **AT-MST, SB6K**

Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

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

Second meeting place: Soco Gap Overlook at BRP MM455 - but contact leader first.

Starting at the Soco Gap Overlook on the BRP, hike the MST all the way to the Woodfin Cascades Overlook on the BRP. About in the middle, turn left and hike up to the top of Waterrock Knob for great views. Then back to the visitor center, a short ways off of the MST itself. Back up to the MST to Woodfin Cascades. This hike features a brand new (2015) long segment of the MST, built by many CMC volunteers over many years. The trail goes through varied forest types and terrain types. Most of it is evenly graded with difficult-to-build stonework where needed. Car shuttle.

Topo(s): Hazelwood, Sylva North

Sunday No. A1803-242 **Aug. 26**
Sam Knob-Devils Courthouse 9:00 AM
Hike 8, Drive 75, 1500 ft. ascent, Rated B-B, **P400, SB6K**

Barbara McMullen, 864-398-2426,
blmspbgsc1957@yahoo.com

First Meeting Place: Ingles on NC 191 across from Asheville Outlets.

Second Meeting Place: Cold Mountain Overlook at MM 412 of BRP at 9:30 AM.

This hike in the cool high elevations is perfect for a hot summer day. From FS 816 we will ascend Sam Knob (6040 ft.) with its 360 degree views, then hike through high meadows on the Flat Laurel and Little Sam Trails. We then return via the MST across FS 816 and up to the summit of Black Balsam (6214 ft.), then down to our cars.
Topo(s): Sam Knob, Shining Rock; also NatGeo map #780

Sunday No. A1803-421 **Sept. 2**
Canebrake Trail 8:30 AM

Hike 10, Drive 90, 1900 ft. ascent, Rated A-A
Lorraine Bernhardt, 828-676-0255,
cell: 828-699-8857, lsbernhardt50@gmail.com

First Meeting Place: Toys-R-Us on NC 191 across from Asheville Outlets. Form carpools and meet leader at second meeting place.

Second Meeting Place: Pisgah Forest Bi-Lo at 9:00 AM.

We'll start the hike at the Frozen Creek Rd. parking lot in Gorges State Park and hike down the Canebrake Trail to our lunch spot at the Foothills Trail pedestrian bridge where the Toxaway River enters Lake Jocassee. Return via same route. We will spend time at Lake Jocassee for possible water activities, so bring swimwear if interested.

Topo(s): Reid

Sunday No. A1803-898 **Sept. 9**
Haywood Gap - FS 816 8:00 AM

Hike 10.8, Drive 80, 1900 ft. ascent, Rated A-A, *Wilderness hike, limited to ten hikers, contact leader for reservation, P400, SB6K*

Michael Cornn, 828-458-1281, mcornn@aol.com
and Kathy Cornn, 828-458-1281,

katherinenkyle@gmail.com

First Meeting Place: Toys-R-Us on NC 191 across from Asheville Outlets. Form carpools at first meeting place, and meet leaders at second meeting place.

Second Meeting Place: Cold Mountain Overlook at MM 412 of BRP at 8:30 AM.

Follow MST north (east) from Haywood Gap to FS 816. About midway, make stop to allow SB6K peakbaggers to summit Chestnut Bald. Car shuttle.

Topo(s): Sam Knob; also NatGeo map #780

Saturday No. A1803-531 **Sept. 15**
Pisgah Inn to Beaverdam Overlook 10:00 AM

Hike 7.9, Drive 50, 1100 ft. ascent, Rated B-B, **AT-MST, P400**

Laura Frisbie, 828-337-5845,
laurafrisbie@gmail.com

First Meeting Place: Toys-R-Us on NC 191 across from Asheville Outlets.

Second Meeting Place: Pisgah Inn parking lot near convenience store at 10:30 AM.

Enjoy the mountain views along the MST from Pisgah Inn to the Stony Bald Overlook. After Little Pisgah Mountain, it's downhill almost all the way. Car shuttle.

Topo(s): Dunsmore Mtn.; also NatGeo map #780

Sunday No. A1803-231 **Sept. 16**
Cane River Gap to Point Misery **8:30 AM**
Hike 7.5, Drive 60, 2200 ft. ascent, Rated B-AA
Sarah Broughton, 828-564-3662,
sarahebroughton@icloud.com
Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. After a steep ascent to the ridgeline, we will enjoy one of the best views of the entire Black Mountain range and a hike along a narrow ridgeline trail.
Topo(s): Mt. Mitchell

Sunday No. A1803-845 **Sept. 23**
Trombatore - Bearwallow Trails **10:00 AM**
Hike 8, Drive 40, 1900 ft. ascent, Rated B-A
Elaine Tennen, 828-239-9340,
cell: 805-660-0019, et10n@sbcglobal.net
and Karen Lachow, 703-395-5879,
heyk127@hotmail.com

Only Meeting Place: River Ridge Shopping Center, behind CVS Pharmacy. Alternate meeting place for Hendersonville area hikers, due to limited parking at the trailhead (Please notify leader if you will meet at Hendersonville.): Wal-Mart at I-26 and US 64, far row before you get to Sam's Club, at 10:00 AM. Form carpools (no person has been designated as "wrangler" there), and meet the leader at the Trombatore trailhead at 10:30 AM. The Trombatore trailhead is marked with a prominent signboard and is located across the road from the Bearwallow Mountain trailhead. From Bearwallow Gap, we will first hike the Trombatore Trail to a beautiful meadow with long-distance views, then return past the Gap and up to Bearwallow Mountain with its great views. We will return on the gravel access road.
Topo(s): Bat Cave

Saturday No. A1803-250 **Sept. 29**
Douglas Falls-Locust Ridge Circuit **8:00 AM**
Hike 9, Drive 60, 2200 ft. ascent, Rated B-AA,
SB6K, WC100

Jim Magura, 828-606-3989, jqs290@gmail.com
and Judy Magura, 828-606-1490,
quilter290@gmail.com
Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. After viewing Douglas Falls, we'll climb on the MST to the BRP Greybeard Overlook (nice lunch stop with great view). For SB6K fans, a one-mile round-trip side hike to Craggy Dome can be done during our lunch stop. We'll continue on MST through blueberry fields to Locust Ridge, then bushwhack down mostly open woods to cars. Long pants are recommended because of the bushwhack. Short car shuttle.
Topo(s): Montreat, Craggy Pinnacle; also NatGeo map #779

Sunday No. A1803-165 **Sept. 30**
Mt LeConte,
via Boulevard & Alum Cave Trail **8:00 AM**
Hike 13, Drive 145, 2600 ft. ascent,
Rated AA-AA, **900M, SB6K**

Donna Lanning, 828-684-7083,
cell: 828-606-7956, dblanning@bellsouth.net
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.
This classic and exciting hike features great views from the A.T., Boulevard Trail, our lunch spot at Cliff Tops on 6593 ft. Mt. LeConte, and the spectacular Alum Cave Trail. In addition, you can check out the LeConte Lodge cabins and see many interesting old photos in the common room of the lodge. Plan on a long day and an optional stop for supper on the way home. Car shuttle.
Topo(s): Clingmans Dome; also NatGeo map #317

HALF-DAY SUNDAY HIKES

Newcomers are welcome, but non-members MUST call the leader before the hike to determine the requirements. Half-day hikes submitted by Gail Lamb, 828-338-0443, glamb46@gmail.com and Lee Silver, 828-668-7147, leehsilver@aol.com.

Driving distance is round-trip from Asheville. 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. H1803-685 **July 1**
North Slope Trail **12:00 PM**
Hike 5.4, Drive 62, 700 ft. ascent, Rated C-C,
P400

Stuart English, 828-384-4870,
stuengo@comporium.net
First Meeting Place: Ingles on NC 191 across from Asheville Outlets.
Second Meeting Place: 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

Sunday No. H1803-75 **July 8**
Snowball Trail to Hawkbill **12:30 PM**
Hike 4, Drive 30, 1192 ft. ascent, Rated C-B
Linda Blue, 828-296-7537, cell: 828-273-6696,
lgblue@bellsouth.net

Only Meeting Place: back parking lot of Folk Art Center. This in-and-out hike includes a couple of steady, sometimes steep, climbs to High Rocks (Hawkbill Mtn.). We will enjoy the view and a snack before heading back.
Topo(s): Craggy Pinnacle

Sunday No. H1803-798 **July 15**
North Mills River Trail **12:00 PM**

Hike 5, Drive 40, 715 ft. ascent, Rated C-C, **P400**
Tom Lucha, 828-696-9117, cell: 828-712-0736,
luchat@bellsouth.net
First Meeting Place: Toys-R-Us on NC 191 across from Asheville Outlets.

Second Meeting Place: Ingles on NC 191/280 (Mills River) by gas pumps at 12:30 PM.
We will alter this hike slightly by taking the Wash Creek Trail to the new Trace Ridge Trail reroute down to North Mills River Trail, then hike up to FS 142 to visit the old Hendersonville Reservoir before we complete the hike. We will cross the North Mills River ten times. Normally the water is less than 2 feet deep, but water levels rise drastically after a hard rain. Hiking poles are recommended. Wear old boots or old sneakers with good traction that you don't mind getting soaking wet, with moisture-wicking socks, or bring appropriate footwear (creek/wading shoes, sports sandals and a towel) to change. Let's have summer fun and keep cool doing it!
Topo(s): Dunsmore Mtn.; also NatGeo map #780

Sunday No. H1803-767 **July 22**
Lookout Mountain in Montreat **12:15 PM**
Hike 4.7, Drive 40, 1040 ft. ascent, Rated C-B
Karin Eckert, 516-721-6156,
karingarden@yahoo.com

First Meeting Place: River Ridge Shopping Center, behind CVS Pharmacy.
Second Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain) at 12:30 PM.
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 views of the Seven Sisters mountain range from Lookout Rock. The return trail has a very steep but short downhill section.
Topo(s): Montreat; also MCC Montreat Trail Map

Sunday No. H1803-68 **July 29**
Big Butt
from Walker Knob Overlook **12:30 PM**
Hike 6, Drive 55, 1300 ft. ascent, Rated C-B,
Russell G. Cooper, 828-484-9562,
cooper.rg@charter.net and Heather Cooper,
828-484-9562, cooper.hs@charter.net
First Meeting Place: back parking lot of Folk Art Center.

Second Meeting Place: Walker Knob Overlook at MM 360 of BRP at 1:00 PM. Form carpools at the first meeting place and meet the hike leaders at the second meeting place.
This moderate in-and-out hike will be at over 5000 feet elevation. There are three climbs: to Point Misery and Little Butt (steep) on the way in, and to Point Misery on the return. The hike goes through a northern hardwood/spruce forest with excellent views of the Black Mountains.
Topo(s): Montreat, Mt. Mitchell; also South Toe River PNF map.

Sunday No. H1803-655 **Aug. 5**
Looking Glass Overlook to Big East Fork parking area on US 276 12:00 PM
Hike 5.5, Drive 60, 100 ft. ascent, Rated C-C, *Wilderness hike, limited to ten hikers, contact leader for reservation, P400*
Bobbi Powers, 828-667-5419, bobbipowers23@gmail.com
First Meeting Place: Ingles on NC 191 across from Asheville Outlets.

Second Meeting Place: Cold Mountain Overlook at MM 412 of BRP at 12:30 PM.

This downhill-all-the-way (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. Possible dinner at Pisgah Inn after the hike. Car shuttle.
Topo(s): Shining Rock

Sunday No. H1803-101 **Aug. 12**
Lower Big Laurel Creek 12:00 PM
Hike 7.5, Drive 50, 350 ft. ascent, Rated C-C
Rebecca Banner, 828-713-4660, beccabanner@gmail.com

Only Meeting Place: Wells Fargo/Publix parking lot (opposite McDonald's) off Exit 19B off 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

Sunday No. H1803-8 **Aug. 19**
Lane Pinnacle from Bee Tree Gap 12:00 PM
Hike 5.7, Drive 60, 1000 ft. ascent, Rated C-C, **AT-MST**
Sarah Broughton, 828-564-3662, saraebroughton@icloud.com

Only Meeting Place: back parking lot of Folk Art Center. This is a great in-and-out and up-and-down hike on a high ridge with excellent views. After a short climb of this high altitude ridge, we can enjoy 4 lovely viewpoints. We'll take the MST trail from Bee Tree Gap to Lane Pinnacle and return. The climbs are short but quite steep. We will proceed at a moderate pace.

Topo(s): Craggy Pinnacle; also MST Profiles book, pg. 56-59

Sunday No. H1803-172 **Aug. 26**
John Rock & Ice Cream Stop 12:30 PM
Hike 5.7, Drive 73, 1300 ft. ascent, Rated C-B, **P400, WC100**
Bev MacDowell, 828-777-5806, bevmacdowellhappy@gmail.com
First Meeting Place: Ingles on NC 191 across from Asheville Outlets. Form carpools at first meeting place and meet hike leader at second meeting place.

Second Meeting Place: Pisgah Forest Bi-Lo at 1:00 PM.

This moderate loop hike, with good views from John Rock, starts at the Fish Hatchery parking lot. Topo(s): Shining Rock; also NatGeo. map #780

Sunday No. H1803-511 **Sept. 2**
Florence Nature Preserve 12:30 PM
Hike 5, Drive 24, 1000 ft. ascent, Rated C-C
Ron Navik, 585-662-8047, ron.navik@gmail.com
Only Meeting Place: Ingles on US 74-A 1-1/2 miles south of I-40 Exit 53A. This hike is a loop in the Florence Nature Preserve, a 600+ acre tract in Hickory Nut Gorge. We'll be hiking part of the hike as described in #511 to keep it to about 5 miles. We'll take the Yellow Diamond Trail, Blue Trail, White Trail and Red Trail to a nice overlook and return via the Blue and Yellow Trails.
Topo(s): Bat Cave

Sunday No. H1803-145 **Sept. 9**
Cherry Cove to Bridges Camp Gap 12:00 PM
Hike 4, Drive 45, 840 ft. ascent, Rated C-C, **AT-MST, P400**
Chris Allen, 828-707-6500, chrisspallen@icloud.com

First Meeting Place: Ingles on NC 191 across from Asheville Outlets.

Second Meeting Place: Cherry Gap Overlook at BRP MM 415.7 at 12:45 PM.

This hike is a modification of hike #145 and includes part of hike #146. We will park at the Cherry Gap Overlook. The hike will follow the MST to Skinny Dip Falls, where we will have a snack, and then return to Cherry Gap Overlook.

Topo(s): Shining Rock, Pisgah Forest; also NatGeo. map #780 and MST Trail Profiles, pp. 38-39

Sunday No. H1803-436 **Sept. 16**
Mt. Pisgah from Pisgah Inn 12:30 PM
Hike 5.1, Drive 44, 1100 ft. ascent, Rated C-B, **AT-MST, P400**
Dennis Bass, 828-367-7792, cell: 828-367-8619, dbass3607@gmail.com

First Meeting Place: Ingles on NC 191 across from Asheville Outlets.

Second Meeting Place: Pisgah Inn parking lot near convenience store at 1:00 PM.

View beautiful scenery from the top of Mount Pisgah on this in-and-out hike. Last 1/2 mile to the top is very steep and rocky. This is a fairly tough C-B hike.

Topo(s): Cruso, Dunsmore Mtn.; NatGeo map #780

Sunday No. H1803-785 **Sept. 23**
Duckett Fire Tower 12:30 PM
Hike 4.5, Drive 60, 1500 ft. ascent, Rated C-B
Jack Dalton, 828-622-3704, jekdalton9@gmail.com

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

Second Meeting Place: Briar Rose Farm, 91 Duckett Top Tower Rd just off NC 63 at 1:15 PM.

This in-and-out hike is a joint hike with the Hot Springs Mountain Club. An uphill hike to Duckett Fire Tower with 360-degree views of surrounding mountains, including Max Patch, Turkey Mtn. and Spring Creek Mtn. Bring maps and compass. Driving Directions: Take Patton Ave. east, then turn left onto NC 63 (New Leicester Highway) for approx. 28 miles, turn right (sign: Briar Rose Farm) onto Duckett Fire Tower Rd to parking area on right. Limited parking - please carpool!
Topo(s): Sandymush, Spring Creek

Sunday No. H1803-464 **Sept. 30**
Balsam Gap to Greybeard Overlook 12:00 PM
Hike 5, Drive 46, 1400 ft. ascent, Rated C-B, **AT-MST**
Bonnie Allen, 828-707-6115, bonnie@allencats.com

Only Meeting Place: back parking lot of Folk Art Center. We will hike through a range of environments and landscapes, including rocky trail sections that require good footwear and hiking poles. This hike takes us from alpine vegetation through old hemlock and lichen-covered oak forest, over open blueberry balds with long-range views, and finally through lovely beech forest and sweeping native grasses to the Greybeard Overlook. Car shuttle.

Topo(s): Montreat; also MST Trail Profiles, pp. 60-62

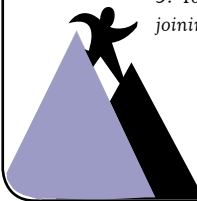


How to join the CMC

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



NEXT CMC COUNCIL MEETING

When: Tuesday, August 14
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 harmless

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

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

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

CAROLINA MOUNTAIN CLUB OFFICERS

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

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

Secretary: Paula Massey, 828-299-0226, massey.paula@gmail.com

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

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

Councilor for Communication:

Kathy Kyle-Cornn, 828-458-1281, katherinenkyle@gmail.com

Councilor for Conservation: Ruth Hartzler, 828-251-0886, ruthmtn@gmail.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: Mike Fisher, 781-883-6938, mfishr@yahoo.com

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