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Cold Mountain. Photo by Danny Bernstein.

Celebrate the 50th Anniversary of the Wilderness Act

By Danny Bernstein

This year, hikers and outdoor enthusiasts will celebrate the 50th anniversary of the Wilderness Act, signed Sept 3, 1964, by President Lyndon Johnson. The Act created the National Wilderness Preservation System. By now, almost 110 million acres of land have been protected throughout the U.S. The Wilderness Act protects *undeveloped Federal land retaining its primeval character and influence*. Famous environmentalists and activists were involved in helping to push this act, including Bob Marshall and Aldo Leopold. Harvey Broome, who grew up in Knoxville, fought hard against inappropriate development in the Smokies and was one of the founders of the Wilderness Society.

Most CMC hikers recognize that they will be in a wilderness area when they look at the schedule and see that they have to sign up for a hike; wilderness hikes are limited to ten people. This includes Shining Rock and Middle Prong Wilderness

in the Pisgah District and Linville Gorge in the Grandfather District of Pisgah National Forest. The Shining Rock area was declared a wilderness area in 1964, one of the original pieces of the system.

Wilderness areas have been designated as special places that should be left, well, wild. Each wilderness area, created by an act of Congress, comes with its own rules. If there are any old roads, they're now gated. No roads or permanent structures are allowed in a wilderness area. Roads cause erosion and cut off wildlife from roaming through its natural habitat. More cuts to the land encourage more spread of exotic weeds. Bicycles aren't allowed on wilderness area trails and that by itself should make hikers happy. No roads means no logging, another major way to protect land.

Only hand tools can be used to maintain the trails, so trails aren't maintained to the same level as outside the wilderness areas. It's much harder to saw a large tree that

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COUNCIL CORNER

It's hard to believe that 2014 is our 91st year as Carolina Mountain Club! I had the pleasure of hiking a little with the club in the 1970s, and I remember the folks like Bernard Elias "hiking the pants off me," and I was not even 30 years old! Much later, I went online and found that the hike for the next day was Looking Glass Rock – one I'd enjoyed for literally years, hiking with my parents, then my husband and his family, and later on my own. It seemed an omen of good things to come now that I was retired.



Last year, after much pleading on the part of Barth Brooker, who was responsible for filling the slate of nominees for the next year's officers, I found myself agreeing to be Vice President for 2014-2015, which means becoming President for the next two years after that, and then Past President for the following two years. Had I lost my mind?

I hope not; I don't think I have. Since joining in 2007, I've found that CMC and the people I've had the pleasure of knowing have changed my life. I've never been involved in a group of folks that is more positive, active, caring, and loves this region as much as I do! I want to give back to the club for what it gives me. I know I have a lot to learn about the many facets of the club's business. I hope to be able to be the type of leader you want and can come to with questions and suggestions. I'll try to make them happen. Thank you for your trust in me.

– Barbara Morgan

Bernstein focuses on CMC's future

By Bobbi Powers

Lenny Bernstein, our new CMC President, (as well as Past President 2006-2007) brings a wealth of leadership experience to his job.

It's great to be back on the CMC Council. To be honest, I didn't expect to return as your President. However, when the job was offered to me, I had no difficulty saying yes. I may wander off for a while to work on ATC biennials, but CMC is where my heart is.

I see three major challenges for CMC. The first is to protect the land we hike on. Most of it belongs to the Federal government. The Forest Service and National Park Service have had to deal with budget cuts, which have led to trails or the access to trails being closed. We'll probably face more closures in the coming years. Even without budget cuts, we need to be vigilant in protecting hiking opportunities. The Forest Service is developing a management plan for Pisgah and Nantahala National Forests which will guide resource allocation decisions for 15 years or longer. National Forests have many users, and their objectives are rarely the same. We need to work with other hiking organizations to ensure that our interests are given full consideration by Forest Service planners. CMC's Conservation Committee, chaired by Tish Desjardins, is taking the lead in presenting CMC's position to other stakeholders and the USFS. The committee can use all the help it can get.

Our second challenge is to make sure we don't lose any of the expertise we've gained over the past few years. We need to document our software systems and the procedures we use to carry out the Club's functions. If not, each new officer and committee chair will have to waste time and energy reinventing the wheel. Over

the next two years I hope to create a CMC operating manual that will tell the next group of Council members how we have done things in the past. They can change the way things are done, but at least they'll know what they are changing.

Our third challenge is the perennial one, finding volunteers to maintain trails, lead hikes, and run the Club. It takes many thousands of hours of work each year to keep CMC operating at the level it does – 200 hikes per year, 400 miles of trail maintained, spring picnics, annual meetings, a useful and interesting website, *Let's Go* and *eNews*. "They" have done it in the past. It's up to each of us to contribute to doing it now and in the future.



Bruce Bente, left, and Lenny Bernstein at the Hike Leaders' Dinner.

Bente honored by hike leaders

On February 28th, at the Annual Hike Leaders' Dinner at Pack Tavern, Bruce Bente was awarded an Honorary Life Membership. As CMC President Lenny Bernstein explained, this is the Club's highest honor, awarded to members whose contributions over an extended period of time have significantly changed the Club.

Bruce has been responsible for the club's hikes schedule for the past twelve years, during which time the number and variety of hikes the Club offers has significantly increased. He has also been a tireless recruiter and mentor of new hike leaders and has taken responsibility for the hikes database, one of the most valuable parts of our website. Bruce is also willing to help both

new and old leaders scout their hikes. The sixty hike leaders present responded to the announcement of the award to Bruce with a standing ovation.

The rest of the program consisted of a panel composed of Bruce, Jim Reel, Carroll Koeplinger, Helen Carleton, and Lee Silver answering questions about problems facing our hike leaders. One of these was what to do when the sweep has disappeared from sight to stay with a slow hiker. The panel stressed the need for the rest of the group to be aware, and wait for the sweep and slow hiker to catch up. It was a memorable Hike Leaders' Dinner.

Wilderness Act

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has blown down with a hand saw than with a chainsaw. Trail maintainers can't bring in weed whackers to cut down the mid-summer growth. Becky Smucker leads the Wilderness Maintenance Crew, which works two Saturdays a month, mostly in the Pisgah District wilderness areas, with hand tools. It's tough but necessary work.

Another quote from the Wilderness Act: *A wilderness, in contrast with those areas where man and his works dominate the landscape, is hereby recognized as an area where the earth and its community of life are untrammelled by man, where man himself is a visitor, who does not remain.* If the Forest Service took the phrase literally, it would mean untouched woods with no trails, no pipe spring, and no emergency rescue. The land would be impenetrable to almost everyone and no one would ever go there, including Forest Service employees. However, in our forest, it means that trails aren't blazed, and it's a little more challenging to stay on trails.

Wilderness areas are not just in national forests. Yosemite, Shenandoah and even Cumberland Island National Seashore have sections of their parks that are wilderness areas. Areas of Great Smoky Mountains National Park are managed as wilderness but are not officially protected as such.

Most places east of the Mississippi have been "roaded, logged, farmed and otherwise impacted by humans at one time or another." That certainly includes Shining Rock. Congress felt it was more important that wilderness lands would be untrammelled in the future and passed the Eastern Wilderness Act of 1975. Otherwise, almost no area in the Eastern United States would fit the original wilderness requirement. Who knows! Next year, we might celebrate the 40th anniversary of that protection.

TRAIL MAINTENANCE

All members are encouraged to participate in trail maintenance activities. Non-members are invited to try it a few times before deciding if they want to join the Club and be a regular part of a crew. We train and provide tools.

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

Monday

Barth Brooker, barthb@bellsouth.net

Monday Burnsville Crew

John Whitehouse,
johnwhitehouse@frontier.com

Wednesday Waynesville West*

Larry Sobil, lsobil@bellsouth.net

Thursday Asheville Crew

Bill Falender, billfalender@hotmail.com

Friday Asheville*

Skip Sheldon, shelhalla@bellsouth.net

Friday Pisgah

Pete (R) Petersen, roap@aol.com

Wilderness Crew (Saturday bimonthly)*

Becky Smucker, bjsmucker@gmail.com

Saturday quarterly*

Les Love, lesrlove55@gmail.com

Draft Crew

Kayah Gadish, kayita79@gmail.com

MST sections

Barth Brooker, barthb@bellsouth.net

Les Love, lesrlove55@gmail.com

Pete (R) Petersen, roap@aol.com

Larry Sobil, lsobil@bellsouth.net

AT sections

Tim Carrigan, tim@newprisim.com

HIKE SCHEDULE Second Quarter 2014

Hike Ratings

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

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

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

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

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

CHALLENGE PROGRAMS

SB6K For hiking all 40 peaks above 6000'. Contact Peter Barr, pjbar@gmail.com

P400 For hiking every trail in Pisgah Ranger District. Contact Dave Wetmore, dwetmore@citcom.net

900M For hiking every trail in GSMNP. Contact Dave Wetmore, dwetmore@citcom.net

LTC For hiking all 24 lookout towers in WNC. Contact Peter Barr, pjbar@gmail.com

WC100 For hiking to the 100 best waterfalls in the mountains of WNC, SC and the Smokies. Contact Jack Fitzgerald, 828-685-2897, suejackfitz@bellsouth.net

WEDNESDAY HIKES

Wednesday hikes submitted by Ann Gleason 828-859-9387, gleason.ann@gmail.com. Driving distance is round-trip from Asheville. All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B unless otherwise noted. Some hikes will have second meeting places as described in the schedule, and start times may vary. *Times listed are departure times – arrive early.*

Wednesday No. W1402-041 **Apr. 2**
Mackey Mountain via

Sugar Cove Trail *8:30 AM
Hike 11.5, Drive 60, 2900 ft. ascent, Rated A-AA
Barbara Morgan, cell: 828-460-7066, barbc129@gmail.com

*Form carpools at Westgate and meet leader at Ingles parking lot, off Exit 64 of I-40 at 8:50 AM. This interesting in-and-out hike starts on the Sugar Cove Creek trail in McDowell County and winds up to Curtis Creek Road. From there, we'll hike mostly on the ridgeline to the summit of Mackey Mountain, with great views along the way. Topo(s): Old Fort; also NatGeo map #779

Wednesday No. W1402-454 **Apr. 9**
Porters Creek Trail *8:30 AM

Hike 7.4, Drive 164, 1500 ft. ascent, Rated B-B
Ashok Kudva, 828-698-7119, cell: 828-674-1374, ashok.kudva@att.net

900M This GSMNP trail is famous for its wild-

SATURDAY WORKDAY

For the Saturday MST Trail Building Workdays in 2014, meet at 8:30 at the Home Depot at the Enka-Candler Exit 44 off of I-40. Workdays are May 3, June 7, Aug. 16 and Oct. 18. As in the past, we will be back in Asheville by 3:00. Call Les Love at 828-658-1489 (lesrlove55@gmail.com) to verify date.

flower displays. We will first pass the remnants of old homesteads and the Owenby cemetery before entering a moist sheltered cove with large trees, masses of wildflowers, a rushing creek and even a waterfall. **Second meeting place: Pilot Truck Stop, off Exit 24 of I-40 at 9:00 AM, but call leader first.** Topo(s): Mt. Le Conte; also NatGeo. map #317

Wednesday No. W1402-189 **Apr. 16**
Old Settlers Trail *7:30 AM

Hike 17.1, Drive 160, 3300 ft. ascent, Rated AA+ AA+
Carroll Koeplinger, 828-667-0723, cell: 828-231-9444, Carrollkoepp@bellsouth.net
900M Greenbrier area of the Smokies. CMC has not done this hike in 12 years. It features a rich bottomland of hemlock and hardwood forest, while passing many old home sites with chimneys, rock walls and exotic plants now remaining. Although no ascent is more than 800 ft., the hike is strenuous. **Second meeting place: Pilot Truck Stop, off Exit 24 of I-40 at 8:00 AM.** Topo(s): Mt. Le Conte, Mt. Guyot, Jones Cove; also NatGeo map #317

Wednesday No. W1402-766 **Apr. 23**
Green's Lick to Ingles Field Gap *9:00 AM

Hike 8, Drive 8, 1100 ft. ascent, Rated B-B
Ken and Carol Deal, 828-281-4530, cnkdeal@charter.net
P400 *Only Meeting Place: Ingles parking lot on NC 191, across from Biltmore Square Mall. This hike is in the Bent Creek, Stradley Mountain area. The hike begins on the Sidehill Connector at the junction with FS 479 and climbs to Ingles Field Gap for lunch, using the Green's Lick Trail among others. We will return to the cars by way of Little Hickory Top trail and the Laurel Branch Road. Topo(s): Dunsmore Mtn.; also Bent Creek Trail Map

Wednesday No. W1402-488 **Apr. 30**
Gabes Mtn. Trail *8:00 AM

Hike 9.6, Drive 150, 1800 ft. ascent, Rated A-A
Stuart English, cell: 828-384-1759, stuengo@compodium.net
900M This in-and-out hike is on a mostly gentle trail from Cosby Campground in GSMNP through lovely old-growth forest. Added attractions are a short, steep side trip to the bottom of Hen Wallow Falls and lunch at a shady, streamside campsite. **Second meeting place: Pilot Truck Stop off Exit 24 of I-40 at 8:30 AM, but contact leader first.** Topo(s): Hartford, Luftee Knob; also NatGeo. map #317

Wednesday No. W1402-740 **Apr. 30**
Waterfall Ramble near Brevard *8:00 AM

Hike 6, Drive 100, 700 ft. ascent, Rated C-C
Jack Fitzgerald, 828-685-2897, cell: 828-699-7154, suejackfitz@bellsouth.net
P400, WC100 *Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 8:30 AM.

We will visit seven waterfalls on the Waterfall Challenge List: Moore Cove, Skinny Dip, Dill and Upper Dill, Courthouse, Bird Rock and Catheys Creek. Topo(s): Shining Rock, Sam Knob; also NatGeo. map #780

Wednesday No. W1402-339 **May 7**
Garenflo Gap to Silvermine Road in Hot Springs *8:30 AM
Hike 7, Drive 90, 900 ft. ascent, Rated B-C
Tish Desjardins, cell: 828-380-1452, desraylet@aol.com

***Form carpools at Westgate and meet leader at corner of U.S. 25/70 and NC 208 at 9:10 AM.** This is a variation of hike #339 and it will be a total of 7 miles rather than 6 miles. We will stop for ice cream on the AT in Hot Springs while on our way back to the cars at Silvermine Road. This AT section has gentle terrain and open forest, crossing minor ridges and draws, goes through the middle of Hot Springs and over the French Broad River bridge. Car shuttle. Topo(s): Lemon Gap, Hot Springs, Spring Creek; also ATC TN-NC map #4

Wednesday No. W1402-445 **May 14**
Pilot Mtn., Farlow Gap, Daniel Creek Trails 8:00 AM
Hike 11, Drive 80, 2550 ft. ascent, Rated A-AA
Steve Pierce, cell: 828-442-8482, stevepierce@charter.net

P400, WC100 There is a good chance we will enjoy rare pinkshell azaleas on Pilot Mtn. (after the steep climb!) and the beautiful Farlow Gap and Daniel Creek Trails. Short car shuttle. **Second meeting place: Pisgah Forest Bi-Lo at 8:30 AM.** Topo(s): Shining Rock; also NatGeo. map #780

Wednesday No. W1402-726 **May 21**
Tanbark Tunnel to Folk Art Center *8:30 AM
Hike 9.9, Drive 16, 1500 ft. ascent, Rated A-B
Jim Ariail, 828-505-0433, cell: 828-778-8355, jimariail@yahoo.com

***Only Meeting Place: Back parking lot of Folk Art Center.** Climb up to Rattlesnake Lodge site on access trail, then hike west on MST to Folk Art Center. Car shuttle. Topo(s): Craggy Pinnacle; also MST Profiles, pp. 52-57

Wednesday No. W1402-190 **May 28**
MST: Mt. Mitchell to Balsam Gap 8:00 AM
Hike 9.5, Drive 70, 1600 ft. ascent, Rated A-A
Dave Howard, cell: 843-708-0786, mrbliester09@gmail.com

SB6K This is one of the really great sections of the MST and includes two SB6K peaks. The first part of the hike features exceptional views south from the Black Mtns., while the second part showcases the trail-building and rock-work achievements of the CMC. See spectacular scenery from our lunch spot on a rocky outcropping. May should be peak wildflower season. **Second meeting place: Craven Gap at 8:20 AM.** Topo(s): Mt. Mitchell,

Montreat; also PNF South Toe River, Mt. Mitchell & Big Ivy Trail Map

Wednesday No. W1402-447 **Jun. 4**
MST: Mt. Pisgah to Beaver Dam Overlook *9:00 AM
Hike 9, Drive 45, 1700 ft. ascent, Rated B-A
Bruce Bente, 828-692-0116, cell: 828-699-6296, bbente@bellsouth.net

P400 *Form carpools at Westgate and meet leader at BRP French Broad Overlook at 9:15 AM. This moderate hike will start with a round trip up and down Mt. Pisgah and will then follow the MST eastbound to Beaver Dam Overlook. Expect good views along the route. Short car shuttle. Topo(s): Cruso, Dunsmore Mtn.; also NatGeo. map #780 & MST Profiles, pp. 53-55

Wednesday No. W1402-063 **Jun. 11**
Big East Fork, Art Loeb Trail, Shining Creek Loop *8:00 AM
Hike 13, Drive 70, 2800 ft. ascent, Rated AA-AA
Brenda Worley, 828-684-8656, cell: 828-606-7297, bjdworley@gmail.com

P400 *Form carpools at Westgate and meet leader at Big East Fork parking area on US 276, 3 miles north of BRP at 8:45 AM. *Wilderness hike, limited to ten hikers—call leader for reservation.* A beautiful but strenuous hike (Tom Sanders' favorite) with three of WNC's most beautiful streams. Up Big East Fork, then Grassy Cove Ridge and the Art Loeb Trail to Shining Rock Gap, with great views, and then down Shining Creek. Two stream crossings that may have to be waded. Topo(s): Shining Rock; also NatGeo. map #780

Wednesday No. W1402-113 **Jun. 18**
Cold Mtn from Camp Daniel Boone *8:00 AM
Hike 10.4, Drive 63, 3400 ft. ascent, Rated A-AA+
Janet Martin, cell: 502-494-9309, jaykaymartin@msn.com

P400, SB6K *Wilderness hike, limited to ten hikers—call leader for reservation. From the BSA Daniel Boone Camp, we will climb and climb past laurel and rhododendron to Deep Gap, and then continue to the top of the mountain for great views of the BRP and Mt. Hardy. Return downhill on same route. Topo(s): Waynesville, Cruso; also NatGeo. map #780

Wednesday No. W1402-367 **Jun. 25**
FS 816 to Bridges Camp Gap via Grassy Cove *8:30 AM
Hike 8.3, Drive 65, 1400 ft. ascent, Rated B-B
Laura Frisbie, cell: 828-337-5845, laurafrisbie@gmail.com

P400, SB6K *Wilderness hike, limited to ten hikers—contact leader for reservation. Leader prefers email contact for reservation. A favorite hike of many that includes a gorgeous variety of environments. Follow the ALT to Black Balsam and Tennent Mtn, then descend to Ivestor Gap,

turn right and hike down Grassy Cove Ridge to the Big East Fork of the Pigeon River, then right onto Bridges Camp Trail to MST and Bridges Camp Gap. Note that there is a 3000' descent. Car shuttle. Second meeting place: BRP Cold Mtn. Overlook at 9:10 AM. Topo(s): Shining Rock; also NatGeo. map #780

ALL-DAY WEEKEND HIKES

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

Sunday No. A1402-832 **Apr. 6**
Hyatt Ridge - Enloe Creek - Chasteen Creek 8:00 AM
(strenuous)
Hike 10.7, Drive 125, 2700 ft. ascent, Rated A-AA

Mike Knies, 828-628-6712, knies06@att.net
900M We'll hike up to Hyatt Ridge, then take the Enloe Creek Trail, passing over the steel bridge over Raven Fork through one of the most beautiful areas of GSMNP. After ascending to Hughes Ridge, we'll hike down the Chasteen Creek and Bradley Fork Trails to Smokemont Campground. Car shuttle. **Second meeting place: Maggie Valley Post Office at 8:30 AM, but contact leader first.** Topo(s): Smokemont, Bunches Bald; also NatGeo map #317

Sunday No. A1402-834 **Apr. 6**
Swannanoa Creek Trail via Bernard Mtn. and Point Lookout 8:00 AM
(moderate)
Hike 8, Drive 45, 1050 ft. ascent, Rated B-B
Jim Reel, 828-738-0751, cell: 828-443-2532, jimr57@yahoo.com

This hike will start at the intersection of Mill Creek Rd. and FS 4037. We will hike along Long Branch, then up to the ridgeline of Bernard Mtn. Then we'll do two short bushwhacks down and past Point Lookout, down to the trail along Swannanoa Creek. We'll follow this trail to the eastern trailhead of the Point Lookout trail. In the 1800s, this trail was part of the Western Turnpike stretch of a stagecoach line as it wound its way up the mountains. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 8:20 AM.** Topo(s): Montreat, Old Fort

Saturday No. A1402-511 **Apr. 12**
Florence Nature Preserve 10:00 AM
Hike 7, Drive 40, 800 ft. ascent, Rated B-C
Bev MacDowell, 828-684-1000, cell: 828-777-5806, bevmacdowellhappy@gmail.com
This hike will cover the trails in the 600-acre Florence Nature Preserve in the Hickory Nut Gap area. This hike begins at the new parking lot and

has easy loops with moderate climbs. **Second meeting place: Florence Preserve parking lot on US 74-A at 10:20 AM.** Topo(s): Bat Cave; also Florence Nature Preserve Trail Map

Sunday No. A1402-189 **Apr. 13**
Old Settlers Trail 7:30 AM

Hike 17.1, Drive 160, 3300 ft. ascent, Rated AA+-AA+
Carroll Koeppinger, 828-667-0723, cell: 828-231-9444, carrollkoepp@bellsouth.net
900M It has been 12 years since CMC did this hike in the Greenbrier area of GSMNP. It features a rich bottomland of hardwood forest while passing many old home sites with chimneys, rock walls and exotic plants. Although no ascent is more than 800 feet, there are four ascents and a long distance to cover. Plan on a long day and supper on the way home. **Second meeting place: Pilot Truck stop off Exit 24 of I-40 at 8:00 AM.** Topo(s): Mt. Le Conte, Mt. Guyot, Jones Cove; also NatGeo. map #317

Sunday No. A1402-488 **Apr. 20**
Gabes Mtn. Trail 8:00 AM

Hike 9.6, Drive 150, 1800 ft. ascent, Rated A-A
Stuart English, cell: 828-384-1759, stuengoa@comporium.net
900M This in-and-out hike is on a mostly gentle trail from Cosby Campground in GSMNP through lovely old-growth forest. Added attractions are a short, steep side trip to the bottom of Hen Wallow Falls and lunch at a shady, streamside campsite. **Second meeting place: Pilot Truck Stop off Exit 24 of I-40 at 8:30 AM, but contact leader first.** Topo(s): Hartford, Luftee Knob; also NatGeo map #317

Saturday No. A1402-164 **Apr. 26**
Hawkbill Flower Hike 8:00 AM

Hike 8.4, Drive 54, 2870 ft. ascent, Rated B-AA
Barbara Morgan, 828-738-3395, cell: 828-460-7066, barbc129@gmail.com
LTC This great wildflower hike follows a rough trail up alongside Hawkbill Creek to the top of the cove, then a very steep 400 ft bushwhack up to Hawkbill Rock. Then hike along the ridgeline to site of Little Snowball Tower and follow old roads and trails down to the trailhead. The wildflowers and ramps have been spectacular every time CMC has done this hike. Topo(s): Craggy Pinnacle

Sunday No. A1402-833 **Apr. 27**
Highlands Plateau Progressive Hikes 8:00 AM

Hike 8.5, Drive 85, 1900 ft. ascent, Rated B-A
Danny Bernstein, cell: 828-450-0747, danny@hikertohiker.com
Highlands is a treasure trove of short, scenic hikes featuring outstanding views and waterfalls. Discover Whiteside Mountain, Sunset Rocks, Glen Falls and Chiquapin Mountain. We'll end up at a great ice cream cafe. **Second meeting place: Pisgah Forest Bi-Lo at 8:30 AM.** Topo(s): Highlands; also NatGeo map #785

Sunday No. A1402-653 **May 4**
Flat Creek Falls *8:00 AM

Moderate+, due to stream crossings
Hike 7, Drive 125, 1300 ft. ascent, Rated B-B
Sawako Jager, 828-687-2547, cell: 828-674-4067, baiko70@aol.com

WC100 *Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 8:30 AM. Flat Creek Falls is an awesome 200 ft waterfall nestled in the remote area of Nantahala National Forest. This hike involves walking the unmaintained Old Trestle Path (FS #445), then some old logging roads, and a mild bushwhack. The last 300 ft consists 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. Topo(s): Big Ridge

Sunday No. A1402-049 **May 4**
Big Creek to Walnut Bottom 8:30 AM

longer than moderate hike but not strenuous
Hike 10.4, Drive 110, 1300 ft. ascent, Rated A-B
Lenny Bernstein, cell: 828-450-1325, lennybernstein41@gmail.com
900M Follow the sight and sound of a spectacular mountain stream through a beautiful forest to the Big Creek bridge just before campsite 37. Features to be enjoyed are the Midnight Hole, Mouse Creek Falls and rapids. The spring flowers should be beautiful. **Second meeting place: Pilot Truck Stop, I-40 at Exit 24 at 9:00 AM, but call leader first.** Topo(s): Waterville, Cove Creek Gap, Luftee Knob; also NatGeo Map #317

Saturday No. A1402-060 **May 10**
Pilot Mtn. 10:00 AM

Hike 6.5, Drive 80, 1900 ft. ascent, Rated B-A
Marcia Bromberg, 828-505-0471, mwbromberg@yahoo.com
P400 This hike is timed for what we hope will be the bloom of rare pink-shell azaleas. It starts with a steep climb to the summit of Pilot Mtn., then down to Deep Gap. We'll return on a pleasant, seldom-used graveled forest road. There will be several stops for photography along the way. **Second meeting place: Pisgah Forest Bi-Lo at 10:30 AM.** Topo(s): Shining Rock; also NatGeo. map #780

Sunday No. A1402-310 **May 11**
Pinnacle Pass - Rim of the Gap *8:00 AM

Hike 9, Drive 80, 1800 ft. ascent, Rated B-A
Norm Sharp, 864-268-9409, norm.sharp@att.net
***Form carpools at Westgate and meet leader at Jones Gap parking lot at 9:00 AM. (Hendersonville hikers form carpools at Cracker Barrel parking lot, NE corner, and leave at 8:30 AM.)** Starting at Jones Gap State Park (NOTE: \$2 entry fee per person), we will hike a scenic loop route, first hiking up the Pinnacle Pass trail over Little Pinnacle Mountain and taking in two of the best views in the Jones Gap/Caesars Head State Parks. The way up

includes some scrambling over boulders. We will have lunch at the second overlook. Then after back-tracking about a mile we will take a connector trail and return via the Rim of the Gap Trail. Topo(s): Standingstone Mtn.; also Mountain Bridge Wilderness map

Sunday No. A1402-169 **May 18**
Braemar to Watauga Dam *8:00 AM

Hike 10.5, Drive 160, 2400 ft. ascent, Rated A-AA
Tish Desjardins, cell: 828-380-1452, desraylet@aol.com
***Form carpools at Westgate and meet leader at Rose's parking lot off Exit 18 of I-26 at 8:10 AM.** It's been 13 years since CMC did this AT hike, which is at the northern limit of our AT sequence hikes. We'll hike over Pond Mountain and then around beautiful Watauga Lake, finishing soon after crossing Watauga Dam. Car shuttle. Topo(s): Elizabethton, Watauga Dam; also ATC TN-NC map #1 and NatGeo map #783

Saturday No. A1402-448 **May 24**
Ellicott Rock *8:00 AM

Hike 7.5, Drive 150, 1750 ft. ascent, Rated B-A
Dave Wetmore, 828-884-7296, dwetmore@citcom.net
***Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 8:30 AM.** A long drive, but a unique and historic place: three states come together, their junction marked with inscriptions that are 200 years old. There is a refreshing ford of the Chattooga River at the middle of the hike. Dress appropriately and expect to get wet. Hiking poles are recommended for the crossing. Topo(s): Highlands, Tamasee, Cashiers; also NatGeo map #785

Sunday No. A1402-229 **May 25**
Elk Pasture Gap

to Chestnut Cove Overlook *9:00 AM
Hike 9.2, Drive 40, 1350 ft. ascent, Rated A-B
Jeff McGurk, cell: 864-921-6469, jbsbestfan@hotmail.com
P400 *Only Meeting Place: Ingles parking lot on NC 191 across from Biltmore Shopping Center. This is a pleasant MST hike, mostly downhill, with one climb over Ferrin Knob. Topo(s): Dunsmore Mtn; also NatGeo map #780

Monday No. A1402-468 **May 26**
Max Patch to I-40 8:00 AM

Hike 14.6, Drive 125, 1900 ft. ascent, Rated AA-A
Becky Smucker, cell: 828-231-2198, bjsmucker@gmail.com
Our annual joint hike with Smoky Mountains Hiking Club this year will follow the AT from Max Patch to I-40. The hike will have some ups and downs, especially over 4260' Snowbird Mountain. Good displays of wildflowers should be found at the higher elevations, and the length

of the day will allow a leisurely pace. Cold watermelon will await at the end of the hike!
Second meeting place: Pilot Truck Stop off Exit 24 of I-40 at 8:30 AM, but contact leader first. Topo(s): Lemon Gap, Waterville; also ATC TN-NC map #4

Weekend No. A1402-804 **May 30-June 1**
Mountain Treasures Camporee #5
Ted Snyder, 864-638-3686,
tedsnnyderjr@bellsouth.net
This camporee repeats the one planned for last fall that was cancelled by the government shutdown. For this car-camping weekend, participants should arrive Friday to set up camp and select hikes. On Saturday, four hikes will depart at 9:00 AM. There will be a bar-b-que supper on Saturday evening. We will break camp Sunday morning before choosing one of three additional hikes. Most of the hikes will be in the Joyce Kilmer-Slickrock Creek Wilderness and proposed additions to it. We have 50 spaces reserved at the Rattler Ford Campground near Joyce Kilmer Memorial Forest. Reservations with the leader are required, both for camping and for the bar-b-que. Make reservations with Ted at the contact addresses listed above. A list of the hikes and driving directions are on the CMC website, under "Hiking" and under that at "Camporees". Any questions should be sent to Ted.

Sunday No. A1402-008 **Jun. 8**
Bee Tree Gap to Tanbark Tunnel ***9:00 AM**
Hike 6.2, Drive 40, 1300 ft. ascent, Rated B-B
Kathleen Hannigan, cell: 828-230-4883,
kathannigan@gmail.com
***Only Meeting Place: Back parking lot of Folk Art Center.** A pleasant spring hike on the MST over Lane Pinnacle and through the Rattlesnake Lodge site, featuring excellent views, interesting rock formations and late spring wildflowers. There are several steep but short ups and downs and a long, gradual descent. After the hike, hikers are invited to join the leader for wine and cheese at her nearby home. **Please RSVP to leader by cell or to gmail address for wine and cheese planning.** Car shuttle. Topo(s): Craggy Pinnacle; also MST Trail Profiles, pp. 58-59

Saturday No. A1402-459 **Jun. 14**
MST: NC 128
to Glassmine Falls Overlook **10:00 AM**
Hike 6.4, Drive 80, 1900 ft. ascent, Rated B-A
Marianne Newman, 828-257-2136,
mariannewman12@gmail.com
SB6K We will head up into the cool old-growth balsam and spruce forests south of Mt Mitchell. There are several scenic overlooks and we will stop for lunch on one of them. Car shuttle.
Second meeting place: Craven Gap at 10:20 AM. Topo(s): Mt Mitchell, Montreat; also MST profiles, pp. 62-63.

Sunday No. A1402-137 **Jun. 15**
Carvers Gap to Grassy Ridge Bald,
Roan Mtn. **8:00 AM**
Hike 11.9, Drive 130, 2400 ft. ascent, Rated A-AA
Janet Martin, cell: 502-494-9309,
jaykaymartin@msn.com

SB6K Hike from Carvers Gap north on AT to Grassy Ridge side trail, then return on the AT to Roan High Knob and Roan High Bluff, and return to trailhead along road. Weather permitting, we will see 360 degree panoramic views, rhododendrons and flame azaleas in bloom, with a possibility of Gray's Lily flowers. **Second meeting place: McDonald's in Burnsville at 8:40 AM.** Topo(s): Carvers Gap

Sunday No. A1402-764 **Jun. 22**
Herrin Knob - Mt. Hardy -
Green Knob ***8:30 AM**
Hike 8.5, Drive 90, 2000 ft. ascent, Rated B-A
Ashok Kudva, 828-698-7119, cell: 828-674-1374,
ashok.kudva@att.net

P400, SB6K *Form carpools at Westgate and meet leader at Cold Mtn. Overlook at 9:10 AM.
Wilderness hike, limited to ten hikers—call leader for reservation. We will start from the Courthouse Valley O/L on an unused trail, skirt around Herrin Knob, cross the BRP at Mt. Hardy Gap and then climb to the summit of Mt. Hardy. Our descent is via a connector trail, MST and includes a 3-mile in-and-out hike along Fork Ridge to Green Knob (a different Green Knob!) and to our cars at Buckeye Gap. Our snack and lunch spots on Mt. Hardy and Green Knob will feature 180 and 360 degree mountain views on a clear day. Car shuttle. Topo(s): Sam Knob; also NatGeo Map #780 and USFS Shining Rock & Middle Prong map

Saturday No. A1402-588 **Jun. 28**
Coontree Loop extended **9:00 AM**
Hike 7, Drive 70, 1700 ft. ascent, Rated B-A
Victoria Rose, cell: 914-489-5340,
torrose@gmail.com

P400 We'll hike the Coontree Loop, but extend it by including the Perry Cove and Bennett Gap trails, with a short road walk on FS 477 to connect the two. **Second meeting place: Coontree Picnic area at 9:40 AM.** Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1402-835 **Jun. 29**
Pine Gap and Conley Cove Trails ***8:00 AM**
Hike 9.5, Drive 130, 1900 ft. ascent, Rated A-A
Jeff Wasserman, cell: 828-243-7815,
jbwass47@gmail.com

Wilderness hike, limited to ten hikers—call leader for reservation.* This Linville Gorge hike follows a route never done by CMC. We will descend into the gorge via the Pine Gap Trail, hike down the scenic gorge and climb out on the Conley Cove Trail. After the hike, an optional one-mile in-and-out hike to view Linville Falls will be offered. Car shuttle. **Second meeting place: Ingles parking lot off Exit 64 of I-40

at 8:20 AM. Topo(s): Linville Falls; also USFS Linville Gorge Wilderness map

HALF-DAY SUNDAY HIKES

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

Half-Day No. H1402-171 **Apr. 6**
Cat Gap Loop ***12:30 PM**
Hike 5, Drive 70, 1100 ft. ascent, Rated C-B
Ashok Kudva, 828-698-7119, cell: 828-674-1374,
Ashok.Kudva@att.net
P400 *Form carpools at Westgate and meet leader at Pisgah Fish Hatchery parking lot at 1:15 PM. This hike features some dry rock stream crossings, log bridges and waterfalls. Seasonal features may include a view of Looking Glass Rock and Jack-in-the-Pulpits in bloom. Topo(s): Shining Rock; also NatGeo map #780

Half-Day No. H1402-325 **Apr. 13**
Rich Mountain Fire Tower ***12:30 PM**
Hike 5.2, Drive 52, 1350 ft. ascent, Rated C-B
Russ and Heather Cooper, 828-484-9562,
cooper.hs@charter.net
LTC *Only Meeting Place: Wells Fargo/Roses parking lot (opposite McDonalds) off Exit 19 of I-26 in Weaverville. This moderate in-and-out hike features great views from the Rich Mtn. fire tower near Hot Springs. We follow the AT north from Tanyard Gap, then a short side trail to the fire tower and return via the AT. Topo: Hot Springs, also ATC TN-NC map #4. Topo(s): Hot Springs

Half-Day No. H1402-049 **Apr. 20**
Big Creek Wildflower Hike **12:00 PM**
Hike 6, Drive 110, 500 ft. ascent, Rated C-C
Renate Rikkers, 828-298-9988,
rerikkers@aol.com
900M Big Creek, a spectacular mountain stream in the Smokies, offers hikers and walkers an opportunity to slow down and appreciate the wild beauty of this section of the park. A comfortable road bed meanders along rushing rapids, Mouse Creek falls, huge boulders, and deep swimming holes. A beautiful forest and early wildflower environment makes for a special experience - so bring your camera! A moderate in-and-out hike. **Second meeting place: Pilot Truck Stop, off Exit 24 of I-40, at 12:30 PM.** Topo(s): Luftee Knob, Cove Creek Gap; also NatGeo map #317

It happens every spring

What do baseball, little baby birds, and taxes have in common? Spring!!! It's been awhile since a spring has been as eagerly awaited as this one.

As the winter chill dissipates, our 9th annual Spring Barbeque will be held at the NC Arboretum on Saturday, April 19. This time, we will have a licensed bartender and will provide beer and wine for purchase. There will be hikes provided at 2:30 and 3, a social hour at 5, dinner (provided again by Bubba Q), followed by a program celebrating the 50th Anniversary of the Wilderness Act by Jill Gottesman of the Wilderness Society and Becky Smucker, leader of CMC's Wilderness Trail Crew.

An insert is included in this newsletter that can be sent to Les Love at 25 Scenic View Drive, Weaverville, NC 28787. It will be \$18 a person.

Half-Day No. H1402-789 **Apr. 27**
Hickory Branch Falls *12:30 PM

Hike 3.5, Drive 70, 400 ft. ascent, Rated C-C
Sawako Jager, 828-687-2547,
cell: 828-674-4067, baiko70@aol.com

***Form carpools at Westgate and meet leader at Ingles parking lot off Exit 64 of I-40 at 12:50 PM.** 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, Curtis Creek

Half-Day No. H1402-490 **May 4**
Craven Gap to Folk Art Center *12:00 PM

Hike 5.4, Drive 12, 750 ft. ascent, Rated C-C
Dick Zimmerer, 828-989-0480,
dd1zz@yahoo.com

***Only Meeting Place: Back parking lot of Folk Art Center.** This is a pleasant walk from Craven Gap to the Folk Art Center, usually a mecca for spring wild flowers, possibly including yellow lady's slippers. Car shuttle. Topo(s): Oteen, Craggy Pinacle

Half-Day No. H1402-666 **May 11**
Pink Beds Loop *12:00 PM

Hike 5, Drive 48, 200 ft. ascent, Rated C-C
Bobbi Powers, 828-667-5419,
bobbipowers23@gmail.com

P400 *First meeting place: Ingles on NC 191 across from Biltmore Square Mall. Pink Beds is special because it is a flat plateau at 3200', surrounded by mountains. Expect abundant ferns due to natural bogs and beaver action and some wildflowers (with luck, pink lady's slippers!). Several man-made causeways add to the viewing experience. Possible stop at Pisgah Inn after the hike for a libation to toast our mothers – and perhaps dinner, depending on the time. **Second meeting place: Cold Mtn. Overlook at 12:35 PM. If you want to meet at Pink Beds parking lot, contact leader first.** Topo(s): Shining Rock

Half-Day No. H1402-009 **May 18**
Ox Creek Road

to Rattlesnake Lodge *12:30 PM
Hike 5, Drive 30, 540 ft. ascent, Rated C-C
Jim Ariail, 828-505-0443, cell: 828 778-8355,
jimariail@yahoo.com

***Only Meeting Place: Back parking lot of Folk Art Center.** Popular in-and-out hike to historic site. Unusually fine switchbacks. Topo(s): Craggy Pinnacle

Half-Day No. H1402-578 **May 25**
Flat Laurel Creek/MST Hike *12:30 PM

Hike 4.4, Drive 70, 850 ft. ascent, Rated C-C
Marcia Bromberg, 828-505-0471, mwbromberg@
yahoo.com

***First meeting place: Ingles on NC 191, across from Biltmore Sq. Mall.** This a variation of hike #578. Beginning at FS 816 parking lot, hike along Flat Laurel Creek Trail with views of Sam Knob. Cross to MST on Little Sam Knob Trail, then return to FS 816 on MST, with views of Pisgah Forest and late season wildflowers. Short car shuttle, or hikers may choose to walk the additional 0.7 miles on FS 816. **Second meeting place: Cold Mtn. Overlook on BRP at 1:05 PM.** Topo(s): Pisgah Forest

Half-Day No. H1402-685 **Jun. 1**
North Slope Trail *12:00 PM

Hike 5.4, Drive 62, 700 ft. ascent, Rated C-C
Stuart English, cell: 828-384-1759,
stuengo@comporium.net

P400 *Form carpools at Westgate and meet leader at Pisgah Ranger Station on US 276 at 12:35 PM. We will go along the Exercise Trail at the Ranger Station, cross US 276 to the Davidson River Campground, walk along the river with a stop at the historic English Chapel and the English family cemetery, and then take the North Slope Loop Trail and return to the cars through the campground. Topo(s): Pisgah Forest; also NatGeo map #780

Half-Day No. H1402-295 **Jun. 8**
AT/Lovers Leap/Pump Gap/

Silvermine loop *12:00 PM
Hike 5, Drive 80, 1100 ft. ascent, Rated C-B
Jack Dalton, 828-622-3704,
jckdalton9@gmail.com

***Form carpools at Westgate and meet leader at Hot Springs at the NOC parking area along the**

AT/French Broad River at 1:00 PM. A variation on hike #295, this is a loop hike heading north on the AT up Lovers Leap, along the ridge above Hot Springs to Pump Gap, down the Pump Gap trail to Silvermine Campground and back to the parking area. This will be a joint hike with the Hot Springs Mountain Club. Topo(s): Hot Springs

Half-Day No. H1402-004 **Jun. 15**
Glassmine Falls to Greybeard Overlook

and return *1:00 PM
Hike 5, Drive 55, 1100 ft. ascent, Rated C-B
Dennis Bass, 828-367-7792,
DBass3607@gmail.com

***Only Meeting Place: Back parking lot of Folk Art Center.** An enjoyable Sunday afternoon hike on the MST with good views and an interesting variety of trees and shrubs. Hopefully we will also have a good display of rhododendrons in bloom. Topo(s): Montreat; also NatGeo map #779

Half-Day No. H1402-347 **Jun. 22**
Twin Falls *12:30 PM

Hike 6, Drive 80, 1000 ft. ascent, Rated B-B
Karin Eckert, 828-593-8453,
karingarden@yahoo.com

P400, WC100 *Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 1:00 PM.

This is a moderate hike in the Pisgah National Forest, starting on the Buckhorn Gap Trail, taking the Twin Falls Bypass to view two nice waterfalls and returning on the Clawhammer Cove Trail with its beaver dam. The hike will be completed with a short walk on a Forest Service Road. Topo(s): Pisgah Forest; also Nat Geo Map #780

Half-Day No. H1402-512 **Jun. 29**
Pisgah Inn to Big Ridge Overlook *12:30 PM

Hike 5.7, Drive 35, 800 ft. ascent, Rated C-C
Joe Burchfield, 828-338-0443,
burchfield@niu.edu

P400 *First meeting place: Ingles on NC 191 across from Biltmore Square Mall. Hike on the Mountains-to-Sea Trail from the Pisgah Inn, with a brief stop to view the Buck Spring Lodge site. We will continue over Little Pisgah Mountain down to the Big Ridge Overlook on the Blue Ridge Parkway. 1900 ft descent, occasionally very steep. Poles recommended. Car shuttle. **Second meeting place: Big Ridge Overlook on BRP at 12:50 PM, but call leader first.** Topo(s): Cruso, Dunsmore Mtn.; also MST Profiles book, pp. 42-43.

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

Alan Richard (Pete A) Petersen

Pete A passed away Jan. 29 after a long and difficult bout with cancer. He was in hospice at home and was with Pat, his wife, and their children.



Pete Petersen

Pete joined what would become the Pisgah Friday trail maintenance crew in 1996 and remained active in maintaining area hiking trails until recently. He was working with the crew when it built the hiking trails at Jump-Off Rock in Laurel Park.

In 2006, he became the co-leader of the Pisgah Friday Crew. He became the "Tool Man" for the crew, maintaining, servicing, and buying new tools. In 2011, Pete became Councilor for Trail Maintenance for CMC. After his term as Councilor expired, Pete stayed active. Not only did he extensively coach his successor, but he began submitting grant requests in order to buy newer maintenance equipment and to supply the expanded number of CMC crews. In addition, he saw the future importance of a relationship between the CMC and the management of the Chimney Rock/Hickory Nut Gorge parks and caused several CMC crews to begin to provide trail support there.

Since coming to this area, Pete contributed his time, but more importantly, he contributed his spirited dedication to the maintenance of hiking trails in Western North Carolina – one of this area's signature features. He will be sorely missed.

Carolina Mountain Club

P.O. Box 68
Asheville, NC 28802

NEXT CMC COUNCIL MEETING

When: May 1, 2014
Where: West Asheville Library meeting room
Time: 6:00 - 9:00 PM
Info: Call Lenny at 450-1325 if you would like to attend.
All CMC members are welcome.

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

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

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

CLOTHING AND EQUIPMENT: CMC's website (www.carolinamountainclub.org, click on Hiking) has a full list of day hiking needs. Most critical are water, footwear, rain gear and a first aid kit. Carry at least two quarts of liquid (water, Gatorade, juice) for a full day hike, no matter what time of year. Hiking boots are recommended for all hikes. They should be broken in before the hike. Weather changes quickly in the mountains. Even if there is no sign of rain in the morning, you need to be prepared for an afternoon shower. Your first aid kit should include any personal medication, including allergy medication, if needed. Wear layered clothing – you'll want to take layers off during a strenuous climb or as the day proceeds, then put them back on in cooler conditions.

RESPONSIBILITY FOR SAFETY: Each CMC member and guest agrees to accept personal responsibility for his or her own safety and for the safety of accompanying minors. The Club cannot ensure the safety of any participant on hikes or trail maintenance activities. Each participant agrees to hold harmless

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

and free from blame event leaders and the CMC, its officers and members, for any accident, injury or illness which might be sustained from participating in Club hikes and other activities.

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

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

CAROLINA MOUNTAIN CLUB OFFICERS

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Deadline next issue: May 15, 2014