

Completing the Mountains-to-Sea Trail

On May 4, Danny Bernstein completed the Mountains-to-Sea Trail (MST). Most CMC members may only know the MST as white circles near the Blue Ridge Parkway. However, the MST runs almost 1,000 miles, beginning at Clingman's Dome in the Smokies to the sand dunes in Jockey's Ridge State Park on the Outer Banks.

The MST, part of the North Carolina State Park system, is designed to show off the best of our state, and consists of trail, back roads, and beach walking. Only about half of the hiking trail has been completed, mostly in the mountains and on the Outer Banks.

The route changes often as more trail is built. Danny walked 985 miles with

95,200 feet of ascent in 78 hiking days. "Walking the road was fun and flat, a change from the mountains," Danny said. "I could walk 15 miles, day in, day out on the road."

Looking back, the best parts were:

- * Pretty Hollow Trail in the Smokies.
- * Walking 25 miles of new trail off the Blue Ridge Parkway after it opened.
- * Walking through small towns such as Pilot Mountain, Glencoe Mill Village, New Bern, Buxton on the Outer Banks.
- * Meeting people on the road.

There were challenges:

- * Climbing Bald Knob, just west of Linville Gorge, in 95 degree heat last August.

* Leaving my car in Stone Mountain State Park overnight and having the Superintendent start a search.

* Dogs on the road in the Piedmont
 The logistics of walking the trail are not easy. There are no shelters and few legal places to camp.

No one does the MST by themselves. You need help of all kinds. Danny thanks:

"Sharon McCarthy, my hiking partner, without whom I would not have done the trail.

"Scot Ward's hiking guide, *The*

continued on page 2

COUNCIL CORNER

CMC's Conservation Committee is made up of seven members: me, Ruth Hartzler, Marianne Newman, Greg Goodman, Hermann Gucinski, Chris Joyell, and Katherine Kyle.



We focus on environmental issues that could have a negative impact on a CMC hiker's experience here in Western North Carolina. Most of our council-approved written comments are directed to the U.S. Forest Service.

We have currently been working on creating comments on the National Forest Service's Proposed Planning Rule for Land Management after attending their presentation at the Arboretum on April 4, 2011. This rule will be used as a guide for land and resource management planning for all units of the National Forest System

lands while providing for sustainable multiple uses. Basically, we want them to know that hikers are users of the forests and should be included in their planning process.

Another project that has received our attention recently is the Brushy Ridge project in the North Mills River area of Pisgah National Forest. Some trails have erosion and invasive control problems that are targeted for correction. Some temporary changes in the road network will impact trails for a while. Timbering and planting of new trees will be occurring. The Forest Service will give us a much advance notice as possible when a trail is to be temporarily shut down during this project. In addition, the Forest Service will be assessing the entire trail network in Pisgah National Forest. They plan to organize a user group to help with this project. Public involvement will occur in late spring or early summer.

– Tish Desjardins



Danny Bernstein

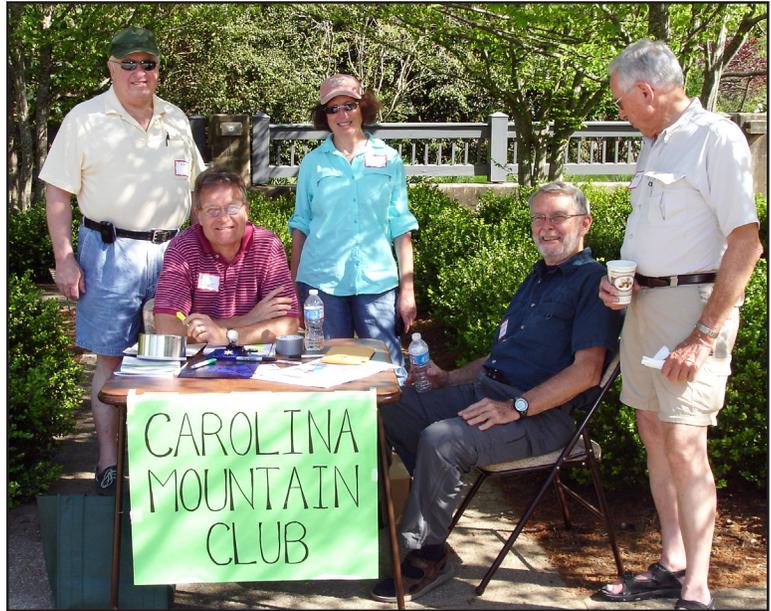
A positively perfect picnic

Les Love can breathe a sigh of relief. April 23 was a perfect spring day for the annual CMC Spring Social at the Arboretum, and 94 CMCers joined organizer Les in an afternoon and evening of hiking, good food, and a special mountain story teller.

Two hikes started the day. Ken and Carol Deal led a relaxed five-mile hike around Lake Powatan. Meredith Lenell, one of many hikers, said, "People were fishing and swimming in the lake like it was a summer day."

Knowledgeable wildflower spotter Paula Robbins led a three-mile hike, with Becky Smucker, another wildflower expert, as her sweep. Two dozen hikers saw more than 30 varieties of spring flowers. Gail Lamb said, "The fragrance of the azaleas in the National Native Azalea Repository was overwhelming."

Following Bubba's BBQ, retired GSMNP Ranger Dwight McCarter took center stage for an hour of storytelling. His true (well, 99% true according to Dwight) tale of the hunt for two murderers in 1985 meandered around with numerous side plots, becoming more convoluted every minute, and wrapped up with their capture with the help of a helicopter, Brandy the



From left, Ray Desjardins, Les Love (sitting), Tish Desjardins, Bruce Bente, Carroll Koeplinger.

bloodhound, and Dwight's tracking skills.

As the audience laughed over this yarn, he launched into the story of an Iranian kidnapper. Although Dwight was not a part of the man's capture,

he later portrayed the kidnapper in an FBI movie because, he hooted, "I guess I look like a terrorist." Dwight's rambling, often hilarious, stories were a perfect ending to a perfect day.

ATC biennial meeting, July 1-8, in nearby Emory, VA



Once every two years, the Appalachian Trail Conservancy (ATC) holds a week-long biennial meeting, a chance

for everyone concerned about the A.T. to get together, hike a different part of the trail, learn about trail activities and issues, and connect with the A.T. community. Typically, nearly 1,000 people attend for at least part of the week. The 2011 biennial meeting will

be held on July 1-8 at Emory and Henry College in Emory, VA, only two hours' drive from Asheville. The meeting will include hikes, workshops and excursions, as well as the ATC's business meeting, at which you can help elect

CMC's Lenny Bernstein to the ATC Board of Directors.

Registration details and a full schedule of events can be found at <http://www.virginia2011.org> or by calling 304-535-6331.

MST trail

continued from page 1

Thru-Hiker's Manual for the Mountains-to-Sea Trail of North Carolina, without which I could not have done this trail. Scot's book never steered us wrong.

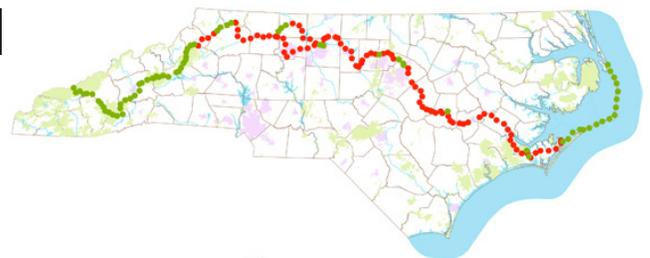
"Thank you to those who walked with me: Lenny Bernstein, Dan Dixon, Kate Dixon, Don Gardner, Carolyn Hoopes, Janet Martin, John Jaskolka, Terry Smith, and "B" Townes.

"Thank you to those who provided information outside the guidebook: Kevin Fitzgerald, Deputy Superintendent

of Great Smoky Mountains National Park, for suggesting the Smokies route; Ian Fraher, 2010 completer who worked out a route through Eno River State Park; Kate Dixon, for updated route through Falls Lake in Raleigh.

"I couldn't have done it without all of you."

You can see Danny's blog at www.hikertohiker.com/thishikinglife.



How to join the CMC

1. Go to www.carolinamountainclub.org
2. Click on **Join** (top left) or **Join CMC!** (right center).

3. You will see instructions for joining online or via mail.

or ... write to us at CMC,
PO Box 68, Asheville, NC
28802 and we'll mail you
an application



TRAIL MAINTENANCE

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

Below is a general schedule of work days. Exact plans often cannot be 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

Wednesday*

John Soldati, jr4152@bellsouth.net

Friday Asheville*

Skip Sheldon, shelhalla@bellsouth.net

Friday Pisgah

Pete (R) Petersen, roap@aol.com

Saturday bimonthly*

Becky Smucker, bjsmucker@gmail.com

Saturday quarterly*

Les Love, lesrlove@charter.net

MST sections

Barth Brooker, barthb@bellsouth.net

Les Love, lesrlove@charter.net

Pete (A) Petersen,

arpetersen11@morrisbb.net

Larry Sobil, lsobil@bellsouth.net

AT sections

Tim Carrigan, tim@newprisim.com

HIKE SCHEDULE Third Quarter 2011

Hike Ratings

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

Hike cancellations are announced on the CMC website in the "Breaking News Box." Hike Leaders will announce a cancellation or significant change for a hike 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: It is important to call the hike leader ahead of time to let them know you need to be informed about hike changes.**

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. Scouts typically take place one to six weeks before the scheduled date. Call or email the hike leader.

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@unc.edu

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@unc.edu

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

WEDNESDAY HIKES

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

WEDNESDAY NO. A1103-311 **July 6**
Panther town Valley

from East Entrance *8:30 AM

Hike 8-9, Drive 100, 1500 ft. ascent, Rated B-B

Jill Gottesman, 828-587-9453,

(cell: 828-545-5236), jill_gottesman@tws.org

***Form carpools at Westgate, make stop at Pisgah Forest Bi-Lo at 9:00 AM for additional hikers, and meet leader on NC 281 NORTH, at intersection with US 64, at 9:20 AM.** The intent is to enjoy a moderate hike, and visit some of the beautiful waterfalls in Panther town valley. A dip in the water is a possibility. The exact route will be decided during a scouting hike. Topo: Big Ridge; also Guide to Panther town map

WEDNESDAY NO. W1103-339 **July 13**
AT: Garenflo Gap to Hot Springs *9:00 AM

Hike 7.5, Drive 90, 1100 ft. ascent, Rated B-B

Tish Desjardins, cell: 828-380-1452,

desraylet@aol.com

***Form carpools at Westgate, and meet leader at parking lot at corner of US 25/70 and NC 208 at 9:40 AM.** This AT sequence hike offers nice variety, with a beautiful hardwood for-

SATURDAY WORK DAY

For the Saturday MST Trail Building Work Days in 2011, we've decided to skip the breakfast and meet instead at 8:30 at the Home Depot at the Enka-Candler Exit 44 off of I-40. The dates are September 18 and October 22. As in the past, we will be back in Asheville by 3:00. Call Les Love at 828-658-1489 (lesrlove@charter.net) to verify date.

est, Deer Park shelter and moderate climbs and descents. We'll make a stop for ice cream in Hot Springs. Car shuttle. Topos: Lemon Gap, Spring Creek, Hot Springs; also AT TN-NC map #4

WEDNESDAY NO. W1103-734 **July 20**
Jones Meadow to Allen Gap *8:00 AM

Hike 9, Drive 100, 900 ft. ascent, Rated A-C

Carroll Koeppinger, 828-667-0723,

carrollkoepp@bellsouth.net

LTC This scenic hike climbs up to the AT from Jones Meadow, and then follows the AT south to Allen Gap, with a side trip to the Camp Creek Bald tower. There is a 3130 ft. descent. 6.5 mile car shuttle. Topos: Greystone, Davy Crockett Lake, Hot Springs; also NatGeo map #782

WEDNESDAY NO. W1103-213 **July 27**
Pinnacle, Rocky Knob and

Graybeard from BRP *8:30 AM

Hike 8, Drive 65, 2000 ft. ascent, Rated B-A

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

mhsrunning@yahoo.com

***Only meeting place: back parking lot of Folk Art Center.** Take a short climb on a maintained trail to see 360-degree views from Pinnacle. After a short backtrack, the hike switches to manways and follows ridgelines to Rocky Knob and Graybeard for more 360-degree views. A side trip to Walker Knob is a possible addition. The return trip will backtrack and then switch to an old logging road for the last part of the hike. Topos: Mt. Mitchell, Montreat

WEDNESDAY NO. W1103-053 **Aug. 3**
East Fork Pigeon River Swim Hike *8:30 AM

Hike 8.5, Drive 74, 1,200 ft. ascent, Rated B-B

Barbara Morgan, 828-460-7066,

barbc129@gmail.com

P400 Wilderness area, limit 10, so contact leader for reservation. The East Fork of the Pigeon River is a great place to be on a hot August day. We'll hike in the morning, and on our return, we'll have a chance to play in one of the many pools or just lounge on the rocks before heading back to our cars. Bring swimsuit, towel, etc. **Second meeting place: Big East parking area on US 276, north of BRP at 9:15 AM.** Topo: Shining Rock; also NatGeo map #780

WEDNESDAY NO. W1103-369 **Aug. 10**
Buckeye Gap-Bearpen Gap *10:00 AM

Hike 6 Drive 80, 1000 ft. ascent, Rated B-B

Bruce Bente, 828-692-0116, (cell: 828-699-6296),

bbente@bellsouth.net

P400 *Form carpools at Westgate, and meet leader at BRP Cold Mtn. Overlook at 10:40 AM. We will start by hiking a MST section that leads through a lush forest of spruce and birch where the forest floor is covered with mosses and ferns. We will stop for blueberry-picking in areas that have yielded abundant berries in past years. 2-mile car shuttle. Topo: Sam Knob; also NatGeo map #780

WEDNESDAY NO. W1103-539 **Aug. 17**
Downhill to Pilot Mountain ***9:00 AM**
Hike 6.3, Drive 70, 1800 ft. ascent, Rated B-A
Charlie Ferguson, 828-265-2677,
ccf108@gmail.com

P400 *Form carpools at Westgate, and meet leader at BRP Cold Mountain Overlook at 9:40 AM. Hike down the Art Loeb Trail from the parkway, starting at Shuck Ridge, down to Farlow Gap, over Sassafras Knob, down to Deep Gap and up to our Pilot Mountain lunch spot with its great views. We head back the same way, except going around Sassafras rather than over it. Topos: Sam Knob & Shining Rock; also NatGeo map #780

WEDNESDAY NO. W1103-529 **Aug. 24**
Fletcher Fields & Spencer Branch **8:30 AM**
Hike 8, Drive 60, 900 ft. ascent, Rated B-C
Greg Goodman, 828-684-9703,
greggoodman@bellsouth.net

P400 *Form carpools at Westgate and meet leader at Trace Ridge Trailhead off FS 5000 at 9:00 AM. A delightful loop in the N. Mills River area along beautiful trails which follow branches and creeks in the area. Topo: Dunsmore Mtn.; also NatGeo map #780

WEDNESDAY NO. W1103-599 **Aug. 31**
Daniel Ridge-Caney Bottom
Cove Creek Falls Loop ***8:00 AM**
Hike 10, Drive 80, 1800 ft. ascent, Rated A-A
Brenda Worley, 828-684-8656,
(cell 828-606-7297), clworley@bellsouth.net

P400, WC100 *Form carpools at Westgate, and meet leader at Pisgah Ranger Station at 8:35 AM. We'll start with the 4-mile Daniel Ridge Loop, ending at Toms Springs Falls, a 100 foot falls. Then we'll follow an old FS road a short distance, down an unmapped trail to Caney Bottom Trail. Here we'll loop around to Cove Creek Trail and our lunch spot, the 60-foot Cove Creek Falls, to Caney Bottom Loop and back to our cars on Davidson River Road (FS 475). Topo: Shining Rock; also NatGeo map #780.

WEDNESDAY NO. W1103-457 **Sept. 7**
Brown Gap to
Max Patch and Return **8:30 AM**
Hike 7, Drive 100, 1100 ft. ascent, Rated B-B
Ken & Carol Deal, 828-281-4530,
cnkdeal@charter.net

***Only meeting place, Home Depot at Exit 44 off I-40.** An in and out hike on the AT 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: Lemon Gap

WEDNESDAY NO. W1103-726 **Sept. 14**
Tanbark Tunnel
to Folk Arts Center ***9:00 AM**
Hike 9.9, Drive 16, 1500 ft. ascent, Rated A-B
Laura Frisbie, 828-337-5845,
laurafrisbie@charter.net

***Only meeting place, back parking lot at Folk Art Center.** After a short climb up to the historic Rattlesnake Lodge site, this hike will be a generally moderate stroll on the MST through nice woodlands. **NOTE: Lots of poison ivy – long pants are recommended.** 8-mile car shuttle. Topo: Craggy Pinnacle

WEDNESDAY NO. W1103-132 **Sept. 21**
Mt. Mitchell from
Black Mtn. Campground ***8:00 AM**
Hike 12, Drive 103, 3600 ft. ascent, Rated A-AA+
Rich Sampson, 704-453-9059,
sampsom_r@bellsouth.net

SB6K, LTC *Form carpools at Westgate, and meet leader at Mt. Mitchell overlook (MM 350) on the Blue Ridge Parkway at 8:45 AM. From the Black Mountain Campground, ascend by MST to Mt. Mitchell and return. Topos: Celso, Mt. Mitchell, Burnsville; also USFS South Toe River Map.

WEDNESDAY NO. W1103-736 **Sept. 28**
Cove Creek Gap to
Gooseberry Knob **8:00 AM**
Hike 11.7 or 12.9*, Drive 85, 2450 or 2700* ft. ascent, Rated A-AA or *AA-AA

Ashok Kudva, 828-698-7119,
(cell: 828-674-1374), ashok.kudva@att.net
900M If it is clear, we will experience some of the most spectacular views in WNC as we hike to the Appalachian Highlands Science Learning Center facing Purchase Knob and then to Gooseberry Knob. We will hike the Cataloochee Divide Trail for a long but moderate hike. Optional side trip to historic Ferguson Cabin *adds 1.2 miles and 250 feet. Limited trail-head parking space may add 0.8 mile distance and 10 minutes of easy walk to the hike time. **Second meeting place: Pilot Truck Stop at I-40 Exit #24 at 8:30AM but call leader beforehand.** Topos: Cove Creek Gap, Dellwood, also NatGeo. Map #317

ALL DAY SATURDAY AND SUNDAY HIKES

All-day hikes submitted by Bruce Bente, 828-692-0116, bbente@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at the **far rear (north end)** of Westgate Shopping Center near I-240 exit 3B unless otherwise noted. Some hikes will have second meeting places as described in the schedule, and starting times may vary. *Times listed are departure times – arrive early.*

SUNDAY NO. A1103-703 **July 3**
Tuckasegee Gorge (Bernard Elias
Favorite Hike series #3) ***8:15 AM**
Hike 4, Drive 120, 700 ft. ascent, Rated C-C
Ted Snyder, 864-638-3686,
tedsnyderjr@bellsouth.net
***Form carpools at Westgate, and meet leader at Toxaway Post Office (turn right from US 64 to NC 281 north and go 1.5 miles) at 9:30**

AM. NOTE: Strenuous and very hazardous. For agile and experienced hikers with good balance. Requires shoes with non-slip soles for extended walking in streams on slippery rock. Sometimes this trip is named "The Potholes" after thousands of precision drilled potholes of every size. We climb over, under and through jumbles of bungalow-sized rocks in a de-watered river gorge. Lunch at Bonas Defeat. Swimming optional. Carry dry shoes for the hike out. Topos: Big Ridge, Lake Toxaway

SUNDAY NO. A1103-267 **July 10**
Horsepasture River **8:00 AM**
Hike 8, Drive 105, 2000 ft. ascent, Rated B-A
Kathleen Hannigan, 828-230-4883,
Kathleen.hannigan@pgnmail.com

WC100 Swimming hike! Come to see the Gorges State Park area. We will begin the hike with a trip downstream to Windy Falls near Lake Jocassee. We will then return upstream to hike alongside the Horsepasture River to see the waterfalls – Rainbow, Turtleback, Drift and Stairway. Several swimming breaks will be taken. **Second meeting place: Pisgah Forest Bi-Lo at 8:35 AM.** Topo: Reid; Also Sierra Club guide to Jocassee Gorges.

SATURDAY NO. A1103-539 **July 16**
Downhill to Pilot Mountain ***10:00 AM**
Hike 6.3, Drive 70, 1800 ft. ascent, Rated B-A
Charlie Ferguson, 828-265-2677,
ccf108@gmail.com

P400 *Form carpools at Westgate, and meet leader at BRP Cold Mountain Overlook at 10:40 AM. Hike down the Art Loeb Trail from the parkway, starting at Shuck Ridge, down to Farlow Gap, over Sassafras Knob, down to Deep Gap and up to our Pilot Mountain lunch spot with its great views. We head back the same way, except going around Sassafras rather than over it. Topos: Sam Knob & Shining Rock; also NatGeo map #780

SUNDAY NO. A1103-047 **July 17**
Iron Mtn. Gap
to Indian Grave Gap ***7:45 AM**
Hike 10.8, Drive 120, 2800 ft. ascent,
Rated A-AA+
Jeff McGurk, cell: 864-921-6469,
jbsbestfan@hotmail.com

***Although usually done as a key swap, this AT hike will be done as one-way with special arrangements, and a trail lunch will be provided at Beauty Spot. Hike limited to 15 people—contact leader for reservations.** From Iron Mountain Gap we will hike several thousand feet up and over Unaka Mountain and then, after a short downhill, up to Beauty Spot for a leisurely lunch. After lunch, we will only have about 3-1/2 downhill miles to our cars. We should see a fair amount of wildflowers and a nice view from Beauty Spot. Topos: Unaka Mtn, Little Bald Knob; also NatGeo map #783 and AT TN-NC map #2

SUNDAY NO. A1103-100 **July 24**
Cheoah Bald via Bartram Trail ***7:30 AM**
Hike 13.5, Drive 140, 3800 ft. ascent,
Rated AA-AA+

Brent Martin, 828-587-9453,
(cell: 828-371-0347), brent_martin@tws.org
***Form carpools at Westgate, and meet leader at Nantahala Outdoor Center, across new bridge at 9:00 AM.** This very strenuous hike will climb up and out of the Nantahala Gorge, offering a unique approach to the open summit of Cheoah Bald, one of the great scenic peaks south of the Smokies. Our return will be via the AT to NOC. Topo: Hewitt; also NatGeo map #785

SATURDAY NO. A1103-068 **July 30**
Big Butt from BRP **9:00 AM**

Hike 7, Drive 55, 2200 ft. ascent, Rated B-AA
Tom Sanders, 828-252-6327,
tomsanders@carolinamountainclub.org
We will take the Big Butt trail from Balsam Gap on the BRP, following the ridgeline to Big Butt (Yeates Knob), a short bushwhack at just under 6000 ft., and return via the same route. We will stop at Point Misery for lunch and views of the Black Mtns. Topos: Montreat, Mt. Mitchell; also NatGeo map #779 and South Toe River PNF map

SUNDAY NO. A1103-734 **July 31**
Jones Meadow to Allen Gap **8:30 AM**

Hike 9, Drive 100, 900 ft. ascent, Rated A-C
Carroll Koeppinger, 828-667-0723,
carrollkoepp@bellsouth.net
LTC This scenic hike climbs up to the AT from Jones Meadow, and then follows the AT south to Allen Gap, with a side trip to the Camp Creek Bald tower. There is a 3130 ft. descent. 6.5 mile car shuttle. Topos: Greystone, Davy Crockett Lake, Hot Springs; also NatGeo map #782

SUNDAY NO. A1103-363 **Aug. 7**
Three Forks (Bernard Elias
Favorite Hike series #11) **8:00 AM**

(strenuous)
Hike 11.5, Drive 160, 3600 ft. ascent,
Rated A-AA+
Ted Snyder, 864-638-3686,
tedsnyderjr@bellsouth.net

900M *Form carpools at Westgate, and meet leader at shuttle parking lot on US 441 in Cherokee at 9:00 AM (last drive on left before entering GSMNP). At a deep pool in a perched valley in the Smokies, three forks of Raven Fork join to jump-start its descent. First we climb a good trail from Round Bottom to Hyatt Bald. Then the fun starts. We take the manway (pseudonym for bushwhacking) out aptly-named Breakneck Ridge, by a massive, world-record red spruce, followed by a precipitous descent into the valley. Swim. Then claw our way back up. Three Forks is the acme of wild, remote grandeur. Topos: Bunches Bald, Smokemont, Luftee Knob, Mt. Guyot; also NatGeo Map #317

SUNDAY NO. A1103-246 **Aug. 7**
Around Coffee Pot Mountain ***9:00 AM**
(moderate)

Hike 7.5, Drive 40, 1400 ft. ascent, Rated B-B
Lenny Bernstein, 828-236-0192, lsberns@att.net
P400 We'll circle Coffee Pot Mtn. by hiking up Trace Ridge Trail to Beaver Dam Gap on the BRP and returning on the Spencer Branch Trail, with a stop to see the Hendersonville Reservoir and dam. Topo: Dunsmore Mtn; also NatGeo map #780

SATURDAY NO. A1103-343 **Aug. 13**
Mount Mitchell Loop
via Commissary Ridge ***10:00 AM**

Hike 7, Drive 60, 1500 ft. ascent, Rated B-B
Sawako Jager, 828-687-2547,
(cell: 828-674-4067), baiko70@aol.com
LTC, SB6K *Only meeting place: back parking lot of Folk Art Center. We will hike from the Ranger Station to the summit, returning via the Camp Alice Road. Enjoy the view from the new Mt. Mitchell observation platform. Bring rain gear for the usual afternoon shower. Topos: Mt Mitchell, Montreat; also NatGeo map #779 and USFS South Toe River map

SUNDAY NO. A1103-120 **Aug. 14**
Charlies Bunion – Kephart Prong **8:00 AM**

Hike 10.2, Drive 140, 1500 ft. ascent, Rated A-B
Les & Catherine Love, 828-658-1489,
lesrlove@charter.net
900M An outstanding rock outcrop along the AT and stunning views are the highlights of the trip. From Newfound Gap, we'll hike four miles to our lunch spot at Charlies Bunion, then hike Dry Sluice Gap, Grassy Branch and Kephart Prong Trails down to US 441. Note that this hike has 2800 ft. of descent. Car shuttle. **Second meeting place: Maggie Valley Post Office, back of parking lot at 8:30 AM, but call leader first.** Topos: Clingman's Dome, Mt. Guyot, Smokemont; also NatGeo. map #317

SUNDAY NO. A1103-357 **Aug. 21**
Pisgah Ridge Loop ***8:30 AM**

Hike 7.5, Drive 70, 1000 ft. ascent, Rated B-B
Janet Onan, 828-698-3237 (cell: 828-606-5188),
janonan@bellsouth.net
WC100, P400 *Form carpools at Westgate, and meet leader at BRP Cold Mtn. Overlook at 9:05 AM. We'll do a scenic circle of the entire Graveyard Fields area, using the Pisgah Ridge Trail and MST to lunch at a beautiful overlook. Then we'll follow the Graveyard Ridge Trail, with a stop for swimming at one of the Yellowstone Falls and a little blueberry picking along the way. Topos: Shining Rock, Sam Knob; also NatGeo. map #780 and USFS Shining Rock & Middle Prong Wilderness map

SATURDAY NO. A1103-053 **Aug. 27**
East Fork Pigeon River
swimming hike ***8:30 AM**

Hike 8.5, Drive 75, 1200 ft. ascent, Rated B-B

Barbara Morgan, 828-460-7066,
barbc129@gmail.com
P400 *Wilderness area, limit 10, so contact leader for reservation. The East Fork of the Pigeon River is a great place to be on a hot August day. We'll hike in the morning, and on our return, we'll have a chance to play in one of the many pools or just lounge on the rocks before heading back to the cars. Bring swimsuit, towel, etc. **Second meeting place: Big East parking area on US 276, north of BRP at 9:15 AM.** Topo: Shining Rock; also NatGeo. map #780

SUNDAY NO. A1103-128 **Aug. 28**
Sam Knob Loop ***8:30 AM**

Hike 9.8, Drive 90, 1500 ft. ascent, Rated A-A
Ashok Kudva, 828-698-7119,
(cell: 828-674-1374), ashok.kudva@att.net
SB6K, P400 *Form carpools at Westgate, and meet leader at BRP Cold Mtn. Overlook at 9:10 AM. We'll start at NC 215 and follow the MST, with a side trip to Devil's Courthouse, to FS 816. Then we'll loop back and ascend Sam Knob (6040 ft.) with its 360-degree views, then follow the Flat Laurel Creek Trail to NC 215. The stream crossing at the end may be a wet crossing if it has rained recently. Topos: Shining Rock & Sam Knob; also NatGeo map #780

SUNDAY NO. A1103-113 **Sept. 4**
Cold Mtn. (Bernard Elias
Favorite Hike series #12) **9:00 AM**

(strenuous)
Hike 8.8, Drive 65, 2800 ft. ascent, Rated B-AA
Ted Snyder, 864-638-3686,
tedsnyderjr@bellsouth.net
P400, SB6K The lower end of Bernard's old route is blocked, so we will shift to the trailhead on Little East Fork, which is the route that CMC has used recently. Trails are poorly designed and rough. Allow much more time than for a comparable trail. Encompassing long range views from the rocks atop Cold Mountain. We will play "identify the peaks." ***Wilderness area, limit 10, so contact leader for reservation.** Topos: Waynesville, Cruso; also NatGeo. Map #780

SUNDAY NO. A1103-401 **Sept. 4**
Laurel Mtn.,
Slate Rock Creek Trails ***9:10 AM**

(moderate)
Hike 8, Drive 55, 1500 ft. ascent, Rated B-B
Marianne Newman, 828-257-2136,
marianneln@att.net
P400 From Yellow Gap, we'll hike up the Laurel Mtn. Trail to Sassafras Gap, and then turn downhill to the Slate Rock Creek Trail, following this pretty mountain stream down to Yellow Gap Rd. Short car shuttle. **Second meeting place: North Mills River Recreation area parking lot (\$3 pkg. fee) at 9:40 AM, but call leader first.** Topo: Dunsmore Mtn.; also NatGeo. map #780

SUNDAY NO. A1103-250 **Sept. 11**
Douglas Falls-Locust Ridge Circuit **8:30 AM**
Hike 9, 2200 ft. ascent, Drive 60, Rated A-AA
Bruce Bente, 828-692-0116,
bbente@bellsouth.net

SB6K, WC100 After viewing Douglas Falls, we'll climb to and onto the MST to the BRP Greybeard Overlook (nice lunch stop with great view). For SB6K fans, a one-mile round trip side hike to Craggy Dome can be done during our lunch stop. We'll continue on MST through blueberry fields to Locust Ridge, then bushwhack down mostly open woods to cars. Short car shuttle. Topos: Montreat and Craggy Pinnacle; also NatGeo map #779

SATURDAY No. A1103-615 **Sept. 17**
Black Balsam Loop via
Graveyard Ridge Trail & ALT **10:00 AM**
Hike 6, Drive 70, 1200 ft. ascent, Rated B-B
Marcia Bromberg, 828-505-0471,
mwbromberg@yahoo.com

P400, SB6K This late summer hike includes great views and an opportunity to pick late blueberries. New hikers: take note that there is a 200 ft. altitude 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,

OVERNIGHT WEEKEND **Sept. 24-25**
Paul Benson, cell: 828-273-2098,
pdbenson@charter.net
Fontana overnight - we'll do two sections of the AT just south of scenic and interesting Fontana Dam (see descriptions below). Since this is a relatively long drive from Asheville, the leader is planning a Saturday and a Sunday day hike, with the option of staying in the Fontana Village area where there are a variety of accommodations available ranging from shelter space in the "Fontana Hilton" AT shelter to real beds in Fontana Village.

SATURDAY NO. A1103-497 **Sept. 24**
Yellow Creek Gap to Fontana Dam **7:30 AM**
Hike 7.8, Drive 200, 1100 ft. ascent, Rated B-B
We'll hike the first section of AT south of Fontana Dam, beginning at Yellow Creek Gap and heading northbound, descending approximately 2100 ft. to Fontana Dam, and conclude with a visit to the spectacular Fontana Dam visitor center (if the national terrorist threat level is not too high). 12 mile car shuttle.

SUNDAY A1103- 456 **Sept. 25**
Yellow Creek Gap to Stecoah Gap
9:00 AM at Stecoah Gap
Hike 8.5, Drive 190, 1900 ft. ascent, Rated B-A
We'll begin at Yellow Gap this time, heading southbound to Stecoah Gap on the second southbound section from Fontana Dam along an up-and-down path over the Cheoah Mountains, with a short side trip to Wauchecha Bald to view what remains of the old fire tower. 10-mile car shuttle.

then left on Graveyard Ridge Trail to Ivestor Gap. Return on Art Loeb Trail over Tennent Mtn. and Black Balsam. We'll stop at the high points to enjoy great views! **Second meeting place: BRP Cold Mtn. Overlook (M.M. 412) at 10:40 AM.** Topos: Sam Knob, Shining Rock; also NatGeo. map #780

SUNDAY NO. A1103-074 **Sept. 18**
Tanawha Trail **8:00 AM**
Hike 13.3, Drive 150, 2600 ft. ascent,
Rated AA-AA
Michael and Kathy Cornn, cell: 828-458-1281 or
828-458-1282, mcorrn@aol.com

One of our best hikes when the weather cooperates. A fragile and ancient ecosystem, rhododendron and laurel tunnels, hardwood coves, boulder fields and great views make this a special hike. Car shuttle. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 8:20 AM.** Topos: Grandfather Mtn., Valle Crucis; also NatGeo. maps #783 and #779

SATURDAY NO. A1103-367 **Sept. 24**
Art Loeb, Grassy Cove Ridge
to Bridges Camp Gap ***8:30 AM**
Hike 8.5, Drive 65, 1650 ft. ascent, Rated A-A
Brenda Worley, 828-684-8656,
clworley@bellsouth.net

P400, SB6K *Form carpools at Westgate, and meet leader at BRP Cold Mtn. Overlook at 9:10 AM. *Wilderness area, limit 10, so contact leader for reservation.* Beginning with a climb up to Black Balsam (6214 ft.) we'll follow the ridgeline to Tennent Mtn (6040 ft.) and Ivestor Gap. Then we'll hike down Grassy Cove Ridge to the Big East Fork of the Pigeon River. Two stream crossings, one or both of which will be wet. From there we'll hike to Skinny Dip Falls, and then end at Bridges Camp Gap. Car shuttle. Topo: Shining Rock; also NatGeo. map #780

SUNDAY NO. A1103-273 **Sept. 25**
Boogerman Trail and more **8:30 AM**
Hike 9.5, Drive 90, 1300 ft. ascent, Rated B-B
Mike Knies, 828-628-6712, knies06@att.net
900M 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. In addition to the regular hike, we'll also add a

HIKING WEEKEND **Sept. 30-Oct. 2**
North Georgia State Parks
Danny Bernstein, 828-236-0192,
hikertohiker.com
Hike in three north Georgia State Parks and into Chattahoochee Nat'l. Forest. We'll stay at Unicoi State Park where you can also swim or boat in a lake. We'll walk into Helen, a funky tourist town. Make your lodge, cabin or tentsite reservations at www.gastateparks.org/info/unicoi soon and let the leader know that you're coming. Full details are posted in the *eNews*.

mile of bushwhacking to explore homesites and cemeteries which were found during a scouting trip. **Second meeting place: Exxon station at Exit 20 off I-40 at 9:00 AM.** Topos: Cove Creek Gap, Dellwood; also NatGeo map #317

HALF-DAY SUNDAY HIKES

Newcomers are welcome, but non-members MUST call the leader before the hike to determine the requirements. Half-day hikes submitted by Bonnie Allen, 828-645-0357. 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 off I-240 UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in hike listings. *Times listed are departure times – arrive early.*

HALF-DAY NO. H1103-068 **July 3**
Balsam Gap to Little Butt **11:00 AM**
Hike 4.6, Drive 55, 1300 ft. ascent, Rated C-B
Nonmembers, call leader: Jorge Munoz,
828-658-0606, jorgemunoz1927@hotmail.com
We will take the Big Butt trail from Balsam Gap on the BRP, following the ridgeline to Little Butt, a short bushwhack at almost 6000 ft, and return via the same route. We will stop at Point Misery for views of the Black Mtns. Topos: Montreat, Mt. Mitchell; also South Toe River PNF map.

HALF-DAY NO. H1103-666 ***July 10**
Pink Beds/Cradle of Forestry Loop **12:30 PM**
Hike 5.6, Drive 90, 550 ft. ascent, Rated C-C
Nonmembers, call leader: Ashok Kudva,
home: 828-698-7119, (cell: 828-674-1374),
Ashok.Kudva@att.net

P400 *Form carpools at Westgate, and meet leader at the Pisgah Ranger Station at 1:10 PM. From the left branch of Pink Beds Loop Trail, we will go over the Barnett Branch Boardwalk, built by the CMC Friday Pisgah Crew last fall. After climbing over the Barnett Branch Trail and Soapstone Ridge around Rich Mountain, we will descend on a forest service road to the Cradle of Forestry. We will visit a logging locomotive and logging history placards before returning to the cars. Topo: Shining Rock; NatGeo map #780

HALF-DAY NO. H1103-318 **July 17**
East Fork of Pigeon River ***12:30 PM**
Hike 5, Drive 74, 600 ft. ascent, Rated C-C
Nonmembers, call leader: Renate Rikkers,
828-298-9988, rerikkers@aol.com
P400 *Wilderness area – limit of 10 hikers. *Call leader for reservation.* 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. **Second meeting place: BRP Cold Mtn. Overlook at 1:10 PM.** Topo: Shining Rock; also NatGeo map #780

Brenda Worley joins hike schedulers

Recently Brenda Worley became one of our Wednesday hike schedulers along with Ann Gleason. This is one of the most important volunteer areas in our club. We talked with Brenda recently and she told us:

"I joined the club in 2002 after reading about some of the scheduled hikes in the *Asheville Citizen-Times*. I have always loved the outdoors and enjoyed hiking but didn't know many trails. I love hiking with the club as I have gotten to go places I would not have even known about with great people I may have never met outside the club. Lately I have had more time on my hands and decided to give back to the club I love being a member of. That is why I volunteered to schedule the Wednesday first and third quarter hikes."



Brenda Worley

HALF-DAY NO. H1103-043 **July 24**
Frying Pan Tower **11:00 AM**
 Hike 4, Drive 50, 400 ft. ascent, Rated C-C
 Nonmembers, call leader: Bobbi Powers,
 828-667-5419, bobbipowers@live.com
LTC, P400 *Form carpools at Westgate, and meet leader at Pisgah Inn parking lot near convenience store at 11:35 AM. This is an easy in-and-out hike through a spectacular display of wildflowers to good views from the tower. Topo: Cruso; also NatGeo map #780 and MST Profiles book, pg. 40.

HALF-DAY NO. H1103-064 **July 31**
Fletcher Creek via Spencer Branch **12:30 PM**
 Hike 6, Drive 48, 800 ft. ascent, Rated B-C
 Nonmembers, call leader: Greg Goodman,
 828-684-9703, greggoodman@bellsouth.net
P400 From the Trace Ridge Trailhead, we will hike in a moderate loop along the Big Creek Trail, past the Hendersonville Reservoir, and along the Spencer Branch, Middle Fork and Fletcher Creek Trails. There will be a few stream crossings. Topo: Dunsmore Mtn.; also NatGeo map #780.

HALF-DAY NO. H1103-325 **Aug. 7**
Rich Mountain Fire Tower ***12:30 PM**
 Hike 5.2, Drive 52, 1300 ft. ascent, Rated C-B
 Nonmembers, call leader: Russ & Heather Cooper, 828-484-9562, cooper.hs@charter.net
LTC *Only meeting place: Rose's parking lot (opposite McDonald's) off Exit 19B 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 and then a short side trail to the fire tower and return via the AT. Topo: Hot Springs; also ATC TN-NC map #4

HALF-DAY NO. H1103-533 **Aug. 14**
Looking Glass Overlook ***12:30 PM**
to Cold Mountain Overlook
 Hike 5.2, Drive 70, 1550 ft. ascent, Rated C-B
 Nonmembers, call leader: Lee Belknap,
 828-698-9394, rivergypsy@sprintmail.com
P400 *Form carpools at Westgate, and meet leader at BRP Cold Mountain Overlook at 1:10 PM. This will be a pleasant ramble along the MST from Bridges Camp Gap to Pigeon Gap and the Cold Mountain Overlook. The highlight of the hike will be a fairly steep ascent to 5056 ft. Green Knob, one of the best viewpoints on the MST. 5-mile car shuttle. Topo: Shining Rock; NatGeo map #780; also MST Profiles, pgs. 38-39

HALF-DAY NO. H1103-247 **Aug. 21**
Ivestor Gap Blueberry Hike ***11:00 AM**
 Hike 5, Drive 65, 500 ft. ascent, Rated C-C
 Nonmembers, call leader: Bonnie Allen,
 828-645-0357, bonnie@allencats.com
P400, SB6K *Wilderness area – limit of 10 hikers. Call leader for reservation. Our traditional hike to the picking fields of Grassy Cove Top in the Shining Rock Wilderness. Optional hike to the top of 6000 ft Grassy Cove Top. Once we get to the blueberries, we plan on picking for 2 hours. Everyone should bring berry picking containers, hat and sunscreen. **Second meeting place: BRP Cold Mountain Overlook at 11:40 AM.** Topos: Sam Knob; Shining Rock; also NatGeo map #780.

HALF-DAY NO. H1103-347 **Aug. 28**
Twin Falls **12:30 PM**
 Hike 6, Drive 80, 1000 ft. ascent, Rated C-C
 Nonmembers, call leader: Sawako Jager,
 828-687-2547, baiko70@aol.com

P400, WC100 *Form carpools at Westgate, and meet leader at Pisgah Forest Bi-Lo at 1:05 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 waterfalls, and then completing a loop on a Forest Service road and the Clawhammer Cove Trail with its beaver dam. **Second meeting place: Pisgah Forest Bi-Lo at 1:10 PM.** Topo: Pisgah Forest, Shining Rock; also NatGeo map #780.

HALF-DAY NO. H1103-478 **Sept. 4**
Graveyard Ridge / MST Loop **11:00 AM**
 Hike 4.4, Drive 70, 900 ft. ascent, Rated C-C
 Marcia Bromberg, 828-505-0471,
 mwbromberg@yahoo.com

P400 Beginning at Graveyard Fields parking lot, this hike makes a loop around Graveyard Ridge via the MST. Portions of the trail are rocky with lots of stepping up and down. Opportunity for blueberry picking near the end of the hike. **Second meeting place: BRP Cold Mtn. Overlook at 11:40 AM.** Topo: Shining Rock; also NatGeo map #780

HALF-DAY NO. H1103-463 **Sept. 11**
Big Ridge Overlook ***11:00 AM**
to Elk Pasture Gap
 Hike 4.4, Drive 50, 750 ft. ascent, Rated C-C
 Nonmembers, call leader: Tom Crook,
 828-670-7251, tmc3017@gmail.com
P400 *First meeting place – Ingles on NC 191 across from Biltmore Mall. An in-and-out hike on part of the Shut-in trail along the MST between two overlooks on the Parkway. A possible after-hike meal at a local restaurant. **Second meeting place: BRP Big Ridge Overlook (MM 403.6) at 11:20 AM.** Topo: Dunsmore Mtn.; also NatGeo map #780.

HALF-DAY NO. H1103-057 ***Sept. 18**
Blue Ridge Pinnacle **12:30 PM**
 Hike 4, Drive 60, 600 ft. ascent, Rated C-C
 Nonmembers, call leader: Charlie Ferguson,
 828-625-2677, ccf108@gmail.com
***Only meeting place: Back parking lot of Folk Art Center.** This moderate in-and-out hike starts on the Blue Ridge Parkway near Mt. Mitchell, with great views on top. Topo: Montreat

HALF-DAY NO. H1103-465 **Sept. 25**
Sam Knob **12:30 PM**
 Hike 4, Drive 80, 900 ft. ascent, Rated C-C
 Nonmembers, call leader: Chris Allen,
 828-645-0357, chrispallen@me.com
P400 Beginning at the Sam Knob parking lot, hike the Sam Knob trail up to the summit of Sam Knob with its two peaks and 360 degree views, including the other Balsam Mountains, Hardy, Little Sam and others. Back down and toward the junction with the Flat Laurel Creek Trail and take it back to the parking lot. **Second meeting place: BRP Cold Mountain Overlook at 1:10 PM.** Topo: Sam Knob; also NatGeo map #780

New website ready, and help is needed

Our new website is going live soon. If you go to the old website, you should automatically get redirected to the new site. The new URL is <http://www.carolinamountainclub.org>. The new website allows people to join and renew online as well as update their own profile and preferences. Our long-term plan is to make the website more interactive, allowing members to contribute content and comment on each other's content. The new website should be easy to use, but we are open to comments for improvement. Send them to Charlie Ferguson at ccf108@gmail.com.

Also if you have these skills, basic word processing, experience dealing with digital photos, and writing/editorial skills, the Communications Committee is looking for someone to assist with filling in new pages of the new website. Note that programming and website design skills will not be needed here, as the website is set up so that anyone can learn to do the input. We need someone to learn from our website administrator how the management system sets up pages and content, help our officers, committee chairs, and other members learn how to do this, and be a member of the Communications Committee as part of the website team.

If you are interested, or know someone who might be, please contact Charlie Ferguson at ccf108@gmail.com.

Carolina Mountain Club

P.O. Box 68
Asheville, NC 28802

NEXT CMC COUNCIL MEETING

When: August 18, 2011
Where: West Asheville Library meeting room
Time: 6:00 - 9:00 PM
Info: Call Barth at 299-0298 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. Dogs 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

Further
information about
regulations is available at [www.
carolinamountainclub.org](http://www.carolinamountainclub.org)

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 completing a Membership Application Form and paying dues. Membership Application Forms are available on the Club website or by mail. Annual dues are \$20 for individuals and \$30 for families. Applications should be sent to Carolina Mountain Club, P.O. Box 68, Asheville, NC, 28802. Hikers are expected to join CMC after participating in a few hikes. Some trail maintenance activities are only open to members.

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