

LET'S GO!



THIRD QUARTER 2024
Quarterly Hike Schedule



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

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: 1,000 ft. or less

If it's not possible to go on the regularly scheduled hike, it may be possible to accompany the leader when the hike is scouted. 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. 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.

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. MST and AT section maintainers work on their own schedule.

Burnsville Monday Crew

John Whitehouse,
johnwhitehouse@icloud.com

Art Leob Monday Crew

Rich Evans, richard.erman.evans@gmail.com

Waynesville Wednesday Crew

Chris Werbylo, jcw402@aol.com

Asheville Thursday Crew

Dale Gerhardt, patchwrk18@gmail.com
Ken Hummel, kenhummel60@gmail.com
David Pizzolato, pizzolato957@gmail.com

Asheville Friday crew

Paul Curtin, pmcurtin@hotmail.com
Chris Werbylo, jcw402@aol.com

Pisgah Friday Crew

Don Cooper, dncpr47@gmail.com
Robert Bolt, otherob@inbox.com

Quarterly Saturday Crew

Les Love, lesrlove55@gmail.com

Free Rangers Crew

John Busse, jfbusse@hotmail.com

Remote Overnight Crew

Paul Curtin, pmcurtin@hotmail.com
Rich Evans, richard.erman.evans@gmail.com

Section Rovers Crew

Jan Onan, janonan59@gmail.com
Rich Evans, richard.erman.evans@gmail.com

Wilderness Response Crew

Paul Dickens, psdicken@gmail.com

AT Section Maintainers Supervisor

Paul Curtin, pmcurtin@hotmail.com

MST Maintainers (South to North)

Oconaluftee River to Old Bald

Chris Werbylo, jcw402@aol.com

Old Bald to Hwy 215

Robert Bolt, otherob@inbox.com
Hwy 215 to Big Ridge O/L
(Available)

Big Ridge O/L to BRP Visitor Center

Les Love, lesrlove55@gmail.com

BRP Visitor Ctr to Greybeard O/L

John Busse, jfbusse@hotmail.com

Greybeard O/L to Black Mtn Campground

John Whitehouse,
johnwhitehouse@icloud.com

Secondary Trails Maintainers Supervisor

Les Love, lesrlove55@gmail.com

SATURDAY WORKDAYS

The remaining Quarterly Saturday Trail Maintenance Workdays for 2024 are August 17 and October 12. We meet at 8:30 and return to Asheville by 3:00. Contact Les Love for details and where to meet.

lesrlove55@gmail.com | 828-658-1489

NEXT CMC COUNCIL MEETING

When: Tuesday, August 20

Where: Forest Service office on Zillicoa

Info: Call Les at 828-230-1861 if you would like to attend. All CMC members are welcome.

CHALLENGE PROGRAMS

A.T.-MST For hiking the 228 miles of the A.T. and MST on CMC maintained sections. Contact ATMST@CarolinaMountainClub.com

FH100 For hiking all 100 trails in the "100 Favorite Trails of the Smokies and Carolina Blue Ridge." Contact Steve Pierce, stevepierce50@gmail.com

LTC For hiking all 24 lookout towers in WNC. Contact LTC@carolinamountainclub.org

P400 For hiking every trail in Pisgah Ranger District. Contact P400@CarolinaMountainClub.org

SB6K For hiking all 40 peaks above 6000'. Contact SB6K@carolinamountainclub.org

WC100 For hiking to the 100 best waterfalls in the area. Contact w100@carolinamountainclub.org

YPC For hiking eight different Land Management areas with youth 17 and under. Contact Kay Shurtleff at kshurtleff@msn.com

900M For hiking every trail in GSMNP. Contact Steve Pierce, stevepierce50@gmail.com

LEISURE HIKES

Leisure hikes are a new CMC Outreach initiative to provide more hiking opportunities for beginners, youth, or anyone else looking for a shorter, slower-paced CMC hike. The hikes are open to CMC members as well as families and newcomers. Please contact the hike leader to reserve your space. Look for the "Leisure Hikes" section of the online and *Let's Go* hike schedules. If you have questions or are interested in leading a Leisure hike, please contact Jeff Wilcox at education@carolinamountainclub.org.

Saturday No. L2403-816

July 27

English Chapel from Pisgah

Ranger District Ranger Station 9:45 AM

Hike 2, Drive 70, 100 ft. ascent, Rated C-C,

P400

James Gremillion, 843-250-4356,

james.gremillion@gmail.com

Only Meeting Place: Pisgah Ranger Station off US 276. Contact hike leader for reservation. We will meet by the flagpole at the Pisgah Ranger Station/Visitor Center. Bathrooms will be available for use prior to our departure. Join

in CMC's family-friendly hike on the Andy Cove Nature Trail and Davidson River Exercise Trail, passing by the English Chapel. The chapel was established in 1860 and is still a working United Methodist church with Sunday services. The original building served as both church and schoolhouse for the 50 families of the Davidson River Community.

Topo(s): Pisgah Forest

Friday No. L2403-587 **Aug. 9**
Catawba Falls **10:00 AM**
Hike 3, Drive 40, 800 ft. ascent, Rated C-C,
WC100

Judy Magura, 828-606-1490,
quilter290@gmail.com

Only Meeting Place: River Ridge Market Place across from McDonald's off Exit 53B of I-40. Contact the leader by email for reservation. Catawba Falls will be reopening to the public in summer 2024, following more than two years of repairs. The new trail promises better parking, new bridges and boardwalks, and improved hiker safety. The stunning beauty of the falls should still be the same. We'll take it slow to observe changes to the trail and take in the scenery, and we'll stop for a snack and rest at the falls.

Topo(s): Black Mtn.

Saturday No. L2403-075 **Sept. 14**
Craggy Gardens to Hawkbill
(High Rocks) **10:00 AM**

Hike 3, Drive 30, 1192 ft. ascent, Rated C-B
Jeff Wilcox, 828-989-8755, jwilcox@unca.edu
Only Meeting Place: Back parking lot of Folk Art Center. Contact hike leader by email for reservation. Limit of 12 hikers. This in-and-out hike includes a couple of steady, sometimes steep, climbs to Hawkbill Rock. We will take it slowly and stop to rest as needed, but should be rewarded with one of the best views around. We'll stop for a snack and pictures before heading back. Topo(s): Craggy Pinnacle
Topo(s): Craggy Pinnacle

WEDNESDAY HIKES

Wednesday hikes submitted by Judy Magura, 828-606-1490, quilter290@gmail.com. Driving distance is round trip from the first meeting place. Hikes assemble at the location described for that hike. Some hikes will have second meeting places as described in the schedule; start times vary. *Times listed are departure times – arrive early.*

Wednesday No. W2403-471 **July 3**
Wagon Road Gap to

Bridges Camp Gap to Big East **8:00 AM**
Hike 9.4, Drive 42, 1500 ft. ascent, Rated A-B, *Wilderness hike, limited to ten hikers, contact leader for reservation.* **AT-MST, P400**
Bob Smith, 828-696-6185,

wncnites@gmail.com and Vonnie Gamble,
410-375-7764, ygamble99@yahoo.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leaders at second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

Contact hike leaders via text (preferred) for reservation. Please copy both Bob and Vonnie. We will follow the MST south from Pigeon Gap to Bridges Camp, then hike down to the East Fork of the Pigeon River for lunch and a leisurely swim. After lunch, it's downhill all the way to the Big East Fork parking area. Car shuttle.

Topo(s): Shining Rock

Wednesday No. W2403-982 **July 3**
Stone Mountain and Hickory
Mountain in DuPont Forest **8:30 AM**

Hike 9, Drive 70, 1850 ft. ascent, Rated B-A
Danny Bernstein, 828-450-0747,
dannyhiker@gmail.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at the second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.

Limit of 12 hikers. Contact hike leader by email for reservation. This new, moderate hike starts at the Guion Farm Access Area in DuPont Forest. We first walk on back trails to the base of Stone Mountain. After a climb up and down Stone Mountain, we continue on Ruffed Grouse Trail and Hickory Mountain Trail and back to Guion Farm. Views and history abound on this hike. Topo(s): Standingstone Mtn.

Wednesday No. W2403-527 **July 10**
Chattooga River and Ellicott Rock **8:00 AM**
Hike 8.5, Drive 150, 950 ft. ascent, Rated B-C,
WC100

Norm Sharp, 864-268-9409, cell: 864-609-7182,
norm.Sharp@att.net
First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

Come stand where three states join! View an 1811 boundary marker between Georgia and North Carolina that settled the Walton War but still rankles many Georgians. View an 1813 boundary marker between North Carolina and South Carolina. This hike has gentle grades and goes along the Chattooga River. To really see the markers you'll have to get knee deep in the river, so come prepared. Bring your swimsuit.

Topo(s): Tamassee

Wednesday No. W2303-531 **July 17**
Pisgah Inn to Beaver Dam Gap **8:30 AM**
Hike 7.9, Drive 50, 1100 ft. ascent, Rated B-B,
AT-MST, P400

Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: BRP Beaver Dam Overlook at MM 401.7 at 9:00 AM - but contact leader first.

Contact the leader for reservation. Enjoy the mountain views along the MST from Pisgah Inn to the Stony Bald Overlook. After Little Pisgah Mountain, it's downhill almost all the way. We will look for the Turk's cap lilies near the big funny tree. Seven-mile car shuttle. Pisgah National Forest.

Topo(s): Dunsmore Mtn.

Wednesday No. W2403-789 **July 24**
Hickory Branch **8:00 AM**

Hike 5, Drive 70, 1280 ft. ascent, Rated C-B
Marie Chamberlin, 678-492-6718,
marie.m.chamberlin@gmail.com

First Meeting Place: River Ridge Market Place behind CVS off Exit 53B of I-40.

Second Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain) at 8:15 AM.

Limit of 12 hikers. Contact hike leader via email for reservation. This in-and-out hike is in the oldest section of Pisgah National Forest, the Curtis Creek area. The trail crosses Hickory Branch and climbs along the branch with beautiful waterfalls and cascades. There will be 6 stream crossings. These are usually rock hops, but we could possibly experience deeper water and wet feet after heavy rain. Poles are recommended. Then we will climb up to the intersection with Lead Mine Gap Trail. There are numerous switchbacks and increasingly good views of the Black Mountain Range.

Topo(s): Old Fort

Wednesday No. A2403-470 **July 24**
Fork Mountain Trail
via FS 816 to NC 215 **8:00 AM**

Hike 9.5, Drive 85, 740 ft. ascent, Rated A-C, *Wilderness hike, limited to ten hikers, contact leader for reservation.* **P400**

Henry Kassell, 845-656-5528,
hkassell@gmail.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: BRP Cold Mountain Overlook at MM 412 at 8:30 AM.

We will park at the Art Loeb Trail crossing and hike over Black Balsam and Tennant Mtn. At the first intersection after coming down from Tennant Mtn., we will go left on Investor Gap Rd., then right onto Fork Mtn. Trail. After lunch at High Top, we will head down to the wet crossing at NC 215. Car Shuttle.

Topo(s): Shining Rock

Wednesday No. W2403-457 **July 31**
Brown Gap to Max Patch **8:00 AM**
Hike 7, 1700 ft. ascent, Rated B-A, **AT-MST**
Diane Saccone, 703-283-1068,
grdngrl54@gmail.com

Only Meeting Place: Home Depot off Exit 44 of I-40. Max Patch has a group limit of 10. Contact hike leader for reservation. An in-and-out hike on the A.T. with a steep uphill for the first mile, then leveling off into moderate ups and downs, with a final climb to the top of Max Patch for lunch. If we're lucky, it will be clear for beautiful views.
Topo(s): Lemon Gap

Wednesday No. W2403-068 **July 31**
Big Butt from
Walker Knob Overlook **9:00 AM**
Hike 6. Drive 47, 1300 ft. ascent, Rated C-B
Virginia Bower, 828-273-2486,
clabbergirl57@gmail.com

First Meeting Place: Back parking lot of Folk Art Center.

Second Meeting Place: BRP Walker Knob Overlook at MM 360 at 9:30 AM.

Contact hike leader for reservation. Let the leader know if you plan to meet at the Walker Knob Overlook of BRP. This moderate in-and-out hike will be at over 5000 feet elevation. There are three climbs: to Point Misery and Little Butt (steep) on the way in, and to Point Misery on the return. The hike goes through a northern hardwood/spruce forest with excellent views of the Black Mountains.

Topo(s): Montreat

Wednesday No. W2403-119 **Aug. 7**
Charlies Bunion from
Newfound Gap and return **8:00 AM**
Hike 8, Drive 127, 2400 ft. ascent, Rated B-AA,
SB6K, 900M

Eva Blinder, 828-275-6447,
ejb5711@gmail.com

First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Maggie Valley Post Office at 8:30 AM - but contact leader first.

Contact hike leader via email for reservation. This scenic in-and-out hike will follow the A.T. from Newfound Gap to a spectacular lunch spot at Charlies Bunion. After lunch we'll do an optional side trip to Mt. Kephart and the Jumpoff. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.

Topo(s): Clingmans Dome

Wednesday No. W2403-464 **Aug. 14**
Balsam Gap to Graybeard Overlook **8:00 AM**
Hike 7.8, Drive 45, 1400 ft. ascent, Rated B-B,
AT-MST

Susan Hutson, 336-406-9279,
picassue48@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center.

This is a modification of Hike #464. We will start from Graybeard Overlook and hike on the MST towards Walker Knob Overlook. We will hike through a range of environments and landscapes, including rocky trail sections that require good footwear and hiking poles. We will go through lovely beech forest and sweeping native grasses, over open blueberry balds with long-range views, and alpine vegetation through old hemlock and lichen-covered oak forest. We will return on the same trail. Topo(s): Montreat
Topo(s): Montreat

Wednesday No. W2403-798 **Aug. 14**
North Mills River Trail **10:00 AM**
Hike 5, Drive 40, 715 ft. ascent, Rated C-C,
P400

Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at the second meeting place.

Second Meeting Place: Ingles on NC 191/280 N end of parking lot in front of Pardee Urgent Care (Mills River) at 10:15 AM.

Contact hike leader for reservation. This fun, warm weather hike is a slower-paced, short lollipop that starts at the Trace Ridge trailhead at North Mills River Recreation Area. We will take Trace Ridge Trail down to North Mills River Trail, then hike up to FS 142 to return to our cars. There are ten wet river crossings (one alternative with a swinging bridge). Normally the water is less than 2 feet deep, but water levels rise drastically after a hard rain. Hiking poles are recommended. Wear old boots or old sneakers with good traction that you don't mind getting soaking wet, with moisture-wicking socks. We won't stop at each water crossing to change shoes. Pisgah Ranger District
Topo(s): Dunsmore Mtn.

Wednesday No. W2403-273 **Aug. 21**
Boogerman Trail **8:30 AM**
Hike 8, Drive 72, 1100 ft. ascent, Rated B-B,
900M

Sharon Smith, 704-877-7804,
walterssharon204@gmail.com

First Meeting Place: Home Depot off Exit 44 of I-40. Form carpools and meet hike leader at second meeting place.

Second Meeting Place: Exxon station off Exit 20 of I-40 at 9:00 AM - but contact leader first.

Limit of 15 hikers. Contact hike leader for reservation. A lush forest with giant, old-growth trees, stone walls and a root cellar make this a favorite loop hike in the Cataloochee area of the Smokies. We'll cross Caldwell Fork ten times. Several bridges are out of commission, so be prepared for some cool, wet stream crossings on what will probably be a hot summer day! Poles

and water shoes will be helpful. This hike is #34 of the 100 Favorite Trails. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.
Topo(s): Cove Creek Gap

Wednesday No. W2403-925 **Aug. 28**
Palmer Creek Trail in GSMNP **8:00 AM**
Hike 9.8, Drive 80, 1745 ft. ascent, Rated A-A,
900M

George Shepherd, 405-596-2632,
shepherdgeorge@att.net

First Meeting Place: Home Depot off Exit 44 of I-40. Form carpools and meet hike leader at second meeting place.

Second Meeting Place: Pilot Truck Stop off Exit 24 of I-40 at 8:30 AM.

Contact hike leader for reservation. This hike starts in the Cataloochee Valley from the Pretty Hollow Gap trailhead. We stay on Pretty Hollow Gap Trail for 1.6 miles before we branch off onto Palmer Creek Trail. A steady climb of 1500 feet over 3.3 miles takes us along the creek, over foot log bridges, up to Trail Ridge, and ends on Balsam Mountain Road. We return the same way. Expect beautiful creek sounds and views all the way plus Cataloochee history. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>. Topo(s): Luftee Knob

Wednesday No. W2403-578 **Sept. 4**
Flat Laurel Creek,
Little Sam Knob, MST Loop **8:30 AM**
Hike 8, Drive 60, 1000 ft. ascent, Rated B-C,
AT-MST

Diane Jacqmin, 828-513-1298,
cell: 630-946-9623, dsjacq@sbcglobal.net

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at second meeting place.

Second Meeting Place: BRP Cold Mountain Overlook at MM 412 at 9:00 AM - but contact leader first.

Limit of 15 hikers. Contact hike leader by email for reservation. This is a pleasant loop trail with views of Sam Knob, Fork Ridge and Flat Laurel Creek. This year we'll be hiking in a counter-clockwise direction, up the MST with a side trip to Devils Courthouse, down the Little Sam Trail and then a gentle return on the Flat Laurel Creek Trail. We'll end with a short walk along NC 215 to our cars. This hike is in the Pisgah Ranger District.

Topo(s): Sam Knob

Wednesday No. W2403-959 **Sept. 11**
Richard L Hoffman Trail -
Bailey Mountain Preserve **8:00 AM**
Hike 5.2, Drive 45, 1486 ft. ascent, Rated C-B
Diane Saccone, 703-283-1068,

grdngr154@gmail.com

First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26.

Second Meeting Place: Publix at 165 Weaver Blvd. Weaverville; lower end of parking lot off Exit 19 of I-26 at 8:15 AM - but contact leader first.

Contact hike leader for reservation. The hike begins with a scenic ascent through the Smith Property pasture. This open area is home to a wide range of biodiversity. As the trail enters the forest, hikers can try out a swinging bench that looks back at the Smith Property. The trail winds upward, continues deeper into the forest and begins a climb to the summit where we will lunch. We will return via a different trail that is laced with spicebushes that should be ready for the berries to be picked for winter spices. We will meet the original trail that we started on to end the hike and have time to explore the farm and the three unique barns on the property before leaving. Optional time to hang out after the hike in Mars Hill to enjoy a coffee, get an ice cream or explore the town.

Wednesday No. W2403-983 **Sept. 11**
Noland Creek Trail History Hike 8:00 AM
Hike 10.8, Drive 134, 1772 ft. ascent, Rated A-A, **900M**

Thomas Butler, 361-484-3381,
butler.tom3381@gmail.com

First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Waynesville Publix parking lot east end off Exit 102 of US 23/74 at 8:30 AM - but contact leader first.

Contact hike leader via email for reservation. Begin at Noland Creek trailhead just before the tunnel on Road to Nowhere. The 11-miles out-and-back hike along the Noland Creek Trail to the second foot log bridge can be shortened to 9.5 miles and 1200-ft. ascent by turning around at the first foot log bridge. This history hike on an old country lane passes a number of homesites, cemeteries and the remains of a large water-powered mill and power plant. Noland community was forced out in the 1940's to create Fontana Lake, and the property later became part of the Great Smoky Mountains National Park. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>. Topo(s): Noland Creek

Wednesday No. W2403-078 **Sept. 18**
BRP-Rattlesnake Lodge -
Lane Pinnacle 8:00 AM
Hike 8, Drive 32, 2400 ft. ascent, Rated B-AA,
AT-MST

Claudette Roberge, 860-205-4473,
Croberge0329@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. Contact hike leader to make reservation. Limit of 12 hikers. We will start at Tanbark

tunnel on BRP with a steep climb to the MST at the famous Rattlesnake Lodge. Go north on MST about 4 miles with further ascents to Rich Knob, Bull Mountain and Wolfden Knob to our lunch spot with incredible views just past Lane Pinnacle. Return via same route.
Topo(s): Craggy Pinnacle

Wednesday No. W2403-653 **Sept. 18**
Flat Creek Falls 8:30 AM
Hike 7, Drive 100, 1300 ft. ascent, Rated B-B,
WC100

Judy Magura, 828-606-1490,
quilter290@gmail.com and Jim Magura,
828-606-3989, jqs290@gmail.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:45 AM - but contact leader first.

Flat Creek Falls is an awesome 200-ft. waterfall nestled in the northern portion of Panthertown in Nantahala National Forest. This trail is generally considered a moderately challenging route. This hike involves walking the unmaintained Old Trestle Path (FS #445), then some old logging roads, and a mild bushwhack. The last 300 ft. consist of scrambling over boulders to the base of the falls. We will have lunch at the lower portion of the falls. There are a total of 6-8 wet stream crossings in each direction. Bring wading shoes. This trail is great for hiking, and it's unlikely you'll encounter many other people while exploring.

Topo(s): Big Ridge

Wednesday No. W2403-903 **Sept. 25**
Cataloochee and Little Cataloochee
via Little Cataloochee Trail 8:00 AM
Hike 9.5, Drive 80, 1850 ft. ascent, Rated A-A,
900M

Mike Knies, 828-253-6114, knies06@att.net

First Meeting Place: Home Depot off Exit 44 of I-40. Form carpools and meet hike leader at the second meeting place.

Second Meeting Place: Pilot Truck Stop off Exit 24 of I-40 at 8:30 AM - but contact leader first.

Contact hike leader via email for reservation. We will follow Pretty Hollow Trail for 0.8 miles, turn right and follow Little Cataloochee Trail to the Cook cabin, then on to the Little Cataloochee Baptist Church and its cemetery. We will stop there for lunch and maybe continue a short distance afterwards to visit the Hannah cabin before returning to the trailhead. Learn about the lives of the families of Cataloochee and Little Cataloochee by visiting their homesites. The lovely Cataloochee Valley is known for its thriving elk herds, and hopefully we'll see some on the way. The trail to Davidson Gap has been reconstructed by Trails Forever. This hike is #32 of the 100 Favorite Trails. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>. Topo(s):

[nps.gov/grsm/planyourvisit/fees.htm](https://www.nps.gov/grsm/planyourvisit/fees.htm). Topo(s): Cove Creek Gap

Wednesday No. W2403-343 **Sept. 25**
Mount Mitchell Loop
via Commissary Ridge 8:30 AM
Hike 7, Drive 65, 1500 ft. ascent, Rated B-B,
SB6K

Karen Lachow, 703-395-5879,
heyk127@hotmail.com

Only Meeting Place: Back parking lot of Folk Art Center. Contact hike leader via email for reservation. We will hike from the Ranger Station at Stepps Gap to the summit via the Old Mitchell Trail where we'll enjoy the view from the observation platform. Hiking down from the summit, we will take the Mt. Mitchell Trail/MST through moss-covered pine forest and return on the Commissary Ridge Trail. Expect grand views, beautiful forest scenery, flush toilets and snack bar. This hike is #88 of the 100 Favorite Trails Challenge.

Topo(s): Mt. Mitchell

ALL-DAY WEEKEND HIKES

All-day hikes submitted by Karen Lachow, 703-395-5879, heyk127@hotmail.com. Driving distance is round trip from the first meeting place. All hikes assemble at the location described for that hike. Some hikes will have second meeting places, and starting times may vary.

Sunday No. A2403-984 **July 7**
Mountains-to-Sea Trail,
Andrews Bald & Clingmans Dome 8:00 AM
Hike 7.4, Drive 137, 1600 ft. ascent, Rated B-A,
900M

Danny Bernstein, 828-450-0747,
dannyhiker@gmail.com

Only Meeting Place: Food Lion - 35 Westridge Market Pl. Candler. Contact the leader via email for reservation. This is a two-part **shuttle** hike in Great Smoky Mountains National Park. From the top of Clingmans Dome Road, we will hike to Andrews Bald and back, one of two maintained balds in the park. Next, we will climb up to the top of Clingmans Dome at the western end of the Mountains-to-Sea Trail. We will then walk the 3.6 miles where the MST and A.T. are coincident. Andrews Bald is #20 of the 100 Favorite Trails. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.

Saturday No. A2403-368 **July 13**
Bradley Creek and
Riverside Stream Crossings 8:00 AM
Hike 8.7, Drive 70, 650 ft. ascent, Rated B-C,
P400
Kristen Friedman, 203-253-0813,

Kristenwho62@yahoo.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at second meeting place.

Second Meeting Place: Ingles on NC 191/280 N end of parking lot in front of Pardee Urgent Care (Mills River) at 8:15 AM.

Contact the leader via email for reservation. Come and enjoy the water on a warm summer day. We will begin at Yellow Gap Rd. and hike to Turkey Pen. 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 you don't mind getting soaked and use two hiking poles. Bring a towel, dry shoes, and clothes for after the hike. This is a shuttle hike that takes nearly an hour to set up. It is recommended that only high-clearance vehicles make the drive on Turkey Pen Rd.

Topo(s): Pisgah Forest

Sunday No. A2403-406

July 14

Club Gap

to Clawhammer Mountain

8:00 AM

Hike 7.5, Drive 75, 2300 ft. ascent, Rated B-AA, **P400**

Kelly O'Rourke, 434-249-5176, kellyleann@comcast.net

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at the second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

Contact the leader via email for reservation. We will climb from the small parking area along FS 477 near Pink Beds to Club Gap. Then we take the Black Mountain Trail, climbing through Buckhorn Gap and along the ridge to the overlook at Clawhammer Mountain for lunch and 180-degree views. This hike is #66 of the 100 Favorite Trails.

Topo(s): Pisgah Forest, Shining Rock

Sunday No. A2403-847

July 21

Pinnacle Park to the Pinnacle

8:30 AM

Hike 8, Drive 90, 1900 ft. ascent, Rated B-A

Deborah Desocio, 919-306-0876,

DebKayKin@GMail.com

First Meeting Place: Home Depot off Exit 44 of I-40. Form carpools and meet leader at second meeting place.

Second Meeting Place: Haywood County Rest Area 19500 Great Smoky Mtn. Expy. (US 23/74) Waynesville NC at 9:00 AM - but contact leader first.

Contact the leader via email for reservation. This hike is from the Fisher Creek Recreation Area near Sylva. We will ascend and descend on the West Fork and Pinnacle Trails to see the great view from the Pinnacle. This hike is #15 of the 100 Favorite Trails Challenge.

Topo(s): Sylva North

Saturday No. A2403-531

July 27

Pisgah Inn to Beaver

Dam Gap Overlook

8:30 AM

Hike 7.9, Drive 50, 1100 ft. ascent, Rated B-B,

AT-MST, P400

Brenda Worley, 828-684-8656, cell: 828-606-7297, bjdworley@gmail.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: BRP Beaver Dam Overlook at MM 401.7 at 9:00 AM - but contact leader first.

Contact hike leader via email for reservation. Enjoy the mountain views as we hike east along the MST from the Pisgah Inn. After Little Pisgah Mountain, it's downhill almost all the way to the Beaver Dam Gap Overlook. We will look for the Turk's Cap lilies near the big funny tree. Seven-mile car shuttle.

Topo(s): Dunsmore Mtn.

Sunday No. A2403-794

July 28

MST: Cowee Access

to Haywood Gap

8:30 AM

Hike 8.5, Drive 90, 1500 ft. ascent, Rated B-B,

AT-MST

Kathy Cornn/Kyle, 828-458-1282, katherinenkyle@gmail.com and Michael Cornn, 828-458-1281, mwcornn@gmail.com

Only Meeting Place: Home Depot off Exit 44 of I-40. Contact hike leaders via email for reservation. We will start at the spectacular Cowee Overlook on the Blue Ridge Parkway and hike steeply downhill on a little-used manway through a beautiful spruce forest approximately 1/2-mile to the MST. Once on the MST we will walk east approximately 8 miles to the Parkway crossing at Haywood Gap. This hike can be considered as moderate since much of the distance is easy walking on an old roadbed. Almost all of this hike is above 5,000 ft., so it should feel great on a hot July day. Car shuttle.

Topo(s): Sam Knob

Sunday No. A2403-175

Aug. 4

Waterrock Knob, Yellow Face,

Blackrock Mountain

8:00 AM

Hike 6, Drive 80, 2400 ft. ascent, Rated C-AA,

SB6K

Henry Kassell, 845-656-5528, hkassell@gmail.com

Only Meeting Place: Home Depot off Exit 44 of I-40. Contact hike leader via email for reservation. This scenic hike offers two SB6K peaks and outstanding views. We will start near Waterrock Knob, cross over the parkway and hike a rough trail along the ridge line to Yellowface and on to Blackrock Mountain for lunch, then return the same way. Don't be fooled - this hike is more challenging than the distance implies. Rock scrambling and technical hiking are required. Steep drop offs along the trail will get your attention.

Topo(s): Addie

Saturday No. A2403-974

Aug. 10

Bernard Mountain Trail

10:00 AM

Hike 6.2, Drive 25, 1000 ft. ascent, Rated B-C

Lee Silver, 828-668-7147, cell: 828-442-6549,

mhsrunning@yahoo.com

Only Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain). Contact hike leader via email for reservation. This new trail opened in June 2023. It offers a great new outdoor experience in an area already renowned for its trails. We will start from the Point Lookout Greenway near the Old Fort Picnic Area, hiking up to Bernard Mountain, then returning. We will see rocky features and all-season views while hiking through forests. Topo(s): Old Fort

Sunday No. A2403-273

Aug. 11

Boogerman Trail

8:30 AM

Hike 8, Drive 72, 1100 ft. ascent, Rated B-B,

900M

Kay Haskell, 610-613-4858,

haskellkm@gmail.com

First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Exxon station off Exit 20 of I-40 at 9:00 AM - but contact leader first.

Contact the leader via email for reservation. A lush forest with giant, old-growth trees, stone walls and a root cellar make this a favorite loop hike in the Cataloochee area of the Smokies. We'll cross Caldwell Fork ten times. Several bridges are out of commission, so be prepared for some cool, wet stream crossings on what will probably be a hot summer day! There won't be time to change shoes while hiking so wear water or hiking shoes you don't mind getting wet. Poles will be helpful. This hike is #34 of the 100 Favorite Trails. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>. Topo(s): Cove Creek Gap

Sunday No. A2403-652

Aug. 18

A.T. - Devil Fork Gap to

Rocky Fork State Park

8:30 AM

Hike 7.5, Drive 80, 1300 ft. ascent, Rated B-B,

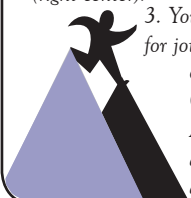
AT-MST

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



John Beaudet, 423-483-0306,
bodaciousat@gmail.com

First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Form carpools and meet leader at second meeting place.

Second Meeting Place: Rocky Fork State Park parking area at 9:15 AM - but contact leader first.

Contact the leader via email for reservation. Come enjoy another variation of hiking in Rocky Fork State Park. We'll shuttle to the Devil Fork Gap trailhead and hike the first three miles on the A.T. to Flint Mountain Shelter, on to Flint Gap and down into Rocky Fork State Park. We'll then add some more interest by going up Blockstand, where we may see snakes sunning on the rocks, then back down to Flint Creek to join the Rocky Fork Trail and return to our cars. This hike fills the requirement for #45 of the 100 Favorite Trails Challenge. 5-mile car shuttle.
Topo(s): Flag Pond

Saturday No. A2403-584

Aug. 24

Butter Gap - Cat Gap Loop 8:30 AM

Hike 11, Drive 90, 2000 ft. ascent, Rated A-A, **P400**

Les Love, 828-230-1861,

lesrlove55@gmail.com and Catherine/Mrs. Les Love, 828-658-1489, catmlove2@gmail.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM - but contact leader first.

Contact hike leaders via email for reservation. Come out and explore the newly rehabbed Butter Gap Trail with an additional 2-mile section built by professional trail builders. We'll follow the Butter Gap Trail through the beautiful Grogan Creek watershed and Picklesheimer Fields, hike the new section, part of the Art Loeb Trail, and down the Cat Gap Trail. A great late-summer hike with streams, waterfalls and views. This hike is #59 of the 100 Favorite Trails Challenge.
Topo(s): Rosman

Sunday No. A2403-119

Aug. 25

Charlies Bunion

from Newfound Gap 8:00 AM

Hike 8, Drive 135, 2400 ft. ascent, Rated B-AA, **900M, SB6K**

Donna Lanning, 828-606-7956,
dblanning@bellsouth.net

First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Maggie Valley Post Office at 8:30 AM - but contact leader first.

Contact the leader via email for reservation. Limit of 10 hikers. This scenic in-and-out hike will follow the A.T. from Newfound Gap to a spectacular lunch spot at Charlies Bunion. After lunch we may do an optional side trip to Mt. Kephart and the Jumpoff. This hike is #27 of the 100 Favorite Trails. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.

Topo(s): Clingmans Dome

Sunday No. A2403-516

Sept. 1

Lakeshore Loop 8:00 AM

Hike 9.5, Drive 145, 1430 ft. ascent, Rated A-B, **900M**

Karen Lachow, 703-395-5879,
heyk127@hotmail.com

First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Haywood County Rest Area 19500 Great Smoky Mtn. Expy. (US 23/74) Waynesville NC at 8:30 AM - but contact leader first.

Contact the leader via email for reservation. This hike in the GSMNP will start at the tunnel at the end of Lakeshore Drive and hike Lakeshore, White Oak Branch and Forney Creek Trails. These lovely trails gently roll up and down rather than being really hard for long periods. Along the way we'll talk about the history of the infamous Road to Nowhere, settlement and logging along Forney Creek and the development of Lake Fontana. This hike is #19 of the

100 Favorite Trails. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.

Topo(s): Noland Creek

Sunday No. A2403-089

Sept. 8

Lemon Gap to Max Patch 8:30 AM

Hike 11, Drive 100, 1800 ft. ascent, Rated A-A, **AT-MST**

Judy Magura, 828-606-1490,
quilter290@gmail.com and Jim Magura,
828-606-3989, jqs290@gmail.com

First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Pilot Truck Stop off Exit 24 of I-40 at 9:00 AM - but contact leader first.

Contact hike leaders via email for reservation. On this classic hike we'll see the Roaring Fork Shelter, built by CMC, as we travel along a beautiful section of the A.T. We will begin at Lemon Gap, have lunch on top of Max Patch with its scenic 360-degree views, then return to our cars at Lemon Gap. This hike is #40 of the 100 Favorite Trails.

Topo(s): Hot Springs

Saturday No. A2403-578

Sept. 14

Flat Laurel Creek, Little Sam,

MST Loop 9:30 AM

Hike 7, Drive 80, 1000 ft. ascent, Rated B-C, **AT-MST**

Marcia Bromberg, 828-505-0471,
cell: 860-798-9905, mwbromberg@yahoo.com

First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Gravel parking lot on NC 215 1/4 mile north of BRP at 10:30 AM - but contact leader first.

Contact hike leader by email for reservation. Limit of 15 hikers. This is a pleasant loop trail with views of Sam Knob, Fork Ridge and Flat Laurel Creek. We'll be hiking in a counterclockwise direction, up the MST with a side trip to Devils Courthouse for lunch, down the Little Sam Trail to Flat Laurel Creek and then a gentle return on the Flat Laurel Creek Trail. We'll end with a short walk along NC 215 to our cars.

Topo(s): Sam Knob

Sunday No. A2403-246

Sept. 15

Coffee Pot Mtn. Loop 8:00 AM

Hike 8.4, Drive 50, 1400 ft. ascent, Rated B-B, **P400**

Lorraine Bernhardt, 828-699-8857,
lsbernhardt50@gmail.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Ingles on NC 191/280 N end of parking lot in front of Pardee Urgent Care (Mills River) at 8:15 AM.

No reservation needed. On this moderate hike, we'll circle Coffee Pot Mtn. by hiking Trace Ridge Trail to Beaver Dam Gap on the BRP and returning on the Spencer Branch and Fletcher Creek Trails, with a stop to look at the Hendersonville reservoir and dam. This hike is #73 of the 100 Favorite Trails. Remember to check Breaking News for changes or cancella-



Wildlife at Butter Gap in 2022. Photo by Tom Butler.

tion.

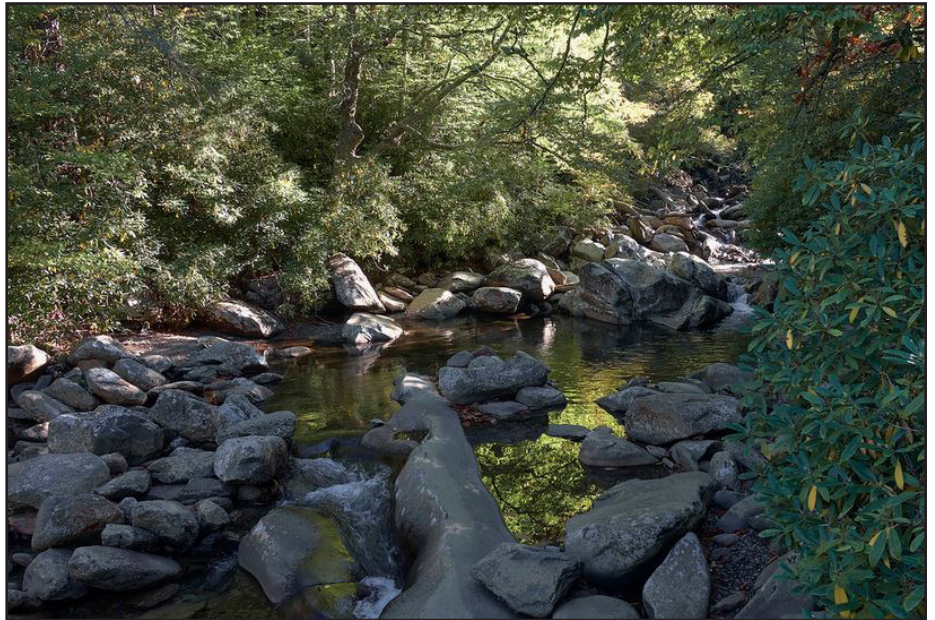
Topo(s): Dunsmore Mtn.

Sunday No. A2403-985 **Sept. 22**
MST to Green Knob and Fork Ridge Meadow **8:30 AM**

Hike 6.8, Drive 70, 1542 ft. ascent, Rated B-A, **P400** Wilderness hike, limited to ten hikers, contact leader for reservation.

Thomas Butler, 361-484-3381, butler.tom3381@gmail.com

Only Meeting Place: Home Depot off Exit 44 of I-40. Contact hike leader via email for reservation. This trail is in the Middle Prong Wilderness Area. We will hike from Rough Butt Bald Overlook to the MST to Green Knob and return to the unnamed trail to Fork Ridge Meadow which takes you back to the MST and return to our cars. We will not do Mt Hardy on the way up. From Green Knob we will have a spectacular view of the Flat Laurel Creek valley and Sam Knob. The scenic Fork Ridge Meadow is filled with blooming goldenrod in September-October.



Chimney Tops, September 2022. Photo by Tom Butler.

Saturday No. A2403-932 **Sept. 28**
Oconoluftee, Mingus Creek and Cemeteries in GSMNP **8:00 AM**

Hike 7.2, Drive 98, 800 ft. ascent, Rated B-C, **900M**

Bruce Bente, 828-692-0116, cell: 828-567-9443, bbente@bellsouth.net

Only Meeting Place: Home Depot off Exit 44 of I-40. Contact hike leader via email for reservation. Starting at the Oconaluftee Visitor Center in GSMNP, we will walk through the Mountain Farm Museum and continue along the Oconaluftee River. We will take time to view exhibitions and displays to learn about Appalachian farming practices and Cherokee legend and culture. Driving a short distance to the parking lot of Mingus Mill, we will hike a portion of the Mingus Creek Trail (CMC hike #896) and take a side trail to visit both Mingus and African-American cemeteries. Both hikes are in and out. This hike is a combination of 100 Favorite Trails #16 and #17. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.

the Little Cataloochee Trail along the Correll Branch. We will visit numerous ruins of former settlers' homes, including the Hannah Cabin, and a few cemeteries. If the group is interested, we can add a mile to visit the former community of Ola. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.

email for reservation. This loop hike is from Buck Spring, where we will explore the site of the Vanderbilt lodge, to Turkey Spring Gap via Laurel Mountain Trail, returning via Pilot Rock Trail and the MST. Lunch at Pisgah Inn afterwards will be an option for those interested.

Sunday No. H2403-988 **July 14**
Guion Farm P.L. #4 -

Stone Mountain in DuPont Forest **9:00 AM**

Hike 6, Drive 70, 1000 ft. ascent, Rated C-C
Danny Bernstein, 828-450-0747, dannyhiker@gmail.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:30 AM.

Limit of 12 hikers. Contact hike leader via email for reservation. This new, moderate hike starts at the Guion Farm Access Area in DuPont Forest. We first walk on back trails to the base of Stone Mountain. The climb up to the top of Stone Mountain is challenging but worth the views. We will spend a little time exploring the flat, rocky top. We will go back the same way. Happy Bastille Day!

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 Lee Silver, 828-668-7147, mhssrunning@yahoo.com. Driving distance is round trip from the first meeting place. Hikes assemble at the location described for that hike. Some hikes will have second meeting places, and starting times may vary. **Times listed are departure times - arrive early.**

Sunday No. A2403-986 **Sept. 29**
Little Cataloochee, Long Bunk Trail, Correll Branch **8:00 AM**

Hike 9, Drive 90, 1500 ft. ascent, Rated B-B, **900M**

Mike Knies, 828-253-6114, knies06@att.net

First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Pilot Truck Stop off Exit 24 of I-40 at 8:30 AM - but contact leader first. Contact the leader via email for reservation. A pleasant new hike in the extremely remote part of Little Cataloochee on the Long Bunk Trail. We will return off-trail through open forest to

Sunday No. H2403-987 **July 7**

Buck Spring Gap to Turkey Spring Gap Loop via Laurel Mountain **9:00 AM**

Hike 3.2, Drive 60, 647 ft. ascent, Rated C-C, **P400**

Bev MacDowell, 828-777-5806, bevmacdowellhappy@gmail.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at second meeting place.

Second Meeting Place: BRP Buck Spring Gap Overlook near the Buck Spring Lodge site at 9:30 AM.

Limit of 12 hikers. Contact hike leader via

Sunday No. H2403-168 **July 21**
Pink Beds Loop **10:30 AM**

Hike 5, Drive 80, 200 ft. ascent, Rated C-C, **P400**

Ron Navik, 585-662-8047, ron.navik@gmail.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell)

at 11:00 AM - but contact leader first.
Limit of 12 hikers. Contact hike leader via email for reservation, stating your preferred meeting place. This regional favorite includes numerous boardwalks over and around beaver habitat through a beautiful forest. This is an easy and popular hike with negligible elevation change. This hike is #67 of the 100 Favorite Trails.
Topo(s): Shining Rock

Sunday No. H2403-789 **July 28**
Hickory Branch **8:30 AM**

Hike 5, Drive 70, 1280 ft. ascent, Rated C-B
Marie Chamberlin, 678-492-6718,
marie.m.chamberlin@gmail.com
First Meeting Place: River Ridge Market Place behind CVS off Exit 53B of I-40.
Second Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain) at 8:45 AM - but contact leader first.

Limit of 12 hikers. Contact hike leader via email for reservation. This in-and-out hike is in the oldest section of Pisgah National Forest, the Curtis Creek area. The trail crosses Hickory Branch and climbs along the branch with beautiful waterfalls and cascades. There will be 6 stream crossings. These are usually rock hops but we could possibly experience deeper water and wet feet after heavy rain. Poles are recommended. Then we will climb up to the intersection with Lead Mine Gap Trail. There are numerous switchbacks and increasingly good views of the Black Mountain Range.
Topo(s): Old Fort

Sunday No. H2403-070 **Aug. 4**
Mt. Mitchell Loop **9:30 AM**

Hike 4.2, Drive 60, 1100 ft. ascent, Rated C-B
Barbara Morgan, 828-460-7066,
barbc129@gmail.com
Only Meeting Place: Back parking lot of Folk Art Center. Limit of 15 hikers. Contact hike leader via email for reservation. Starting at the restaurant parking lot, we will use the Old Mt. Mitchell Trail and Campground Spur to create a scenic loop in this rugged high country.
Topo(s): Mt. Mitchell

Sunday No. H2403-928 **Aug. 11**
Grassy Ridge Mine Overlook -
Old Bald Access **10:00 AM**

Hike 6, Drive 80, 1350 ft. ascent, Rated C-B,
AT-MST
Marcia Bromberg, 828-505-0471,
cell: 860-798-9905, mwibromberg@yahoo.com
Only Meeting Place: Home Depot off Exit 44 of I-40. Limit of 15 hikers. Contact hike leader via email for reservation. A lovely hike on a seldom-used part of the MST way up high where it will be cool and green. Enjoy interesting trees, long views, wildflowers and maybe even a few blueberries.

Sunday No. H2403-318 **Aug. 18**
East Fork of Pigeon River **10:30 AM**

Hike 5, Drive 75, 600 ft. ascent, Rated C-C,
Wilderness hike, limited to ten hikers, contact leader for reservation. P400

Lee Belknap, 828-674-3631,
rivergypsy@sprintmail.com
First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: BRP Cold Mountain Overlook at MM 412 at 11:00 AM.

This in-and-out hike starts at the Big East Fork parking lot and goes towards the headwaters of the Pigeon River. The river is crystal clear and we will have opportunities to go down to the river and play at one of the swimming holes—bring a swimsuit if interested.
Topo(s): Shining Rock

Sunday No. H2403-285 **Aug. 25**
Lane Pinnacle **9:00 AM**

Hike 5, Drive 30, 1000 ft. ascent, Rated C-C,
AT-MST
Claudette Roberge, 860-205-4473,
Croberge0329@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. This is a great in-and-out and up-and-down hike on a high ridge with excellent views. After a short climb of this high-altitude ridge, we can enjoy 4 lovely viewpoints. We'll take the MST from Bee Tree Gap to Lane Pinnacle and return. The climbs are short but quite steep. Expect beautiful views. We will proceed at a moderate pace.

Sunday No. H2403-453 **Sept. 1**
Max Patch Loop **10:00 AM**

Hike 6, Drive 100, 800 ft. ascent, Rated C-C,
AT-MST

Lynn Pettipaw, 914-602-4464,
lynn.pettipaw@gmail.com
First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Pilot Truck Stop off Exit 24 of I-40 at 10:30 AM.
Limit of 10 hikers. Contact hike leader via email for reservation. We will drive to Max Patch parking area, then hike up to top to join the A.T. After enjoying the views we will head south on A.T. to pick up Buckeye Ridge Trail, loop around back to A.T. to top of Max Patch, then return to cars. Awesome 360-degree panoramic views from summit of Max Patch make this a favorite hike.
Topo(s): Lemon Gap

Sunday No. H2403-068 **Sept. 8**
Little Butt Trail from Walker
Knob Overlook at Balsam Gap **9:30 AM**

Hike 4.5, Drive 44, 1300 ft. ascent, Rated C-B
Dick Zimmerer, 828-785-9593,
dd1zz@yahoo.com

Only Meeting Place: Back parking lot of Folk Art Center. Limit of 12 hikers. Contact hike leader via email for reservation. This moderate in-and-out hike goes through a northern hardwood/spruce forest with excellent views of the Black Mountains. There are fairly steep climbs to Point Misery and Little Butt (steep with 310 steps) on the way in, and then again on the return. So if you have knee issues, this is probably not the hike for you! Other than that, it's a good summer hike, especially since the trail is at over 5000 feet and runs perpendicular to the Parkway, and therefore one quickly gets away from the traffic (read Harleys) noise.
Topo(s): Montreat



Yellow Mountain to Jane Bald, June 2022. Photo by Tom Butler.

Sunday No. H2403-587

Catawba Falls

Hike 4.5, Drive 40, 1100 ft. ascent, Rated C-B, **WC100**

Karen Lachow, 703-395-5879, heyk127@hotmail.com

Only Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain). Limit of 12 hikers. Contact hike leader via email for reservation. Hike to picturesque Catawba Falls and back. The trail has been closed for renovation for the last 2 years. More details will be posted after the trail is reopened. Hike extension to upper falls will probably be included. This hike is #79 of the 100 Favorite Trails Challenge.

Topo(s): Black Mtn.

Sept. 15

10:00 AM

Sunday No. H2403-665

NC 128 to Waterfall

Hike 6, Drive 62, 500 ft. ascent, Rated C-C
Judy Magura, 828-606-1490, quilter290@gmail.com and Jim Magura, 828-606-3989, jqs290@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. Contact hike leader via email for reservation. 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, Mt. Mitchell

Sept. 22

10:15 AM

Hike 6, Drive 50, 300 ft. ascent, Rated C-C, **AT-MST, P400**

Bobbi Powers, 828-667-5419, bobbipowers23@gmail.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Inn parking lot near convenience store at 11:00 AM.

Limit of 10 hikers. Contact hike leader via email for reservation. We will hike from the Pisgah Inn down 1200', noticing fall wildflowers and mushrooms, while rock hopping numerous scenic rivulets and enjoying early autumn colors. The gradual ascent comes toward the end of the hike.

Car shuttle.

Topo(s): Cruso, Shining Rock

Sunday No. H2403-349

Buck Spring Trail from Pisgah Inn to US 276

Sept. 29

10:30 AM



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

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. 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. Some CMC hikes require reservations. 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 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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Vice-President: Karen Schultz, cmcvp@carolinamountainclub.org
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