



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

## CMC ANNUAL MEETING PACKED WITH INFORMATION, PEOPLE



*Park Superintendent Phil Francis addresses club at annual meeting.*

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 Koeplinger, Councilors: Bruce



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

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.



*Les Love receiving the Distinguished Service Award from Carroll Koeplinger.*

### 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 be the MST's most important advocate and protector. In this role, 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.

### 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 to take part.

# HIKE SCHEDULE

## First Quarter 2004

### Hike Ratings

FIRST LETTER Distance	SECOND LETTER Cumulative 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.

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

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

Also in the hike descriptions, the terms easy, moderate or strenuous reflect the overall trail conditions, the physical challenge and other factors influencing hike difficulty. If you have questions, CONTACT THE LEADER.

### 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 KMCDeal@aol.com. Next 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.

ALL DAY No. W0401-303      **January 7**  
**MST: Craven Gap to U.S. 74-A 8:00 AM**  
Hike 8.6, Drive 75, 640 ft. ascent, Rated B-C  
Howard McDonald, 828-693-8258  
hamcdonald@cytechcis.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. Ascend 640 ft., descend 1650 ft. **First meeting place: Ingles, US 25-N, Hendersonville. Second meeting place: 8:45 AM, Folk Art Center, lower lot.**

ALL DAY No. W0401-304      **January 14**  
**AT Hike: Garenflo Gap 8:30 AM**  
**to Hot Springs**

Hike 6+, drive 90, 900 ft. ascent, Rated B-C  
Curt Holladay, 828-628-9477  
caholady@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 feet. Should have some views from the ridges. A car shuttle is required. **Meeting place: Westgate Shopping Center.**

ALL DAY No. W0401-305      **January 21**  
**Dupont Forest North Loop 7:30 AM**  
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 AM.**

ALL DAY No. W0401-306      **January 21**  
**ALTERNATE HIKE: Penny Rock**  
**or Leader's Choice 9:00 AM**  
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. **Meeting Place: Ingles, across from Biltmore Square Mall.**

ALL DAY No. W0401-170      **January 28**  
**Cedar Rock Scramble 9:00 AM**  
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 Picklesimer Fields. Topo: Shining Rock; also Nat'l. Geographic Pisgah Ranger District Map. **Meeting place: Fish Hatchery.**

ALL DAY No. W0401-307      **January 28**  
**ALTERNATE HIKE**  
**MST:, Asheville Area 9:30 AM**  
Hike 6, Drive 1, 400 ft ascent, Rated B-C  
Nancy Walter, 828-251-1309,  
seynan@bellsouth.net

An 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.**

ALL DAY No. W0401-308      **February 4**  
**MST:, Ox Creek to Rich Knob 9:00 AM**  
Hike 8, Drive 26, 1850 ft. ascent, Rated B-A  
Elisabeth Feil, 828-684-8719  
Starting at Ox Creek Road (near Bull Gap Overlook on the BRP, MP 375.6), and climbing to Rich Knob via Rattlesnake Lodge. This is an easy-to-moderate in-and-out hike, with a total climb of about 1850 ft. **Meeting place: Westgate Shopping Center.**

ALL DAY No. W0401-309      **February 11**  
**Pounding Mill Trail 8:30 AM**  
Hike 8, Drive 3, Rated B-C  
Greg Goodman, 828-684-9703  
**P400** This hike takes the South Mills River Trail to the Pounding Mill Trail and on to Squirrel Gap Trail. We'll continue on to Pea Gap and then return on the South Mills River Trail. Moderate. **Meeting place: Boyleston Baptist Church on Route 280.** Map: Nat'l. Geographic Pisgah Ranger District

ALL DAY No. W0401-310      **February 18**  
**Jones Gap State Park 9:00 AM**  
Hike 7, Drive 10, Rated B-B  
Jo Anderson, 828-693-7081  
Hike up the Rim of the Gap Trail, with views of the Gap as we ascend. On top, a loop up onto the ridge, and then down the #8 con-

### CMC MEMBER KARPEN HONORED

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.

nector to the river, weather permitting. There is a \$2 fee at the park. Topo: Table Rock.  
**First meeting place: Cracker Barrel parking lot, Exit 22, I-26 at 8:40 AM. Second meeting place: Jones Gap State Park.**

ALL DAY No. W0401-311      **February 25**  
**Panther town Valley #2                      8:30 AM**

Hike 7-8, Drive 52, Rated B-B  
 D. R. Kulp, 828-692-0783  
 A charming, moderate hike through a special area, and to waterfalls rarely seen. Probable beginning at west gate of park, but exact trail route and waterfalls visited dependent upon weather conditions and water level. Limited to 20. Call leader for more information. **Only meeting place: Pisgah Forest Bi-Lo.**

ALL DAY No. W0401-312      **March 3**  
**MST:, US 25 to                                  9:30 AM**

**Parkway Headquarters**  
 Hike 6, Drive 5, 500 ft. ascent, Rated B-C  
 Siro A. Del Favero, 828-277-2546  
 An easy, early spring hike on the Mountains-to-Sea Trail. It begins at the bridge over US 25 on the Blue Ridge Parkway and ends at the Parkway Headquarters. A short car shuttle. **Meeting place: Harris Teeter parking lot on US 25, Hendersonville Rd., north of BRP entrance.**

ALL DAY No. W0401-280      **March 10**  
**Art Loeb Trail/                                      8:45 AM**

**North Slope Loop**  
 Hike 8, Drive 34, Rated B-B  
 Fred Chaffee, 828-692-8937  
**P400** After an absence of four years, we'll again do an old favorite, a moderate trek from the Davidson River swinging bridge up the Art Loeb Trail to Joel Branch forest road and over the Shut-In Ridge to Neil Gap, then down the connector to the North Slope loop trail back to the campground. **First meeting place: Ingle's Mkt., Rt. 25 North, Hendersonville. Second meeting place: Ranger Station, Rt. 276, at 9:30 AM.** Map: Nat'l. Geographic Pisgah Ranger District

ALL DAY No. W0401-254      **March 17**  
**Green Knob via Snooks Nose                  8:30 AM**

Hike 11, Drive 65, 3400 ft. ascent  
 Rated A-AA+  
 Joanne Tulip, 828-299-3495  
 tulipinn@aol.com  
 This is a strenuous trip from Curtis Creek that climbs up and over the Blue Ridge Parkway to the Green Knob fire tower. Great views along the way, as well as at the lunch stop on the summit of Green Knob. Topo: Old Fort. **Meeting Place: McDonald's, Exit 64, Hwy. 40, Black Mountain.**



ALL DAY No. W0401-313      **March 17**  
**ALTERNATE HIKE**

**Hot Springs Area Ramble                      9:00 AM**  
 Hike 6, Drive 70, Rated B-B  
 Tom Sanders, 828-252-6327  
 mel&tgs@main.nc.us  
 A mixture of Appalachian Trail, Pump Gap Loop, and woods roads. A relaxed stroll through the woods with good views. **Meeting place: Westgate.**

ALL DAY No. W0401-249      **March 24**  
**Big Creek    9:00 AM**

Hike 10, Drive 65, Rated A-B  
 Joe Cirvello, 828-627-1797 joec@brinet.com  
**900M** The Big Creek Trail is described as "one of the most beautiful and interesting walks in the GSMNP." The water rushing around the many huge boulders strewn all

## PANTHER TOWN DEDICATED TO HONOR CLARKES

In a ceremony on Sept 26, in the Panther town 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.

along Big Creek make it beautiful in any season, and the early spring flowers should make it spectacular. We will pass the Rock House, Midnight Hole and Mouse Creek Falls, crossing a couple of bridges enroute to Walnut Bottoms. Topo: Waterville. **Meeting place: The Pilot Truck Stop at Exit 24 off I-40.**

ALL DAY No. W0401-314      **March 31**  
**MST:, Double Top Overlook                  8:00 AM**  
**To Balsam Gap (US 74)**

Hike 10, Drive 60, Rated A-C  
 Jack Fitzgerald, 828-685-2897  
 suejackfitz@bellsouth.net  
 We will hike on a section of the Mountains to Sea Trail, which has been newly renovated by the CMC Asheville Maintenance Crew. The hike is downhill all the way. Car shuttle. **Meeting place: Westgate.**

ALL DAY No. W0401-315      **April 7**  
**Black Mountain Bushwhack                  8:30 AM**

Hike 8, Drive 1, Rated B-A  
 Larry Ballard, 828-891-4318  
 Eileen McGill, 828-891-4409  
 dolphins@ioa.com  
**P400** Starting on Yellow Gap Trail, we hike up FS 5051, then bushwhack up Black Mountain, on to Rich Gap, down to FS 5055, and back to Yellow Gap Road. Topo: Dunsmore Mountain; also Nat'l. Geographic Pisgah Ranger District map. **Meeting Place: North Mills River picnic area.**

## 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 UNLESS OTHERWISE NOTED.**

ALL DAY NO. A0304-282      **Jan. 4**  
**(strenuous) Black Mtn. -**

**Buckhorn Gap Loop                                  8:00 AM**  
 Hike 11-12, Drive 70, 1800 ft. ascent,  
 Rated A-A

Carroll Koepplinger 828-667-0723  
 carrollkoepp@cs.com  
**P400** This hike will first take the Black Mtn. trail past Black Mtn. and Clawhammer Mtn. to Buckhorn Gap, then follow FS 5058 and the Buckhorn Gap Trail down past Twin Falls to FS 477. Short car shuttle. **Second meeting place at parking lot next to Pisgah Forest Maintenance yard at 8:40 AM.** Topos: Pisgah Forest, Shining Rock; also Nat'l. Geographic Pisgah Ranger District map

ALL DAY NO. A0304-283      **Jan. 4**  
**(moderate) Montreat Ramble #2 9:00 AM**

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. A0401-326 **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  
mel&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. A0401-305 **Jan. 18**  
**Dupont Forest Lake Imaging P.L. #1 8:00 AM\***  
Hike 10, Drive 70, 1000 ft. ascent, Rated A-B  
Rusty Breeding 692-0359 bree@planetusa.net

**\*Meeting places: Self-organize carpools at Westgate at 8:00 AM. Meet leader at Bi-Lo parking lot in Pisgah Forest 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. **Additional meeting place: Dupont State Forest Lake Imaging parking lot on Dupont. Rd. at 8:45 AM.** Topo: Standingstone Mtn.

SATURDAY NO. A0401-327 **Jan. 24**  
**Ridgecrest Ramble 9:00 AM**  
Hike 6-7, Drive 5, 1400 ft. ascent, Rated B-B  
Joanne Tulip 828-299-3495  
tulipinn@aol.com

Note later start time. A good winter hike, following the Rattlesnake, Rhododendron and Adventure 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. A0401-328 **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.

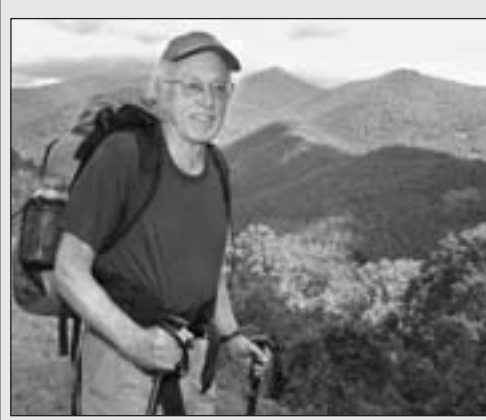


photo: John Fletcher

## SANDERS DESIGNS NEW HIKING LOOP

Tom Sanders looks out over the Blue Ridge Parkway near his home in Asheville. Sanders, 71, just completed a 470-mile, month-long trek on a new "trail" known as the Western North Carolina Loop, linking all 40 of the region's peaks over 6,000 feet in elevation. The full report can be found on the club website dated 10/08/03.

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. A0401-329 **Feb. 1**  
**Blackrock Mtn. via Fisher Creek Trail (strenuous) 8:00 AM**  
Hike 7.4 or 10.8, Drive 96, 2900 ft. ascent, Rated B-AA or A-AA  
Dave Wetmore 828-884-7296  
dwetmore@citcom.net

**SB6K?** This new hike for CMC starts at the end of Fisher Creek Rd. east of Sylva 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 go on to Yellowface (3.4 additional miles on ridgeline) and make this a SB6K hike. If there is lots of 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 23/74 near Waynesville at 8:30 am.** Topo: Sylva North

ALL DAY NO. A0401-330 **Feb. 1**  
**Raven Cliff Falls (moderate) 8:30 AM**  
Hike 8, Drive 95, 1450 ft. ascent, Rated B-B  
Barbara Passmore 828-230-2670  
bpss@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 Matthew Creek Gorge. **Second meeting place: Bi-Lo in Pisgah Forest at 9:00 AM.** Topo: Table Rock

ALL DAY NO. A0401-136 **Feb. 8**  
**Winter Star via Colbert Ridge Trail and Deep Gap 8:00 AM**  
Hike 9, Drive 90, 3400 ft. ascent, Rated A-AA+

Paul Benson 828-251-1909  
pdbenson@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 Roans and Grandfather Mtn. **Second meeting place: Burnsville Ingles at 8:30 AM, only if leader is phoned before-hand.** Topos: Celo, Mt. Mitchell; also Pisgah Nat'l. Forest South Toe River Trail Map

ALL DAY NO. A0401-331 **Feb. 15**  
**Cantrell Lodge site via Sharpy 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 Sharpy 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. A0401-106 **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  
jpawcio@tycovalves.com

**P400** Note later starting time. This hike

will be done in the reverse direction from past years. This moderate jaunt in the North Mills River area is a loop hike that starts at the Trace Ridge trailhead and climbs via Bad Fork trail to our lunch spot atop 4064 ft. Ferrin Knob, the former site of a fire tower. We will return via the Spencer Branch trail past the Hendersonville Reservoir. **Second meeting place: Trace Ridge Trailhead at 9:00 AM.** Topo: Dunsmore Mtn.; also Natl. Geographic Pisgah Ranger District map.

**SATURDAY NO. A0401-286 Feb. 28 Sycamore Cove 9:30 AM**  
Hike 7, Drive 0, 1000 ft. ascent, Rated B-B  
Kathie Giddings 828-696-9808  
kmgiddings@juno.com

**P400** Note later start time and different meeting place. A nice easy/moderate winter loop hike in Pisgah Nat'l. Forest for those hiking the P400. The hike is in a pleasant wooded area with several easy stream crossings. **Only meeting place: Davidson River Campground parking lot.** Topo: Pisgah

Forest; also Nat'l. Geographic Pisgah Ranger District map.

**ALL DAY NO. A0401-176 Feb. 29 Asbury Trail 8:00 AM**  
Hike 8, Drive 90, 2000 ft. ascent, Rated B-A  
Don Walton 828-298-5084  
walt7258@bellsouth.net

**900M** This interesting hike in the eastern-most area of the Smokies is a 19th century path across the mountains. We'll hike the portion between Mt. Sterling Gap and Cove Creek Gap, dipping down into lower Cataloochee Valley to cross the bridge over Cataloochee Creek and passing the end of the other road-to-nowhere. Probable key-swap hike due to the long shuttle between the trailheads. **Second meeting place: Pilot Truck Stop at exit 24 off I 40 at 8:30 AM.** Topo: Cove Creek Gap

**ALL DAY NO. A0401-332 Mar. 7 Foothills Trail: Upper and Lower Whitewater Falls (strenuous) 8:00 AM**

## 6000 Footers!

If you have completed the 6000 footers, please check the completers list on the Club web site (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.

Hike 11.6, Drive 115, 1600 ft. ascent, Rated A-A

Bruce Bente 828-692-0116  
bbente@cytechusa.com

Come to hike in the warm weather at the lower elevations! We'll hike part of the Foothills Trail in NC and SC, featuring two of the region's most stunning waterfalls. We will begin at the Upper Whitewater Falls parking lot, and hike to the footbridge over the Thompson River. We'll partially retrace our steps, then take the side trail to Lower Whitewater Falls, and finish at the Duke Power Co. Bad Creek parking lot. **Second meeting place: Bi-Lo in Pisgah Forest at 8:30 AM.** Topos: Reid, Cashiers; also Foothills Trail map

**ALL DAY NO. A0401-104 Mar. 7 Wolfe Ford & High Falls 8:00 AM (moderate)**

Hike 10, Drive 80, 500 ft. ascent, Rated A-C  
Les Love 828-658-1489 lesrlove@aol.com  
**P400** From the gauging station on the South Mills River, we'll hike this mostly level trail to High Falls, then cross the footbridge at Wolfe Ford. We'll take the Rigby Cutoff (named for CMC hiker Ed Rigby) near Squirrel Gap to return to the trailhead. Topo: Pisgah Forest; also Nat'l. Geographic Pisgah Ranger District map

**ALL DAY NO. A0401-333 Mar. 14 Bearwallow Mtn. 8:30 AM**

Hike 8, Drive 30, 1000 ft. ascent, Rated B-B  
Lewis and Jane Blodgett 828-274-7863

Note later start time. This hike is an old CMC favorite. From Hickory Nut Gap on US 74A, we will hike over Ferguson Peak, then through undulating, open meadows

## 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 outer clothing. Don't forget your mittens and hat! Over half your body heat escapes through your head. If your feet get cold, put on a hat! Carry extra socks, especially if crossing streams. If you don't need them on your feet they'll be welcome as extra mittens some cold, damp day. Bring outdoorwear 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.

## 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 Love, 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. A0401-334 **Mar. 21**  
**Bull Creek Ramble** **9:00 AM**  
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 trailhead 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. A0401-335 **Mar. 27**  
**Green Ridge/AT/Fork Ridge Loop** **8:00 AM**  
Hike 10.5, Drive 90, 2000 ft. ascent,  
Rated A-AA  
Jorge Munoz 828-658-0606  
jmunoz@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. After lunch at Jerry Cabin Shelter, we'll descend via the Fork Ridge Trail. Topos: Greystone, Flag Pond

ALL DAY NO. A0401-336 **Mar. 28**  
**Mt. Cammerer from Big Creek** **8:00 AM**  
Hike 11.8, Drive 110, 3300 ft. ascent,  
Rated A-AA+  
Joe 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 I40 at 8:30 AM.** Topos: Waterville and Hartford; also Natl. Geographic Map of Great Smoky Mountains Natl. Park

ALL DAY NO. A0401-337 **Apr. 4**  
**Shining Rock from Black Balsam (strenuous #1)** **8:30 AM**  
Hike 11, Drive 65, 1500 ft. ascent, Rated A-A  
Lenny Bernstein 828-236-0192

lsberns@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 Art Loeb Trail from FS 816 to Shining Rock (6040'), climbing Black Balsam (6214'), Tennent Mtn. (6040') and Grassy 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 Investor 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 AM.** Topos: Shining Rock, Sam Knob; also Natl. Geographic map of Pisgah Ranger District

ALL DAY NO. A0401-151 **Apr. 4**  
**Shining Rock loop via Chestnut Ridge and Shining Creek** **8:45 AM**  
**(strenuous #2)**  
Hike 8.5, Drive 60, 2600 ft. ascent,  
Rated B-AA  
Carroll Koeplinger 828-667-0723  
carrollkoepp@cs.com  
**SB6K, P400** Note change to DST and later start time. We'll 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 Natl. 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. HO401-168 **Jan. 4**  
**Pink Beds Loop** **1:00 PM**  
Hike 5, Drive 80, Rated C-C  
Elisabeth Feil 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. An easy popular hike with negligible elevation changes. **Second meeting place: Pink Beds parking area at 2:00 PM.**

## FONTANA A GREAT SUCCESS



Photo: G. McNabb

Bruce Bente is pictured here with those on his hike who reached the summit of Shuckstack Mountain on the AT north of Fontana Dam. Bruce, ably assisted by Dave Wetmore, was highly praised by members for the way in which he organized the Fontana Hiking Weekend.

HALF-DAY NO. H0401-316      **Jan. 11**  
**Carl Sandburg**      **1:30 PM**  
Hike 4 Drive 50, Rated C-C  
Laura Stallard, 828-697-1579  
Our route at this historic site will traverse the same trails that poet/author Carl Sandburg enjoyed. We will leisurely hike to the overlook on Big Glassy Mountain. **NOTE: ONLY MEETING PLACE is Carl Sandburg Parking Area, Flat Rock**

HALF-DAY NO. H0401-317      **Jan. 18**  
**Shut-In (MTS) and Owl Ridge Trails**      **1:00 PM**  
Hike 4.5, Drive 0, 850 ft. ascent, Rated C-C  
Siro A. Del Favero, 828-277-2546  
**P400** Note early start time. Begin the New Year with a warm-up hike to begin at the French Broad Overlook. We will hike up Glenn Bald (2703 ft.) on the Shut-In Trail and return on the Owl Ridge Trail. **NOTE: ONLY MEETING PLACE is French Broad Overlook, Blue Ridge Parkway MP 394.**

HALF-DAY NO. H0401-043      **Jan. 25**  
**Frying Pan Tower or leader's choice**      **1:30 PM**  
Hike 5-6, Drive 40, Rated B-B  
Boyd Brasington, 828-254-8675, boydb@buncombe.main.nc.us  
We will walk to the tower from Pisgah Inn or, if the Parkway is closed, another hike will be chosen. **NOTE: ONLY MEETING PLACE is Ingles across from Biltmore Square Mall on NC 191 (take I-26, exit 2).**

HALF-DAY NO. H0401-318      **Feb. 1**  
**East Fork, Pigeon River**      **12:30 PM**

Hike 5-6, Drive 90, Rated C-C  
Richard and Anita Walkey, 681-2967, Walkey@juno.com  
Note early start time. An in-and-out walk along one of Western NC's most beautiful rushing streams, perhaps ringed with ice and snow. We'll see how far we get within the time limits, but, hopefully, to a large rock in the middle of the river. **Second meeting place: Big East Fork parking area on US 276, north of the Blue Ridge Parkway at 1:30 PM.**

HALF-DAY NO. H0401-035      **Feb. 8**  
**Looking Glass Rock**      **12:30 PM**  
Hike 6.2, Drive 70, 1700 ft. ascent, Rated C-B  
Elisabeth Feil, 828-684-8719  
Note early start time. A moderately difficult, well-graded trail leads to the top of this interesting mountain. There are excellent view points along the way. **Second meeting place: Pisgah Ranger Station new parking lot at 1:15 PM.**

HALF-DAY NO. H0401-319      **Feb. 15**  
**Holmes Educational Forest**      **1:30 PM**  
Hike 6, Drive 20, 500 ft. ascent, Rated B-C  
Doris Thibodeau, 828-274-9637, dorthis@aol.com  
A good winter hike with "talking trees" and a Forest Demonstration Trail explaining good forestry practices. **NOTE: ONLY MEETING PLACE is Bi-Lo at U.S. 64 and U.S. 276, Pisgah Forest.**

HALF-DAY NO. H0401-320      **Feb. 22**  
**Swannanoa River Ramble**      **noon**  
Hike 5.5, Drive 20, Rated C-C  
Diane Hankins, 828-298-2870 (before 9 PM)  
Note early start time. Leisurely paced hike at Warren Wilson College includes the River Trail and Dam Pasture Trail through the woods to an old dam site. Suitable for anyone over 10 years of age (those under 18 MUST be accompanied by an adult). **NOTE: ONLY MEETING PLACE is Oteen Ingles (near the VA hospital on Tunnel Road) parking lot at the post office flag pole.**

HALF-DAY NO. H0401-256      **Feb. 29**  
**Moore Cove Figure Eight**      **2:00 PM**  
Hike 6, Drive 7, Rated B-B  
Bruce Bente, 828-692-0116, bbente@cytechusa.com  
**P400** Note later start time. This hike is a re-scheduling of the rained-out hike last July. It is a nice double loop trail following two old USFS paths that are not on the map. There are a couple of short steep sections and two minor creek crossings. There is a good view of Looking Glass Rock and other sights visible only in the winter. **NOTE: ONLY MEETING PLACE is Pisgah Ranger Station new parking lot.**

HALF-DAY NO. H0401-321      **Mar. 7**  
**Turkey Pen Ramble**      **1:00 PM**  
Hike 6, Drive 70, Rated B-B  
Neal Andreea, 828-698-2546, NAndreea@gowebway.com  
**P400** Stretch your legs on a loop including parts of the South Mills River, Pounding Mill, Mullinax, Squirrel Gap, and Bradley Creek trails. **NOTE: ONLY MEETING PLACE is Turkey Pen trailhead on Turkey Pen Road just past Boylston Baptist Church on NC 280.**

HALF-DAY NO. H0401-322      **Mar. 14**  
**UNC-A Loop;**  
**Richmond Hill Park**      **1:30 PM**  
Hike 4, Drive 10, Rated C-C  
Paula Robbins, 828-281-325, pularww@bellsouth.net  
Here's a chance to learn two short hikes in Asheville to take when you don't have time to drive out of town but need a workout. The loop around the University has a lot of ups and downs, and we may see the early bloodroot along the trails at Asheville's newest park.

HALF-DAY NO. H0401-323      **Mar. 21**  
**Bent Creek Loop #3**      **1:00 PM**  
Hike 6, Drive 20, 1250 ft. ascent, Rated B-B  
Ruth Hartzler, 828-251-0886, ruthmtn@aol.com  
**P400** 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.

HALF-DAY NO. H0401-324      **Mar. 28**  
**Bent Creek Loop #4**      **1:00 PM**  
Eugene Jaroslaw, 828-255-9925  
Hike 5, Drive 6, Rated C-C  
**P400** Note early start time. A pleasant loop hike starting off the Bent Creek Gap Road, using parts of the Explorer Loop and the Chestnut Cove, MTS, and Sleepy Gap Trails. **NOTE: ONLY MEETING PLACE is Ingles across from the Biltmore Square Mall on NC 191 (Take I-26, Exit 2).**

HALF-DAY NO. H0401-325      **Apr. 4**  
**Tanyard Gap to Rich Mountain**      **1:30 PM**  
Hike 5, Drive 72, Rated C-B  
Jorge Munoz, 658-0606, jmunoz@buncombe.main.nc.us  
After a good and easy climb on the Appalachian Trail, we will be rewarded with an outstanding view of the Hot Springs area from the fire tower. Side benefits: spring flow-ers showing off all over, besides good company.

**JUNE 18 TO 20, 2004:  
FIREFLY CAMPING  
WEEKEND IN THE  
SMOKIES**

**SAVE THE DATE!** Tent camping in the Elkmont section of the Smokies. Bring your own camping equipment. There will be several levels of hikes. The main attraction will be to see the synchronous fireflies, a phenomenon which occurs no place else in the world but Malaysia. As part of their mating ritual, fireflies flash on and off. The other attraction will be a tour of the Elkmont houses with a great amateur historian. Limited number of campsites. The cost per person will be \$20 which includes two days of camping at Elkmont and a stipend for the historian. For all details, see the e-newsletter or call Danny Bernstein, 828-236-0192 or danny@hikertohiker.org

## 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.

## Carolina Mountain Club

P.O. Box 68  
Asheville, NC 28802

Return Requested

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 NY 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.

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

### 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 80255. 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.

**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 Koepplinger-667-0723 TREASURER  
COUNCIL MEMBERS: Les Love-658-1489, Linda Blue-645-4488,  
Piet Bodenhorst-298-8371, Bruce Bente-692-0116, Bill Ross-271-7992,  
Stuart Tauber-254-0824.

Morgan Sommerville-254-3708 ATC FIELD REP

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 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 INFORMATION

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