

HALF-DAY No. H0603-247 **Sept. 3**  
**Ivestor Gap Blueberry Hike 12:20 PM\***  
 Rusty Breeding, 828-692-0359,  
 bree@planetusa.net  
 Hike 7, Drive 70, 1,400-ft ascent,  
 Rated B-B  
 \*Note early start time. Meet at Westgate  
 at 12:20 PM to form carpools; meet  
 leader at Cold Mountain Overlook on the  
 BRP at 1:00 PM. Hike 3 miles on an old  
 railroad grade to Ivestor Gap. The hills are  
 famous for blueberry picking.

HALF-DAY No. H0603-349 **Sept. 10**  
**Buck Spring Trail 1:00 PM\***  
 Hike 6.2, Drive 50, Rated B-C  
 Jean Gard, 828-777-1814,  
 jeangard@charter.net  
 \*Note early start time. This pleasant  
 downhill hike starts at the Pisgah Inn and  
 ends at US 276. Call the leader if you wish  
 to join her for dinner at the Pisgah Inn  
 after the hike. Car shuttle. **Second meeting**  
**place: Pisgah Inn parking lot near conven-**  
**ience store at 1:30 PM.**

HALF-DAY No. H0603-222 **Sept. 17**  
**Montreat Loop #3 1:00 PM\***  
 Hike 5, Drive 40, Elevation change 1,000  
 ft., Rated C-B  
 Joe Burchfield, 828-398-8413,  
 burchfield@niu.edu  
 \*Note early start time. We will explore  
 some different trails at Montreat.

HALF-DAY No. H0603-524 **Sept. 24**  
**Bent Creek Gap to**

**MOUNTAINEERING INFORMATION:** Consult the trip  
 leader for additional information regarding a par-  
 ticular hike. Hikes may be cancelled due to adverse  
 weather or dangerous road and trail conditions. Please  
 call hike leader if weather conditions are questionable.

Visitors are cordially welcome but should select trips within  
 their endurance. When reservations are required as listed in the hike sched-  
 ule, the leader must be called to reserve a space. Hikers will carpool from the  
 meeting places to trailheads and back. Passengers are expected to contribute  
 10 cents per mile towards the driver's operating expenses.

**CLOTHING & EQUIPMENT, ETC.:** Footwear comes first. Never start a moun-  
 tain trip in brand new footwear. Hiking boots are recommended. Clothing of  
 any substantial type will do. Carry a sweater, even in summer, and some kind  
 of rain wear.

Equipment for all-day trips should be a lunch, plenty of water, first aid kit,  
 cell phone if available and personal medication including allergy medication.

**CLUB TRIP REGULATIONS:** Both members and visitors are expected to abide  
 absolutely by club regulations and by instructions of the leader. Visitors should  
 make themselves known to the leader on arrival at assembly place announced  
 for the trip. No one is to start ahead of the leader without definite permission,  
 or lag unreasonably far behind the group.

**MEMBERSHIP:** Everyone is eligible for Club membership by completing  
 a Membership Application Form and paying dues. Annual dues are \$20 for  
 individuals and \$30 for families, and should be sent to the Carolina Mountain  
 Club, P.O. Box 68, Asheville, NC 28802. Frequent non-member participants in

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

Return Service Requested

**Hard Times Road & BRP 1:30 PM**  
 Hike 6.6, Drive 25, 1,000-ft elevation,  
 Rated B-B  
 Pat Elias, 828-687-1651,  
 patelias@bellsouth.net  
 This is a pleasant woods walk on the old  
 Shut-In Trail portion of the MST. Car shut-  
 tle. **Second meeting place: French Broad**  
**Overlook on the Blue Ridge Parkway at**  
**1:45 PM.**

HALF-DAY No. H0603-318 **Oct. 1**  
**East Fork Pigeon River 1:00 PM\***

Hike 5, Drive 74, Rated C-C  
 Renate Rikkers, 828-298-9988,  
 Rerikkers@aol.com  
 \*Note early start time. This in-and-out  
 hike goes along a beautiful stream.

### Changes in CMC council

Recently Linda Beja resigned her  
 position on the CMC Council and as  
 Chair of the Challenge Committee. We  
 will miss Linda and wish her well. Don  
 Gardner has agreed to replace her in  
 both capacities.

Club hikes are expected to join the Carolina Mountain  
 Club. All members are encouraged to participate in  
 one of the Club's many trail maintenance efforts.  
 Contact a Club officer for details.

### CAROLINA MOUNTAIN CLUB OFFICERS

Lenny Bernstein-236-0192, President  
 Becky Smucker-298-5013, Vice President  
 Dave Wetmore-884-7296, Secretary  
 Carroll Koeplinger-667-0723, Treasurer  
 Gerry McNabb-274-0057, Immediate Past President  
 Council Members: Chip Miller-654-9331, Barth Brooker-299-0298,  
 Ruth Hartzler-251-0886, Piet Bodenhorst-298-8371, Don Gardner-754-4067,  
 Bruce Bente-692-0116, Marlene Santa Maria-299-9095.

**THE APPALACHIAN TRAIL:** The Carolina Mountain Club is a member  
 of the Appalachian Trail Conservancy, P.O. Box 807, Harpers Ferry,  
 West Virginia 25245. Telephone (304) 535-6331.

**RESPONSIBILITY FOR SAFETY:** Each CMC member, guest or non-member  
 hiker agrees to accept personal responsibility for his or her safety and the  
 safety of minors accompanying such persons. The Club cannot ensure the  
 safety of any participant on hikes. In participating in Club hikes, each such  
 person agrees to hold harmless and free from blame the hike leaders, and the  
 CMC, its officers and members, for any accident, injury or illness which might  
 be sustained from participating in hikes or other Club activities.

**Editor:** Stuart English-883-2447, stuengo@citcom.net  
**Deadline next issue:** Aug. 15

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



THIRD QUARTER 2006  
 Quarterly News Bulletin  
 and Hike Schedule



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

## Hiking and rafting weekend in the Nantahala Gorge



Santeetlah Creek, in the Nantahala Gorge.

Come for a weekend in the Nantahala  
 Gorge, Oct. 6-8. Our base will be the  
 Nantahala Outdoor Center (The Harvard  
 of outdoor recreation) in Wesser, about  
 100 miles from Westgate. Hike the A.T.,  
 the Nantahala Gorge, Joyce Kilmer-  
 Slickrock Wilderness Area and other  
 places. Challenging and moderate hikes  
 will be led.

The accommodation options are var-

ied from camping to cabins and motel rooms. NOC  
 is giving the club reduced rates for lodging and for  
 any activities (rafting, bike rental) you reserve before  
 September 15. Put it on your calendar and plan to  
 hike and explore an area too far for a day trip.

All the information will be posted on the e-  
 News. If you want the details mailed to you,  
 send a self-addressed stamped envelope to Danny  
 Bernstein, 488 Kimberly Ave., Asheville, NC 28804,  
[danny@hikertohiker.org](mailto:danny@hikertohiker.org).

## CMC welcomes spring at the arboretum

On April 22, on a gorgeous Earth  
 Day afternoon, 94 CMC members and  
 their families and friends enjoyed several  
 hours of hiking, fellowship, and good  
 food at the NC Arboretum.

The event was the idea of Sherman  
 Stanbaugh, who felt that many CMC  
 members only saw each other at social

events which were too few and far between. Les  
 Love did an admirable job of organizing this  
 Spring Social.

There were two organized hikes. Sherman led a  
 five mile trek around Lake Powhatan. Starting later,  
 Paula Robbins led a loop around the arboretum.  
 Maps were provided for those who wanted to do  
 self-guided tours.

In the Arboretum Auditorium, two tables were set  
 aside for a gear swap area. Food was provided by the  
 catering of Bubba Q. Many feel that this should be  
 an annual event!

## THE PRESIDENT'S CORNER

I always cringe when anyone calls  
 something the First Annual. How do they  
 know there will be a Second Annual? But  
 I'm going to overcome my reluctance  
 and congratulate Les Love,  
 Sherman Stanbaugh  
 and the other  
 Club mem-  
 bers who put  
 on a very suc-  
 cessful First  
 Annual Spring  
 Picnic at the Arboretum on April 22.  
 Ninety-four members and guests attend-  
 ed, and I heard nothing but raves. So  
 here's looking forward to the Second  
 Annual Picnic and many more to follow.



And while you're thinking about next  
 Spring, put another event on your cal-  
 endar, the Fourth Southeast Foot Trails  
 Conference (SEFTC), which will be held  
 on May 3-6, 2007 at Montreat College.  
 CMC is a member of the SEFTC and  
 has agreed to co-sponsor this meeting.  
 It will be a great opportunity to meet  
 fellow hikers from all over the southeast,  
 and to show off our area. We'll need hike  
 leaders, people to give workshops, and to  
 help with the meeting organization.

Finally, congratulations to Howard  
 McDonald and all the Trail Crew mem-  
 bers who finished the final stage of  
 construction of the new Roaring Fork  
 Shelter, affectionately known as the  
 McDonald Hilton. The old shelter was  
 removed on May 10.



Hikers returning from the arboretum walk.

## Bill Newton retires from leading trail crew

Trail maintainers are often a different breed. Many never hike. While CMC hikers regularly take 6, 8, and 12 mile hikes; trail maintainers toil all day on two or three miles of trail, digging new tread, sawing, lopping, and weedeating, so the hiker will have a better path.

For the past six years, Bill Newton has led CMC's largest crew of trail maintainers. Known as the CMC Pisgah Friday Crew, they maintain approximately 150 miles of trail in the Pisgah Ranger District, the Green River Gamelands, Holmes State Forest, Carl Sandburg National Park, the Kellogg Center and parts of the Appalachian Trail. Soon Bill will relinquish his duties and will be sorely missed. In a recent email interview, he responded to some questions.

When asked about his predecessor, Bill said that it was Harlow Hoskins, who founded the crew in 1982. "Harlow was a neighbor and it was he who drew me to trail maintenance. The ink on my retirement papers was not yet dry when he talked me into working on the trails. I was not a dedicated hiker by any means, and I thought going into the woods

### SATURDAY WORK DAY

Here is a great chance to learn what is involved in trail maintenance. We will meet on Aug. 19 at the Moose Cafe at the Farmer's Market on Rt. 191 at 8:00 AM for breakfast. We will return to Asheville around 4:00 PM. Call Les Love at 828-658-1489 (leslove@charter.net) to verify date.

and clearing trails for people I would never meet or even see very often was one of the dumbest things I had ever heard of. Long days in all kinds of weather carrying chain-saws or weedeaters or digging in the dirt and moving impossibly large rocks just didn't make much sense to me. But he talked me into trying it and I have truly enjoyed every minute of it. It is the people who are on the crew that make the work fun, and knowing we are giving a little something back to the community makes it all worthwhile.

"As to what I am proudest of – I think the construction of a new trail to replace a washed-out one in Holmes State Forest was it. Not because of the trail itself, but because we managed to get it named the 'Hoskins by-way' in honor of Harlow. But if you really want to write about trail maintainers...some of the previous maintainers – they are the ones who really started this thing. Dick Roberts, Harlow Hoskins, Dick Johnson, Al Kohan, and many more have done far more than I ever thought of doing."

You may never meet Bill Newton on a hike. But when you walk on the trails of the Pisgah Ranger District, stop occasionally to think about him and all the others. Their legacy is everywhere you step.

### Write a slogan, win a gift certificate

Write a slogan for our club that describes CMC and what our club is all about. We are a club that maintains trails, leads hikes, and promotes conservation of the trails, National Forests and Parks in our area. A catchy one or two line phrase is what we are looking for. So get creative and submit your entry no later than September 30th!

Send your entry to backpacker54nc@bellsouth.net OR mail to CMC, P.O. Box 68, Asheville, NC 28802, Attn: Chip Miller. The winning slogan writer will receive a \$100 gift certificate to Diamond Brand! We need two volunteers for the awards committee!! If interested, contact Chip Miller at the address above.



Participants at the Arboretum spring barbeque enjoy dinner and each other's company.

## CMC opposes proposed Interstate 3

The CMC Council has voted to oppose construction of the proposed Interstate 3 through the mountains of western North Carolina, eastern Tennessee, and northern Georgia. The highway would cross the Appalachian and Benton MacKaye Trails and adversely impact viewsheds from the upper ridges crossed by these trails. In addition, it would adversely impact the overall environmental health of the Great Smoky Mountains National Park by increasing air pollution and urban sprawl.

More information, including a comprehensive list of natural areas that would be impacted, is available at <http://www.stopi3.org>

The website encourages its readers to contact local, state and federal elected officials to get them to put pressure on the state DOTs and the state and federal FHWA's to open the process to the public for information, scrutiny and preparation.



## It's like a white blaze ... for your car

By Leanna Joyner, CMC Member  
ATC License Tag Coordinator

The North Carolina Appalachian Trail license plate boasts a color scheme representative of the trail itself – with hiker's dream green and perfect weather sky blue behind the silhouette of a hiker climbing a ridge. The well-known and well-traveled A.T. Diamond makes its mark on the left side of the plate.

In addition to being a plate you can be proud to have on your car, you'll be supporting the Appalachian Trail Conservancy (ATC) in North Carolina. For each plate that is purchased or renewed, the ATC receives \$20 to be used for preservation programs, trail maintenance, as well as trail way and viewshed easements and acquisitions,

educational materials, and capital improvements for the A.T. and connecting trails that are located in North Carolina.

A regular A.T. license plate costs \$30 and a specialized license plate with four characters for a personalized message costs \$60. Both fee levels are in addition to the regular license fees already acquired by the state. Tag holders will receive a free ATC membership with their initial purchase of their tag. ATC members receive quarterly magazines about the A.T., discounts at the Ultimate Appalachian Trail Store, and a



CMC AT tags, left to right: Chip Miller, Howard McDonald, Bruce Bente, Ruth Hartzler, Carroll Koepplinger, Linda Beja, Gerry McNabb (taking the photograph).

decal, patch and membership card.

For more information on the NC A.T. License tag or for an application, visit [www.appalachiantrail.org](http://www.appalachiantrail.org) or call 828-254-3708.



Hike leaders' banquet -- Danny Bernstein and Kathleen Hannigan illustrate how to say no to a prospective hiker at the annual Hike Leaders' Banquet March 1.

## Surf our web: [www.carolinamtclub.org](http://www.carolinamtclub.org)

Sometimes the best things are right at our fingertips. Our website has just gotten better. Just type in [www.carolinamtclub.org](http://www.carolinamtclub.org) and you will immediately see our logo, address, mission statement, a beautiful outdoor picture, and a current newflash. At the left side of the page is a column of links that open up information about a variety of subjects, including how to join and an application that can be printed.

There is a large section devoted to hiking, including the current hike schedule and an archive of past hike schedules. If you want to find out if you really want to go on that hike you read about in *Let's Go*, the Hike Finder Link will connect you to a database that has information on over 500 hikes. These hikes can be found by length, difficulty, geographic area, assigned number, or simply by name. When you click on a particular hike, you are shown among other things, distance, elevation gain, access to a printable topographic map, a trail description, and driving directions. Also

offered is information about what to wear, carry, and how to lead a hike.

One of the most enjoyable links on our website is the E-News. The E-News appears every two weeks and offers current events in the club, as well as hiking and trail maintenance news. You can read about future hikes as well as leader's comments about recently completed hikes. The trail maintenance news will give you an idea of all the work that goes on in that area. Past archives can be found here of the E-News and the newsletter, *Let's Go*.

Current conservation issues, club history, photo albums, and related links can also be found. There is a wealth of information here. Our Education Committee is publishing a series of articles in the E-News giving detailed instructions about using our website. Log on to adventure!

## Danny Bernstein bags two columns

Mountain Xpress has started an outdoor section. Every week, the section will rotate between hiking, biking, fishing and water sports. Danny Bernstein, editor of the CMC E-News, is the hiking columnist. Starting in June, she will also be the hiking columnist for Blue Ridge Outdoors, the monthly magazine of adventure in the Blue Ridge Mountains.

### NEXT CMC COUNCIL MEETING

**When:** July 25, 2006

**Where:** EarthFare Meeting Room, Westgate Shopping Center

**Time:** 6:00 PM

**Meal:** EarthFare has tasty cafeteria-type food. Please let Lenny Bernstein know if you plan to attend. Call him at 828-236-0192. All CMC members are welcome to attend.

Read" program, which, this year, is reading "Saints at the River" by Ron Rash, about a girl who drowned in the Chattooga River and the conflict between the parents who attempt to recover the body and the environmentalists who want to keep the river wild. **Second meeting place: Bi-Lo parking lot in Pisgah Forest at 8:30 AM.** Topo: Tamasee; also Nat'l. Geographic Nantahala & Cullasaja Gorges map

ALL DAY NO. A0603-528 **Oct. 1**  
**AT: Carmen – Allen Gap 8:00 AM**  
**(strenuous)**  
Hike 13.5, Drive 95, 3300 ft. ascent, Rated AA-AA+  
Charlie Ferguson, 828-398-0213, ccferguson111@charter.net and Bruce Bente, 828-692-0116, bbente@cytechusa.com  
A strenuous hike with great payback. This AT hike features great views from the Firescald Knob relo, Blackstock Cliff and White Rock Cliffs, and the Camp Creek Bald fire tower. The Fork Ridge Trail will be used to access the AT from the Carmen area. Key swap. Topos: Greystone, Davy Crockett Lake, Hot Springs; also Nat'l. Geo. French Broad & Nolichucky Rivers map

ALL DAY NO. A0603-249 **Oct. 1**  
**Haywood Gap / Buckeye Gap 8:30 AM\***  
**(moderate)**  
Hike 9, Drive 80, 1500 ft. ascent, Rated A-A  
Larry Modlin, 828-251-5092, lmodlin@warren-wilson.edu  
**P400** \*Note later start time. Follow MST, then scenic Haywood Gap Stream down on rough trail through the Middle Prong Wilderness to junction with Buckeye Gap Trail. Climb up onto a ridge to more open forest, then follow old logging RR grade up. *Wilderness area hike, limited to ten hikers—call leader for reservations.* **Second meeting place: BRP Cold Mtn. overlook at 9:00 AM.** Topo: Sam Knob

**Nantahala Hiking and Rafting Weekend Oct. 6 - 8**  
We will stay at the Nantahala Outdoor Center in Wesser in the Nantahala Gorge. Challenging and moderate hikes are scheduled. In addition, you can raft and bike. This is also a perfect family weekend. All the information will be posted on the E-News including the planned hikes and reduced room rates. If you want the details mailed to you, send a self-addressed stamped envelope to Danny Bernstein, 488 Kimberly Ave., Asheville, NC 28804, danny@hikertohiker.org

**HALF-DAY SUNDAY HIKES**  
Half-day hikes submitted by Paula Robbins, 281-3253, paularww@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at Westgate Shopping Center parking lot near CVS (Exit 3B off I-240) unless otherwise noted. Some hikes will have second meeting places as described in hike listings.

HALF-DAY NO. H0603-064 **July 2**  
**Fletcher Creek via Spencer Branch Trail 1:00 PM\***  
Hike 6, Drive 40, Rated B-C  
Greg Goodman, 828-684-9703  
**\*Note early start time. Meet at 1:00 PM at Westgate to form carpools, and meet leader at pull-out just before Mills River Recreation Area at 1:30 PM.** From the Trace Ridge Trailhead, we will hike in a moderate loop along the Big Creek Trail, past the Hendersonville Reservoir, and along the Spencer Branch, Middle Fork and Fletcher Creek Trails. There will be a few stream crossings.

HALF-DAY NO. H0603-043 **July 9**  
**Frying Pan Tower 1:30 PM**  
Hike 4, Drive 45, Rated C-C  
Paula Robbins, 828-281-3253, paularww@bellsouth.net  
This easy in-and-out hike features a spectacular display of summer wildflowers and a 360° view from the tower. Call the leader if you wish to join her for dinner reservations at the Pisgah Inn after the hike. **Second meeting place: Pisgah Inn parking lot near the convenience store at 2:00 PM.**

HALF-DAY NO. H0603-525 **July 16**  
**DuPont Forest: Corn Mill Shoals P.L. #2 1:00 PM\***  
Hike 4, Drive 94, Rated C-B  
Becky Elston, 828-749-1886, belston@cytechusa.com  
A pleasant loop with a break at the bottom of Bridal Veil Falls. Weather and conditions permitting, we can walk behind the falls. **\*Note early start time. Meet at 1:00 PM at Westgate to form carpools, and meet leader at Hooker Falls Parking Area at 1:45 PM.**

HALF-DAY NO. H0603-068 **July 23**  
**Balsam Gap to Point Misery 12:30 PM\***  
Hike 6, Drive 60, Rated B-B  
Jorge Munoz, 828-658-0606, jmunoz@buncombe.main.nc.us  
**\*Note early start time.** This in-and-out hike begins at Balsam Gap (milepost 359.7) on the Blue Ridge Parkway and follows the ridge crest to Point Misery, with superb views of Mt. Mitchell and the Blacks.

**Second meeting place: Craven Gap at 12:50 PM.**  
HALF-DAY NO. H0603-101 **July 30**  
**Lower Big Laurel Creek 1:00 PM\***  
Hike 6, Drive 60, Rated B-C  
Karen Bartlett, 828-645-0291, kbart@buncombe.main.nc.us  
**\*Note early start time.** This is an easy in-and-out hike on a rocky trail along a beautiful whitewater stream near Hot Springs to the site of an old logging camp at Runion. Over 250 species of vascular plants have been identified along this trail, including five endangered species.

HALF-DAY NO. H0603-465 **Aug. 6**  
**Sam Knob Loop 12:20 PM\***  
Hike 5-6, Drive 75, Rated C-C  
Stuart English, 828-883-2447, stuengo@citcom.net  
**\*Note early start time. Meet at Westgate at 12:20 PM to form carpools and meet leader at Cold Mountain Overlook on BRP at 1:00 PM.** We will take Sam Knob Trail, with side trip up Sam Knob, then left onto Flat Laurel Creek Tr.; right to off-trail up through spruce forest to MST; left to FS 816 and back to the parking lot.

HALF-DAY NO. H0603-057 **Aug. 13**  
**Blue Ridge Pinnacle 1:00 PM\***  
Hike 4, Drive 25, Rated C-C  
Barbara Rathbone-Shoaf, 828-667-8684, barbararathboneshoaf@gmail.com  
**\*Note early start time.** This in-and-out hike starts on the Blue Ridge Parkway near Mt. Mitchell, with great views on top. **Second meeting place: Folk Art Center Lower Parking Lot at 1:15 PM.**

HALF-DAY NO. H0603-297 **Aug. 20**  
**Sam's Gap South 1:00 PM\***  
Hike 5, Drive 60, Rated C-B  
Gail Lamb, 828-350-0450, galmb46@aol.com  
**\*Note early start time.** A moderate in-and-out hike from Sam's Gap to the Hogback Ridge Shelter and return along the Appalachian Trail off the new portion of I-26.

HALF-DAY NO. H0603-112 **Aug. 27**  
**Black Balsam Knob, Tennant Mtn., via Art Loeb, Shining Rock Ledge 1:00 PM\***  
Tom Sanders, 828-252-6327, tomary@charter.net  
Hike 5, Drive 80, Rated C-B  
**\*Note early start time.** This moderate loop hike features beautiful views of the mountains and perhaps blueberries. **Second meeting place: Cold Mountain Overlook on BRP at 1:40 PM.**

## HIKE SCHEDULE Third Quarter 2006

### Hike Ratings

**First Letter Distance** **Second Letter Elevation Gain**  
**AA:** Over 12 miles **AA:** Over 2,000 ft.  
**A:** 9-12 miles **A:** 1,500-2,000 ft.  
**B:** 6-9 miles **B:** 1,000-1,500 ft.  
**C:** Under 6 miles **C:** Under 1,000 ft.

Also in the hike descriptions, the terms easy, moderate or strenuous reflect the overall trail conditions, physical challenge and other factors influencing hike difficulty. If you have questions or if the weather on the day of the hike is questionable, contact the leader.

### CHALLENGE PROGRAMS:

**SB6K** For hiking all 40 peaks above 6000'. For information, contact Don Gardner, gardog3@charter.net  
**P400** For hiking every trail in Pisgah Ranger District. For information, contact Don Gardner, gardog3@charter.net  
**900M** For hiking every trail in GSMNP. For information, contact John Gallemore, kelarco@aol.com

### WEDNESDAY HIKES

All-day hikes submitted by Paula McNabb, 828-274-0057, paulamcnabb@charter.net. Driving distance is round-trip from Asheville. Hikes will assemble at Westgate Shopping Center near I-240 exit 3B unless otherwise noted. Some hikes will have second meeting places as described in the hike listing. Please phone the hike leader if you are not sure of the meeting location.

WEDNESDAY NO. W0603-465 **July 5**  
**Sam Knob sketching hike 9:00 AM**  
Hike 5, drive 70, rated C-B  
Gerry McNabb, 274-0057, gerrymcnabb@charter.net  
**P400** Take the Sam Knob trail, with side trip up Sam Knob for a new twist. We'll take 45 minutes for a sketch, then lunch. Non-sketchers also welcome. Meet leader at Westgate; call leader if you desire a second meeting place. Bring sketchpad and drawing pencil or pigma micron pen, .05 size, if you plan to sketch. A small watercolor pen could add to the fun as well. Site also good for photos.

WEDNESDAY NO. W0603-529 **July 12**  
**Fletcher Fields & Spencer Branch Trail 8:00 AM\***  
Hike 8, drive 60, rated B-C  
Greg Goodman, 828-684-9703  
**P400** This will be a woods hike, cross-

ing small creeks, using log bridges. It will involve Fletcher Creek Trail via Spencer Branch and the Middle Fork; Trace Ridge trailhead to Fletcher Creek Trail, to Mid Fork Trail, and back to Fletcher Creek. **\*Meet at Westgate at 8:00 AM to form carpools, and meet leader at pull-out just before Mills River Recreation Area at 8:30 AM.**

WEDNESDAY NO. W0603-530 **July 19**  
**Bent Creek Loop #10 – Stradley Mountain via Rice Pinnacle 9:00 AM**  
Hike 8, Drive 25, 900 ft. ascent, Rated B-B  
Sherman Stambaugh, 828-254-1736  
**P400** This moderate hike is in the eastern part of Stradley Mountain. It is probably a new hike for most. Great views of Hominy Valley. We will return by Boyd Branch and Deer Lake Lodge Trail. **Second meeting place: Ingles across from Biltmore Square Mall on NC 191 at 9:15 AM.**

WEDNESDAY NO. W0603-237 **July 26**  
**Plott Balsams 8:00 AM**  
Hike 9, Drive 90, 3400 ft. ascent, Rated B-AA+  
Charlie Ferguson, 828-398-0213, ccferguson111@charter.net  
**SB6K** Here is your chance to climb all four of the 6000-footers in the Plott Balsams, and see spectacular views of the Smokies and nearby mountains. From Waterrock Knob, we will follow a very rough, steep trail over Browning Knob to Lyn Lowry and Plott Balsam. Then we will hike back to our starting point and then to the top of Yellow Face. The hike is strenuous due to the rough trail and climbing over fallen spruce trees on steep slopes. Wear long sleeves and pants. Topos: Hazelwood, Sylva North

WEDNESDAY NO. W0603-091 **Aug. 2**  
**Blacks South of Mt. Mitchell 8:00 AM**  
Tom Sanders, 828-252-6327, tomary2@charter.net  
Hike 9, Drive 65, 2000 ft. ascent, Rated A-A  
**SB6K** From Mt. Mitchell we will follow the Old Mitchell Trail south with a bushwhack to climb Mt. Hallback (6320 ft.), then to 6571 ft. Mt. Gibbs and continuing to Potato Knob, with return by partially alternate route. You can also climb Mt. Mitchell to fill out your list of 6000+ ft. peaks. **Second meeting place: Craven Gap at 8:20 AM.** Topos: Mt. Mitchell, Montreat; also Nat'l. Geo. South Toe River, Mt. Mitchell & Big Ivy Trail Map

WEDNESDAY. No W0603-475 **Aug. 9**  
**Hump Mountain/ Yellow Mountain Area 8:40 AM\***  
Hike 9, Drive 130, ascent 2400 ft., Rated B-AA  
Adrian Lotherington, 828-350-8065, jaloth@bellsouth.net

We will hike from Roaring Creek Road to Yellow Mountain Gap at which point we join the AT along an open ridge to Little Hump Mt and on to Hump Mt where we will have lunch on a grassy bald at 5587 ft. We return to Yellow Mt Gap and take the Overmountain Victory Loop back to the car park. The fabulous vistas and meadows full of flowers make the drive and moderately strenuous walk very much worthwhile. **\*ONLY MEETING PLACE: Rose's car park, across from McDonald's at the US 25/70 Weaverville exit at 8:40 AM.** Topos: Carver's Gap, White Rocks Mtn.

NO HIKE SCHEDULED, **Aug. 16**  
NO LEADER AVAILABLE

WEDNESDAY NO. W0603-247 **Aug. 23**  
**Ivestor Gap Blueberry Hike 8:30 AM\***  
Hike 6, Drive 76, rated B-C  
Ken and Carol Deal, 828-281-4530, cknkdeal@charter.net  
**P400** Our traditional hike to the picking fields of Grassy Cove Top in the Shining Rock Wilderness. Limit 10 hikers. Call for reservation. **\*Meet at Westgate at 8:30 AM to form carpools, and meet leaders at BRP Cold Mountain Overlook at 9:15 AM for carpooling to Big Sam parking area.**

WEDNESDAY NO. W0603-101 **Aug. 30**  
**Lower Big Laurel Creek 9:00 AM\***  
Hike 6, Drive 60, 200-ft ascent, Rated B-C  
Paula McNabb, 828-274-0057, paulamcnabb@charter.net  
Leisurely paced in-and-out hike along Lower Big Laurel Creek to the site of Runion, an early 1900s logging and mining settlement.

WEDNESDAY NO. W0603-266 **Sept. 6**  
**MST: Black Mtn. Campground to NC 128 8:00 AM\***  
Hike 11, Drive 80, 3630 ft ascent, Rated A-AA+  
Ames Tryon, 828-669-3805, tryonaf@charter.net  
**SB6K** This will be a challenging hike from the Black Mountain Campground over the summit of Mt. Mitchell with a descent to NC 128 (Mt Mitchell Rd). Total elevation change will be approximately 4870 ft. 10 mile car shuttle. **\*ONLY MEETING PLACE: lower parking lot at the Folk Art Center at 8:00 A.M.** Topos: Mt. Mitchell, Celso and Montreat; also Nat'l. Geo. South Toe River, Mt. Mitchell & Big Ivy Trail Map

WEDNESDAY NO. W0603-049 **Sept. 13**  
**Walnut Bottom 8:00 AM**  
Hike 11.6, Drive 110, 1500 ft. ascent, Rated A-B  
Ashok Kudva, 828-698-7119, ashok.kudva@mchsi.com

**900M** Follow the sight and sound of a spectacular mountain stream through a beautiful forest to Walnut Bottom. Features to be seen on this hike on a wide roadbed are the Midnight Hole, Mouse Creek Falls and several rapids. A shorter version (6 miles) will be offered if a minimum of 3 people wish to do so. **Second meeting place: Pilot Truck Stop, I-40 at Exit 24 at 8:30 AM, but call leader first.** Topos: Luftee Knob, Cove Creek Gap; also Nat'l. Geo. GSMNP Map

WEDNESDAY NO. A0603-479 **Sept. 20**  
**Kagel Mtn. 8:30 AM**  
Hike 9, Drive 80, 1100 ft. ascent, Rated B-B  
Larry Ballard, 828-891-4318,  
leballard@cytechcis.net

**P400** This new CMC loop hike will start from Cathey's Creek Rd. and follow an overgrown forest road to the Art Loeb Trail, with lunch at the Butter Gap shelter. We'll return via a no-name trail for variety. **Second meeting place: Bi-Lo in Pisgah Forest at 9:00 AM.** Topos: Rosman, Shining Rock

WEDNESDAY NO. A0603-531 **Sept. 27**  
**Pisgah Inn to Beaverdam Overlook 9:00 AM\***  
Rusty Breeding, 828-692-0359,  
bree@planetusa.com  
Hike 7.9, Drive 50, 1400' descent, rated B-C  
**P400** Hike along the MST from Pisgah Inn to the Beaver Dam Overlook. After Little Pisgah Mtn, it's downhill almost all the way. May see some early fall color. **\*Meet at 9:00 AM at Westgate to form carpools, and meet leader at BRP French Broad overlook at 9:15 AM.**

## ALL DAY SATURDAY AND SUNDAY HIKES

All-day hikes submitted by Bruce Bente, 828-692-0116, bbente@cytechusa.com. Driving distance is round-trip from Asheville. All Saturday and Sunday hikes assemble at Westgate Shopping Center near I-240 exit 3B unless otherwise noted.

ALL DAY. NO. A0603-475 **July 2**  
**Hump Mountain from Yellow Mtn. Gap 8:30 AM\***  
Hike 9, Drive 130, 2400 ft. ascent, Rated B-AA  
Amy Treverton, 828-298-1882,  
athikerbabe@yahoo.com

**\*Note later start time.** We will hike from Roaring Creek Road to Yellow Mountain Gap at which point we join the AT along an open ridge to Little Hump Mt and on to Hump Mt where we will have lunch on a grassy bald at 5587 ft. We return to Yellow Mt Gap and take the Overmountain Victory Loop back to the cars. The fabulous vistas and meadows full of flowers make the drive

and moderately strenuous hike very much worthwhile. Topos: Carver's Gap, White Rocks Mtn.

ALL DAY NO. A0603-526 **July 9**  
**Down the Incline 8:30 AM\***  
Hike 7-8, Drive 80, 1350 ft. ascent, Rated B-B  
Tom Bindrim & Joan Lemire, 828-273-3880  
**P400** Some off-trail, historic, wilderness area, limit 10, so call leader for reservation. Are you inclined? **\*Note later start time. Meet at Westgate at 8:30 AM to form carpools, and meet leader at second meeting place (phone leader for location).** Topo: Sam Knob; also Nat'l. Geo. PRD map

ALL DAY NO. A0603-237 **July 13**  
**Plott Balsams 7:30 AM\***  
Hike 9, Drive 90, 3400 ft. ascent, Rated B-AA+  
Dave Wetmore, 828-884-7297,  
dwetmore@citcom.net  
**SB6K** **\*Note earlier starting time.** Here is your chance to climb all four of the 6000-footers in the Plott Balsams, and see spectacular views of the Smokies and nearby mountains. From Waterrock Knob (6292 ft.), we will follow a very rough, steep trail over Browning Knob to Lyn Lowry (6240 ft.) and Plott Balsam (6088 ft.). Then we will hike back to our starting point and then to the top of Yellow Face (6032 ft.). The hike is strenuous due to the rough trail and climbing over fallen spruce trees on steep slopes. Wear long sleeve shirts and pants. Topos: Hazelwood, Sylva North

ALL DAY NO. A0603-124 **July 23**  
**Clingman's Dome and Mt. Collins 8:00 AM**  
Hike 9, Drive 150, 2500 ft. ascent, Rated B-AA  
Lenny Bernstein, 828-236-0192,  
lsberns@worldnet.att.net  
**SB6K, 900M** Two SB6K peaks! This beautiful hike was rained out in the last quarter, so we're trying again, with a revised routing. We will hike the AT from Newfound Gap, over Mt. Collins (6188 ft.) to Clingman's Dome (6643 ft.), enjoy the views. **Second meeting place: Maggie Valley Post Office at 8:30 AM, but call leader first.** Topo: Clingman's Dome

SATURDAY No. A603-242 **July 29**  
**Sam Knob – Devils Courthouse Loop 8:30 AM\***  
Hike 9, Drive 75, ascend 800 ft., Rated A-B  
Stuart English, 828-883-2447,  
stuengo@citcom.net  
**SB6K, P400** **\*Note later starting time.** 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 and the MST via Devils Courthouse (with its great views). We then return via the MST across FS 816 and up to the summit of Black Balsam (6214 ft.), then down a short, steep manway to our cars. **Second meeting place: Cold Mtn. overlook on BRP at 9:00 AM.** Topo: Sam Knob; also Nat'l. Geo. PRD map

ALL DAY NO. A6303-494 **July 30**  
**Buck Spring Gap to Rich Gap to Little Pisgah Ridge 8:00 AM**  
Hike 10.6, Drive 65, 3200 ft. ascent, Rated A-AA+  
Don Walton, 828-654-9904,  
donwalton@bellsouth.net  
**P400** This new CMC hike will start at the Buck Spring Gap overlook and go toward Yellow Gap on the Laurel Mtn. Trail. At Rich Gap take an old trail down to the Big Creek trail. Go up this trail and on the Little Pisgah Ridge Trail to the BRP, and walk along the BRP and on an old trail to our cars.

ALL DAY NO. A0603-241 **Aug. 6**  
**Mt. Kephart via Sweat Heifer Creek Trail 8:00 AM (strenuous)**  
Hike 12.8, Drive 140, 1800 ft. ascent, Rated A-AA  
Michael Cornn, 828-685-3442,  
mcornn@aol.com  
**SB6K, 900M** This hike is designed to visit two of the best scenic overlooks in the Smokies, Jumpoff and Charlie's Bunion and to climb Mt. Kephart (6217 ft.). From Newfound Gap, we will hike on the AT to Mt. Kephart and the Jumpoff, and from there to Charlie's Bunion. After lunch, we will return via the AT, and then down the Sweat Heifer Creek (rarely hiked by CMC) and Kephart Prong Trails. Topos: Clingman's Dome, Mt. Leconte, Mt. Guyot, Smokemont; also Nat'l. Geo. GSMNP map

ALL DAY NO. A0603-199 **Aug. 6**  
**Black Mtn. Campground to Green Knob 8:30 AM\* (moderate)**  
Hike 7, Drive 85, 2000 ft. ascent, Rated B-AA  
Janet Martin, 812-738-8154,  
jaykaymartin@msn.com  
**\*Note later start time.** Enjoy the beautiful woods as we climb Lost Cove Ridge on the Green Knob Trail from the Black Mtn. Campground to fantastic views and a first-class lunch spot atop Green Knob. After lunch it's all downhill. **Second meeting place: Craven Gap at 8:50 AM.** Topo: Old Fort; also USFS South Toe River, Mt. Mitchell & Big Ivy Trail Map

ALL DAY NO. A0603-368 **Aug. 13**  
**Bradley Creek & Riverside Stream Crossings 8:00 AM**  
Hike 9, Drive 70, 500 ft. ascent, Rated A-C  
Tom Sanders 828-252-6327,  
tomary@charter.net  
**P400** Everyone had a lot of fun on this hike two years ago. There are about 25 stream crossings, but the terrain is almost level and you will enjoy the beauty of the streams and the diverse flora nearby. It is advisable to hike in tennis shoes and bring two hiking poles. Car shuttle. **Second meeting place: NC 280 at Turkey Pen Rd. at 8:30 AM.** Topos: Pisgah Forest, Dunsmore Mtn.; also Nat'l. Geographic PRD map

ALL DAY NO. A0603-044 **Aug. 20**  
**Lost Cove 8:00 AM**  
Hike 7, Drive 150, 1500 ft. ascent, Rated B-B  
Les Love, 828-658-1489,  
leslove@charter.net  
Everyone enjoyed this hike in the Wilson Creek area last year, so we're offering it again. It features spectacular waterfalls and the best swimming anywhere. Bring your bathing suit. Be prepared for several wet-foot stream crossings. Optional supper at Little Siena. **Second meeting place: parking lot adjacent to McDonald's off I-40 at exit 64 at 8:20 AM.** Topo: Grandfather Mtn.; also USFS Wilson Creek map

SATURDAY NO. A0603-357 **Aug. 26**  
**Pisgah Ridge Loop 8:30 AM\***  
Hike 7.5, Drive 70, 1000 ft. ascent, Rated B-B  
Janet Onan, 828-698-3237,  
janonan@bellsouth.net  
**P400** **Note later start time.** We'll do a scenic circle of the entire Graveyard Fields area, using the Pisgah Ridge Trail and MST, to lunch at a beautiful overlook. Then we'll follow the Graveyard Ridge Trail, with a side trip to one of the Yellowstone Falls. Possible blueberry sightings. **\*Meet at Westgate at 8:30 AM to form carpools, and meet leader at BRP Cold Mtn. overlook (M.P. 412) at 9:10 AM.** Topos: Shining Rock, Sam Knob; also Nat'l. Geo. PRD map and USFS Shining Rock & Middle Prong Wilderness map

ALL DAY NO. A0603-267 **Aug. 27**  
**Horsepasture River 8:00 AM**  
Hike 8, Drive 105, 2000 ft. ascent, Rated B-A  
Kathleen Hannigan, 828-230-4883,  
kathleen.hannigan@pgnmail.com  
See the waterfalls – Drift, Turtleback, Rainbow and Stairway, ending at Windy, the final downstream near Lake Jocassee, if the weather is not rainy. **Second meeting place:**

**Bi-Lo in Pisgah Forest at 8:30 AM.** Topo: Reid; also Sierra Club guide to Jocassee Gorges.

ALL DAY NO. A0603-373 **Sept. 3**  
**Yellow Mountain 8:00 AM (strenuous)**  
Hike 9.4, Drive 125, 2900 ft. ascent, Rated A-AA+  
Carroll Koeplinger, 828-667-0723,  
carrollkoepp@bellsouth.net  
We'll hike in the Cowee Mtns. on a heavily forested high-altitude trail that ascends four peaks going in and three on the way back. Views from the Yellow Mtn. observation tower are great – a fine lunch spot. Strenuous but rewarding. **Second meeting place: rest area beyond Waynesville at 8:30 AM.** Topos: Highlands, Glenville

ALL DAY NO. A0603-049 **Sept. 3**  
**Walnut Bottom 8:00 AM (moderate)**  
Hike 11.6, Drive 110, 1500 ft. ascent, Rated A-B  
Ashok Kudva, 828-698-7119,  
ashok.kudva@mchsi.com  
**900M** Follow the sight and sound of a spectacular mountain stream through a beautiful forest to Walnut Bottom. Features to be seen on this hike on a wide roadbed are the Midnight Hole, Mouse Creek Falls and several rapids. **Second meeting place: Pilot Truck Stop, I-40 at Exit 24 at 8:30 AM, but call leader first.** Topos: Luftee Knob, Cove Creek Gap; also Nat'l. Geo. GSMNP Map

ALL DAY NO. A0603-367 **Sept. 17**  
**Art Loeb, Grassy Cove Ridge to Bridges Camp Gap 8:00 AM**  
Hike 9, Drive 65, 1000 ft. ascent, Rated A-B  
Stuart English, 828-883-2447,  
stuengo@citcom.net

ALL DAY NO. A0603-465 **Sept. 10**  
**Sam Knob Natural History Hike 9:00 AM\***  
Hike 5, Drive 70, 1200 ft. ascent, Rated C-B  
Ruth Hartzler, 828-251-0886,  
ruthmtn@charter.net & Ben Prater, SABP  
**P400, SB6K** **\*Note later start time.** This is a joint natural history hike with the Southern Appalachian Biodiversity Project. During the hike, Ecologist Ben Prater will stop frequently to describe natural features of the landscape. The hike starts at one of the highest trailheads in Western North Carolina. At 5800 ft., you'll be hiking through a high-elevation environment more typical to southern Canada than the

**P400, SB6K** Beginning with a climb up a short, steep manway to Black Balsam (6214 ft.) then follow the ridgeline to Tennent Mtn. (6040 ft.) and Ivestor Gap. Then we'll hike down Grassy Cove Ridge to the Big East Fork of the Pigeon River. Two wet stream crossings. From there we'll hike to Skinny Dip Falls, and then end at Bridges Camp Gap. Short car shuttle required at end. *This is a Wilderness area hike limited to ten people. Please contact hike leader to reserve your place.* **Second meeting place: Cold Mtn. overlook on BRP at 8:30 A.M.** Topo: Shining Rock; also Nat'l. Geo. PRD map

ALL DAY NO. A0603-091 **Sept. 24**  
**Black Mountains Circuit 8:00 AM**  
Hike 8, Drive 65, 2000 ft. ascent, Rated B-A  
Becky Smucker, 828-298-5013,  
bsmucker@charter.net  
**SB6K** Beginning at Mt. Mitchell parking lot, we proceed south along the Old Mitchell Trail via a short bushwhack to Mt. Hallback (6320 ft.), then to 6571 ft. Mt. Gibbes. We will return on the Commissary and Camp Alice Trails to 6684 ft. Mt. Mitchell, and go north to 6647 ft. Mt. Craig, and return. **Second meeting place: Craven Gap at 8:20 AM.** Topos: Mt. Mitchell, Montreat

SATURDAY NO. A0603-527 **Sept. 30**  
**Chattooga River & Ellicott Rock 8:00 AM**  
Hike 8.5, Drive 140, 950 ft. ascent, Rated B-C  
Danny Bernstein, 828-236-0192,  
danny@hikertohiker.org  
Hike along the Chattooga River, a Wild and Scenic River. A long drive, but a unique and historic place: three states come together; their junction marked with inscriptions almost 200 years old. Well-maintained trails with gentle grades. This hike is the CMC contribution to the WNC "Together We

Southeast. We will pass through a large meadow before ascending Sam Knob (6040 ft.), a spectacular two-peaked mountain rising above the waters of Flat Laurel Creek and the surrounding meadows. While there is no true timberline in these mountains, "balds" like this have a hard time re-establishing themselves once cleared by fire or man. There is a grassy, shrubby saddle between the two knobs, and a large outcropping of white quartz juts from a meadow beside the trail. After Sam Knob, we will continue through meadows and hike back to our cars via the Flat Laurel Trail. **Second meeting place: BRP Cold Mtn. overlook at 9:40 AM.** Topo: Sam Knob; also Nat'l. Geo. PRD map