CMC ANNUAL MEETING PACKED WITH INFORMATION, PEOPLE

An extra 35 or so members attended this year’s annual meeting, held in the Grove Park Inn’s Country Club facilities. Featured speaker was acting GSMNP Superintendent Phil Francis. His talk was very informative about issues the park is facing — from traffic congestion in the Cades Cove area to the very immediate threat to the park’s hemlock trees from infestation. He said 80% of Shenandoah National Parks’ hemlocks were already lost. Despite the bad news, his delivery was entertaining and the club is grateful for his efforts.

After a treasurer’s report detailing continued losses, Pres. Don Walton said a dues increase would be likely next year despite the very welcome contributions many members have made in addition to their dues. As of this writing, we have collected just over $2000 in extra revenues.

Awards presented were: Bernard Elias and Tom Bindrim— honorary Pisgah 400 members (to kick off the new category); Lenny and Danny Bernstein— Award of Appreciation; and Les Love— Distinguished Service Award.

Members elected were: President: Don Walton, Vice President: Gerry McNabb, Secretary: Lenny Bernstein, Treasurer: Carroll Koepplinger, Councilors: Bruce Bente, Les Love, Linda Blue, Bill Ross, Piet Bodenhorst and Stuart Tauber. Special thanks were given to Joe Cirvello, Becky Smucker, and Brad Van Diver, who are leaving the Council, for their service to the Club. For complete details, see the CMC website.

ADOPT-A-TRAIL (SECTION) MAINTAINERS NEEDED!

We currently have several sections on the Mountains to Sea Trail (MST) that would love to have a caring individual who can adopt a section of their very own. As a trail maintainer, you would become familiar with trail maintenance techniques so that you understand the big picture as you perform the simple, recurring maintenance and repairs necessary to keep the trail in good repair. One of your most important duties would be the “eyes” and “ears” of your section. The section supervisors are responsible for all of the “heavy duty” work and should be contacted to perform trail work you would not feel comfortable doing.

– Don Walton, Pres.

Danny Bernstein is seen here accepting the Award of Appreciation for herself and her husband, Lenny, from Carroll Koepplinger.

Bente, Les Love, Linda Blue, Bill Ross, Piet Bodenhorst and Stuart Tauber. Special thanks were given to Joe Cirvello, Becky Smucker, and Brad Van Diver, who are leaving the Council, for their service to the Club. For complete details, see the CMC website.

New Pisgah 400 category and SB6K referenced in schedule

Dave Wetmore announced a new category of hiking achievement at the annual meeting to recognize those who have hiked over 400 miles in the Davidson River area of Pisgah National Forest. Its abbreviation, P400, precedes the hike description in this and future newsletters. Similarly, the abbreviation, SB6K, will identify hikes in the schedule that qualify for the South Beyond 6000 Award. These identifications should make it easier to know which hikes to take if you are planning to work toward these recognitions. Check the club website for more information about these challenges and how take part.
HIKE SCHEDULE
First Quarter 2004

Hike Ratings

<table>
<thead>
<tr>
<th>FIRST LETTER</th>
<th>SECOND LETTER</th>
<th>Distance</th>
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<td>Over 2,000 ft.</td>
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<td>9-12 miles</td>
<td>1,500-2,000 ft.</td>
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<td>B</td>
<td>6-9 miles</td>
<td>1,000-1,500 ft.</td>
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<tr>
<td>C</td>
<td>C</td>
<td>Under 6 miles</td>
<td>Under 1,000 ft.</td>
</tr>
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</table>

P400: Indicates that this hike qualifies for the P400 award.
SB6K: Indicates that this hike qualifies for the SB6K award.

The meeting place for each hike will be designated by the hike leader and will appear in the hike description. Driving mileage will be listed, round trip, from the first designated meeting place.

ALL DAY N o. W 0401-305 January 21
Dupont Forest North Loop 7:30 A M
Hike 10, Drive 80, 1000 ft. ascent, Rated A-B
Rusty Breeding, 828-692-0359
bree@planetusa.net
Dupont Forest North Loop from L. Imaging to Stone Mtn. Highlights: Grassy Falls, Thomas Cemetery, Wintergreen Falls, Stone Mountain and old firing range. First meeting place: Westgate. Hikers self-organize there. Meet leader at Second meeting place: Bi-Lo, Pisgah Forest, 8:15 A M.

ALL DAY N o. W 0401-306 January 21
ALTERNATE HIKE: Penny Rock or Leader’s Choice 9:00 A M
Hike 6-7, Drive 47, Rated B-B
Boyd Brasington, 828-254-8675
boydb@buncombe.main.nc.us
A nearby hike may be substituted for Penny Rock. Contact leader for more information. Leader will set a moderate pace. Car shuttle.

ALL DAY N o. W 0401-307 January 28
ALTERNATE HIKE: A sheville A rea 9:30 A M
Hike 6, Drive 1, 400 ft ascent, Rated B-C
Nancy Walters, 828-251-1309,
seyan@bellsouth.net
A n in and out stroll through the winter woods, starting from the Blue Ridge Parkway bridge over Highway 25, and going south along the Mountains-to-Sea Trail. Meeting place: Harris Teeter parking lot on US 25, north of the BRP entrance.

WEDNESDAY HIKES

THIS JUST IN... After five years of scheduling the Wednesday hikes, Ken and Carol Deal are retiring. Any volunteers to replace them? Call Don Walton or any club official.

Submitted by Ken & Carol Deal, 281-4530 or KMCD@aol.com. Ext schedule: Paula McNabb, 274-0057, gcmcnabb@charter.net.

The meeting place for each hike will be designated by the hike leader and will appear in the hike description. Driving mileage will be listed, round trip, from the first designated meeting place.

A LL D AY N o. W 0401-030 January 7
M ST : Craven Gap to U.S. 74-A 8:00 A M
Hike 8.6, Drive 75, 640 ft. ascent, Rated B-C
Howard M. Donald, 828-693-8258
hamdonald@cytechics.net
This car shuttle hike on the MST starts at Craven Gap, goes down past the Folk Art Center and on to U.S. 74-A. Moderate. A scend 640 ft., descend 1650 ft. First meeting place: Ingles, U S 25 N, Hendersonville. Second meeting place: 8:45 A M, Folk Art Center, lower lot.

A LL D AY N o. W 0401-304 January 14
A T H ike: Garenflo Gap 8:30 A M
Hike 6+, drive 90, 900 ft. ascent, Rated B-C
Curt Holladay, 828-628-9477
cahloday@bellsouth.net
We will hike from Garenflo Gap northbound on the AT through gentle terrain and open forest, crossing minor ridges and draws, reaching the approximate halfway point at Deer Park Mountain Shelter. We will ascend Canebrake Ridge and up and over Deer Park Mountain down to the parking area of the old Jesuit Hostel. Cumulative climb in elevation is estimated to be 900 ft. Should have some views from the ridges. A car shuttle is required. Meeting place: Westgate Shopping Center.

A LL D AY N o. W 0401-170 January 28
Cedar Rock Scramble 9:00 A M
Hike 10, Drive 0, 2000 ft. ascent, Rated A-A
Brad and Bev Van Diver, 828-669-2740
bravandi@cs.com
P400 A lovely winter hike, first skirting the eastern side of John Rock to Cat Gap, then following the Art Loeb trail through Sandy Gap, where we’ll scramble to the top of Cedar Rock (4056 ft.) for lunch with a view. Back down to the trail, we’ll continue to Butter Gap and return via Grogan Creek and Pickleimer Fields. Topo: Shining Rock; also Nat’l. Geographic Pisgah Ranger District Map. Meeting place: Fish Hatchery.

CMC MEMBER KARPEN HONOURED
Along with her late husband, Morris, long-time member, Leah Karpen, was honored recently by the Asheville-Buncombe Community Relations Council with their Distinguished Service Award for Lifetime Achievement. The couple made numerous gifts to schools, museums and other organizations here over many years. Leah grew up in Asheville where her father, “Doc” Robinson, was an avid hiker and one of the pioneer members of the club. Doc was largely responsible for having a peak in the GSMNP named for George Masa.
PANTHERTOWN DEDICATED TO HONOR CLARKES

In a ceremony on Sept 26, in the Panthertown Section of Pisgah National Forest in Jackson Co., the area was dedicated to James and Elspeth McClure. This was made possible by legislation introduced in Congress by Rep. Charles Taylor, who said he felt this was a fitting tribute to former Congressman Jamie Clarke and his wife, Elspeth, both now deceased. In a letter to Bernard Elias, Taylor explained that the area had long been known as the Yosemite of the East because the flat valley floor is flanked by the high granite cliffs of Salt Rock, Black Rock Mountain, Little Green Mountain and Big Green Mountain.

SUNDAY HIKES

A ll-day hikes submitted by Bruce Bente 828-692-0116, bbente@cytechusa.com.
Driving distance is round-trip from Asheville.
A ll Saturday and Sunday hikes assemble at Westgate Shopping Center near 1 240 UNLESS OTHERWISE NOTED.

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Hike 8, Drive 30, 1000 ft. ascent, Rated B-B
Marlene Santa Maria 828-299-9095
marlena98@hotmail.com
Note later starting time. This will be a moderate loop hike starting in Montreat and climbing to a ridgeline. This close-to-home hike promises a good workout and nice views. Second meeting place: McDonalds at exit 64 of I 40 at 9:30 AM. Topo: Montreat

ALL DAY NO. A 0401-326 Jan. 11
Pump Gap (non-AT) Loop 8:00 AM
Hike 8, Drive 60, 1500 ft. ascent, Rated B-A
Tom Sanders 828-252-6327
mels&tgs@main.nc.us
This will be a moderate low-altitude ramble through the area between Tanyard Gap and Pump Gap. The hike won't include any of the AT, but we'll do all of Pump Gap Trail, connecting through woods roads and manways north and south of the AT. Topo: Hot Springs

ALL DAY NO. A 0401-305 Jan. 18
Dupont Forest Lake Imaging P.L. #1 8:00 AM*
Hike 10, Drive 70, 1000 ft. ascent, Rated B-A
Rusty Breeding 692-0359 brea@planetusa.net
*Meeting places: Self-organize carpools at Westgate at 8:00 AM. Meet leader at Bi-Lo parking lot at 8:30 AM. This low-altitude winter hike will traverse the north loop from Lake Imaging to Stone Mtn., including Grassy Falls, the Thomas Cemetery, Wintergreen Falls and Stone Mtn. Part of the hike will take a rough, flagged maintainers' trail for a half mile to avoid walking on the road and to see the top of an unnamed waterfall. A diditional meeting place: Dupont State Forest Lake Imaging parking lot on Dupont. Rd. at 8:45 AM. Topo: Standingstone Mtn.

SATURDAY NO. A 0401-327 Jan. 24
Ridgescreek Ramble 9:00 AM
Hike 6-7, Drive 5, 1400 ft. ascent, Rated B-B
Joanne Tulip 828-289-3495
tulipnc@aol.com
Note later start time. A good winter hike, following the Rattlesnake, Rododendron and A dventure Trails. This moderate hike in the Ridgecrest area offers a number of great scenic overlooks as it meanders along the ridgelines, and includes Rattlesnake, Copperhead and Lookout Mtns. Only meeting place: McDonald's at exit 64 of I 40 at 9:30 AM. Topo: Montreat

ALL DAY NO. A 0401-328 Jan. 25
Bent Creek Loop #5 (Sidehill/Ingles) 8:30 AM

SAVE THE DATE for National Trails Day Saturday, June 5, 2004. The theme "Trails and Health...A Natural Connection" continues to focus on the health benefits of trails.

Hike 7-8, Drive 20, 800 ft. ascent, Rated B-C
Bill Ross 828-271-7992 wrossmath@cs.com
P400 Note later start time. This moderate hike will begin at Hardtimes Trailhead, go around Lake Powhatan, then cut across on the Explorer Trail to Sidehill Trail. We will then skirt Stradley Mtn. and descend through Ingles Field to the trailhead. Topo: Dunsmore Mtn.; also Nat'l Geographic Pisgah Ranger District map

ALL DAY NO. A 0401-329 Feb. 1
Blackrock Mtn. via Fisher Creek Trail (strenuous) 8:00 AM
Hike 7, Drive 9, 2900 ft. ascent, Rated B-A-A or A-A A
Dave Wetmore 828-884-7296 dwetmore@citcom.net
SB6K? This new hike for CMC starts at the end of Fisher Creek Rd. east ofivy and climbs to the summit of Blackrock Mtn. The trail, mostly old logging roads, is steep and rocky in places, but the views from Blackrock Mtn. are superb. If there isn't much snow, we may climb to the Pinnacle instead, with the same trailhead but only 2100 feet of elevation gain. Second meeting place: Rest area on US 276 near Waynesville at 8:30 AM. Topo: Sylvia North

ALL DAY NO. A 0401-330 Feb. 1
Raven Cliff Falls (moderate) 8:30 AM
Hike 8, Drive 95, 1450 ft. ascent, Rated B-B
Barbara Passmore 828-230-2670 bppss@netzero.net
Note later start time. We'll do a pleasant hike to the pedestrian bridge over the top of a beautiful 250 ft. waterfall in Caesar's Head State Park in S.C. The hike will follow the Raven Cliff Falls Trail and a portion of the Foothills Trail to the bridge, and then return with a side trip to the spectacular overlook of the falls and Matthe Creek Gorge. Second meeting place: Bi-Lo in Pisgah Forest at 9:00 AM. Topo: Table Rock

ALL DAY NO. A 0401-136 Feb. 8
Winter Star via Colbert Ridge Trail and Deep Gap 8:00 AM
Hike 9, Drive 90, 3400 ft. ascent, Rated A - A A +
Paul Benson 828-251-1909 pbenson@charter.net
SB6K NOTE: Hikers must be prepared for strenuous winter hiking, including snow, ice and slippery trails. Winter Star (6212') is an appropriate destination for what promises to be an exciting winter hike up into the snow. We will climb over 3000 ft. from Carolina Hemlocks Recreation area up Colbert Ridge to Deep Gap, on to the summit and return. From rock outcroppings we will enjoy outstanding views of the Blacks, South Toe River valley, the Roan and Grandfather Mtn. Second meeting place: Burnsville Inges at 8:30 AM, only if leader is phoned beforehand. Topos: Celo, M.t. Mitchell; also Pisgah Nat'l. Forest South Toe River Trail Map

ALL DAY NO. A 0401-331 Feb. 15
Cantrell Lodge site via Sharyp Mtn. 8:30 AM
Hike 8, Drive 55, 1200 ft. ascent, Rated B-B
Renate Rikkers 828-298-9988 rerikkers@aol.com
P400 Note later start time. This is a moderate loop hike starting at the Turkey Pen parking area. We will start with a warm-up climb over Sharyp Mtn. to (another) Wagon Road Gap, then descend to the S. Mills River Trail and hike upriver to our lunch stop at the pleasant open field where the Cantrell Lodge was originally located. We'll cross three interesting pedestrian footbridges over the S. Mills River on this low-elevation hike. Topo: Pisgah Forest

ALL DAY NO. A 0401-106 Feb. 22
Ferrin Knob via Bad Fork and Spencer Branch 8:30 AM
Hike 9, Drive 42, 1550 ft. ascent, Rated B-A
John Pawcio 828-299-8126 jpwcio@tycovalves.com
P400 Note later start time. This hike
WINTER OUTDOOR SAFETY

By Mark Stoffan. Reprinted from the Wenoca Sierran

Winter has arrived! This is a great season for outdoor activities, with no bugs, clear air, fewer people, and expansive views though leafless trees. But winter can be a killer, even in the Southern Appalachians. A little preparation and common sense can make a difference between a successful outing and an uncomfortable, even dangerous trip.

Clothing is your most important equipment. In cold weather, dress in layers so you can adjust your temperature as you work up sweat. Peel off outer clothing before you get wet with perspiration. When stopping for breaks, put clothing back on before you get chilled. Once cold, it’s much harder to regain warmth. Avoid cotton at all costs! Experienced cold weather hikers know “cotton kills”. It gets damp easily and wicks body heat away which can lead to hypothermia. Wear synthetic materials or wool, which insulate even when wet. Polypropylene underwear as a base layer works well, combined with fleece or pile outerwear that can protect against rain, snow and wind. If going to higher elevations where ice and snow may be encountered, a set of “creepers” or instep crampons are essential.

Drink plenty of water. You actually perspire as much or more in winter as in summer, but aren’t as aware of it due to the efficient evaporation in the dry air. Staying hydrated actually helps your body retain warmth. Consider bringing a small thermos of hot cocoa. Many winter hypothermia victims suffer from dehydration as well.

Remember the shorter days in winter. Get an early start and allow plenty of time. Every member of the party should always carry a small flashlight, or preferably a headlamp. Unexpected delays can easily be-night a returning party, and artificial light can make the difference between a cold night out and a nighttime walk back to vehicles. In case of unforeseen trouble, a party should have a lightweight “space blanket” or bivouac bag along with matches, fire starter, and extra food.

For some of us, winter is our favorite time of year. It is also a time when many back country rescues take place in the Southern Appalachians. But with proper planning and equipment, winter can be an excellent time of year to explore the back country.

6000 Footers!

If you have completed the 6000 footers, please check the completers list on the club website (South Beyond 6000, ‘completers’ in left margin) to make sure you are on the list. If you don’t have web access, call Dave Wetmore at 828-884-7296. Please report any errors or omissions to Dave Wetmore.

SATURDAY WORK DAY

March 20

Here’s a great chance to learn what is involved with trail maintenance. We will meet on October 18 at the Moose Café on 191 at 8:00 am for breakfast. We will return to Asheville around 4:00 pm. Come join the fun. Call Les Loves, 658-1489, for more information.
before reaching our lunch spot at the fire tower on Bearwallow Mtn. Extraordinary views down towards the Lake Lure area. 

Topo: Bat Cave

ALL DAY NO. A 0401-334 Mar. 21
Bull Creek Ramble 9:00 A M
Hike 8-9, Drive 25, 1000 ft. ascent, Rated B-B
Marlene Santa Maria 828-299-9095
marlena98@hotmail.com

Note later start time. Marlene's fun hike has become a perennial CMC event that everyone enjoys. The trail head is at Marlene's home, near Bull Creek Rd. The route will be along old roads and the MST to our lunch spot at Rattlesnake Lodge, where everyone can admire the commemorative plaque. There will be some moderately-paced off-trail hiking. Marlene will have refreshments at her home after the hike. Limited to 25 people, so please e-mail her for reservations or phone if you don’t have e-mail. 

Topo: Craggy Pinnacle

SATURDAY NO. A 0401-335 Mar. 27
Green Ridge/AT/Fork Ridge Loop 8:00 A M
Hike 10.5, Drive 90, 2000 ft. ascent, Rated A - A-A
Jorge Munoz 828-658-0606
jmunoza@buncombe.main.nc.us
This strenuous hike in the Shelton Laurel-Carmen area climbs alongside Dry Creek with an attractive waterfall. You will be surrounded by beautiful woods and mountains while you climb up to the AT. On the AT, we will see the Shelton gravestones, the views from Big Butt and maybe a few early AT thru-hikers. A fter lunch at Jerry Cabin Shelter, we’ll descend via the Fork Ridge Trail. Topos: Greystone, Flag Pond

ALL DAY NO. A 0401-336 Mar. 28
Mt. Cammerer from Big Creek 8:00 A M
Hike 11.8, Drive 110, 3300 ft. ascent, Rated A - A-A +\nJoe Cirvello 828-627-1797 joec@brinet.com
900M. It has been a couple of years since CMC did this great hike from Big Creek to the historic fire lookout atop Mt. Cammerer. It is a strenuous hike up the Chestnut Branch Trail and AT, but the payoffs are first class: a good early spring workout and superb views. Second meeting place: Pilot Truck Stop at exit 24 off I-40 at 8:30 A M. Topos: Waterville and H artford; also N atl. Geographic Map of Great Smoky Mounds N atl. Park

ALL DAY NO. A 0401-337 A pr. 4
Shining Rock from Black Balsam (strenuous #1) 8:30 A M
Hike 11, Drive 65, 1500 ft. ascent, Rated A - A
Lenny Bernstein 828-236-0192
lsbern@worldnet.att.net

SB6K, P400 Note change to DST and later start time. We'll hike to Shining Rock via two different routes today. This hike will take the AT to Loeb Trail from FS 816 to Shining Rock (6040'), climbing Black Balsam (6214'), Tennent Mtn. (6040') and Grass Cove Top (6040') along the way. This will be your chance to bag four easy SB6K peaks while enjoying beautiful early spring views covering the area from Pilot Mtn. to Cold Mtn. We’ll return via the Ivestor Gap Trail to get a different perspective on the same area. Wilderness area hike limited to 10 people. Please contact hike leader to reserve your place. Second meeting place: BRP Cold Mtn. overlook at 9:00 A M. Topos: Shining Rock, Sam Knob; also N atl. Geographic map of Pisgah Ranger District

ALL DAY NO. A 0401-151 A pr. 4
Shining Rock loop via Chestnut Ridge and Shining Creek 8:45 A M (strenuous #2)
Hike 8.5, Drive 60, 2600 ft. ascent, Rated B - A A
Carroll Koepplinger 828-667-0723
carrollkoepp@cs.com

SB6K, P400 Note change to DST and later start time. This will hike to Shining Rock via two different routes today. This hike will start at the Big East parking area, go up the steep Chestnut Ridge Trail, then over Dog Loser and Old Butt Knobs to lunch at Shining Rock (6040') with its exceptional views. We’ll return via a steep descent to the north fork of Shining Creek. Wilderness area hike limited to ten people. Please contact hike leader to reserve your place. Topo: Shining Rock; also N atl. Geographic map of Pisgah Ranger District

HALF-DAY HIKES

Half-day hikes submitted by Pat Elias, 828-687-1651, peliasy@aol.com and Paula Robbins, 828-281-3253, paularww@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at Westgate Shopping Center near I-240 UNLESS OTHERWISE NOTED.

HALF-DAY NO. H 0401-168 Jan. 4
Pink Beds Loop 1:00 PM
Hike 5, Drive 80, Rated C - C
Elisabeth Fell 828-684-8719
hofeil@brinet.com
P400 Note early start time. From Pink Beds parking lot we will make a pleasant loop past meandering streams & wildlife clearings. A nice easy popular hike with negligible elevation changes. Second meeting place: Pink Beds parking area at 2:00 PM.
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<th>Date</th>
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<td>Frying Pan Tower and leader's choice</td>
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<td>Bent Creek Loop #3</td>
<td>Mar 28</td>
<td>828-285-9925</td>
<td>1:00 PM</td>
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<td>Bent Creek Loop #4</td>
<td>Apr 4</td>
<td>828-684-8719</td>
<td>1:30 PM</td>
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<td>Turkey Pen Trailhead</td>
<td>Apr 4</td>
<td>828-285-9925</td>
<td>1:30 PM</td>
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<td>Note early start time. We will use parts of the Sleepy Gap, Explorer and Pine Tree trails and the Homestead Loop and visit the top of Grassy Knob, Sleepy Gap on the MST, and Lake Powhatan. This loop hike was originated by Tom Bindrim.</td>
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In Memoriam

Former club president, "JACK" DAVIS, died peacefully on Saturday, Nov. 15, 2003, at the VA Nursing Home in Asheville. He was 89. Mr. Davis was born in Milwaukee, Wis., but has spent the last 30 years here where he was a dedicated hiker, AT maintainer, canoeist, backpacker and conservationist.

He graduated from Milwaukee Country Day School, where he excelled at football and baseball, and attended Dartmouth College. During World War II he was a member of the U.S. Army's elite First Special Service Force, a combined U.S.-Canadian commando team trained as ski paratroopers. He served in both the Pacific and European theaters of war, spending months on the front lines in Italy. He was captured by the enemy at Anzio Beachhead in April 1944 and spent 13 months as a prisoner of war in Germany.

In addition to his service to the CMC, he was a life member of the Appalachian Trail Conference, and a founding member of the Southern Appalachian Highlands Conservancy.

EDWIN B. FAWCETT, 81, of Hendersonville died July 4, and was omitted from the previous newsletter thru this editor's error. He joined the club in 1988 and was a club hike scheduler for some years. After graduating from Hamilton College in New York State, he completed his graduate work in meteorology at the Univ. of Chicago in 1944. He was chief of global data processing at the World Meteorological Organization in Geneva, Switzerland.

Mountaineering Information

Consult the trip leader for additional information regarding a particular hike. Hikes may be cancelled due to adverse weather, causing 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 necessary, the leader will have to be called to reserve a space. Hikers usually carpool from the meeting places to trailheads and back. Passengers are expected to share operating expenses with the driver.

Clothing & Equipment, Etc.

Footwear comes first. Never start a mountain trip in brand new footwear. Lightweight 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, compass, first aid kit, matches in waterproof case, flashlight, cellphone if available and personal medication including allergy medication. On overnight trips, carry tent, sleeping bag, foam pad, extra clothing, stove, fuel, mess kit, eating utensils, and food in addition to the above.

MAPS are helpful when hiking on your own. U.S. Geological Survey and T.V.A. topographic quadrangle maps are for sale at $4.00 per sheet at local outfitting stores or by mail from Branch of Distribution, U.S. Geological Survey, Box 25286, Denver, CO 80225. State index maps for selecting quadrangles are free from the Denver office. U.S. Forest Service topographic maps (based on U.S. Geological Survey quadrangles) and maps of selected areas in Western North Carolina are available at the National Forest Service Office, 160 Zillicoa St., P.O. Box 2750, Asheville, NC 28802. Call (828) 257-4200 for further information.

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. The party is pledged not to pick shrubs or wild flowers, damage property in any way, or endanger forests and property by smoking while walking.

Carolina Mountain Club

P.O. Box 68
Asheville, NC 28802

Return Requested

Further information is available at www.carolinamtnclub.org/about-regulations

MEMBERSHIP: Any person is eligible for membership by completing a Membership Application form and paying dues. Individual and Family memberships are $12.00 per year.

Frequent non-member participants in club hikes are expected to join the Carolina Mountain Club. All members are encouraged to participate in one of the club's many maintenance efforts. Contact a club officer for details.

Carolina Mountain Club Officers

Don Walton—298-5084  PRESIDENT  Gerry McNabb—274-0057  VICE PRESIDENT
Lenny Bernstein—236-0192  SECRETARY  Carroll Koppinger—667-0723  TREASURER
Quarterly Council meetings are open to all Club members. Call any Council member for date, time and place.

THE APPALACHIAN TRAIL: The Carolina Mountain Club is a member of the Appalachian Trail Conference, P.O. Box 807, Harpers Ferry, West Virginia 25424

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 INFORMATION

Editor this issue: Gerry McNabb—274-0057 gc.mcnabb@charter.net

Ginger Graziano—236-2075 gingergraz@aol.com

Editor next issue: Ginger Graziano—236-2075 gingergraz@aol.com

Deadline next issue: March 20, 2004