

LET'S GO!



THIRD QUARTER 2020 Quarterly Hike Schedule



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

Art Leob Monday Crew

Robert Bolt, otherob@inbox.com

Waynesville Wednesday Crew

Chris Werbylo, jcw402@aol.com

Vance Waggener, vance.waggener@yahoo.com

Thursday Crew

Hugh Hensleigh, hchensleigh@gmail.com

Sam Clarke, edistoxc@yahoo.com

Asheville Friday crew

David Galentine, daveai@me.com

Paul Curtin, pmcurtin@hotmail.com

Chris Werbylo, jcw402@aol.com

Pisgah Friday Crew

Ed Paukovits, epauko610@gmail.com

Wilderness Response Crew

Michael Ramos, 52miramos@gmail.com

Quarterly Saturday Crew

Les Love, lesrlove55@gmail.com

AT Maintainers

Paul Curtin,

ATsupervisor@carolinamountainclub.org

Remote Overnight Crew

Paul Curtin, pmcurtin@hotmail.com

MST Maintainers

Oconaluftee River to Old Bald

Larry Sobil, lsobil@bellsouth.net

Old Bald to Hwy 215

Robert Bolt, otherob@inbox.com

Hwy 215 to Big Ridge O/L

Aaron Saft, runningpains@gmail.com

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@ccvn.com

HIKE SCHEDULE Third Quarter 2020

Hike Ratings

First Letter

Distance

AA: Over 12 miles

A: 9.1-12 miles

B: 6.1-9 miles

C: Up to 6 miles

Second Letter

Elevation Gain

AA: Over 2,000 ft.

A: 1,501-2,000 ft.

B: 1,001-1,500 ft.

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.

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 Kathy McAuley, kathymcauley4031@gmail.com

900M For hiking every trail in GSMNP. Contact

Steve Pierce, stevepierce50@gmail.com

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 area. Contact Jack Fitzgerald, 828-685-2897, suejackfitz@bellsouth.net

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

Chris Koebelin, chriskoebelin@yahoo.com

YPC For hiking eight different Land Management areas with youth 17 and under.

Contact Kay Shurtleff at kshurtleff@msn.com

ALL-DAY WEDNESDAY HIKES

Wednesday hikes submitted by Daisy Karasek, 828-505-2036, daisytk@yahoo.com. **Due to COVID-19, all hikes have a limit of ten hikers unless stated otherwise. Contact leader for reservation.** Driving distance is round-trip from Asheville. 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. *Times listed are departure times – arrive early.*

Wednesday No. W2003-513

July 1

Craven Gap

to Rattlesnake Lodge (in and out) 9:00 AM

Hike 8.8, 1600 ft. ascent, Rated B-A, **AT-MST**

Danny Bernstein, 828-450-0747,

dannyhiker@gmail.com

Only Meeting Place: BRP Craven Gap at MM 377.4. We will hike the section of the MST that President and Mrs. Obama walked in 2010. Our goal is Rattlesnake Lodge with its ruins and CMC history. The return route will be via the same trail. Limit of 10 hikers. Email to reserve your spot. Must be paid-up CMC member.

Topo(s): Craggy Pinnacle

Wednesday No. W2003-270

July 8

Cedar Rock Mountain

and John Rock 8:30 AM

Hike 8, 2000 ft. ascent, Rated B-A, **P400**

Steve Pierce, 828-442-8482,

stevepierce50@gmail.com

Only Meeting Place: Pisgah Forest Bi-Lo. Driving mileage from Asheville is 80 miles roundtrip. This trip features two of the spectacular bare rock faces in the Pisgah National Forest, with great views from both. Starting at the Fish Hatchery, we'll have our major climb up to Cat Gap and then on to Cedar Rock to enjoy the view during lunch. We'll return via John Rock.

Topo(s): Shining Rock

Wednesday No. W2003-175

July 15

Waterrock Knob, Yellow Face,

Blackrock Mtn. 9:00 AM

Hike 6, 2400 ft. ascent, Rated C-AA, **SB6K**

George Shepherd, 405-596-2632,

shepherdgeorge@att.net

Only Meeting Place: BRP Waterrock Knob

SATURDAY WORKDAYS

The remaining Quarterly Saturday Trail Maintenance Workdays in 2020 will be August 15 and October 10. 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

Overlook at MM 451. Driving mileage from Asheville is 90 miles roundtrip. This scenic hike offers two SB6K peaks and outstanding views as we hike on an established trail up to Waterrock Knob, then on a rough trail along the ridge line to Yellow Face and Blackrock Mtn. and back.
Topo(s): Addie

Wednesday No. W2003-464 **July 22**
Greybeard Overlook

to Balsam Gap **8:00 AM**
Hike 7.8, Drive 46, 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 Greybeard Overlook and hike on the MST towards Balsam Gap. 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

Wednesday No. W2003-068 **July 29**
Big Butt from Balsam Gap **8:30 AM**

Hike 6, Drive 55, 1650 ft. ascent, Rated C-A
Bob Levy, 828-670-1611, cell: 240-604-5000,
rlevy@cato.org

Only Meeting Place: back parking lot of Folk Art Center. This moderate in-and-out hike will be at over 5000-ft. 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. W2003-375 **Aug. 5**
Sams Gap to Rice Gap **8:30 AM**

Hike 7.5, Drive 50, 1800 ft. ascent, Rated B-A, **AT-MST**
Bob Levy, 828-670-1611, cell: 240-604-5000,
rlevy@cato.org

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. An in-and-out hike on the A.T. in the beautiful open forest from Sams Gap to Rice Gap, with a visit to Hogback Ridge shelter, built by CMC members.
Topo(s): Sams Gap

Wednesday No. W2003-053 **Aug. 12**
East Fork Pigeon River **8:45 AM**

Hike 8.5, 1200 ft. ascent, Rated B-B, **P400**
Barbara Morgan, 828-460-7066,
barbc129@gmail.com

Only Meeting Place: BRP Cold Mountain Overlook at MM 412. Driving mileage from

Asheville is 65 miles roundtrip. 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. This hike is limited to 6; please contact leader for reservation.
Topo(s): Shining Rock

Wednesday No. W2003-273 **Aug. 12**
Boogerman Trail **9:00 AM**

Hike 8, 1100 ft. ascent, Rated B-B, **900M**
George Shepherd, 405-596-2632,
shepherdgeorge@att.net

Only Meeting Place: Exxon station off Exit 20 of I-40. Driving mileage from Asheville is 72 miles roundtrip. 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 but several bridges are out of commission. Bring poles and water shoes (unless you like to wade calf-deep in your boots). It should be warm enough for the cool water to feel good in the afternoon.
Topo(s): Cove Creek Gap

Wednesday No. W2003-373 **Aug. 19**
Yellow Mountain **8:30 AM**

Hike 12.3, 3050 ft. ascent, Rated AA-AA+, **LTC**
Sallye Sanders, 208-550-2070,
sallye_sanders@yahoo.com

Only Meeting Place: Pisgah Forest Bi-Lo. Driving mileage from Asheville is 125 miles roundtrip. We'll hike in the Cowee Mtns. on a heavily forested high altitude trail that ascends three peaks going in and two on the way back. Views from the Yellow Mtn. observation tower are great – a fine lunch spot. Strenuous but rewarding. Due to limited parking at trailhead, this hike is limited to six hikers. Contact leader to reserve your spot.
Topo(s): Glenville, Highlands

Wednesday No. W2003-535 **Aug. 26**
Indian Creek – Sunkota Ridge **8:00 AM**

Hike 13, 2000 ft. ascent, Rated AA-A, **WC100, 900M**
Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

Only Meeting Place: Haywood County Rest Area 19500 Great Smoky Mtn Expy (US 23/74) Waynesville NC. Driving mileage from Asheville is 135 miles roundtrip. We'll make a loop using Indian Creek and Martins Gap Trails, then down Sunkota Ridge and Deep Creek Trails, admiring three waterfalls and views of Noland and Thomas Divides.
Topo(s): Bryson City

Wednesday No. W2003-205 **Sept. 2**
Waterrock Knob from Soco Gap **8:30 AM**

Hike 9, 1950 ft. ascent, Rated B-A, **AT-MST, SB6K**

Daisy Teng Karasek, 828-505-2036,
cell: 408-887-3666, daisytk@yahoo.com

Only Meeting Place: Maggie Valley Post Office. Driving mileage from Asheville is 77 miles roundtrip. This hike starts from Soco Gap with an elevation of 4,400 feet and heads steadily up to Waterrock Knob at close to 6,400 feet. We will enjoy the view as we eat our lunch at the top. This section of the MST was completed by CMC in 2016. Expect to be impressed by the work that went into building this trail. We will visit Howard's Bridge, Piet's Place and some big oak, spruce and maple trees. We will return on the same trail.
Topo(s): Hazelwood

Wednesday No. W2003-246 **Sept. 9**
Coffee Pot Mtn. Loop **8:30 AM**

Hike 8.4, 1600 ft. ascent, Rated B-A, **P400**
Bob Levy, 828-670-1611, cell: 240-604-5000,
rlevy@cato.org

Only Meeting Place: Ingles on NC 280 in Mills River in front of gas pumps. Driving mileage from Asheville is 50 miles roundtrip. 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.
Topo(s): Dunsmore Mtn.

Wednesday No. W2003-119 **Sept. 16**
Charlies Bunion

from Newfound Gap **8:00 AM**
Hike 8, Drive 135, 2400 ft. ascent, Rated B-AA, **SB6K, 900M**

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

Only Meeting Place: Home Depot off Exit 44 of I-40. 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 a side trip to Mt. Kephart and the Jumpoff.
Topo(s): Clingmans Dome

Wednesday No. W2003-236 **Sept. 23**
Fawn Lake P.L. #1 –

Three Lakes and a Waterfall **8:30 AM**
Hike 9, 1400 ft. ascent, Rated B-B, **WC100**

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

Only Meeting Place: Pisgah Forest Bi-Lo. Driving mileage from Asheville is 95 miles roundtrip. A moderate hike featuring beautiful lakes and a waterfall. We'll see Bridal Veil Falls, Lake Julia, Lake Dense and Fawn Lake, and an old airstrip. We will caravan from Pisgah Forest Bi-Lo to the trailhead at Fawn Lake in DuPont Forest. You must be a paid-up CMC member; no guests. Email to reserve your spot.
Topo(s): Standingstone Mtn.

Wednesday No. W2003-278 **Sept. 30**
Kitsuma Peak **8:30 AM**
Hike 10, 1550 ft. ascent, Rated A-A
Randy Fluharty, 828-423-9030,
rfluharty54@gmail.com

Only Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain). Driving mileage from Asheville is 60 miles roundtrip. Hike up Young's Ridge and see great views of Greybeard, Green Knob and the Mount Mitchell area. There is also a great view of the Swannanoa Valley from our lunch spot. We will take alternate #1, which passes along the original US 70, paved in the 1920s, and we'll stop at the Point Lookout overlook. The road parallels and crosses over a railroad and one of its many tunnels.
Topo(s): Old Fort

Wednesday No. W2003-700 **Sept. 30**
Beech Gap and Hyatt Ridge Trails **8:00 AM**
Hike 9.5, Drive 103, 2760 ft. ascent,
Rated A-AA, **WC100, 900M**

Mike Knies, 828-628-6712, knies06@att.net
Only Meeting Place: Home Depot off Exit 44 of I-40. We will arrive at the trailhead by way of BRP exit at Big Witch Gap to Bunches Creek Road. After the gentle initial climb through open forests, the hike will follow the Hyatt Ridge Trail and then descend to visit the Enloe Creek Bridge campsite. This is one of the prettiest places in GSMNP, with massive boulders in the stream and rushing waterfalls. The hike will include sections of the Beech Gap, Hyatt Ridge and Enloe Creek Trails.
Topo(s): Bunches Bald, Smokemont

ALL-DAY WEEKEND HIKES

All-day hikes submitted by Bruce Bente, 828692-0116, bbente@bellsouth.net. **Due to COVID-19, all hikes have a limit of ten hikers unless stated otherwise. Contact leader for reservation.** Driving distance is round-trip from Asheville. All hikes assemble at the location described for that hike. Some hikes will have second meeting places, and starting times may vary.

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



Sunday No. A2003-927 **July 5**
Lower Pisgah Ridge Loop **8:00 AM**
Hike 8, Drive 55, 1550 ft. ascent, Rated B-A,
AT-MST
Bruce Bente, 828-692-0116, cell: 828-699-6296,
bbente@bellsouth.net

Only Meeting Place: BRP French Broad Overlook at MM 393.8. This new CMC hike is a loop around and through Graveyard Fields, using the "Boundary Trail", MST past Skinny Dip Falls, and a side trail to Upper Falls. Expect pleasant high-altitude hiking on little-used trails and seeing two nice waterfalls. Topo(s): Sam Knob, Shining Rock

Saturday No. A2003-068 **July 11**
Big Butt from Balsam Gap **8:30 AM**
Hike 6, Drive 46, 1650 ft. ascent, Rated C-A
Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

Only Meeting Place: back parking lot of Folk Art Center. 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. We anticipate a nice display of turk's-cap lilies in bloom.
Topo(s): Montreat

Sunday No. A2003-273 **July 12**
Mt. Mitchell,
Maple Camp Bald Loop **8:30 AM**
Hike 7.5, Drive 70, 1500 ft. ascent, Rated B-B,
SB6K
Henry Kassell, 845-656-5528,
hkassell@gmail.com

Only Meeting Place: back parking lot of Folk Art Center. This is a loop following the MST/Mt. Mitchell and Buncombe Horse Range Trails to Maple Camp Bald. After lunch, backtrack a short distance and climb steeply on the Big Tom Gap Trail (191A) up to the Crest Trail, then return to Mt. Mitchell parking lot via Big Tom and Mt. Craig. NOTE: This hike has steep, rocky sections which are often wet and slippery.
Topo(s): Mt. Mitchell

Sunday No. A2003-396 **July 19**
Thompson Ridge and Pilot Rock **9:00 AM**
Hike 9.6, Drive 35, 2300 ft. ascent, Rated A-AA,
AT-MST, P400
Les Love, 828-658-1489, cell: 828-230-1861,
leslove55@gmail.com and Catherine Love,
828-658-1489, catmlove2@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: Buck Springs Gap Overlook near the Buck Springs Lodge site at 9:30 AM.

We will hike down the MST, Laurel Mtn. and Pilot Rock Trails, then take the Pilot Rock Extension Trail to the base of Pilot Rock for lunch. Next

we'll hike down to and along FS 1206 for a mile, then climb 1500 feet up the Thompson Creek, Pilot Rock and MST. Expect great views along the way.
Topo(s): Cruso

Saturday No. A2003-337 **July 25**
Shining Rock from Black Balsam #1 **7:30 AM**
Hike 11, Drive 65, 1500 ft. ascent, Rated A-B,
P400, SB6K

Jim Magura, 828-606-3989, jqs290@gmail.com and Judy Magura, 828-606-1490,
quilter290@gmail.com
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Intersection of FS 816 and Art Loeb Trail at 8:30 AM.
We will take the ALT from FS 816 to Shining Rock (6040 ft.), climbing Black Balsam (6214 ft.), Tennent 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 Investor Gap Trail to get a different perspective on the same area.
Topo(s): Sam Knob

Sunday No. A2003-475 **July 26**
Hump Mountain
and Yellow Mountain Area **8:00 AM**
Hike 8.4, Drive 140, 2400 ft. ascent, Rated B-AA
Michael Cornn, 828-458-1281,
mwcornn@gmail.com and Kathy Cornn/Kyle,
828-458-1282, katherinenkyle@gmail.com

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Beat the heat and join us along one of the most scenic areas on the A.T. near Roan Mountain (Roan-Unaka Range). We will hike from Roaring Creek Road to Yellow Mountain Gap, joining the A.T. along an open ridge to Little Hump Mtn. and Hump Mtn. We will have lunch on a grassy bald at 5587 ft. and return to Yellow Mtn. Gap, then take the Overmountain Victory Loop back to the trailhead.
Topo(s): Carvers Gap

Sunday No. A2003-697 **Aug. 2**
Silers Bald **8:00 AM**
Hike 9, Drive 150, 2000 ft. ascent, Rated B-A,
SB6K, 900M

Carroll Koeplinger, 828-667-0723,
cell: 828-231-9444, cakoep29@gmail.com
Only Meeting Place: Home Depot off Exit 44 of I-40. From the Clingman's Dome parking lot, we will hike to the grassy meadow of Silers Bald. The ridgeline trail offers wonderful views, at one point only a few feet wide with dropoffs on either side. We'll return via the same route, with a visit to the summit of Clingman's Dome, the highest point on the A.T.
Topo(s): Clingmans Dome

Sunday No. A2003-061 **Aug. 9**
Wayah Bald to Siler Bald **8:00 AM**

Hike 12, Drive 150, 2300 ft. ascent, Rated A-AA, **AT-MST**
Donna Lanning, 828-684-7083,
cell 828-606-7956, dblanning@bellsouth.net
Only Meeting Place: Home Depot off Exit 44 of I-40. Starting at Wayah Gap, we will follow the A.T. northbound to 5342-ft. Wayah Bald, then turn south on the A.T. to 5216-ft. Siler Bald, and then back to our cars. Both balds feature some of the most spectacular 360-degree views in western NC. Topo(s): Wayah Bald

Saturday No. A2003-928 **Aug. 15**
Grassy Ridge Mine Overlook – Old Bald Access **10:30 AM**
Hike 6.4, 1350 ft. ascent, Rated B-B, **AT-MST**
Marcia Bromberg, 828-505-0471,
cell: 860-798-9905, mwbromberg@yahoo.com
Only Meeting Place: BRP Grassy Ridge Mine Overlook at MM 436.7. Driving distance from Asheville is 80 miles roundtrip. Best driving route is I-40 to Exit 27, US 23/74 and BRP north. 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. Topo(s): Hazelwood

Sunday No. A2003-925 **Aug. 16**
Palmer Creek Trail from Pretty Hollow Trail **8:30 AM**
Hike 9.8, Drive 80, 1750 ft. ascent, Rated A-A, **900M**
Daisy Teng Karasek, 828-505-2036,
cell: 408-887-3666, daisytk@yahoo.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 8:45 AM, but contact leader first. 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 footlogs, up to Trail Ridge, and ends on Balsam Mountain Road. We return the same way, going downhill.

Sunday No. A2003-205 **Aug. 23**
Waterrock Knob from Soco Gap **8:30 AM**
Hike 9, 1950 ft. ascent, Rated B-A, **AT-MST**, **SB6K**
Daisy Teng Karasek, 828-505-2036,
cell 408-887-3666, daisytk@yahoo.com
Only Meeting Place: Maggie Valley Post Office. Driving distance from Asheville is 75 miles roundtrip. This hike starts from Soco Gap with an elevation of 4,400 feet and heads steadily up to Waterrock Knob at close to 6,400 feet. We will enjoy the view as we eat our lunch at the top. This section of the MST was completed by CMC in 2016. Expect to be impressed by the work that went into building this trail. We will visit Howard's Bridge, Piet's Place and some big

oak, spruce and maple trees. We will return on the same trail. Topo(s): Hazelwood

Saturday No. A2003-373 **Aug. 29**
Yellow Mountain **8:30 AM**
Hike 12.3, 3050 ft. ascent, Rated AA-AA+, **LTC**
Sallye Sanders, 208-550-2070,
sallye_sanders@yahoo.com
Only Meeting Place: Pisgah Forest Bi-Lo. Driving distance from Asheville is 120 miles roundtrip. We'll hike in the Cowee Mtns. on a heavily forested, high-altitude trail that ascends three peaks going in and two on the way back. Views from the Yellow Mtn. observation tower are great – a fine lunch spot. Strenuous but rewarding.
Topo(s): Glenville, Highlands

Sunday No. A2003-531 **Aug. 30**
Mills River Overlook – Pisgah Inn **8:30 AM**
Hike 9.2, 2360 ft. ascent, Rated A-AA, **AT-MST**, **P400**
Lorraine Bernhardt, 828-676-0255,
cell: 828-699-8857, lsbernhardt50@gmail.com
Only Meeting Place: BRP Mills River Overlook at MM 404.5. Driving mileage from Asheville is 25 miles roundtrip. This is a shorter version of hike #531. Enjoy the cool air and mountain views along the MST as we climb to Pisgah Inn and return to the Mills River Overlook. After Little Pisgah Mountain, it's downhill all the way.
Topo(s): Dunsmore Mtn.

Sunday No. A2003-095 **Sept. 6**
Hemphill Bald from Polls Gap **9:00 AM**
Hike 9.5, 1600 ft. ascent, Rated A-A, **900M**
Danny Bernstein, 828-450-0747,
dannyhiker@gmail.com
Only Meeting Place: Maggie Valley Post Office. Driving distance from Asheville is 95 miles roundtrip. 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. Email to reserve your spot. Must be paid-up CMC member.
Topo(s): Dellwood

Saturday No. A2003-053 **Sept. 12**
East Fork Pigeon River **10:00 AM**
Hike 8.5, Drive 65, 1200 ft. ascent, Rated B-B, **P400**
Barbara Morgan, 828-460-7066,
barbc129@gmail.com
Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. The East Fork of the Pigeon River is a great place to be on a hot September 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 water shoes, towel, etc. This hike is limited to 6; please contact leader for reservation.
Topo(s): Shining Rock

Sunday No. A2003-578 **Sept. 13**
Flat Laurel Creek, Little Sam Knob, MST Loop **9:15 AM**
Hike 8, 1500 ft. ascent, Rated B-B, **AT-MST**
Michael Cornn, 828-458-1281,
mwcornn@gmail.com and Kathy Cornn/Kyle,
828-458-1282, katherinenkyle@gmail.com
Only Meeting Place: BRP Cold Mountain Overlook at MM 412. Driving distance from Asheville is 80 miles roundtrip. This is a pleasant loop trail with views of Sam Knob, Fork Ridge and Flat Laurel Creek. We'll hike in a counter-clockwise direction, up the MST with a side trip to Devils Courthouse for lunch, down the Little Sam Knob 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. A2003-683 **Sept. 20**
Hooker Falls P.L. #3 – Five Falls Loop **8:30 AM**
Hike 11.2, 1250 ft. ascent, Rated A-B, **WC100**
Danny Bernstein, 828-450-0747,
dannyhiker@gmail.com
Only Meeting Place: Pisgah Forest Bi-Lo. Driving distance from Asheville is 85 miles roundtrip. From Bi-Lo, we will caravan to the trailhead at Hooker Falls in DuPont Forest. This hike takes in five outstanding waterfalls and two cemeteries. On the way, we'll climb to a ridge in the forest that gets fewer visitors. The number of hikers is limited to 10, including the leader. You must be a paid-up CMC member; no guests. Email to reserve your spot.
Topo(s): Standingstone Mtn.

Saturday No. A2003-365 **Sept. 26**
Mt. Mitchell Ramble **9:00 AM**
Hike 8, Drive 65, 1400 ft. ascent, Rated B-B, **SB6K**
Karen Lachow, 703-395-5879,
heyk127@hotmail.com
Only Meeting Place: back parking lot of Folk Art Center. We'll do a loop on several trails in the Mt. Mitchell area, including the Old Mt. Mitchell Trail, Camp Alice Road and the Commissary Ridge Trail. There will be an optional side trip to Mt. Craig and/or Big Tom.
Topo(s): Montreat, Mt. Mitchell

Sunday No. A2003-876 **Sept. 27**
Lost Cove from Poplar **8:00 AM**
Hike 9, Drive 90, 2000 ft. ascent, Rated B-A
Mike Knies, 828-628-6712, knies06@att.net
Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. This hike will use a combination of old roads and manways to hike into Lost Cove from Poplar, NC. Learn the history of this settlement while visiting old home sites, a cemetery, sawmill and apple house. We will hike gradually uphill along the Nolichucky River to Lost Cove, and return via the same route.
Topo(s): Chestoa, Hunt Dale

HALF-DAY SUNDAY HIKES

Half-day hikes submitted by Lee Silver, 828-668-7147, mhsrunning@yahoo.com. **Due to COVID-19, all hikes have a limit of ten hikers unless stated otherwise. Contact leader for reservation.** Driving distance is round-trip from Asheville. 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. H2003-380 **July 5**
Big Creek, Pisgah Ranger District 9:00 AM
Hike 6, Drive 38, 525 ft. ascent, Rated C-C,
P400

Dick Zimmerer, 828-785-9593,
dd1zz@yahoo.com

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

Second Meeting Place: Ingles on NC 191/280 in Mills River behind gas pumps at 9:15 AM.

Limit of 8 hikers, contact hike leader via e-mail for reservations. A nice, quiet, easy summer hike, along the North Fork of the Mills River and Big Creek. This is a modification of hike #380. We start the hike at the Trace Ridge parking area (on FS 142, off FS 5000). We walk 1.5 miles on the gated portion of FR 142 (an old, almost unused, gravel/dirt road at this point) to the former Hendersonville water reservoir dam. We'll walk around the reservoir, crossing a medium-length log bridge. From there, we'll walk another 1.5 miles on the Big Creek Trail, which is a true trail, not a road. At the 3-mile mark we'll have an early lunch or snack before returning to the trailhead the same way we came in. There are no wet stream crossings on this hike, but there are several slightly muddy seeps and several small brook hops.

Topo(s): Dunsmore Mtn.

Sunday No. H2003-318 **July 12**
East Fork of Pigeon River 10:00 AM
Hike 5, 600 ft. ascent, Rated C-C, **P400**
Tom Lucha, 828-696-9117, cell: 828-712-0736,
luchat@bellsouth.net

Only Meeting Place: BRP Cold Mountain Overlook at MM 412. Limit of 10 hikers, contact leader by e-mail for reservations. Driving mileage from Asheville is 75 miles roundtrip. Meet at Cold Mountain Overlook on the BRP, then caravan to trailhead. 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 swim suit if interested.

Topo(s): Shining Rock

Sunday No. H2003-236 **July 19**
Fawn Lake P.L. #1 9:30 AM

Hike 6, 1000 ft. ascent, Rated C-C, **WC100**
William Snow, 857-756-3815,
billsnow123@gmail.com

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

Second Meeting Place: Pisgah Forest Bi-Lo at 10:00 AM.

Limit of 8 hikers, contact hike leader via e-mail for reservations. Driving mileage from Asheville is 80 miles roundtrip. A moderate hike featuring beautiful lakes and a waterfall. We'll see Bridal Veil Falls and Fawn Lake via Airstrip Trail, Corn Mill Shoals and Mine Mtn.

Topo(s): Standingstone Mtn

Sunday No. H2003-789 **July 26**
Hickory Branch 1:00 PM

Hike 5.6, 400 ft. ascent, Rated C-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). Limit of 10 hikers, contact hike leader via e-mail for reservations. Driving mileage from Asheville is 70 miles roundtrip. This is the first segment of hike #789, a leisurely-paced hike in the Curtis Creek area near Old Fort. We'll enjoy wildflowers & have a snack break near the falls. There are 6 stream crossings, usually done by rock-hop but possibly wet if the water level is high. Those who want to get to the base of the falls need to do a short scramble and step into the stream.

Topo(s): Old Fort

Sunday No. H2003-436 **Aug. 2**
Mt. Pisgah from Pisgah Inn 10:30 AM

Hike 5.1, Drive 35, 1100 ft. ascent, Rated C-B,

AT-MST, P400

William Snow, 857-756-3815,
billsnow123@gmail.com

First Meeting Place: Asheville 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 e-mail for reservations. View beautiful scenery from the top of Mount Pisgah on this in-and-out hike. Last 1/2 mile to the top is very steep and rocky. This a fairly tough C-B hike. Topo(s): Dunsmore Mtn.

Sunday No. H2003-615 **Aug. 9**
Black Balsam Loop 8:45 AM

via Graveyard Ridge & ALT

Hike 6.3, Drive 65, 1200 ft. ascent, Rated B-B,

AT-MST, P400, SB6K

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

First Meeting Place: BRP French Broad Overlook at MM 393.8.

Second Meeting Place: Black Balsam parking lot on FS 816 at 9:30 AM.

Limit of 7 hikers, contact hike leader via e-mail for reservations. This hike includes great views. New hikers: take note that there is a 200-ft. alti-

tude gain over 1/4 mile early in the hike and two more uphill, each with about 500-ft. altitude gain, in the last leg of the hike. Begin from FS 816 on MST, then left on Graveyard Ridge Trail to Investor Gap. Return on Art Loeb Trail over Tennent Mtn. and Black Balsam. We'll stop at the high points to enjoy great views.

Topo(s): Sam Knob, Shining Rock

Sunday No. H2003-193 **Aug. 16**
MST from Rough Butt Overlook 10:30 AM
to base of Mt. Hardy

Hike 4, 400 ft. ascent, Rated C-C, **P400, SB6K**

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

Only Meeting Place: Rough Butt Bald Overlook at MM 425 of BRP. Limit of 8 hikers, contact hike leader via e-mail for reservations. Driving mileage from Asheville is 70 miles roundtrip. A lovely ramble in the high country (over 5000-ft.). We'll hike the MST to the base of Mt. Hardy then head up the Green Mountain Trail to a hillside with amazing views, returning to the MST on an alternate trail where we may find ripe blueberries.

Topo(s): Sam Knob

Sunday No. H2003-004 **Aug. 23**
Glassmine Falls Overlook to 9:30 AM
Graybeard Overlook and Return

Hike 5, Drive 55, 1100 ft. ascent, Rated C-B,

AT-MST

Sarah Broughton, 828-564-3662,
saraebroughton@icloud.com

Only Meeting Place: back parking lot of Folk Art Center. Limit of 10 hikers, contact hike leader via e-mail for reservations. This variation of hike #193 will be an in-and-out hike. A lovely ramble and an enjoyable Sunday afternoon hike on the MST with good views and an interesting variety of trees and shrubs.

Topo(s): Montreat

Sunday No. H2003-102 **Aug. 30**
Coontree Loop 12:00 PM

Hike 3.7, Drive 65, 1050 ft. ascent, Rated C-B,

P400

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

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

Second Meeting Place: Pisgah Forest Bi-Lo at 12:30 PM.

Limit of 10 hikers, contact hike leader via e-mail for reservations. This loop hike is partially along a lovely creek, with views from Coontree Mountain. Some steep areas.

Topo(s): Pisgah Forest

Sunday No. H2003-294 **Sept. 6**
Picklesimer Fields 12:00 PM

Hike 5, 900 ft. ascent, Rated C-C, **P400**

Stuart English, 828-384-4870,
stuengo@comporium.net

Only Meeting Place: Pisgah Forest Fish Hatchery

off FS 475. Limit of 9 hikers, contact hike leader via e-mail for reservations. Driving mileage from Asheville is 72 miles roundtrip. In-and-out hike from the Fish Hatchery. We'll take Butter Gap Trail to Grogan's Creek Falls and possibly farther, depending on weather.
Topo(s): Pisgah Forest

Sunday No. H2003-630 **Sept. 13**
Bent Creek – Shut-in & Hardtimes Rd. 12:00 PM
Hike 4.4, Drive 5, 800 ft. ascent, Rated C-C
Rebecca Banner, 828-713-4660, beccabanner@gmail.com
Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Limit of 10 hikers, contact hike leader via e-mail for reservations. We will park at Bent Creek River Park and begin our hike with a long uphill climb on the Shut-In section of the MST. The

loop will include the Hard Times Road, Rocky Cove Trail, Owl Ridge Trail and back to the Hard Times Road to take us out through the Arboretum entrance to our cars. This is a variation on hike #630.
Topo(s): Skyland

Sunday No. H2003-043 **Sept. 20**
Frying Pan Tower 11:00 AM
Hike 4, 950 ft. ascent, Rated C-C, **P400, LTC**
Daisy Teng Karasek, 828-505-2036, cell 408-887-3666, daisytk@yahoo.com
Only Meeting Place: Pisgah Inn parking lot near convenience store. Limit of 10 hikers, contact hike leader via e-mail for reservations. Driving mileage from Asheville is 35 miles roundtrip. This is an in-and-out hike with some significant ups and downs. It starts at the Mount Pisgah Campground and meanders through the forest until reaching a FS gravel road to the tower, a

7/10-mile trek, uphill all the way. It provides panoramic views from the fire tower.
Topo(s): Cruso
Sunday No. H2003-926 **Sept. 27**
Jane Cantrell Falls from Glady Fork Rd / Headwaters State Forest 11:00 AM
Hike 5.0, Drive 60, 900 ft. ascent, Rated C-C
Matthew Kearney, 828-406-3274, matt@verygoodphotographer.com
Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Limit of 5 cars, limit of 8 hikers; please contact hike leader via e-mail for reservations. We will hike east from the Whiteoak Bridge parking on Glady Fork Rd. towards Bigspring Mountain via old logging roads. Before reaching Bigspring we'll descend towards Jane Cantrell Creek and pass by the falls near the top. We'll circle around the nearby ridge and connect to the earlier logging roads to return.
Topo(s): Table Rock

NEXT CMC COUNCIL MEETING

When: Aug. 4, 2020
Where: Please check Breaking News in August
Time: 6:00 - 9:00 PM
Info: Call Debby at 404-731-3119 if you would like to attend. All CMC members are welcome.



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. **Due to COVID-19, all hikes have a limit of ten hikers unless stated otherwise. Contact leader for reservation. Carpooling has been discontinued due to COVID restrictions.** 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. Hike leaders have the right to reject participants who are not properly equipped for the hike or who are unlikely 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 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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