

**Multi-Club Meet at Sherando  
Lake Recreation Area**

Hosted by the Natural Bridge Appalachian Trail Club (NBATAC) the September Multi-Club Conference for the ATC Southern Region will be held at Sherando Lake, VA -USFS Recreation Area over the Labor Day weekend, September 2-5, 2005. Sherando is located on the west side of the Blue Ridge and has easy access from Interstate 81 near Staunton, Virginia, and the Blue Ridge Parkway.

For those serious hikers, there are many hikes planned for Saturday and Sunday both on the AT and side trail areas. They will range from all day hikes to 7 day easy hikes with NBATC members as guides. There are many easy scenic hike areas on the Blue Ridge Parkway (Humpback Rocks, etc.) that are available for small children.

The host club says it intends to make it an enjoyable weekend for everyone. Dinners, entertainment hikes and tours are planned for participants on Saturday & Sunday. Detailed sign-up information will be provided to each Club by early June and anyone needing general information before then can contact the NBATC at our website [www.nbatc.org](http://www.nbatc.org) or e-mail [happifeet@msn.com](mailto:happifeet@msn.com).

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

Return Service Requested

**NEXT CMC COUNCIL MEETING**

**When:** July 12, 2005

**Where:** Earth Fare Meeting Room, Westgate Shopping Center

**Time:** 6:00 PM

**Meal:** Earth Fare has tasty cafeteria-type food service available adjacent to the meeting room, but please let Gerry McNabb know if you plan to attend so that we can set a chair for you. Call him at 828-274-0057. All CMC members are welcome to attend.

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

many trail maintenance efforts. Contact a Club officer for details

**MOUNTAINEERING INFORMATION**

Consult the trip leader for additional information regarding a particular 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 schedule, 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 5 cents per mile towards the driver's operating expenses.

**CLOTHING & EQUIPMENT, ETC.**

Footwear comes first. Never start a mountain 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, cellphone 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 complete 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 Club hikes are expected to join the Carolina Mountain Club. All members are encouraged to participate in one of the Club's



THIRD QUARTER 2005  
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)

**FONTANA SUCCESS  
OF 2003 PROMPTS  
REPEAT**

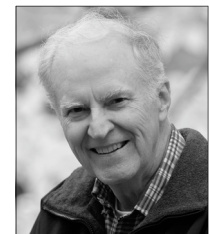
Two years ago, 50 CMCers' spent a relaxing September weekend at Fontana Village, NC, hiking nearby trails in the Smokies and enjoying a boat trip and tour of an abandoned town and the old Eagle Creek copper mine. We plan to schedule a similar trip this year. So set aside the weekend of Sept. 30 – Oct. 2 to join us. Additional information will be posted in the future in the eNewsletter as plans develop. Please contact Bruce Bente at [bbente@cytechusa.com](mailto:bbente@cytechusa.com) or 828-692-0116 for any questions or suggestions that you have about this trip.



**SAVE THE DATE!!!**

This Year's Annual Dinner and Meeting will be at 6:00 p.m. on Friday, November 11 at The Chariot in Hendersonville. Full details in the next issue of *Let's Go*.

**THE PRESIDENT'S CORNER**



You will notice this issue of the *Let's Go* is now eight pages instead of six. This is a test in response to a probable recommendation of the Communications Task Force. Early

implementation of this change will give us all a chance to see how it works. With the advent of the internet as a communications tool, and the development of our web page, the club finds itself in strange new territory when it comes to relating our news to members. Some say we could save lots of money by eliminating *Let's Go*, but the Council has vetoed that... and properly so. All members, regardless of their internet connectedness, should have access to the news of the club. Printed newsletters and hike schedules still have their place in a world where not everyone is connected to the Net. We estimate that more than 50 or 60% of the club has an internet connection. Clearly it is becoming an increasingly significant part of the fabric of our lives. Who can say what the future will hold down the line? For now, it looks like club communications will continue in its dual mode.

**CMC WANTS YOU!!**

**CALL FOR 2005 CMC NOMINATING COMMITTEE  
CANDIDATES AND 2006 CMC COUNCIL NOMINATIONS**

This is your opportunity to get involved in your club's leadership. Applications are now being accepted for the 2005 Nominating Committee, and for officer and council positions for the 2006 CMC Council. Serving on the Nominating Committee is one of the most important responsibilities within the club. You participate in a process that determines the next generation of leaders of your association. Serving as a member of the council is a commitment that yields countless rewards. If you consider yourself a strategic thinker with the executive ability to get things done, then CMC wants you! I strongly encourage you take this opportunity to

become either a member of the Nominating Committee or, serve on the Council as a councilor or as an officer of the club. Don't forget CMC WANTS YOU to get involved, and become a part of your club's leadership. Applications are due to [cmcinfo@carolinamtclub.org](mailto:cmcinfo@carolinamtclub.org) by June 30, 2005. Call Don Walton, 654-9904 to let him know of your interest in being on the Nominating Committee or the Council. For more information regarding CMC's organization please refer to the Club Bylaws on the CMC web site, or contact Don Walton, [donwalton@bellsouth.net](mailto:donwalton@bellsouth.net). Don't be shy, get involved. Thank you.  
-- Don Walton, Immediate Past President

**CAROLINA MOUNTAIN CLUB OFFICERS**

Gerry McNabb-274-0057 President  
Lenny Bernstein-236-0192 Vice President  
Dave Wetmore-884-7296 Secretary  
Carroll Koeplinger-667-0723 Treasurer  
Don Walton-654-9904 Immediate Past President  
Council Members: Les Love-658-1489, Misha Lazer-259-9729,  
Ruth Hartzler-251-0886, Piet Bodenhorst-298-8371,  
Bruce Bente-692-0116, Stuart Tauber-254-0824.

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 this issue: Gerry McNabb-274-0057

Editor next issue: Ginger Graziano-236-2075 [gingergraz@charter.net](mailto:gingergraz@charter.net)

Deadline next issue: Aug. 15, 2005



## MAP READING COURSE REVIEW

Do you know where you are on the trail? Do you know where you have been and most importantly, do you know where you are going? On the map reading course led by Dave Wetmore and Tom Bindrim, these were not just philosophical questions but practical ones. Eight students (all hike leaders) met to learn how to answer these questions. Becky Johnson from the Smoky Mountain News also attended. Armed with compasses and a Forest Service edition of the Dunsmore Mtn. topo map, the group met at Earthfare for a classroom lecture. It examined contour lines, ridgelines, grades, creeks, gaps and draws as the instructors emphasized the need to stop and think when orienteering.

For the practical side of the course, both groups did the same mini hike. As we walked, Dave kept posing questions and sometimes told us that we had our head in the map too often and we were not looking at our compasses enough. We stopped often and tried to predict what the trail ahead would look like. Would it be steep? Where would the creek cross? When the group got back to the cars, it was decided that the course had been definitely worthwhile. If you didn't get to attend this map reading course, Dave and Tom say they may repeat it later.

– Danny Bernstein

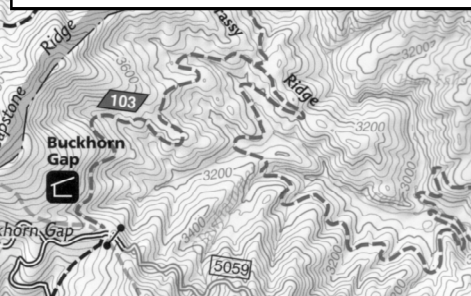
## COUNCIL TO CONSIDER CMC BY-LAWS REVISION

CMC's current bylaws were first approved in 1957. While they have been amended several times since then, our Club has changed dramatically in the last 50 years, and our bylaws no longer reflect the way we operate. Since the beginning of the year, a Committee chaired by Lenny Bernstein has been working on updating our bylaws. The Committee will present a draft set of bylaws to the Council at its July 12 meeting. If the Council approves the draft, it will be presented to the membership for approval at our Annual meeting. If you'd like more information, plan on attending the Council meeting, or contact Lenny at [Lsberns@worldnet.att.net](mailto:Lsberns@worldnet.att.net) or (828) 236-0192.

## CMC HIKE FEATURED IN BACKPACKER MAGAZINE

The Carolina Mountain Club will be part of *Backpacker Magazine's* regional hiking section. Starting with the May issue, Danny Bernstein will provide Backpacker with a local hike or short backpack every two months. This issue, she writes about

the Deep Creek Trail in the Smokies. The short write-up includes directions to the trailhead and map and guide information to the area. The CMC website is highlighted so we should get more web traffic on our site with this large, regional exposure. This is a club effort so if you have a favorite hike you want to publicize, send it to Danny at [danny@hiketohiker.org](mailto:danny@hiketohiker.org) or call (828) 236-0192



## VOLUNTEER OF THE YEAR NOMINATIONS SOUGHT

The CMC is seeking nominations for the club's Distinguished Service Award and Award of Appreciation for 2005. Please send an email or a letter with your nomination and your reasons for your selection to Carroll Keoplinger, [carrollkeopp@bell-south.net](mailto:carrollkeopp@bell-south.net) or to his home: 3306 Idle Hour Drive, Asheville, NC 28806.

American Hiking Society (AHS) seeks nominations for this year's Volunteer of the Year awards. AHS will be awarding nine regional awards and one of these nine regional winners will be chosen "National Volunteer of the Year." The work for which s/he is being nominated must benefit hikers and/or the hiking experience. For more details or to nominate your volunteer go to [www.americanhiking.org/events/ntd/awards.html](http://www.americanhiking.org/events/ntd/awards.html). If you have questions please contact Shirley Hearn at 1-800-972-8608, ext. 206 or by [Shearn@AmericanHiking.org](mailto:Shearn@AmericanHiking.org).

Don't let good deeds go unnoticed, nominate someone for these three positions today!

## MIKE ELLIS TO TAKE OVER AS WEBMASTER

Mike Ellis, a relatively new member and native of North Carolina who returned here October last year, has volunteered to become the club's Webmaster following the resignation of Don Walton from this post.

Mike is a software developer, consultant, and entrepreneur. He was co-founder of IBEX Process Technology, a venture-funded startup in Lowell, MA that employed neural network technology to semiconductor process control. He is currently interested in developing low-cost software tools for collaboration and group decision making and negotiation.

He says that if the Council approves, he has several goals that he will be working on as he assumes responsibility for our site:

- 1 Build on the excellent foundation that's already in place.
- 2 Make it easy for CMC members collaborate and contribute to the site.
- 3 Update the layout and organization of the site.
- 4 Improve site's appeal to potential members.
- 5 Add capability for online member surveys.



## THE CMC SMOKIES CAMPING TRIP WAS A SUCCESS



A diverse group gathered in Townsend, TN to hike, talk, sing, eat and drink. The weather was great - blue skies and shorts and t-shirt temperatures. The campgrounds gave us our own tenting area and the flowers were at their peak: irises, several types of trilliums, stonecrop, pink lady slippers, and more.

The hiking was concentrated on the far western end of the Smokies at the Abrams Creek and Gold Mine entrances, areas not normally hiked by the club.

Saturday, Bruce Bente led the moderate hike to Abrams Falls from Abrams Creek. Linda Beja and Don Gardner led the strenuous hike as a keyswap, one group from Ace Gap and the other from Gold Mine.

Sunday, Linda led the strenuous hike through various trails in the Abrams Creek area. After about eight miles, there was a challenging water crossing. We all managed to cross without falling in. Bruce and his group went to Cades Cove to do the Rich Mountain Loop.

Information was distributed about the traffic issues in Cades Cove which affect us all as hikers. The National Park Service is proposing several alternatives to handle the bumper to bumper traffic in the Cove and is soliciting input from the interested public.

See <http://www.cadescopeplanning.com/> and click on the newsletter for the summary of the alternatives.

– Danny Bernstein

## Don Walton Elected Chairman of AT's Deep South Regional Partnership Committee (RPC)

Don Walton is the CMC representative to the Appalachian Trail Conference Deep South RPC. At their last meeting, Don was elected Chairman of the organization, and as a result has begun easing himself out of some of the many jobs he has done for CMC over the past few years in order to devote more time to his new duties there. Some of the jobs still without replacements are MST Coordinator, E-Newsletter Editor, Hike Database editor, Trail Condition Report Editor, and Trail work Supervisor for MST Roy Taylor Forest area near Rt. 215. Anyone interested in taking on one of these, contact the president or anyone on the Council. *Let's Go* salutes Don in his new position.

## CMC MAKES HISTORY WITH EXTENSION OF MST

The Carolina Mountain Club, in recognition of Trail Day, on March 19, 2005, undertook to extend the MST another 1000 ft towards the Smokies. With the Saturday Work Crew led by Les Love as a nucleus and the enthusiastic participation of The Hayward Hikers, Hendersonville Friday Crew, Waynesville MST Sect. Maintainers and the Asheville Crews, an invasion of 43 eager workers attacked the slopes of the Parkway by the Cascade Overlook. After six hours of hardy work and great fellowship, a new piece of the MST was put into the History Books.

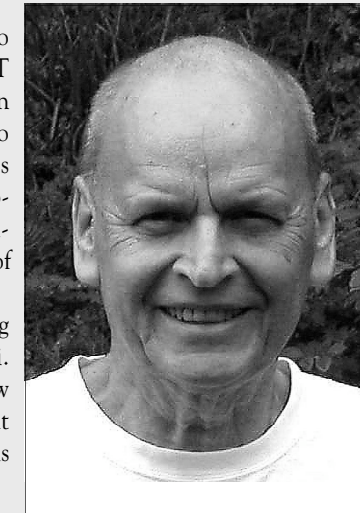
Great job !!!! Many thanks to all who participated !!!!

– Piet Bodenhorst

## BARTH BROOKER APPOINTED MST SECTION LEADER

Barth Brooker, 828-299-0298, has volunteered to accept the position of Section Leader of the MST from the Folk Art Center to the Black Mountain Campground. He succeeds George Munoz who resigned the position recently. The job involves supervising some 10-12 sections maintainers in keeping this section of the MST in good hiking condition. It is one of the most beautiful sections of the MST.

Barth retired to Asheville over a year from a long career with IBM that included living in Hawaii. Barth has been working with the CMC Monday crew for about a year and has recently been leading that crew. Let's welcome Barth and support him in his new responsibilities.



described in hike listings.

HALF-DAY NO. H0503-064 July 10  
Pump Gap Loop 1:30 PM

Hike 5.5, Drive 80, Rated B-B  
Jorge Munoz, 828-658-0606,  
jmunoz@buncombe.main.nc.us  
This moderate loop hike starts at the Silvermine Trail Head. After a good climb to the ridge, we will visit an old cemetery, cross the AT and return on the Pump Gap Trail. Hopefully, rhododendron should still be in bloom.

HALF DAY No. H0503-463 July 17  
Big Ridge Overlook to  
Elk Pasture Gap 1:30 PM

Hike 4.4, Drive 25, total ascent of 600 ft.,  
Rated C-C  
Ken and Carol Deal, 828-281-4530,  
KMCDeal@aol.com  
**P400** We will do a moderate hike from the Big Ridge Overlook to Elk Pasture Gap and return on the Mountains-to-Sea Trail. If we're lucky we will see lots of Turk's Cap Lilies in bloom at that time near the Mills River Valley Overlook.

HALF-DAY NO. H0503-349 July 24  
Buck Spring Trail 1:30 PM

Hike 6.2, Drive 50, Rated B-C  
Diane Hankins, 828-298-2870 (before 9 PM)  
**P400** This moderate downhill hike starts behind the Pisgah Inn and ends at US 276. short car shuttle. We'll take time to identify the flowers we see.

HALF DAY NO. H0503-464 July 31  
Balsam Gap to  
Greybeard Overlook 1:30 PM\*

Hike 3.6, Drive 44, total ascent 600 ft.,  
Rated C-C  
Pat Elias, 828-687-1651,  
patelias@bellsouth.net  
A pleasant walk through the woods, stopping for a snack at an open area with great views. Short car shuttle. **\*Only meeting place: Back parking lot at Folk Art Center on BRP.**

HALF-DAY NO. H0503-054 Aug. 7  
John Rock via the  
Old Horse Cove Trail 1:30 PM

Hike 4, Drive 40, Rated C-B, Elevation gain,  
1300 ft.  
Laura Stallard, 828-697-1579  
**P400** This moderate in-and-out hike begins at the Fish Hatchery at the opposite end of the parking lot from the Wildlife Visitor Center onto the Horse Cove side of Cat Gap Trail (orange blaze). The John Rock Trail starts at a right hand junction off Cat Gap Trail. **Second meeting place: Fish Hatchery at 2:00 PM.**

HALF DAY NO. H0503-112 Aug. 14  
Black Balsam Knob,  
Tennent Mtn. via Art Loeb,  
Shining Ledge Trails 1:00 PM\*

Hike 5, Drive 70, Rated B-B  
Paula Robbins, 828-281-3253,  
paularww@bellsouth.net  
**P400** **\*Note early start time.** This moderate loop hike begins at Forest Service Road 816 off the Blue Ridge Parkway. Second meeting place, Pisgah Inn parking lot near Convenience Store.

HALF DAY NO. H0503-403 Aug. 21  
Dupont Forest:  
Fawn Lake P.L. #5 12:30 PM\*

Becky Elston, 828-749-1886,  
belston@cytechusa.com  
Hike 6, Drive 90, Rated B-C  
**\*Note early start time.** A moderate loop hike covering portions of six different trails and featuring Reasonover Creek. There is one "boots-off" creek crossing--bring suitable footwear and a towel. **\*Meet at Westgate at 12:30 PM to form carpools, and meet leader at side parking lot of Pisgah Forest Bi-Lo at 1:00 PM.**

HALF-DAY NO. H0503-465 Aug. 28  
Sam Knob Loop 1:30 PM

Bruce Bente, 828-692-0116,  
bbente@cytechusa.com  
Hike 5-6, Drive 70, Rated C-C  
**SB6K, P400** This will be a loop hike from the Black Balsam parking lot. The route will include Sam Knob (6040') and hiking in beautiful high-altitude open meadows. Possible blueberry sightings.

HALF-DAY NO. H0503-294 Sept. 4  
Picklesimer Fields 1:30 PM

Hike 5, drive 40, Rated C-C  
Tom Sanders, 828-252-6327,  
tomary@charter.net  
**P400** This moderate in-and-out hike on the Butter Gap Trail starts at the Fish Hatchery. **Second meeting place: Fish Hatchery at 2:00 PM.**

HALF DAY No. H0503-466 Sept. 11  
Buck Spring Lodge Site 1:30 PM

Hike 4.4, drive 30, Rated C-C  
Don Walton, 828-654-9904, 828-713-9375  
walt7258@bellsouth.net  
We will visit the Buck Spring Lodge site to look at the site cleared by CMC last fall, including a two-mile hike to the source of water for the lodge. We will look at the spring house and the hydraulic ram water system, including the remains of the dam to provide the thrust for the ram.

HALF DAY NO. H0503-064 Sept. 18  
Fletcher Creek via

Spencer Branch Trail 1:00 PM\*

Hike 6, Drive 6, Rated B-C  
Greg Goodman, 828-684-9703  
**P400** **Note early start time.** 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. **\*Meeting places: Meet at Westgate at 1:00 PM to form carpools, and meet leader at pull-out just before North Mills River Recreation Area at 1:30 PM.**

HALF DAY NO. H0503-035 Sept. 25  
Looking Glass Rock 1:00 PM

Hike 6.2, Drive 60, Rated B-B, Elevation gain 1,669  
Jane and Lew Blodgett, 828-274-7863  
**P400** **Note early start time.** A moderately difficult well-graded trail leads to the top of this mountain with beautiful views along the way. In-and-out hike. Second meeting place: Ranger Station on US 276 at 1:30 PM.

HALF DAY NO. H0503-467 Oct. 2  
Dupont Forest:  
Cascade Lake P.L. #1 12:30 PM\*

Hike 5+ miles, Drive 75, Rated C-C  
Rusty Breeding, 828-692-0359,  
bree@planetusa.net  
**Note early start time.** Hike begins at 1:30 PM at the Cascade Lake Road parking lot. One boots-off creek crossing; bring water shoes. Highlights: Bridal Veil Falls from the top and Big Rock overlook. **\*Meet at Westgate at 12:30 PM to form carpools, and meet leader at side parking lot of Pisgah Forest Bi-Lo at 1:00 PM.**

### WELCOME TO OUR NEW MEMBERS

Elizabeth Allen, Art Almeida, Chuck Anderson, Tim and Beth Bates, Roy Bell, Edward Bentson, Bob Boydston, Cam Collins and Jane Bramham, Martin Brumer, Joe Burchfield, Gail Buzby, Don and Sharon Christensen, Keila and Rick Cochran, Matt and Pam Collis, Michael Cornn, Robin Courtvriend, Grace Curry, Beth Yeager Eckstein, Christine Grant and Michael Ellis, Stuart English, Judy Fisher, Laura Frisbie and Jim Gordon, Karen Green, Norma Grivich, Ed and Linda Hauschild, Warren Hilger, Alistair Hoehne, David Ireland, Joseph Isola, Ivan Ivanov, John Webb and Lori Kincaid, Courtney Mauzy, Peggy Moore, Mark Monnin, Nan Needs, Mike Piercy, Lisa Poole, Barbara Pope, Ned Sanders, Heidi Saugen, Carrie Schmitz, Leighton Scott, Susan Sentell, Larry Sobil, Matthew Sowles, Mariana Spivak, Nancy and Steve Stipton, Barbara and Eric Van Deusen, Jack Walters, Tommy Warden, Ellen Welles, Stephen Wherley, Al Williams, Michelle and Joseph Worth.

## HIKE SCHEDULE Third Quarter 2005

### 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, the physical challenge and other factors influencing hike difficulty. If you have questions, or if the weather for the day of the hike is questionable, CONTACT THE LEADER.

### CHALLENGE PROGRAMS:

**SB6K** For hiking all 40 peaks above 6000'. For information, contact Dave Wetmore dwetmore@citcom.net.  
**P400** For hiking every trail in Pisgah Ranger District. For information, contact Dave Wetmore dwetmore@citcom.net.  
**900M** For hiking every trail in GSMNP. For information, contact John Gallemore kelarco@aol.com.

### WEDNESDAY HIKES

Wednesday hikes submitted by Paula McNabb, 828-274-0057, gcmcnabb@charter.net. Driving distance is round-trip from Asheville. All hikes assemble at Westgate Shopping Center near I-240 exit 3B UNLESS OTHERWISE NOTED.

#### NO HIKE SCHEDULED JULY 6

No hike is scheduled because the Appalachian Trail Conference biennial meeting is being held July 1-8 in Johnson City, TN, with CMC as a co-host.

WEDNESDAY No. W0503-249 July 13  
Buckeye Gap and Haywood  
Gap Trails Circuit 8:00 AM

Hike 9.5, drive 80, 1400 ft. Ascent,  
Rated A-B  
Susannah Whitaker, 828-684-5948,  
susannwhit@earthlink.net  
**P400** Our hike is in the Middle Prong Wilderness area, limited to 10 hikers. Please call the leader for reservations. Buckeye Gap, Haywood Gap, partly on MST. Several stream crossings. Trailhead will be Rough Butt Bald. **Second meeting place: Cold Mtn. overlook, BRP M.P. 412 at 8:40 AM.**

WEDNESDAY No. W0503-447 July 20  
MST Mt. Pisgah to  
Beaverdam Overlook 8:30 AM

Ray Sanow 231-7669, raysray@charter.net  
**P400** This moderate hike will start with a round trip up and down Mt. Pisgah, will then follow the MST northbound to Beaverdam Overlook. Good views. Short car shuttle. **Second meeting place: BRP French Broad Overlook at 8:40 AM.** Topos: Cruso, Dunsmore Mtn. and MST profiles, pp 53-55.

WEDNESDAY No. W0503-384 July 27  
Black Balsam (MST) to  
Skinny Dip Falls 8:00 AM\*

Hike 5.5, Drive 65, Ascend 400 ft., Rated C-C  
Siro Del Favero, 828-277-2546  
**P400** Starting at Black Balsam, will hike to the second (lower) falls for lunch. Then hike on to Skinny Dip Falls, then to Looking Glass Overlook. Car shuttle. **\*Meet at Westgate at 8:00 AM to form carpools, and meet leader at Looking Glass Overlook, BRP M.P. 417 at 8:45 AM.**

WEDNESDAY No. W0503-219 Aug. 3  
Flat Creek Trail 8:30 AM

Hike 5, Drive 95, Rated C-C  
Diane Hankins, 828-298-2870  
(before 9:00 PM)  
**900M** Leisurely paced high elevation hike in Great Smoky Mountains National Park. Hike from Heintooga Ridge Rd. (BRP M.P. 458) to the picnic area and back to the road. Topo: Bunches Bald; also Nat'l. Geo. GSMNP map

WEDNESDAY No. W0503-475 Aug. 10  
Hump Mountain/  
Yellow Mountain Area 8:30 AM

Hike 9, Drive 130, Ascend 2400 ft.,  
Rated B-AA  
Adrian Lotherington, 828-350-8065.  
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 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 worth while. **ONLY MEETING PLACE. Rose's car park, across from McDonalds at the 25/70 Weaverville exit.** Topos: Carver's Gap, White Rocks Mtn.

WEDNESDAY No. W0503-476 Aug. 17  
South Mills River, Mullinax Tr., Laurel  
Creek Tr. 8:15 AM

Hike 9, drive 50, rated B-C  
Greg Goodman, 828-684-9703  
**P400** Loop hike. S. Mills River to Mullinax Trail, to Laurel Branch Trail, then to Bradley Branch, then back by Pea Gap to

cars. Bring sandals to cross creeks, one of which may be knee-deep. **Second meeting place: Boyleston Baptist Church on NC 280 at 8:45 AM.** Ed Hauschild will assist in leading.

WEDNESDAY No. W0503-357 Aug. 24  
Pisgah Ridge Loop 8:30AM\*

Hike 8.5, Drive 70, 1000 ft. ascent, Rated B-B  
Kathie Giddings, 828-696-9808,  
kmgiddings@highstream.net  
**P400** Starting at the Graveyard Fields parking lot, we will follow the Pisgah Ridge trail to the MST and lunch at a beautiful overlook. Then we will continue on the MST to Graveyard Fields, follow a trail to one of the Yellowstone Falls, then on to Skinny Dip Falls. **\*Meeting Places: Meet at Westgate at 8:30AM to form carpools, and meet leader at Cold Mtn. overlook, BRP M.P. 412, at 9:15A.M.**

WEDNESDAY No. W0503-477 Aug. 31  
THEME HIKE: Geology of the  
Grandfather Mountain Window 8:10 AM\*

Hike 6, Drive 100, ca. 1000 ft. Ascent,  
Rated B-B  
Brad Van Diver, 828-669-2740  
(participants must call), bravandi@cs.com  
The Grandfather Mountain Window is a gigantic erosional hole through stacked thrust fault sheets, where the underlying rocks, aged .75 to 1.0+ billion years, are exposed. This hike will take us up along the crest of GM to the summit at Calloway Peak, with several stops to observe geologic features. En route, we will pass through, around and over a Disneyland of huge talus blocks, with ladders placed at strategic spots. Views are outstanding. Entrance fees are as follows: age 60+ \$12, age 13-59 \$14. We will also be able to visit the Nature Museum, Wildlife Habitats, and other attractions lower on the mountain. Come join the fun. **\*Meeting places: Meet at Westgate at 8:10 AM to form carpools, and meet leader at parking lot adjacent to McDonalds at Black Mountain (Exit 64 from I-40) at 8:30 AM.**

WEDNESDAY No. W0503-326 Sept. 7  
Tanyard Gap, Lover's Leap,  
Pump Gap Loop 8:30 AM

Hike 7, Drive 72, Ascend 2000 ft., Rated B-A  
Jay Bretz, 828-658-1220,  
williambretz1220@msn.com  
Start at Tanyard Gap to Lover's Leap. Great views of the French Broad and Hot Springs. Return via Silvermine and Pump Gap Trails, back to Tanyard Gap. **Second meeting place: Rose's Department Store parking lot in Weaverville, across from McDonald's, exit 25/70 at 8:45.**

WEDNESDAY. No. W0503-247 Sept. 14  
**Ivestor Gap Blueberry Hike** 8:30 AM  
Drive 75, hike 6, rated B-C  
Paula McNabb, 274-0057,  
gcmcnabb@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. **\*Meeting Places: Meet at Westgate at 8:30AM to form carpools, and meet leader at Cold Mtn. overlook, BRP M.P. 412, at 9:15AM.**

WEDNESDAY. No. W0503-II Sept. 21  
**Leader's Choice, contact leader for info** 8:30 AM  
Tom Sanders, 828-252-6327,  
tomary@charter.net

WEDNESDAY. #W0503-040 Sept. 28  
**MST in Marion** 8:30 AM  
Hike 4.8, Drive 60, 1500 ft. Ascent, Rated C-B  
Don Walton, 828-654-9904,  
donwalton@bellsouth.net  
We will spot cars, then hike along the MST from Woodlawn Picnic area down to the North Fork of the Catawba River, where we will see the now completed footbridge, the longest on the MST. We will go out on the Forest Service Rd. to Creek Road. **Second meeting place: parking lot adjacent to McDonald's at exit 64 of I-40 at 8:50 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 I240 exit 3B UNLESS OTHERWISE NOTED.

**No Hike Scheduled** July 3  
No hike is scheduled because the Appalachian Trail Conference biennial meeting is being held July 1-8 in Johnson City, TN, with CMC as a co-host.

SATURDAY NO. A0503-468 July 9  
**AT: Max Patch to I-40** 8:00 AM  
Hike 15, Drive 120, 1800 ft. ascent, Rated AA-A  
Lenny Bernstein, 828-236-0192,  
lsberns@worldnet.att.net  
This great AT hike features spectacular scenery from Max Patch and from the Snowbird Mtn.. Moderate climbing in our southbound direction. **Second meeting place: Pilot Truck Stop, Exit 24 off I-40 at 8:30 AM.** Topos: Lemon Gap, Waterville; also PNF Harmon Den & Hot Springs Area Trail Maps



ALL DAY NO. A0503-095 July 10  
**Hemphill Bald from Polls Gap** 8:00 AM  
Hike 9.5, Drive 95, 1500 ft. ascent, Rated A-B  
Bruce Bente, 828-692-0116,  
bbente@cytechusa.com  
After a stroll through open forests, the trail emerges into open fields stretching along the GSMNP boundary, with exceptional views all the way to our lunch stop at the big rock on Hemphill Bald. **Second meeting place: Quality Inn (US 19 entrance) at jct. of US 19 and US 276 in Maggie Valley at 8:30 AM.** Topos: Dellwood, Bunches Bald

ALL DAY NO. A0503-246 July 17  
**Around Coffee Pot Mtn.** 9:00 AM\*  
Hike 7.5, Drive 50, 1400 ft. ascent, Rated B-B  
John Pawcio, 828-299-8126,  
jpawcio@tycovalves.com  
**P400** \*Note later start time. We'll circle Coffee Pot Mtn., by hiking up Trace Ridge Trail to Beaver Dam Gap on the BRP and returning on the Spencer Branch Trail, with a stop to see the Hendersonville Reservoir and dam. **Second meeting place: North Mills River Recreation area parking lot at 9:30 AM, but must phone leader first.** Topo: Dunsmore Mtn.; also Nat'l. Geo. PRD map

ALL DAY NO. A0503-469 July 24  
**MST: Craggy Gardens to Bull Gap** 8:30 AM\*  
Hike 8.7, Drive 40, 1650 ft. ascent, Rated B-A  
Jorge Munoz, 828-658-0606,  
jmunoz@buncombe.main.nc.us  
\*Note later meet time. This pleasant hike on the MST will start at the Craggy Gardens Visitor Center and feature Lane Pinnacle and the Rattlesnake Lodge site. Car shuttle. **Second meeting place: Craven Gap at 8:50 AM.** Topos: Montreat, Craggy Pinnacle; also MST Trail Profiles, pg. 63-65

SATURDAY NO. A0503-243 July 30  
**Forney Creek Circuit to Fontana Lake** 8:00 AM  
Hike 10, Drive 145, 800 ft. ascent, Rated A-C  
Ray Sanow, 828-231-7669,  
raysray@charter.net  
**900M** This is your chance to go hiking and swimming on the same day. This moderate hike begins at the end of the Road to Nowhere, through the tunnel, then continues along the Lakeshore Trail and along cascading Forney Creek to our lunch spot at the Fontana Lake shoreline. **Second meeting place: Rest stop beyond Waynesville on US 23/74 at 8:30 AM.** Topo: Noland Creek

ALL DAY NO. A0503-357 July 31  
**Pisgah Ridge Loop** 8:30 AM\*  
Hike 7.5, Drive 70, 1000 ft. ascent, Rated B-B  
Becky Smucker, 828-298-5013,  
bsmucker@charter.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. **Second meeting place: 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 Wild. map

ALL DAY NO. A0503-193 Aug. 7  
**MST: Bearpen Gap to NC 215 via Mt. Hardy (strenuous)** 8:30 AM\*  
Hike 9, Drive 85, 1400 ft. ascent, Rated A-B  
Carroll Koeplinger, 828-667-0723,  
carrollkoepp@bellsouth.net  
**SB6K, P400** \*Note later start time. This MST hike leads through a beautiful forest of spruce, birch, rhododendron and maple with mosses and ferns lining the forest floor. A special feature is a short side trip up 6110 Ft. Mt. Hardy, with first-rate views on its north side. Partly through the Middle Prong Wilderness, so limited to ten. Phone leader for reservation. **Second meeting place: Cold Mtn. O/L on BRP (M.P. 412) at 9:10 AM.** Topo: Sam Knob; also USFS Shining Rock & Middle Prong Wilderness map and Nat'l. Geo. PRD map

ALL DAY NO. A0503-470 Aug. 7  
**Fork Mtn. - Birdstand Mtn.** 8:00 AM (moderate)  
Hike 9, Drive 85, 550 ft. ascent, Rated A-C  
Larry Modlin, 828-251-5092,  
lmodlin@warren-wilson.edu  
**P400** For the P400 fans, here is a chance to bag a remote trail from the Black Balsam parking lot down to NC 215. Be prepared for a 3200 ft. descent, with only a short climb up Birdstand Mtn. There will be a wet-foot crossing of the West Prong of the Pigeon River at the end of the hike. Car shuttle. Topos: Shining Rock, Sam Knob; also Nat'l. Geo. PRD map and USFS Shining Rock & Middle Prong Wild. map

ALL DAY NO. A0503-471 Aug. 14  
**Wagon Rd. Gap - Bridges Camp Gap - Big East** 8:00 AM  
Hike 11, Drive 70, 1500 ft. ascent, Rated A-A  
Tom Sanders, 828-252-6327,  
tomary@charter.net  
**P400** We will hike from Cold Mtn. overlook up to Green Knob (Penny Rock) and to Bridges Camp Gap on the MST, then drop down to the Big East Fork Trail along the

Pigeon River to Big East. Short car shuttle.  
**Second meeting place: BRP Cold Mtn. overlook (M.P. 412) at 8:40 AM.** Topo: Shining Rock; also Nat'l. Geo. PRD map and MST Trail Profiles, pg. 50-51

## SATURDAY WORK DAY

Here is a great chance to learn what is involved in trail maintenance. We will meet on August 20 at the Moose Café at the Farmer's Market on Rte. 191 at 8:00 a.m. for breakfast. We will return to Asheville around 4 p.m. Come join the fun. Call Les Love at 828-658-1489 to verify date.

ALL DAY NO. A0503-044 Aug. 21  
**Lost Cove** 8:00 AM  
Hike 7.5, Drive 140, 1000 ft. ascent, Rated B-B  
Les Love, 828-658-1489  
This hike in the Wilson Creek area 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 at exit 64 of I-40 at 8:20 AM.** Topo: Grandfather Mtn.; also USFS Wilson Creek map

SATURDAY NO. A0503-462 Aug. 27  
**Buladean to Roan High Bluff Picnic Area** 8:00 AM  
Hike 5.5, Drive 110, 3400 ft. ascent, Rated A-AA+  
Dave Wetmore & Don Walton, 828-884-7296, dwetmore@citcom.net  
This key swap hike is a new one for the Club. We'll take the little-known Cloudlands Hotel service road between Buladean to the Cloudlands site near Roan High Bluff. Most of the hike follows old roads up Shell Ridge to the Cloudlands Hotel site on Roan Mtn. Topo: Bakersville

ALL DAY NO. A0503-472 Aug. 28  
**Sam Knob - Little Sam Loop** 8:00 AM\*  
Hike 10, Drive 75, 1500 ft. ascent, Rated A-A  
Tom Bindrim & Joan Lemire, 828-273-3880  
**SB6K, P400.** Everyone has been to Sam Knob. How many of you have been to Little Sam Knob? Today we do both, using some MST, Little Sam and Sam Knob trails, and some off-trail. Hopefully great scenery. **\*Meet at Westgate at 8:00 AM to form carpools, and meet leaders at Cold Mtn. O/L (BRP M.P. 412) at 8:40 AM.** Topo: Sam Knob; also USFS Shining Rock & Middle Prong Wilderness map and Nat'l. Geographic PRD map

ALL DAY NO. A0503-250 Sept. 4  
**Douglas Falls - Locust**

**Ridge Circuit (strenuous)** 8:00 AM  
Hike 11, Drive 60, 2000 ft. ascent, Rated A-A  
Mike Ellis, 828-658-1830,  
michael.f.ellis@gmail.com  
**SB6K** This popular diversified hike features beautiful Douglas (Carter Creek) Falls, a climb through a hemlock forest to the MST, and a scenic lunch stop at the BRP Greybeard overlook. Optional climb to Craggy Dome (6080 ft.) during lunch stop. After lunch, we'll see great views from a high mountain meadow led with ripe blueberries, and then bushwhack down Locust Ridge. Topos: Montreat, Craggy Pinnacle

ALL DAY NO. A0503-473 Sept. 4  
**Mt. Mitchell - Maple Camp Bald loop (moderate)** 8:30 AM  
Hike 8.5, Drive 70, 1600 ft. ascent, Rated B-A  
Ruth Hartzler, 828-251-0886,  
ruthmtn@aol.com  
**SB6K** Note later start time. We'll do a moderate loop with great views, starting at Mt. Mitchell, following the MST/Mt. Mitchell and Buncombe Horse Range Trails, stopping at Maple Camp Bald, then taking the Big Tom Gap Trail 191-A up to the Crest Trail, and returning via Big Tom and Mt. Craig. **Second meeting place: Craven Gap at 8:45 AM.** Topo: Mt. Mitchell; also PNF South Toe River, Mt. Mitchell & Big Ivy trail map.

ALL DAY NO. A0503-337 Sept. 11  
**Shining Rock from Black Balsam** 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 later starting time. This hike was cancelled twice in 2004--the third time's the charm! We 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 SB6K peaks while enjoying beautiful 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 9:10 AM.** Topos: Shining Rock, Sam Knob; also Nat'l. Geographic map of Pisgah Ranger District

ALL DAY NO. A0503-474 Sept. 18  
**Porter Creek to Brushy Mtn.** 7:30 AM  
Hike 11.8, Drive 160, 2500 ft. ascent, Rated A-AA  
Danny Bernstein 828-236-0192  
danny@hikertohiker.org  
**900M** Note earlier start time. The first mile of the hike is on the Porter Creek Trail,

in the Greenbrier section of the Smokies where we will see a cemetery and a SMHC cabin, used until 1981. Then we veer west to start the climb on the Brushy Mountain Trail to Brushy Mountain. The trail, rocky in spots, goes through old growth hemlock forest. At the top, we can see Mt. LeConte and Gatlinburg below. **Second meeting place: Pilot Truck Stop at exit 24 off I-40 at 8:00 AM.** Topo: Mt. Le Conte; also Nat'l. Geographic GSMNP map

SATURDAY NO. A0503-314 Sept. 24  
**MST: Double Top to Balsam Gap** 8:00 AM\*  
Hike 10, Drive 90, 500 ft. ascent, Rated A-C  
Marianne Newman, 828-454-1036,  
marianneln@msn.com  
Have you ever wanted to hike that long MST ridge down to Balsam Gap? Here is your chance in the downhill direction, enjoying the views along the way. Car shuttle. **\*Meet at Westgate at 8:00 AM to form carpools, and meet leader at rest stop beyond Waynesville on US 23/74 at 8:30 AM.** Topo: Hazelwood

ALL DAY NO. A0503-074 Sept. 25  
**Tanawha Trail** 8:00 AM  
Hike 13.3, Drive 150, 1300 ft. ascent, Rated AA-B  
Don Gardner, 828-754-4067,  
gardog3@charter.net  
A fragile and ancient ecosystem, rhododendron and laurel tunnels, hardwood coves, boulder fields and great views make this a special trip. Optional supper stop at Little Siena. **Second meeting place: parking lot adjacent to McDonald's at exit 64 of I-40 at 8:20 AM.** Topo: Grandfather Mtn.

## FONTANA HIKING WEEKEND Oct. 1-2

This weekend's events will be based at Fontana Village Resort near Fontana Dam in the Smokies. We will schedule a variety of hikes of different lengths for Saturday, Oct. 1 and Sunday, Oct. 2. Additional information will be posted on the CMC E-Newsletter, including descriptions of the planned hikes and Fontana Village information, including reduced room rates for this event. For those without access to the Internet who wish a paper copy of this information, please telephone Bruce Bente at 828-692-0116.

## HALF-DAY SUNDAY HIKES

Half-day hikes submitted by Paula Robbins, 828-281-3253, paularww@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at Westgate Shopping Center (Exit 3B off I-240) UNLESS OTHERWISE NOTED. Some hike will have second meeting places as