

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,



Setting out for a hike in the rain. Photo by Stuart English.

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.

COUNCIL CORNER

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.



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

Do we want to keep them this way?

– 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.



Fifth graders hiking as part of the Muddy Sneakers organization.

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 Koeplinger at 84

By Danny Bernstein

“This is what 84 looks like,” said Kathy Kyle on the CMC Facebook page. She’s referring to Carroll Koeplinger, who led the 17.1-mile Old Settlers Trail hike in Great Smoky



Carroll Koeplinger

M o u n t a i n s 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 section 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, lesrlove55@gmail.com

Draft Crew

Kayah Gadish, kayita79@gmail.com

MST sections

Barth Brooker, barthb@bellsouth.net

Les Love, lesrlove55@gmail.com

Pete (R) Petersen, roap@aol.com

Larry Sobil, lsobil@bellsouth.net

AT sections

Tim Carrigan, tim@newprisim.com

HIKE SCHEDULE Third Quarter 2014

Hike Ratings

First Letter Distance	Second Letter Elevation Gain
AA: Over 12 miles	AA: Over 2,000 ft.
A: 9.1-12 miles	A: 1,501-2,000 ft.
B: 6.1-9 miles	B: 1,001-1,500 ft.
C: Up to 6 miles	C: Under 1,000 ft.

All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B unless otherwise noted.

If it's not possible for a hiker to go on the regularly scheduled hike, it may be possible to accompany the leader when the hike is scouted. Call or email the hike leader.

Hike cancellations are announced on the CMC website in the "Breaking News Box." Hike Leaders will announce a cancellation or significant change at least a few hours before the hike meeting time. Hikers that do not have internet access or live hours away from the meeting place: call the hike leader to ensure that you are informed about hike changes.

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, suejack-fitz@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**
Chestnut 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

P400 *Only Meeting Place: Ingles parking lot on NC 191 across from Biltmore Square Mall. This is a moderate in-and-out hike on the Mountains-to-Sea Trail from Chestnut Cove to Ferrin Knob and return. We will have a substantial, steady climb in the morning, with lunch at the top of Ferrin Knob, and an easy return in the afternoon.

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

P400, SB6K *Form carpools at Westgate and

meet leader at BRP Cold Mtn. overlook at 9:10 AM. We will start from the Courthouse Valley O/L on an unused trail, skirt around Herrin Knob, cross the BRP at Mt. Hardy Gap and then climb to the summit of Mt. Hardy. Our descent is via a connector trail, MST and includes a 3-mile in-and-out hike along Fork Ridge to Green Knob (a different Green Knob!) and to our cars at Buckeye Gap. Our snack and lunch spots on Mt. Hardy and Green Knob will feature 180 and 360-degree mountain views on a clear day. Car shuttle. Topo(s): Sam Knob; also NatGeo Map #780 and USFS Shining Rock & Middle Prong map

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@twos.org

Wilderness hike, limited to ten hikers—call leader for reservation.* Strenuous hike! We'll first descend 1100 ft. in less than a mile from Conley Cove trailhead, then hike upstream along the Linville Gorge in the depths of the gorge. One of the great rivers of WNC. Then out of the gorge via the Babel Tower trail after a stop at Babel Tower. Short car shuttle. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 8:20 AM. Topo(s): Ashford, Linville Falls; also Linville Gorge Wilderness map

Wednesday No. W1403-071 **Jul. 23**
Turkey Pen - Squirrel Gap Loop 8:30 AM

Hike 9.2, Drive 50, 1500 ft. ascent, Rated A-B
Vance Mann, cell: 828-273-7592,
hvancem@icloud.com

P400 From Turkey Pen trailhead, we will hike down to and across the S. Mills River, up to Mullinax Gap and then do a loop including Laurel Creek, Bradley Creek and Squirrel Gap Trails. Four wet stream crossings—wear water shoes. **Second meeting place: Boylston Baptist Church on NC 280 at 9:00 AM.** Topo(s): Pisgah Forest; also NatGeo map #780

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,
Sawako Jager, 828-687-2547, cell: 828-674-4067,
Baiko70@aol.com and
Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

P400, WC100 *Form carpools at Westgate and meet leader at Mills River Ingles parking lot near gas pumps on NC 280 at 8:30 AM. This is another of the P400 hikes that is scheduled during a summer month because of its twelve stream crossings. Plan to wear water shoes for the section between Cantrell Creek and Wolfe Ford. Two hiking poles are recommended for the stream crossings. The trail follows the old logging railroad grade, so look for old trestles at stream crossings. This hike will be done as a key swap. Carry swim

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 (lesrlove55@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 6.25, 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 switches 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,
barbc129@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: Ingles parking lot off Exit 64 of I-40 at 8:20 AM.** Topo(s): Celso, 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,
stuengo@compodium.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 Koeplinger, 828-667-0723,
cell: 828-231-9444, 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: 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 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 Mtn. 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): Hartford, Luftee Knob, Jones Cove; 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, rfluharty54@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 I-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

Saturday No. A1403-193 **Jul. 12**
NC 215 to Haywood Gap *10:00 AM
Hike 6.5, Drive 85, 1000 ft. ascent, Rated B-B
Marcia Bromberg, 828-505-0471,
cell: 828-798-9905, mwbromberg@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

NatGeo map #779 and PNF South Toe River, MM and Big Ivy maps

Sunday No. A1403-242 **Jul. 13**
Sam Knob Loop **10:00 AM**
Hike 7.5, Drive 75, 1500 ft. ascent, Rated B-B
Jim and Judy Magura, cell: 828-606-1490,
jqs290@gmail.com

P400, SB6K This hike in the cool high elevations is perfect for a hot summer day. From FS 816 we will ascend Sam Knob (6040 ft.) with its 360 degree views, then hike through high meadows on the Flat Laurel and Little Sam Trails. We then return via the MST across FS 816 and up to the summit of Black Balsam (6214 ft.), then down to our cars. **Second meeting place: BRP Cold Mtn. Overlook at 10:40 AM.** Topo(s): Sam Knob; also NatGeo map #780

Sunday No. A1403-337 **Jul. 20**
Shining Rock from Black Balsam ***8:30 AM**
Hike 11, Drive 65, 1500 ft. ascent, Rated A-B
Jill Gottesman, 828-587-9453, cell: 828-545-5236,
jill_gottesman@tws.org

P400, SB6K *Form carpools at Westgate and meet leader at BRP Cold Mtn. **Overlook at 9:05 AM.** *Wilderness hike, limited to ten hikers—call leader for reservation.* We'll take the ALT from FS 816 to Shining Rock (6040 ft.), climbing Black Balsam (6214 ft.), Tennesse Mtn. (6040 ft.) and Grassy Cove Top (6040 ft.) 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. Topo(s): Shining Rock, Sam Knob; also NatGeo map #780

Saturday No. A1403-249 **Jul. 26**
Haywood Gap/Buckeye Gap ***8:30 AM**
Hike 9, Drive 80, 1500 ft. ascent, Rated B-B
Laura Frisbie, 828-337-5845,
laurafrisbie@gmail.com

P400 *Wilderness hike, limit ten hikers; please use email to contact leader for reservation. We'll hike the MST and the Buckeye Gap Trail in the Middle Prong Wilderness, down a ridgeline on an old logging railroad grade, then past an old logging camp. At the junction with the Haywood Gap Trail, we'll hike steeply up alongside Haywood Gap Stream to Haywood Gap and follow the MST back to our cars. **Second meeting place: BRP Cold Mtn. Overlook at 9:10 AM.** Topo(s): Sam Knob; also NatGeo map #780 and USFS Shining Rock and Middle Prong Wilderness map

Sunday No. A1403-838 **Jul. 27**
Spence Ridge and Possible Side Trip to Hawksbill ***8:30 AM**
Hike 7, Drive 125, 1600 ft. ascent, Rated B-A
Kayah Gaydish, 828-713-5927,
kayah@wildsouth.org

*Form carpools at Westgate and meet leader

at Ingles parking lot off Exit 64 of I-40 at 8:50 AM. *Wilderness hike, limited to ten hikers—email leader before 7/25 for reservation.* Hike with a CMC trail maintainer and Wild South Wilderness ranger on the Spence Ridge trail to the Linville River. This is a strenuous in-and-out hike, 7 miles round trip, with a 1000' descent to the river and the same climb out. If the group is interested, we can add an additional hike to Hawksbill for 360-degree views, an additional two-mile round trip. The hike leader is a Wilderness ranger with a focus on the identification and removal of nonnative and invasive plants in Linville Gorge. Hikers may have the opportunity to help remove some invasive plants. Children who have hiking experience are welcome. Topo(s): Linville Falls; also PNF Linville Gorge Wilderness map

Sunday No. A1403-839 **Aug. 3**
Pink Beds, S. Mills River, Soapstone Ridge Loop ***8:30 AM**
(strenuous)

Hike 9, Drive 85, 1700 ft. ascent, Rated B-A
Dave Wetmore, cell: 828-577-0648,
dwetmore@citcom.net

P400 *Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:30 AM. We'll do a long loop, starting with parts of the Pink Beds Loop and S. Mills River Trails, and returning via Soapstone Ridge and Club Gap. Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1403-259 **Aug. 3**
Reinhart Gap to Buckeye Gap ***8:30 AM**
(moderate)

Hike 8.3, Drive 90, 1400 ft. ascent, Rated B-B
Stuart English, cell: 828-384-1759,
stueango@comporium.net
*Form carpools at Westgate and meet leader at BRP Cold Mtn. **Overlook at 9:10 AM.** From Reinhart Gap, we'll drop down to the MST and follow it east to Buckeye Gap. Possible early blueberry sightings. Topo(s): Shining Rock; also MST Trail Profiles, pp. 29-31

Sunday No. A1403-475 **Aug. 10**
Hump Mtn. from Yellow Mtn. Gap **8:30 AM**
Hike 9, Drive 140, 2400 ft. ascent, Rated B-AA
Jeff Wasserman, cell: 828-243-7815,
jwbass47@gmail.com

We will hike from Roaring Creek Road to Yellow Mtn. Gap at which point we join the AT, along an open ridge to Little Hump Mtn. and on to Hump Mtn. where we'll have lunch on a grassy bald at 5587 ft. We'll return to Yellow Mtn. Gap and take the Overmountain Victory Loop back to the cars. The fabulous vistas and open meadows make the drive and moderately strenuous hike very much worth while. Topo(s): Carvers Gap, White Rocks Mtn.; also NatGeo map #783

Saturday No. A1403-367 **Aug. 16**

Art Loeb, Grassy Cove Ridge to Bridges Camp Gap ***10:00 AM**
Hike 8.3, Drive 65, 1650 ft. ascent, Rated B-A
Brenda Worley, 828-684-8656,
clworley@bellsouth.net

P400, SB6K *First meeting place: **Ingles parking lot on NC 191 across from Biltmore Square Mall.** *Wilderness area, limited to ten hikers; please email leader for reservation. Beginning with a climb up to Black Balsam (6214 ft.) we'll follow the ridgeline to Tennesse Mtn. (6040 ft.) and Ivestor Gap. Then we'll hike down Grassy Cove Ridge to the Big East Fork of the Pigeon River. Two stream crossings, one or both of which may be wet. From there, we'll hike to Skinny Dip Falls, and then end at Bridges Camp Gap. Car shuttle. **Second meeting place: BRP Cold Mtn. Overlook at 10:40 AM.** Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1403-840 **Aug. 17**
Brunch and Hikes at the Swag ***8:30 AM**
Drive 80

Ashok Kudva, 828-698-7119, cell: 828-674-1374,
ashok.kudva@att.net

900M *First meeting place: **Home Depot off Exit 44 of I-40.** Various hikes will be offered, including Hemphill Bald, the Appalachian Science Learning Center, Swag Nature Trail or a stroll to spectacular views from Gooseberry Knob. Access by car to the Swag Country Inn, a resort at the boundary of GSMNP on the Cataloochee Divide Trail, is available only to meal or lodge guests. Their Sunday brunch at 12:30 PM in their formal dining room (no hiking boots allowed) will be between two hike segments. It will also include a performance by Donald Davis, an award-winning storyteller. Cost including gratuity and tax will be \$59. For reservations, please contact the leader. **Second meeting place: Exxon station off Exit 20 of I-40 at 9:00 AM, but phone leader first.**

Sunday No. A1403-113 **Aug. 24**
Cold Mountain ***8:00 AM**

Hike 10.4, Drive 70, 3400 ft. ascent,
Rated A-AA+
Brent Martin, 828-587-9453, cell: 828-371-0347,
brent_martin@tws.org

P400, SB6K *Form carpools at Westgate and meet leader at **Jukebox Jct. (US 276 off NC 215) at 8:30 AM.** *Wilderness hike, limited to ten hikers—call leader for reservation.* From the BSA Daniel Boone Camp, we will climb and climb past laurel and rhododendron to Deep Gap, and then continue to the top of Cold Mountain for great views towards the BRP and Mt. Hardy. Topo(s): Waynesville, Cruso; also NatGeo map #780

Saturday No. A1403-053 **Aug. 30**
East Fork Pigeon River Swim Hike ***8:30 AM**
Hike 8.5, Drive 74, 1200 ft. ascent, Rated B-B
Jan Onan, 828-698-3237, cell: 828-606-5188,
janonan@bellsouth.net

P400 *Wilderness hike, limited to ten hikers—

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; also NatGeo map #780.

Sunday No. A1403-368 **Aug. 31**
Bradley Creek &

Riverside Stream 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, lesrlove55@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, Dunsmore 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.

Sunday No. A1403-836 **Sep. 12-14**
Mountain Treasures Camporee #6

Ted Snyder, 864-638-3686,
tedsnyderjr@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 corundum 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. A1403-244 **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@hikertohiker.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,
barbc129@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: Ingles parking lot off Exit 64 of I-40 at 8:50 AM.** Topo(s): Celso, Little Switzerland

Sunday No. A1403-837 **Sep. 28**
Quillams and Alum Caves ***8:00 AM**

Hike 8.6, Drive 140, 2500 ft. ascent, Rated B-AA
Mike Knies, 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, lgbblue@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,
cooper.hs@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 climbs: 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, LTC ***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, 100 ft. ascent, Rated C-C
Marcia Bromberg, 828-505-0471,
mwbromberg@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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Donna Lanning

Maggie Marshall

Billie Green

Sherry Griffith

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,
dbass3607@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 Belknap, 828-698-9394, cell: 828 674-3631,
rivergypsy@sprintmail.com

*Only Meeting Place: back parking lot of Folk Art Center. Starting at Stepps Gap Ranger Station, 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@yahoo.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, Mount 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,
stuengo@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 Mtn. from Catheys 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 Catheys 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

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: CMC's 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

Carolina Mountain Club

P.O. Box 68
Asheville, NC 28802

NEXT CMC COUNCIL MEETING

When: Aug. 7, 2014
Where: West Asheville Library meeting room
Time: 6:00 - 9:00 PM
Info: Call Lenny at 450-1325 if you would like to attend.
All CMC members are welcome.

Further
information about
regulations is available at www.carolinamountainclub.org

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 Councilor 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 green 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.

CAROLINA MOUNTAIN CLUB OFFICERS

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