Record attendance at Spring Social despite rain

By Bobbi Powers

More than 100 CMCers gathered at the Arboretum on April 19 on the grayest, dreariest, rainiest day imaginable – and we all had a great time!

Twenty-three intrepid (or crazy?) hikers showed up for the scheduled hikes – seven for the longer hike and 16 for the wildflower hike where finding two jacks in the pulpit and a flowering silverbell tree were highlights.

Inside all was warm, cozy, and jolly. Could it have been the joy of getting together with old friends, or perhaps it was the addition of the adult beverages which began to flow about 5 p.m.? Coincidentally, that was the time the noise level increased drastically!

Coordinator Les Love (ably assisted by Katherine) welcomed all and recognized three nonagenarians in attendance: Les’s dad, who provides the floral centerpieces each year from his garden (spirea this year); the brain child of this event, Sherman Stambaugh; and Lew Blodgett, who went on the wildflower hike.

After the usual fine and filling dinner provided by Bubba Q’s BBQ, President Lenny Bernstein bestowed CMC’s highest honor, an Honorary Lifetime Membership, on Bruce Bente for being “the heart and soul of our hiking program for at least the last dozen years.” Congratulations, Bruce! (Actually, this was a repeat presentation. Lenny honored Bruce at the Hike Leaders’ Dinner but felt Bruce deserved a larger audience’s acknowledgement of his work.)

Jill Gottesman, Outreach Coordinator for this region’s chapter of The Wilderness Society, and Becky Smucker, leader of CMC’s Wilderness Crew, presented a fascinating program. Jill led off with an overview of how we have arrived at the 50th Anniversary of the Wilderness Act, signed into law by President Lyndon B. Johnson on September 3, 1964. This bill was decades in the making. The invention of the automobile alerted early visionaries who realized the wilderness was officially under siege and began working tirelessly to protect and preserve. Little-known factoid: The U.S. Congress has exclusive powers to designate wilderness areas. (Now we know why getting these designations can take decades!) She ended her slide show and talk with Wallace Stegner’s words from his 1960 letter advocating wilderness preservation: “Wilderness is the geography of hope.”

Becky talked about what her crew has accomplished over the six years of its existence, including a Show & Tell of some of the tools they use. Of course, no power tools are allowed! Her crew covers 56.2 miles of trails, meeting on Saturdays twice a month. Their motto is “Be safe, have fun, and get some work done.” She said, “We’re minimalists. We try to do the most with the least.” She put in a plug for more members, male and female.

As the fine evening ended, we said our goodbyes and put up our umbrellas (sigh) to go back out into the rain.

You may wonder what conservation has to do with a hiking club. The answer is “quite a bit!” What naturally became beautiful here in western North Carolina’s remarkably ancient formation of mountains is justifiably desired to remain as much the same as possible. Sure, we do have our man-made walking paths but surrounding them is terrain that is full of rare or not so rare plants, flowers, trees, wildlife sights and sounds, heritage and cultural remains, geological wonders, waterfalls, and waterways.

Do we want to keep them this way? Indeed, so! This is where Carolina Mountain Club’s efforts come in within its scope of conservation. We are committed to being aware of Forest Service projects, informing the Forest Service along with informing CMC members and partner organizations with CMC council-approved positions in order to preserve all these natural wonders that we have around us that amaze, gratify, and soothe our souls as we walk within this tranquility that surrounds us.

To view the conservation-related positions that Carolina Mountain Club has approved during the many years, click on “Conservation” on the website – www.carolinamountainclub.org

— Tish Desjardins
The next generation of naturalists needs your help

By Gloria Clouse
Where will our next generation of conservationists, naturalists and outdoor enthusiasts come from? They are in our elementary schools right now but they have more experience with the virtual world than with the real outdoor world.

Muddy Sneakers is making a difference in the lives of 1200 fifth-grade students this year in Western North Carolina. Muddy Sneakers works with 18 public schools in four counties and provides six to ten all-day expeditions during the school year. Talented, experienced, passionate Naturalists lead activities for small groups of students based on the North Carolina Science Standards. Muddy Sneakers creates within children a life-long love of nature, a commitment to stewardship, improved academic performance, an enthusiasm for health and fitness and an understanding of the interconnectedness within the natural world. Muddy Sneakers programs go beyond the traditional “field trip” model and are a regular feature of the academic experience, with a working partnership between schools, teachers, and Muddy Sneakers staff.

You can support this program by becoming a community sponsor at www.muddysneakers.org. We are also providing a day camp for rising 4th-7th grade students, offering fun, hands-on, experiential instruction, helping campers gain a deeper understanding of the natural world. Register at www.camp-muddysneakers.org

Gloria Clouse is President of the Board of Directors for Muddy Sneakers.

Recognizing CMC Heroes

As an all-volunteer organization, the CMC depends on members to schedule and lead hikes, maintain trail sections, work on trail crews, and take responsibility for the many organizational tasks required to keep a 900+ member nonprofit going. Members taking on one or more of these roles work hard without any expectation of recognition. However, we do have a way to recognize those who contribute the most! The Award of Appreciation recognizes truly exceptional one-time contributions, while the Distinguished Service Award is for consistent and cumulatively extraordinary service to the CMC. Every year as we approach our annual meeting, we ask for nominees for these awards. Unfortunately there are few nominations, even though we know amazing work is being done. DON’T LET THAT HAPPEN THIS YEAR! Begin thinking about possible nominees now, check out past award winners (About Us/Service Awards on website), and be prepared to nominate deserving CMC heroes.

Carroll Koeppinger at 84

By Danny Bernstein
“This is what 84 looks like,” said Kathy Kyle on the CMC Facebook page. She’s referring to Carroll Koeppinger, who led the 17.1-mile Old Settlers Trail hike in Great Smoky Mountains National Park in April. The day was hot and sunny, without any shade. We had to cross numerous streams. Some of us plodded; others marched briskly, but we all made it back to the cars in fine spirit, a tribute to Carroll’s leadership. He makes sure that his hikers are more than just OK physically. He wants them to enjoy themselves. He talks to everyone on the hike and makes them feel included.

I hear many CMC hikers saying, “I hope to be like Carroll when I get older.” Most active CMC hikers are already “older,” but Carroll is the oldest hiker who participates in all-day Sunday hikes. If he’s not on a trip, he shows up almost every Sunday. He doesn’t come on too many Wednesday hikes because he still punches a clock at work.

Carroll didn’t grow up around here; he’s from the Midwest, not known for mountainous terrain. He didn’t spend too much time hiking before he moved to Asheville in his 60s. Once here, he embraced the mountains and soon, embraced CMC. Next time you hike with Carroll, don’t just notice his age; note how he engages everyone around him.

How to join the CMC
1. Go to www.carolinamountainclub.org
2. Click on Join (top left) or Join CMC! (right center).
3. You will see instructions for joining online or via mail. or ... write to us at CMC, PO Box 68, Asheville, NC 28802 and we’ll mail you an application.
TRAIL MAINTENANCE
All members are encouraged to participate in trail maintenance activities. Non-members are invited to try it a few times before deciding if they want to join the Club and be a regular part of a crew. We train and provide tools.

Below is a general schedule of work days. Exact plans often are not made until the last minute, so contact crew leaders for details. Crews marked with an * are currently seeking new members. MST and AT sections maintainers work on their own schedule.

**Monday**
Barth Brooker, barthb@bellsouth.net

**Monday Burnsville Crew**
John Whitehouse, johnwhitehouse@frontier.com

**Wednesday Waynesville West**
Larry Sobil, lsobil@bellsouth.net

**Thursday Asheville Crew**
Bill Falender, billfalender@hotmail.com

**Friday Asheville**
Skip Sheldon, shelhalla@bellsouth.net

**Friday Pisgah**
Pete (R) Petersen, roap@aol.com

**Wilderness Crew (Saturday bimonthly)**
Becky Smucker, bjsmucker@gmail.com

**Saturday quarterly**
Les Love, leslove55@gmail.com

**Draft Crew**
Kayah Gadish, kayita79@gmail.com

**MST sections**
Barth Brooker, barthb@bellsouth.net
Les Love, leslove55@gmail.com
Pete (R) Petersen, roap@aol.com
Larry Sobil, lsobil@bellsouth.net

**AT sections**
Tim Carrigan, tim@newprism.com

HIKE SCHEDULE
Third Quarter 2014

**HIKE RATINGS**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Elevation Gain</th>
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<tr>
<td>AA: Over 12 miles</td>
<td>AA: Over 2,000 ft.</td>
</tr>
<tr>
<td>A: 9.1-12 miles</td>
<td>A: 1,501-2,000 ft.</td>
</tr>
<tr>
<td>B: 6.1-9 miles</td>
<td>B: 1,001-1,500 ft.</td>
</tr>
<tr>
<td>C: Up to 6 miles</td>
<td>C: Under 1,000 ft.</td>
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</tbody>
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**Second Letter**

- **A:** Easy - Safe - No previous experience
- **B:** Moderate - A little careful attention
- **C:** Difficult - A good deal of care

See the Hike Schedule on the CMC website for more complete and timely information, including scout reports, at www.carolinamountainclub.org.

**CHALLENGE PROGRAMS**

- **SB6K** For hiking all 40 peaks above 6000’. Contact Peter Barr, pjbarr@gmail.com
- **P400** For hiking every trail in Pisgah Ranger District. Contact Dave Wetmore, dwetmore@citcom.net
- **900M** For hiking every trail in GSMNP. Contact Dave Wetmore, dwetmore@citcom.net
- **LTC** For hiking all 24 lookout towers in WNC. Contact Peter Barr, pjbarr@gmail.com
- **WC100** For hiking to the 100 best waterfalls in the mountains of WNC, SC and the Smokies. Contact Jack Fitzgerald, 828-685-2897, suejackfitz@bellsouth.net

**WEDNESDAY HIKES**
Wednesday hikes submitted by Brenda Worley, 828-684-8656, clworley@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B unless otherwise noted. Some hikes will have second meeting places as described in the schedule; start times vary. Times listed are departure times – arrive early.

- **Wednesday No. W1403-022**
  - **Jul. 2**
  - **Chesnut Cove Overlook to Ferrin Knob & return**
  - **9:00 AM**
  - Hike 8.2, Drive 14, 1500 ft. ascent, Rated B-B
  - Ken Deal, 828-281-4530, cnkdeal@charter.net and Carol Deal, 828-281-4530, cnkdeal@charter.net

- **Wednesday No. W1403-764**
  - **Jul. 9**
  - **Herrin Knob – Mt. Hardy – Green Knob**
  - **8:30 AM**
  - Hike 8.5, Drive 90, 1400 ft. ascent, Rated B-B
  - Ashok Kudva, 828-698-7119, cell: 828-674-1374, ashok.kudva@att.net

- **Wednesday No. W1403-370**
  - **Jul. 30**
  - **South Mills River**
  - **8:00 AM**
  - Rated AA-B or AA-C; Ascent 1100’ or 750’
  - Hike 12.5, Drive 75, 1500 ft. ascent, Rated A-B
  - Jill Gottesman, 828-545-5236, jill.gottesman@wsk.org

- **Wednesday No. W1403-590**
  - **Jul. 16**
  - **Linville Gorge, Conley Cove to Babel Tower**
  - **8:00 AM**
  - Hike 7, Drive 130, 2200 ft. ascent, Rated B-AA
  - Jill Gottesman, 828-587-9453, cell: 828-545-5236, jill.gottesman@wsk.org

**SATURDAY WORKDAY**
For the Saturday MST Trail Building Workdays in 2014, meet at 8:30 at the Home Depot at the Enka-Candler Exit 44 off of I-40. Workdays are Aug. 16 and Oct. 18. As in the past, we will be back in Asheville by 3:00. Call Les Love at 828-658-1489 (leslove55@gmail.com) to verify date.
wear in case we stop for a swim. Topo(s): Pisgah Forest; also NatGeo map #780

Wednesday No. W1403-308
Aug. 6
Ox Creek Road to Rich Knob *9:00 AM
Hike 8.5, Drive 8, 1850 ft. ascent, Rated B-A
Laura Frisbie, cell: 828-337-5845, laurafrisbie@gmail.com
*Only meeting place: Back parking lot of Folk Art Center. A pleasant, gradual climb in the peaceful woods. We'll hike the MST from Ox Creek Road and climb to Rich Knob via Rattlesnake Lodge and return. Topo(s): Craggy Pinnacle

Wednesday No. W1403-213
Aug. 13
Blue Ridge Pinnacle, Rocky Knob and Graybeard from the BRP *8:30 AM
Hike 6.2, Drive 65, 2000 ft. ascent, Rated B-A
Ames Tryon, tryonaf@charter.net
*Only meeting place: Back parking lot of Folk Art Center. Take a short climb on a maintained trail to see 360-degree views from Blue Ridge Pinnacle. After a short backtrack, the hike switchases to manways and follows ridgelines to Rocky Knob and Graybeard for more 360-degree views. A side trip to Walker Knob is a possible addition. The return trip will backtrack and then switch to an old logging road for the last part of the hike. Topo(s): Mt. Mitchell, Montreat

Wednesday No. W1403-598
Aug. 20
Pink Beds to Soapstone Ridge Loop *8:30 AM
Hike 6.7, Drive 70, 1200 ft. ascent, Rated B-B
Keiko Merl, 828-298-7634, cell: 828-231-2126, keikomerl@att.net
P400 *First meeting place: Ingles parking lot on NC 191 across from Biltmore Square Mall. From the Pink Beds parking lot, we will do part of the Pink Beds loop, then hike the Barnett Branch trail up to Rich Mountain on the Black Mountain Trail for lunch and views to north and south. Then down to the Cradle of Forestry via the Club Gap trail to return to our cars. Second meeting place: Pisgah Forest Bi-Lo at 9:10 AM. Topo(s): Shining Rock; also NatGeo map #780

Wednesday No. W1403-555
Aug. 27
NC80/BRP to Woods Mountain *8:00 AM
Hike 10, Drive 90, 1400 ft. ascent, Rated A-B
Barbara Morgan, cell: 828-460-7066, barbc19@gmail.com
Hike on a little-traveled section of the eastbound MST north of NC 80 to Woods Mt., with seldom-seen views of the Blacks and Mt. Mitchell. Second meeting place: Ingles parking lot off Exit 64 of I-40 at 8:20 AM. Topo(s): Celo, Little Switzerland

Wednesday No. W1403-049
Sep. 3
Big Creek to Walnut Bottom *8:30 AM
Hike 10.4, Drive 110, 1300 ft. ascent, Rated A-B
Stuart English, cell: 828-883-2447, stueno@comporium.net
900M *Form carpools at Westgate and meet leader at Pilot Truck Stop, I-40 Exit 24 at 9:00 AM. Follow the sight and sound of a spectacular mountain stream through a beautiful forest to the Big Creek bridge just before campsite 37. Features to be enjoyed are the Midnight Hole, Mouse Creek Falls and several rapids. Topo(s): Waterville, Cove Creek Gap, Luftee Knob; also NatGeo Map #317

Wednesday No. W1403-371
Sep. 10
Squirrel Gap - Horse Cove Gap *7:30 AM
Hike 12, Drive 80, 1400 ft. ascent, Rated A-B
Carroll Koepplinger, 828-667-0723, cell: 828-231-9444, carrollkeopp@bellsouth.net
P400 This hike is designed to cover lesser-used trails that are included in the P400 program. We will start from the Gauging Station, hike to Wolfe Ford and take the Squirrel Gap Trail, make a loop on the upper Cantrell Creek and Horse Cove Gap Trails, and then return via a seldom-used route. Second meeting place: Pisgah Forest Bi-Lo at 8:00 AM. Topo(s): Pisgah Forest

Wednesday No. W1403-525
Sep. 10
Corn Mill Shoals P. L. # 2 *8:30 AM
Hike 5, Drive 60, 400 ft. ascent, Rated C-C
Greg Goodman, 828-684-9703, greggoodman@bellsouth.net
*First meeting place: Form carpools at Ingles parking lot on NC 191 across from Biltmore Square Mall and meet leader at Bi-Lo in Pisgah Forest at 9:00 AM. From the Dupont Forest Corn Mill Shoals parking lot, we will take the Corn Mill Shoals Trail; left onto Big Rock Trail; left onto Little River Trail, and right onto Corn Mill Shoals Trail to return to our cars. This is a pleasant loop hike up and over the granite slabs of Big Rock and Cedar Rock. Topo(s): Standingstone Mountain

Wednesday No. W1403-488
Sep. 17
Gabes Mt. Trail *8:30 AM
Hike 8, Drive 140, 1800 ft. ascent, Rated B-A
Bruce Bente, 828-692-0116, cell: 828-699-6296, bbente@bellsouth.net
900M This hike will follow a mostly gentle trail from Cosby Campground to Maddron Bald Trailhead through open old-growth forest. Added attractions are a short, steep side trip to the bottom of Hen Wallow Falls, lunch at a shady, streamside campsite and a visit to the restored Baxter cabin.
Second meeting place: Pilot Truck Stop off Exit 24 of I-40 at 9:00 AM, but contact leader first. Topo(s): Cove Creek Gap; also NatGeo map #317

Wednesday No. W1403-562
Sep. 24
Carver's Gap - Elk Park *8:00 AM
Ascent 2200 or 4000; A-AA or A-AA+
Hike 12, Drive 130, Steve Pierce, 828-724-4999, cell: 828-442-8482, stevepierce@charter.net and Randy Fluharty, 828-253-1626, cell: 828-423-9030, rfluhart54@gmail.com
*Only Meeting Place: Rose's parking lot (opposite McDonald's) off Exit 19B of I-26 in Weaverville. We'll hike the AT over five summits of more than 5400 ft, including Hump Mtn. and Little Hump, with the most spectacular scenery in our region. From Hump Mtn. we'll use the side trail to Elk Park. Hikers will have the choice of direction and amount of climbing on this key swap hike. Expect a long day due to long driving time. Topo(s): Carvers Gap, White Rocks Mtn., Elk Park

ALL-DAY WEEKEND HIKES
All-day hikes submitted by Bruce Bente, 828-692-0116, bbente@bellsouth.net. Driving distance is round-trip from Asheville. All Saturday and Sunday hikes assemble at the far rear (north end) of Westgate Shopping Center at 1-240 exit 3B UNLESS OTHERWISE NOTED. Some hikes will have second meeting places, and starting times may vary.

Sunday No. A1403-503
Jul. 6
Mt. Sterling via Baxter Creek Trail *8:00 AM (strenuous)
Hike 12.4, Drive 110, 4100 ft. ascent, Rated AA-AA+
Janet Martin, cell: 502-494-9309, jaykaymartin@msn.com
900M This major climb in the Smokies is strenuous but on a gradual, well-graded trail. After passing through a mixed forest followed by balsam and red spruce, we'll enjoy fine lunchtime views from the Mt. Sterling fire tower. Second meeting place: Pilot Truck Stop off Exit 24 of I-40 at 8:30 AM, but contact leader first. Topo(s): Cove Creek Gap; also NatGeo map #317

Sunday No. A1403-068
Jul. 6
Big Butt from Blue Ridge Parkway *9:00 AM (moderate)
Hike 7, Drive 55, 2200 ft. ascent, Rated B-AA
Becky Smucker, cell: 828-231-2198, bjsmucker@gmail.com
*Only Meeting Place: back parking lot of Folk Art Center. We will take the Big Butt trail from Balsam Gap on the BRP, following the ridgeline to Big Butt, a short bushwhack at just under 6000 ft., and return via the same route. We will stop at Point Misery for lunch and views of the Black Mtns. Topo(s): Montreat, Mt. Mitchell; also NatGeo map #780

Saturday No. A1403-193
Jul. 12
NC 215 to Haywood Gap *8:00 AM (strenuous)
Hike 6.5, Drive 85, 1000 ft. ascent, Rated B-B
Marcia Bromberg, 828-505-0471, cell: 828-798-9905, mwbrromberg@yahoo.com
P400 SB6K *Wilderness hike, limited to ten hikers—call leader for reservation. A car shuttle hike along a lovely MST section amid fragrant balsams in the high country. A possible side trip to Mt. Hardy could add 1.5 miles and 400 ft. to the trip. Topo(s): Sams Knob; also NatGeo map #780
<table>
<thead>
<tr>
<th>Date</th>
<th>Hike Name</th>
<th>Start Time</th>
<th>Difficulty</th>
<th>Distance</th>
<th>Elevation</th>
<th>Notes</th>
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<tr>
<td>Jul. 13</td>
<td>Sam Knob Loop</td>
<td>10:00 AM</td>
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<td>Jul. 20</td>
<td>Shining Rock from Black Balsam</td>
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<td>Jul. 26</td>
<td>Haywood Gap/Buckeye Gap</td>
<td>8:30 AM</td>
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<td>Aug. 3</td>
<td>Pink Beds, S. Mills River</td>
<td>8:30 AM</td>
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<td>Aug. 8</td>
<td>Reinhart Gap to Buckeye Gap</td>
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<td>Aug. 10</td>
<td>Hump Mtn. from Yellow Mtn.</td>
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<tr>
<td>Aug. 13</td>
<td>East Fork Pigeon River Swim Hike</td>
<td>8:30 AM</td>
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*Please email contact leader for reservation.*
call leader for reservation. The East Fork of the Pigeon River is a great place to be on a hot August day. We’ll hike in the morning, and on our return, we’ll have a chance to play in one of the many pools or just lounge on the rocks before heading back to our cars. Bring swimsuit, towel, etc. Second meeting place: BRP Cold Mtn. Overlook at 9:10 AM. Topo(s): Shining Rock; Topo(s): Pisgah Forest, Topo(s): Mt. LeConte.

This in-and-out hike includes 6 trails, and then return via a seldom-used route. Ford and take the Squirrel Gap Trail, make a loop will start from the Gauging Station, hike to Wolfe Overlook at 9:10 AM. There are about 25 wet stream crossings, nearby. Plan to hike in shoes/boots that don’t mind the beauty of the streams and the diverse flora. etc. heading back to our cars. Bring swimsuit, towel, etc. to panoramic views from the fire tower. Second meeting place: Maggie Valley Post Office, rear of parking lot, at 9:00 AM, but contact leader first. Topo(s): Dellwood, Bunches Bald; also NatGeo map #317.

Hike 8, Drive 70, 600 ft. ascent, Rated C-C
Danny Bernstein, cell: 828-450-0747, danny@hikertohtiker.com
P400
We will hike from Polls Gap to our scenic lunch spot at Hemphill Bald in the GSMNP, with outstanding views. The return route will be via the same trail. On the drive back, we’ll stop at the Masonic Marker. Second meeting place: Maggie Valley Post Office, rear of parking lot, at 9:00 AM, but contact leader first. Topo(s): Dellwood, Bunches Bald; also NatGeo map #317.

Second meeting place: Ingles parking lot off 64 of I-40 at 8:50 AM. Topo(s): Pisgah Forest, Dusnmore Mtn.; also NatGeo map #780.

Sunday No. A1403-368 Aug. 31
Bradley Creek & Riverside Street Crossings 8:30 AM
Hike 8, Drive 70, 650 ft. ascent, Rated B-C
Les and Catherine Love, 828-658-1489, cell: 828-230-1861, leslove55@gmail.com
P400
Come and enjoy the water on a warm summer day. There are about 25 wet stream crossings, but the terrain is almost level and you will enjoy the beauty of the streams and the diverse flora nearby. Plan to hike in shoes/boots that don’t mind getting soaked and use two hiking poles. Car shuttle.

Second meeting place: Ingles parking lot at NC 191 and N. Mills River Rd. at 8:50 AM, but contact leader first. Topo(s): Pisgah Forest, Dusnmore Mtn.; also NatGeo map #780.

Sunday No. A1403-371 Sep. 7
Squirrel Gap–Horse Cove Gap 8:00 AM (strenuous)
Hike 12, Drive 80, 1400 ft. ascent, Rated A-B
Carroll Koeplinger, 828-667-0723, carrollkoepp@bellsouth.net
P400
This hike is designed to cover lesser-used trails that are included in the P400 program. We will start from the Gauging Station, hike to Wolfe Ford and take the Squirrel Gap Trail, make a loop on the upper Cantrell Creek and Horse Cove Gap Trails, and then return via a seldom-used route.

Second meeting place: Ingles parking lot Bi-Lo at 8:30 AM. Topo(s): Pisgah Forest
Sunday No. A1403-244 Sep. 7
Firescald Knob 8:30 AM (moderate)
Hike 7, Drive 95, 1600 ft. ascent, Rated B-A
Lenny Bernstein, cell; 828-450-1325, lennybernstein41@gmail.com
From Jones Meadow, we will hike north on the original AT route, with a stop at Blackstack Cliffs, to our lunch spot at Jerry’s Cabin. Our route back will follow the narrow and scenic Firescald Ridge relocation completed by CMC in 2003. Topo(s): Greystone
Sunday No. A1403-095 Sep. 21
Hemphill Bald from Polls Gap 8:30 AM
Hike 9.5, Drive 95, 1600 ft. ascent, Rated A-A
Danny Bernstein, cell: 828-450-0747, danny@hikertohtiker.com
900M
We will hike from Polls Gap to our scenic lunch spot at Hemphill Bald in the GSMNP, with outstanding views. The return route will be via the same trail. On the drive back, we’ll stop at the Masonic Marker. Second meeting place: Maggie Valley Post Office, rear of parking lot, at 9:00 AM, but contact leader first. Topo(s): Dellwood, Bunches Bald; also NatGeo map #317.

Saturday No. A1403-555 Sep. 27
MST: NC 80 to Woods Mtn. 8:30 AM
Hike 10, Drive 90, 1400 ft. ascent, Rated A-B
Barbara Morgan, cell: 828-460-7066, barbe129@gmail.com
Hike on a little-traveled section of the eastbound MST north of NC 80 to Woods Mtn., with seldom-seen views of the Blacks and Mt. Mitchell. Second meeting place: Maggie Valley Post Office, rear of parking lot, at 9:00 AM, but contact leader first. Topo(s): Dellwood, Bunches Bald; also NatGeo map #317.

Sunday No. A1403-836 Sep. 12-14
Mountain Treasures Camporee #6
Ted Snyder, 864-638-3686, tednsnyderjr@bellsouth.net
The final camporee in the Mountain Treasures series will be held at Kimsey Creek Group Campground, the back loop of Standing Indian Campground. The Standing Indian area is the most geologically diverse that we will visit. This area features an old corundrum mine, garnets, rubies, sapphires, a 200-foot waterfall, stream piracy in progress and many views from high rocks. In addition there are old growth oak trees and a downed Cessna airplane. We have 50 tent sites reserved. Hikers should plan to arrive Friday for this car-camping weekend. Four hikes are planned for Saturday and three for Sunday. There will be a barbeque supper Saturday night. Reservations are required, both for camping and for the barbeque. Reservations should be made with Ted at the address above. A list of the hikes and driving directions from Asheville will be posted on the CMC website. Any questions should be put to Ted.

Second meeting place: Pisgah Forest Bi-Lo at 8:30 AM. Topo(s): Pisgah Forest
Sunday No. A1403-287 Sep. 28
Quillams and Alum Caves 8:00 AM
Hike 8, Drive 140, 2500 ft. ascent, Rated B-AA
Mike Kinsey, 828-628-6712, knies06@att.net
900M
*First meeting place: Home Depot parking lot, off Exit 44 of I-40. Two of the most scenic rock cliffs in the Smokies, one extremely famous and passed by thousands on the way to Mt. Le Conte, and the other little known but every bit as impressive. You decide which is more spectacular on this unusual two-hike event. On the trail to Quillams Cave are the additional prominent features of Courthouse Rock and Judge Rock, and on the way to Alum Cave you will pass under and through Arch Rock. Second meeting place: Maggie Valley Post Office at 8:30 AM, but contact leader first. Topo(s): Mt. LeConte, Gatlinburg; also NatGeo map #317.

HALF-DAY SUNDAY HIKES
Newcomers are welcome, but non-members MUST call the leader before the hike to determine the requirements. Half-day hikes submitted by Gail Lamb, 828-338-0443, glamb46@gmail.com and Lee Silver, 828-668-7147, leehsilver@aol.com. Driving distance is round-trip from Asheville. All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B UNLESS OTHERWISE NOTED. Some hikes will have second meeting places, and starting times may vary. Times listed are departure times – arrive early.

Half-Day No. H1403-075 Jul. 6
Snowball Trail to Hawkbill *12:30 PM
Hike 4, Drive 30, 1192 ft. ascent, Rated C-B
Linda Blue, 828-296-7537, lgblue@bellsouth.net
*Only Meeting Place: back parking lot of Folk Art Center. This in-and-out hike includes a couple of steady, sometimes steep, climbs to High Rocks (Hawkbill Mtn.). We will enjoy the view and a snack before heading back. Topo(s): Craggy Pinnacle

Half-Day No. H1403-068 Jul. 13
Walker Knob Overlook (Balsam Gap) to Little Butt *12:30 PM
Hike 5, Drive 55, 1300 ft. ascent, Rated C-B
Russ and Heather Cooper, 828-484-9562, cooperhls@charter.net
*First meeting place: back parking lot of Folk Art Center. Form carpools and meet leaders at BRP Walker Knob Overlook (MM 360) at 1:00 PM. This moderate in-and-out hike will be at over 5000-foot elevation. There are three cliffs: to Point Misery and Little Butt (steep) on the way in, and again on the return. The hike goes through a northern hardwood/spruce forest with excellent views of the Black Mountains. Topo(s): Montreat, Mt. Mitchell; also South Toe River PNF map.

Half-Day No. H1403-043 Jul. 20
Frying Pan Tower *12:00 PM
Hike 4, Drive 40, 950 ft. ascent, Rated C-C
Bobbi Powers, 828-667-5419, bobbipowers23@gmail.com
P400
*First meeting place: Ingles parking lot. LTP. *First meeting place: Ingles parking lot across from Biltmore Square Mall on NC 191. This easy, but with some significant ups and downs, in-and-out hike passes through a spectacular display of late season wildflowers to panoramic views from the fire tower. Second meeting place: Pisgah Inn parking lot near convenience store at 12:30 PM.

Half-Day No. H1403-655 Jul. 27
Looking Glass Overlook to Big East Fork Parking Lot on US 276 *12:15 PM
Hike 5.5, Drive 70, 200 ft. ascent, Rated C-C
Marcia Bromberg, 828-505-0471, mbromberg@yahoo.com
P400
*First meeting place: Ingles parking lot across from Biltmore Square Mall on NC 191. Wilderness hike, limited to ten hikers—call leader for reservation. We’ll shuttle cars down to the end.
Four CMC members hike 24.1 miles in one day for Make-a-Wish

By Maggie Marshall

On May 31st, CMC members Billie Green, Sherry Griffith, Donna Lanning and I embarked on the adventure for which we’d been training for months: the 2014 Make-A-Wish Foundation Trailblaze Challenge – a fundraiser to grant wishes to children with life-threatening medical conditions.

To donate go to www.TrailblazeChallenge.org – Spring 2014 – “Find A Hiker” – to locate the hiker to whom you wish to donate.

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of the hike at Big East Fork Parking Lot and then go to Looking Glass Falls Overlook (MP 417) to start the hike. This downhill-all-the-way (about 1000’ down) hike begins at the MST, then connects to the Big East Fork Trail via the Bridges Camp Gap Trail. The hike goes through Shining Rock Wilderness and along the East Fork of the Pigeon River with its awesome boulders and rapids and a special swimming hole where, weather permitting, we will stop for a swim. Second meeting place: Cold Mtn Overlook on BRP at 12:50 PM. Topo(s): Shining Rock

Half-Day No. H1403-437 Aug. 3
Slate Rock Creek - Pilot Cove *12:30 PM
Hike 5.3, Drive 40, 960 ft. ascent, Rated C-C
Dennis Bass, 828-367-7792, dbass367@gmail.com

P400 *First meeting place: Ingles parking lot across from Biltmore Square Mall on NC 191. This moderate hike is in the Pisgah National Forest on the Pilot Loop and Slate Rock Creek trails. From the top of the cliffs on Fork Ridge expect beautiful views of Pilot Cove, Pilot Rock, Pink Beds, and beyond. 1.7 mile car shuttle. Second meeting place: Mills River Ingles (corner of N. Mills River Road and NC 280, near gas pumps) at 12:50 PM. Topo(s): Shining Rock; also NatGeo map #780

Half-Day No. H1403-203 Aug. 10
AT from Tanyard Gap to Hot Springs 12:00 PM
Hike 5.3, Drive 70, 1000 ft. ascent, Rated C-C
Joe Burchfield, 828-338-0443, burchfield@niu.edu

This is Lover’s Leap the easier way. A shorter version of hike # 203, this is a pleasant hike over Mill Ridge and along Lover’s Leap Ridge through oak and rhododendron woods. There is a short steep descent after Lover’s Leap, but otherwise a gentle up and down hike. We will have good views of the French Broad River above Hot Springs. Short car shuttle. Second meeting place: Rose’s parking lot off Exit 19B of I-26 at 12:20 PM. Topo(s): Hot Springs

Half-Day No. H1403-247 Aug. 17
Ivestor Gap Blueberry Hike *11:00 AM
Hike 5, Drive 65, 500 ft. ascent, Rated C-C
Bonnie Allen, 828-645-0357, cell: 828-707-6115, bonnie@allencats.com

P400. SB6k *Wilderness hike, limited to ten hikers—call leader for reservation. Our traditional hike to the picking fields of Grassy Cove Top in the Shining Rock Wilderness. While others are picking blueberries, there is an optional hike to the top of 6000 ft Grassy Cove Top. Once we get to the blueberries, we plan on picking for 2 hours. Everyone should bring berry picking containers, hat and sunscreen. If there are no blueberries we will all hike to the top of Grassy Cove Top. Second meeting place: BRP Cold Mountain Overlook at 11:40 AM. Topo(s): Sam Knob; Shining Rock; also NatGeo map #780.

Half-Day No. H1403-070 Aug. 24
Mt. Mitchell Loop *12:30 PM
Hike 5, Drive 60, 1500 ft. ascent, Rated C-B
Lee Bellknapp, 828-698-9394, cell: 828 674-3631, rivergypsy@sprintmail.com

*Only Meeting Place: back parking lot of Folk Art Center. We will meet at Steppes Gap Ranger Station, where we will use the Camp Alice and Mt Mitchell Trails to create a scenic loop in this rugged high country. Topo(s): Mt. Mitchell

Half-Day No. H1403-665 Aug. 31
NC 128 - Waterfall *12:00 PM
Hike 6, Drive 62, 500 ft. ascent, Rated C-C
Maggie Marshall, cell: 828-772-4286, Maggie.marshall@yahoom.com

*Only Meeting Place: back parking lot of Folk Art Center. A gentle hike along the MST to a small but lovely waterfall and return. We’ll have views along the BRP on the drive up to Mt. Mitchell Road where the hike begins. Topo(s): Montreat, Mont Mitchell

Half-Day No. H1403-767 Sep. 7
Lookout Mountain 12:30 PM
Hike 4.7, Drive 40, 1040 ft. ascent, Rated C-B
Karin Eckert, 828-593-8453, karingarden@yahoo.com

A hike up to Lookout Mountain via Lookout Rd., Rainbow Rd., Old Mitchell Toll Road and Hickory Ridge Trail. Return on Lookout Trail. A highlight of this hike is the spectacular view of the Seven Sisters from Lookout Rock. The return trail has a very steep downhill section. Second meeting place: Ingles parking lot off Exit 64 of I-40 at 12:50 PM. Topo(s): Montreat

Half-Day No. H1403-785 Sep. 14

Duckett Fire Tower *12:45 PM
Hike 4.5, Drive 70, 1500 ft. ascent, Rated C-B
Jack Dalton, 828-622-3704, jckdalton9@gmail.com

*Form carpools at Westgate and meet leader at Briar Rose Farm, 91 Duckett Top Tower Rd just off NC 63 at 1:15 PM. This in-and-out hike is a joint hike with the Hot Springs Mountain Club. An uphill hike to Duckett Fire Tower with 360-degree views of surrounding mountains, including Max Patch, Turkey Mtn. and Spring Creek Mtn. Bring maps and compass. Driving Directions: Take Patton Ave. west, then turn right onto NC 63 (New Leicester Highway) for approx. 28 miles, turn right (sign: Briar Rose Farm) onto Duckett Fire Tower Rd to parking area on right. Limited parking – please carpool! Topo(s): Spring Creek, Sandy Mush

Half-Day No. H1403-591 Sep. 21
Bent Creek Loop #13 *12:00 PM
Hike 5, Drive 6, 1200 ft. ascent, Rated C-B
Stuart English, cell: 828-384-1759, stuenko@comporium.net

P400 *Only Meeting Place: Ingles parking lot across from Biltmore Square Mall on NC 191. A pleasant fall walk along lesser-hiked trails and roads in Bent Creek, including Sidehill Connector, Lower Sidehill Trail, South Ridge Road, Chestnut Cove and Explorer Loop. Topo(s): Skyland; also NatGeo map #780 and Bent Creek Trails Map

Half-Day No. H1403-831 Sep. 28
Cedar Rock Mtns. from Cathey’s Creek Rd *11:30 AM
Hike 5.8, Drive 86, 1550 ft. ascent, Rated C-A
Sawako Jager, 828-687-2547, cell: 828-674-4067, Baiko70@aol.com

P400 *Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 12:00 PM. So, you’ve done the John Rock hike and wondered what Cedar Rock Mtn. is like? Here’s an opportunity! Starting at Cathey’s Creek Road we will hike a gated forest service road to the Art Loeb Trail, stopping at the Butter Gap Shelter for a break. We will then take a steep trail up the south ridge of Cedar Rock Mountain, that includes a couple of nice overlooks, ending with a spectacular view from the west-facing overlook. Return via the same route. Topo(s): Shining Rock, Rosman; also NatGeo map # 780

By Maggie Marshall
Make-a-Wish hike

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Along with 69 other adrenaline-charged hikers from the Asheville and Triad areas, the four of us tackled the Bartram Trail from Appletree Campground to Wallace Branch, a fairly harrowing 24.1 miles with approximately 5325 feet of cumulative ascent and almost as much descent. And – woo hoo – we made it!!

Our day started at 3 a.m. with breakfast in the hotel lobby, then an hour-long bus ride to Appletree. Leaving every couple of minutes in groups of 4-5 hikers (Sherry and I in the same group, Billie and Donna in separate groups) we all sailed through the first section of the trail. The trail began to climb steeply after Lake Nantahala and we covered over 3700 feet of ascent by the halfway point.

We had a miraculous break in the weather that day: temperatures that were predicted to be in the low 80s were in the low 70s and the rain did not show up until about 4 p.m., which only had us hiking in the rain 1-2 hours of our trip. All told, it took the four of us between 11 to 14 hours to finish.

We have raised just under $350,000 to date with this hike (we have until July 1 to get all our donations in, so feel free to help us reach and exceed that $350K mark) – which translates into 60 more wishes being granted to these deserving kids! It was grueling, exhausting, crazy – but we all agree: it was SO WORTH IT!!

HIKING INFORMATION: CMC hikes are open to all and we welcome guests. Non-members need to call or email the hike leader to introduce themselves and find out more about the hike. All hikers are encouraged to call or e-mail the leader if they have questions about the hike or the location of the meeting place. Hikes may be canceled by the leader due to adverse weather or dangerous roads. Minors are welcome on CMC hikes, if accompanied by a responsible adult. Pets are not allowed on CMC hikes.

Hikers will carpool from the meeting places to the trailhead and back. Passengers are expected to contribute 10 cents per mile towards the driver’s operating expenses. Most CMC hikes do not require reservations. However, check the hiking schedule to determine whether a reservation is required, and if so, call or e-mail the leader to reserve your space.

Hike leaders have the right to reject participants who are not properly equipped for the hike or who are unlikely to be able to complete the hike. All hikers are expected to follow the leader’s instructions. No one should get ahead of the leader, or lag behind the sweep, without specific permission. Hikers should obtain the leader’s permission if they wish to leave the hike before its completion.

CLOTHING AND EQUIPMENT: CMCs website (www.carolinamountainclub.org, click on Hiking) has a full list of day hiking needs. Most critical are water, footwear, rain gear and a first aid kit. Carry at least two quarts of liquid (water, Gatorade, juice) for a full day hike, no matter what time of year. Hiking boots are recommended for all hikes. They should be broken in before the hike.

Weather changes quickly in the mountains. Even if there is no sign of rain in the morning, you need to be prepared for an afternoon shower. Your first aid kit should include any personal medication, including allergy medication, if needed. Wear layered clothing – you’ll want to take layers off during a strenuous climb or as the day proceeds, then put them back on in cooler conditions.

RESPONSIBILITY FOR SAFETY: Each CMC member and guest agrees to accept personal responsibility for his or her own safety and for the safety of accompanying minors. The Club cannot ensure the safety of any participant on hikes or trail maintenance activities. Each participant agrees to hold harmless and free from blame event leaders and the CMC, its officers and members, for any accident, injury or illness which might be sustained from participating in Club hikes and other activities.

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

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

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