

LET'S GO!



FOURTH QUARTER 2023
Quarterly Hike Schedule



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

HIKE RATINGS

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

If it's not possible to go on the regularly scheduled hike, it may be possible to accompany the leader when the hike is scouted. Hike cancellations are announced on the CMC website in the Breaking News box. Hike Leaders will announce a cancellation or significant change at least a few hours before the hike. Hikers that do not have internet access or live hours away from the meeting place: call the hike leader to ensure that you are informed about hike changes. See the Hike Schedule on the CMC website for more complete and timely information, including scout reports, at www.carolinamountainclub.org.

TRAIL MAINTENANCE

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

Below is a general schedule of work days. Exact plans often are not made until the last minute, so contact crew leaders for details. MST and AT section maintainers work on their own schedule.

Burnsville Monday Crew

John Whitehouse,
johnwhitehouse@icloud.com

Art Leob Monday Crew

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

Waynesville Wednesday Crew

Chris Werbylo, jcw402@aol.com
Vance Waggener, vance.waggener@yahoo.com

Thursday Crew

Todd Eveland, pepsitodd1@gmail.com
Ken Hummel, Kenhummel60@gmail.com

Asheville Friday crew

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

Pisgah Friday Crew

Don Cooper, dncpr47@gmail.com

Wilderness Response Crew

Vance Waggener, vance.waggener@yahoo.com
Richard Figura, rafigura107@gmail.com

Quarterly Saturday Crew

Les Love, lesrlove55@gmail.com

Section Rovers Crew

Once a week, Tuesday or Saturday
Rich Evans, richard.erman.evans@gmail.com
Jan Onan, janonan59@gmail.com

AT Maintainers

Paul Curtin,
ATsupervisor@carolinamountainclub.org

Remote Overnight Crew

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

MST Maintainers

Oconaluftee River to Old Bald

Larry Sobil, lsobil@bellsouth.net

Old Bald to Hwy 215

Robert Bolt, otherob@inbox.com

Hwy 215 to Big Ridge O/L

Todd Eveland, pepsitodd1@gmail.com

Big Ridge O/L to BRP Visitor Center

Les Love, lesrlove55@gmail.com

BRP Visitor Ctr to Greybeard O/L

John Busse, jfbusse@hotmail.com

Greybeard O/L to Black Mtn Campground

John Whitehouse,
johnwhitehouse@icloud.com

CHALLENGE PROGRAMS

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

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

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

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

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

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

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

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

SATURDAY WORKDAYS

The remaining Quarterly Saturday Trail Maintenance Workday for 2023 is October 14th. We meet at 8:30 and return to Asheville by 3:00. Contact Les Love for details and where to meet.

lesrlove55@gmail.com | 828-658-1489



HIKING FOR NEWCOMERS!

CMC has scheduled quarterly hikes designed for new hikers. A 30 minute Zoom presentation can be viewed on our CMC YouTube Channel following this link:

<https://www.youtube.com/watch?v=C3cVR3BNxkg>

Contact cmcnwhikers@gmail.com if you would like more information.

YOUTH PARTNER CHALLENGE HIKES

The Youth Partnership Challenge is designed to introduce youth to fun, educational hiking experiences. Hikes are open to CMC members as well as newcomers. YPC hikes submitted by Jan Onan, 828-606-5188, janonan59@gmail.com. Driving distance is round trip from the meeting place.

Saturday No. Y2304-802

Oct. 21

Sycamore Cove

10:00 AM

Hike 3.1, Drive 2, 600 ft. ascent, Rated C-C,

P400

Jeff Wilcox, 828-989-8755, jwilcox@unca.edu

Only Meeting Place: Pisgah Ranger Station off

US 276. This variation of hike #802 is designed for beginners, youth, or anyone else looking for a shorter, more leisurely CMC hike. We will meet at the Pisgah Ranger Station before driving a short distance to the trailhead. This pleasant walk through the woods is well marked and has a very moderate elevation gain. Please contact the leader to reserve your spot.
Topo(s): Pisgah Forest

WEDNESDAY HIKES

Wednesday hikes submitted by Brenda Worley, 828-684-8656, bjdworley@gmail.com. Driving distance is round trip from the first meeting place. Hikes assemble at the location described for that hike. Some hikes will have second meeting places as described in the schedule; start times vary. **Times listed are departure times – arrive early.**

Wednesday No. W2304-244 **Oct. 4**
Jones Meadow to Firescald Knob 8:30 AM
Hike 4.5, Drive 91, 700 ft. ascent, Rated C-C,

AT-MST

Judy Magura, 828-606-1490, quilter290@gmail.com and Jim Magura, 828-606-3989, jqs290@gmail.com
First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Form carpools and meet the leaders at the second meeting place.
Second Meeting Place: Publix at 165 Weaver Blvd. Weaverville; lower end of parking lot off Exit 19 of I-26 at 8:45 AM.

Contact the leaders for reservation. From Jones Meadow, we will hike north on the A.T. over the scenic and narrow Firescald Knob relocation completed by CMC in 2003 and enjoy the fantastic views. After our lunch break on Firescald Knob, our route back will follow the original A.T. route, with a stop at Blackstack Cliffs for the view. Although this hike is short, the trail over Firescald Knob is very rocky and requires concentration so we will take it slow. On our drive back down the mountain, we will stop for cookies at The Southern Cookie Lady's house, the same lady who provided cookies for the CMC birthday party. This treat is provided by the hike leaders.

Topo(s): Greystone

Wednesday No. W2304-457 **Oct. 4**
Brown Gap to Max Patch 8:30 AM
Hike 7, Drive 84, 1700 ft. ascent, Rated B-A,

AT-MST

Diane Saccone, 703-283-1068, grdngr154@gmail.com
Only Meeting Place: Home Depot off Exit 44 of I-40. *Note: This is a make-up hike for the canceled 8/30 hike.* Max Patch has group limit of 10. Contact leader for reservation. An in-and-out hike on the A.T. with a steep uphill for the first mile, then leveling off into moderate ups and downs, with a final climb to the top of Max

Patch for lunch. If we're lucky, it will be clear for beautiful views.

Topo(s): Lemon Gap

Wednesday No. W2304-801 **Oct. 11**
Lake James to Table Rock 7:30 AM

Hike 14.5, Drive 91, 3900 ft. ascent, Rated AA-AA+
Bob Smith, 828-696-6185, wncnites@gmail.com and Vonnie Gamble, 410-375-7764, ygamble99@yahoo.com
First Meeting Place: River Ridge Market Place behind CVS off Exit 53B of I-40. Form carpools and meet the leaders at the second meeting place.
Second Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain) at 7:45 AM.

Contact the leaders for reservation. This in-and-out hike starts at Wolf Pit Rd. off I-26 and ascends sharply up Shortoff Mtn. at the south end of Linville Gorge, with great views of Lake James. Continue on the MST to Chimney Gap, the Chimneys and finally the summit of Table Rock for fabulous views of the gorge.
Topo(s): Ashford

Wednesday No. W2304-355 **Oct. 11**
Devil Fork Gap to Coldspring Mountain 7:45 AM

Hike 11.8, Drive 75, 2342 ft. ascent, Rated A-AA, AT-MST
Diane Saccone, 703-283-1068, grdngr154@gmail.com
First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Form carpools and meet the leader at the second meeting place.
Second Meeting Place: Publix at 165 Weaver Blvd. Weaverville; lower end of parking lot off Exit 19 of I-26 at 8:00 AM.

Contact the hike leader for reservation. Limit of ten hikers. This variation of Hike #355 is an out-and-back section along the A.T. and leads to several knobs, Devils Fork Gap, and Coldspring Mountain. There are several overlooks along the way. The terrain is steep and rocky in certain areas. Once we reach Coldspring Mountain, we will veer off the A.T. and walk a short distance to the famous Shelton Gravesites from the Civil War. From there, we will return to our cars via the same route. Hikers must be vaccinated for COVID to carpool.
Topo(s): Greystone

Wednesday No. W2304-971 **Oct. 18**
Crack in the Rock Trail to Foothills Trail to Big Bend Falls Loop 8:15 AM

Hike 4.2, Drive 122, 1043 ft. ascent, Rated C-B
Barton Paschal, 828-545-6795, bartonpaschal@bellsouth.net
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet the leader at the second meeting place.
Second Meeting Place: Ingles on NC 191/280 N end of parking lot in front of Pardee Urgent Care

(Mills River) at 8:30 AM.

Contact the leader for reservation. We will enjoy beautiful views of the Chattooga River along with leaf color during this hike. We begin a clockwise loop by hiking down Crack in the Rock Trail for one mile to the intersection with the Foothills Trail. Here we take a right on the Foothills Trail for 1.8 mi to reach a short spur trail which leads to Big Bend Falls on the Chattooga River. This is our lunch spot. The steepness of the spur trail to the waterfall requires caution in choosing handholds and footholds. We will return to the Foothills Trail and proceed 0.8 mi to the intersection with the Big Bend Trail. It is less than one mile to reach our vehicles on the Big Bend Forest Service Road from the Big Bend Trail.

Wednesday No. W2304-598 **Oct. 18**
Pink Beds to Soapstone Ridge 8:30 AM
Hike 6.7, Drive 80, 1200 ft. ascent, Rated B-B, **P400**

Karen Lachow, 703-395-5879, heyk127@hotmail.com
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

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

Contact the leader for reservation. From the Pink Beds parking lot, we will do part of the Pink Beds Loop, hike the Barnett Branch Trail up to Rich Mountain on the Black Mountain Trail for lunch and views to the north and south, then down to the Cradle of Forestry via the Club Gap Trail to return to our cars. This is hunting season; wear orange.

Topo(s): Shining Rock

Wednesday No. W2304-475 **Oct. 25**
Hump Mountain and Yellow Mountain Area 8:00 AM

Hike 8.4, Drive 133, 2400 ft. ascent, Rated B-AA, AT-MST
Sharon Smith, 704-877-7804, walterssharon204@gmail.com
Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Contact the leader for reservation. We will hike from Roaring Creek Road to Yellow Mountain Gap, joining the A.T. along an open ridge to Little Hump Mtn. and Hump Mtn. We will have lunch on a grassy bald at 5587 ft., then return to Yellow Mountain Gap and take the same route back to our cars. We expect to see beautiful fall foliage this time of year. This is hunting season; wear orange.
Topo(s): Carvers Gap

Wednesday No. W2304-640 **Oct. 25**
Walker's Knob – Montreat 8:15 AM

Hike 8, Drive 40, 1800 ft. ascent, Rated B-A
Claudette Roberge, 860-205-4473, Croberge0329@gmail.com
First Meeting Place: River Ridge Market Place

behind CVS off Exit 53B of I-40. Form carpools and meet the leader at the second meeting place.

Second Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain) at 8:30 AM.

This hike is limited to 12 hikers. Contact the leader for reservation. We'll hike Graybeard Trail up to Walker's Knob and back. The hike is a steady 1800 ft. climb with a wonderful view of the Montreat and Black Mountain Valley at Walker's Knob. We expect beautiful fall foliage this time of year. There are a number of challenging sections of steep and rocky terrain plus areas with lots of roots to negotiate. The four water crossings are usually easy if it has not rained recently. This is not a beginner hike. Poles and sturdy hiking shoes/boots are recommended. This is hunting season; wear orange.

Topo(s): Montreat

Wednesday No. W2304-205 **Nov. 1**
Waterrock Knob from Soco Gap 8:00 AM

Hike 9, Drive 77, 1950 ft. ascent, Rated B-A,

AT-MST, SBGK

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

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

Second Meeting Place: Maggie Valley Post Office at 8:30 AM.

This hike starts from Soco Gap with an elevation of 4400 feet and heads steadily up to Waterrock Knob at close to 6400 feet. We will enjoy the view as we eat our lunch at the top. This section of the MST was completed by CMC in 2016. Expect to be impressed by the work that went into building this trail. We will visit Howard's Bridge, Piet's Place and some big oak, spruce and maple trees. We will return on the same trail. This is hunting season; wear orange.

Topo(s): Hazelwood

Wednesday No. W2304-280 **Nov. 1**
North Slope and Art Loeb Trails 8:30 AM

Hike 7.5, Drive 60, 1600 ft. ascent, Rated B-A,

P400

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

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

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

Contact the leader for reservation. We start at the Davidson River Campground and ascend on the Art Loeb Trail to the North Slope Connector. We'll eat lunch at the intersection before we start down the connector to the North Slope Trail and on to our cars. This is hunting season; wear orange.

Topo(s): Pisgah Forest

Wednesday No. W2304-972 **Nov. 8**
Jerry Miller Trail to Baxter Cliff 8:00 AM

Hike 8.6, Drive 92, 2400 ft. ascent, Rated B-AA
Diane Saccone, 703-283-1068,

grdngrl54@gmail.com

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

Second Meeting Place: Publix at 165 Weaver Blvd. Weaverville; lower end of parking lot off Exit 19 of I-26 at 8:00 AM.

Contact the leader for reservation. Limit of ten hikers. This out-and-back trail will take you through a serene forest that ascends until reaching incredible viewpoints of the surrounding Blue Ridge Mountains near Flag Pond, TN. The route travels along the Jerry Miller Trail, which is quiet and lightly traveled. There are some steep and technical sections along the way which make the terrain interesting. Hikers must be vaccinated for COVID to carpool. This is hunting season; wear orange.

Wednesday No. W2304-095 **Nov. 15**
Hemphill Bald from Polls Gap 8:00 AM

Hike 9.5, Drive 85, 1600 ft. ascent, Rated A-A,

900M

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

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

Second Meeting Place: Maggie Valley Post Office at 8:30 AM.

Contact the leader for reservation. We will hike from Polls Gap to our scenic lunch spot at Hemphill Bald in the GSMNP, with outstanding views overlooking the Cataloochee Ski Area. The return route will be via the same trail. This hike is #37 of the 100 Favorite Trails. Note: A GSMNP parking tag is required at the trailhead. Topo(s): Dellwood

Wednesday No. W2304-584 **Nov. 15**
Butter Gap Loop 8:00 AM

Hike 9, Drive 80, 2000 ft. ascent, Rated B-A,

P400

Karen Schultz, 312-241-3329,
Schultz.KarenJ@GMail.com and

Ken Scharmann, 847-772-4693,
kennethscharmann@gmail.com

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

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

Contact Karen Schultz for reservation. Limit of ten hikers. We'll follow the Butter Gap Trail through the beautiful Grogan Creek watershed and Picklesheimer Fields, then follow the Art Loeb Trail and Cat Gap Trails. This is a great late-autumn hike with streams, waterfalls and views. This hike is #59 of the 100 Favorite Trails. This is hunting season; wear orange.

Topo(s): Rosman

Wednesday No. W2304-595 **Nov. 22**
Lake Imaging P.L. #4 - 3

Waterfalls and 3 Lakes 8:00 AM

Hike 9, Drive 85, 1140 ft. ascent, Rated B-B,

WC100

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

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

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

Contact the leader for reservation. Between the Lake Imaging and Buck Forest parking lots we will visit Lake Imaging, Grassy Creek Falls, Lake Dense, Lake Alford, High Falls and Triple Falls.

Topo(s): Standingstone Mtn.

Wednesday No. W2304-196 **Nov. 22**
Vineyard Gap Loop 8:30 AM

Hike 5, Drive 40, 1000 ft. ascent, Rated C-C,

P400

Bruce Bente, 828-692-0116, cell: 828-699-6296,
bbente@bellsouth.net

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

Form carpools and meet the leader at the second meeting place.

Second Meeting Place: Turkey Pen parking lot at 9:00 AM.

Contact the leader for reservations. We'll start on an interesting manway and continue on a dry-foot loop hike on the Vineyard Gap and Riverside Trails, including a scenic trail along the S. Mills River. Note that there is a steep 400-ft. climb on a rough trail near the end of the hike. This is hunting season; wear orange.

Topo(s): Pisgah Forest

Wednesday No. W2304-372 **Nov. 29**
Big Fork Ridge to

Rough Fork Loop 8:00 AM

Hike 9.6, Drive 76, 1800 ft. ascent, Rated A-A,

900M

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

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

Second Meeting Place: Exxon station off Exit 20 of I-40 at 8:30 AM - but contact leader first.

Contact the leader for reservation. From the end of the road in Cataloochee Valley, hike up the Big Fork Ridge Trail, then turn right onto the Caldwell Fork Trail. Pass by record-size tulip poplar trees, then turn downhill on the Rough Fork Trail. This hike is #35 of the 100 Favorite Trails. A GSMNP parking tag is required at the trailhead.

Topo(s): Dellwood

Wednesday No. W2304-399 **Dec. 6**
Loop around Cedar Rock Mtn. 8:00 AM

Hike 8.9, Drive 58, 1900 ft. ascent, Rated B-A,

P400

Marie Chamberlin, 678-492-6718, marie.m.chamberlin@gmail.com and Kay Haskell, 610-613-4858, HaskellKM@Gmail.com

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

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

Contact Marie only for reservation. We will do a loop hike from the Fish Hatchery, including Butter Gap, a bushwhack up the south ridge of Cedar Rock Mtn. and Cat Gap. If it is clear, our lunch spot will provide great views. This is hunting season; wear orange.

Topo(s): Shining Rock

Wednesday No. W2304-492

Dec. 6

Annual Cookie Hike Bent Creek**Ramble to MST past Sleepy Gap 9:00 AM**

Hike 7, Drive 10, 300 ft. ascent, Rated B-C,

P400

Keiko Merl, 828-231-2126, keikomerl@att.net
Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Contact the leader for reservation. This is a moderate loop hike in the Bent Creek area. We will start from the parking area for Cold Knob Road (FS 479H off Bent Creek Road beyond Lake Powhatan). Using a variety of short sections of trails, we will hike up to the MST, follow it past Sleepy Gap, and descend by the Stambaugh Trail to the Lake Powhatan picnic area for lunch and a cookie feast. Bring cookies to share. The afternoon walk back to the cars is approximately 2 miles. This is hunting season; wear orange.

Topo(s): Asheville, Skyland

Wednesday No. W2304-492

Dec. 6

Annual Cookie Hike Bent Creek**Ramble to MST past Sleepy Gap,****Shorter Version**

10:00 AM

Hike 2.5, 200 ft. ascent, Rated C-C, **P400**

Gail Lamb, 828-338-0443, cell: 828-275-4500, glamb46@gmail.com

Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Contact the leader for reservation. This is a shorter version of the Annual Cookie Hike. We will start on the Lake Powhatan Connector and hike to the picnic area to meet the other group for lunch and to share cookies. After lunch we will return to the cars on the same trail. Don't forget to bring cookies. This is hunting season; wear orange.

Topo(s): Asheville, Skyland

Wednesday No. W2304-438

Dec. 13

Rich Mountain, Round Top Trail**and Lovers Leap**

8:00 AM

Hike 9, Drive 61, 2200 ft. ascent, Rated B-AA,

AT-MST

Randy Fluharty, 828-423-9030,

rfluharty54@gmail.com

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Contact the leader for reservation. From Tanyard Gap, we will go north on the A.T. to the beautiful views from Rich Mountain, then descend to Hot Springs via Round Top Ridge Trail; we'll culminate the day with a short climb to Lovers Leap and finish on the A.T. in Hot Springs. Car shuttle. This is hunting season; wear orange.

Topo(s): Hot Springs

Wednesday No. W2304-051

Dec. 13

White Oak Trail, Pounding Mill,**Hickey Fork**

8:30 AM

Hike 7.5, Drive 85, 1900 ft. ascent, Rated B-A

Tish Desjardins, 828-380-1452,

desraylet@aol.com

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

Second Meeting Place: Corner of US 25/70 & NC 208 at 9:15 AM.

No registration needed for this hike. Starting at the footbridge over Hickey Fork, we'll do a nice loop hike using three different trails and finishing on heavily rebuilt Hickey Fork Rd. This is hunting season; wear orange.

Topo(s): White Rock

Wednesday No. W2304-909

Dec. 20

Asheville Camino del Norte Walk 9:00 AM

Hike 10, 500 ft. ascent, Rated A-C

Danny Bernstein, 828-450-0747,

dannyhiker@gmail.com

Only Meeting Place: Montford North Star Academy 90 Montford Ave. Asheville. The meeting place is next door to the Asheville Visitor Center. PLEASE do not park at the Visitor Center. Contact the leader by email for reservation. Walk the Asheville Camino del Norte, a 10-mile easy walk on sidewalks and trails. See North Asheville, University of North Carolina at Asheville and the Botanical Gardens. Have a café con leche at the historic Grove Park Inn. The hike simulates a short day on the Camino de Santiago. Wear good sneakers or low boots. Bring water, snacks and lunch. We'll stop for morning coffee but feel free to bring all your own food.

Wednesday No. W2304-972

Dec. 27

Fonta Flora Trail. Linville Boat**Ramp to Harris Whisnant Rd.**

8:30 AM

Hike 8.8, Drive 80, 710 ft. ascent, Rated B-C

Jeff Wilcox, 828-989-8755, jwilcox@unca.edu

Only Meeting Place: River Ridge Market Place behind CVS off Exit 53B of I-40. Contact the leader by email for reservation. This new low-elevation CMC hike will follow the northeast shore of Lake James on the Fonta Flora Trail.

**ALL-DAY WEEKEND
HIKES**

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

Sunday No. A2304-137

Oct. 1

Roan High Knob and**Roan High Bluff**

8:00 AM

Hike 6.9, Drive 130, 1145 ft. ascent, Rated B-B,

SB6K

Thomas Butler, 361-484-3381,

butler.tom3381@gmail.com

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Contact the leader by email for reservation. This variation of hike #137 will be an in-and-out to bag two peaks for the SB6K challenge. We will first hike from Carvers Gap south on the A.T. to the Roan High Knob Shelter, the highest shelter on the Appalachian Trail, then climb 0.1 miles to the summit of Roan High Knob (6285 ft.) Back at the shelter, we will continue on the A.T., through the rhododendron gardens following the Cloudland Trail to the Roan High Bluff Overlook (6267 ft.) to enjoy the long-range views. Return via the same route.

Topo(s): Carvers Gap

Sunday No. A2304-970

Oct. 8

Four Waterfalls Near Rosman 8:00 AM

Hike 6, Drive 120, 1000 ft. ascent, Rated C-C,

LTC

Kay Haskell, 610-613-4858,

HaskellKM@Gmail.com

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

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

Limit of 10 hikers. Contact the leader by email for reservation. This will be a progressive hike, visiting 4 waterfalls on the waterfall challenge off of NC 215 near Rosman: Dill, Upper Dill, Courthouse, and Bird Rock Falls. We'll start with a short hike to Upper Dill and Dill Falls. With a steep slope downhill even with poles, Upper Dill will be optional. A quick drive down NC 215 brings us to the trailhead for Courthouse Falls, the longest of the hikes at 4.2 miles along the Summey Cove Trail. We will finish the day with another short drive and enjoy a visit to the twin Mill Shoals Falls (a.k.a. French Broad Falls), the only falls not on the LTC challenge. We'll then continue on the trail for a short hike to the spectacular Bird Rock Falls (a.k.a. Cathedral Falls). With three locations, plan on a full day.

Saturday No. A2304-345 **Oct. 14**
Seven Gaps and Seven Knobs 10:00 AM
Hike 6.5, Drive 25, 1100 ft. ascent, Rated B-B,
AT-MST, P400

Marcia Bromberg, 828-505-0471,
cell: 860-798-9905, mwbromberg@yahoo.com
Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Limit of 15 hikers. Contact the hike leader for reservation. This shuttle hike starts where Bent Creek Road meets the BRP. We begin on the MST, then veer off on the Bent Creek Boundary Trail. We only hike up four of the knobs but do go through all seven of the gaps. Hopefully we'll be able to enjoy early leaf change as we meander along. During the last part of the hike, we'll be on the lookout for bicyclists racing down the trail.
Topo(s): Dunsmore Mtn.

Sunday No. A2304-778 **Oct. 15**
Bracken Mountain - 8:00 AM
Brushy Creek Trails

Hike 8.5, Drive 60, 1400 ft. ascent, Rated B-B
Marielle DeJong, 828-553-7027,
maredejong4@gmail.com
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at second meeting place.
Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

Limit of 15 hikers. Contact the leader by email for reservation. This moderate hike will include the Bracken Mtn. and Brushy Creek Trails shared by mountain bikers. It begins with a steep uphill, but then it is mostly nice, gradual ups and downs thanks to many switchbacks. It is a lovely trail with waterfalls, bridges and many points of interest noted by signs along the way. This should be a great fall hike with changing leaf color and hopefully some great views. This hike is #60 of the 100 Favorite Trails. It's hunting season; wear orange.

Topo(s): Rosman, Shining Rock

Saturday No. A2304-117 **Oct. 21**
Craggy Dome from Balsam Gap 8:00 AM
(Walker Knob)

Hike 9, Drive 45, 1560 ft. ascent, Rated B-A,
SB6K
Thomas Butler, 361-484-3381,
butler.tom3381@gmail.com
Only Meeting Place: Back parking lot of Folk Art Center. Contact the leader by email for reservation. We will hike the MST over a section with great views to Graybeard Overlook for our lunch stop. Hikers wishing to peakbag Craggy Dome (at 6080 ft.) may hike up and back at this time. The climb up Craggy Dome will be on a rough, unmaintained trail and will add another mile of hiking and 400 feet of ascent. We return to our cars on the same trail. This fills the requirement

for both the SB6K and hike #85 of the 100 Favorite Trails challenges. This is hunting season; wear orange.
Topo(s): Montreat

Sunday No. A2304-924 **Oct. 22**
Rocky Fork - Flint Mountain Loop 8:30 AM
Autumn Hike

Hike 10, Drive 70, 2400 ft. ascent, Rated A-AA
John Beaudet, 423-483-0306,
bodaciousat@gmail.com

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

Second Meeting Place: Rocky Fork State Park parking area at 9:15 AM.

Limit of 15 hikers. Contact the leader by email for reservation. Let's finish the year exploring Rocky Fork S.P. with another variation of #924, perfect for autumn views. We will follow the Rocky Fork Trail and connect with the Flint Creek Trail for 3 miles with 1000' ascent along beautiful creeks and bottomland forest to the far end near the A.T. connection. We then turn off and take the Flint Mountain Trail for a 5-mile return trip, first climbing another 500' up to a long traverse along the mountainside with long distant views before descending the last 1.5 miles to an easy, (possibly wet foot), crossing of Rocky Fork Creek just outside the parking area. There will be an option at the end to take an additional hike up the Whitehouse Cliffs Trail, 2-mile round trip with 900' elevation gain from the parking area for more views and to finish off the day. This hike fills the requirement for hike #45 of the 100 Favorite Trails. This is hunting season; wear orange.

Sunday No. A2304-676 **Oct. 29**
Hooker Falls P.L. #4 - circular 8:00 AM
WC100

Hike 9.5, Drive 75, 1200 ft. ascent, Rated A-B,
Karen Schultz, 312-241-3329,
Schultz.KarenJ@GMail.com and
Ken Scharmann, 847-772-4693,
kennethscharmann@gmail.com

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

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

Limit of 12 hikers. Contact Karen Schultz by email for reservation. This hike takes in four waterfalls, three lakes, and two cemeteries in one wonderful place - Dupont Forest. Scenes from Last of the Mohicans were filmed here where we will enjoy hiking in the open woods of late fall. This hike exceeds the requirement for #69 of the 100 Favorite Trails. This is hunting season; wear orange.

Topo(s): Standingstone Mtn.

Saturday No. A2304-295 **Nov. 4**
Pump Gap Loop to Lovers Leap 8:30 AM

Hike 7.2, Drive 80, 1600 ft. ascent, Rated B-A,

AT-MST

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

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

Second Meeting Place: Publix at 165 Weaver Blvd. Weaverville; lower end of parking lot off Exit 19 of I-26 at 8:45 AM.

Contact the hike leader by email for reservation. We should have good views with most of the leaves off the trees, perhaps even some fall foliage. From the Silvermine Trailhead, climb up to the ridgeline and visit an old cemetery, then cross the A.T. and continue along the Pump Gap Trail. We will turn left onto the A.T. at the next crossing, visit Lover's Leap and continue back down the Silvermine Trail to our cars. We will be joined by Scouts from Asheville Troop 91. We plan to stop in Hot Springs after the hike for ice cream. This exceeds the requirement for #41 of the 100 Favorite Trails. This is hunting season; wear orange.

Topo(s): Hot Springs

Sunday No. A2304-405 **Nov. 5**
Mills River Overlook to Pisgah Inn 8:00 AM
Hike 9.2, Drive 30, 2000 ft. ascent, Rated A-A,
AT-MST, P400

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

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

Second Meeting Place: BRP Mills River Overlook at MM 404.5 at 8:30 AM - but contact leader first.

No reservation needed. We will start at the BRP Mills River Valley Overlook and follow the MST across Little Pisgah, past the site of the old Buck Spring Lodge until we reach the Pisgah Inn. There are two steep climbs. We'll retrace our steps back to the Mills River Valley Overlook after lunch while enjoying the views. This is hunting season; wear orange. ***Don't forget to turn your clocks back one hour to Standard Time the night before.***

Topo(s): Cruso

Saturday No. A2304-196 **Nov. 11**
Vineyard Gap Loop 10:00 AM
Hike 5, Drive 40, 1100 ft. ascent, Rated C-B,
P400

Bruce Bente, 828-692-0116, cell: 828-699-6296,
bbente@bellsouth.net

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

Second Meeting Place: Turkey Pen parking lot at 10:30 AM.

Contact hike leader for reservation. We'll start on an interesting manway and continue on a dry-foot loop hike on the Vineyard Gap and Riverside Trails, including a scenic trail along the S. Mills

River. Note that there is a steep 400-ft. climb on a rough uneven trail near the end of the hike. This is hunting season; wear orange.
Topo(s): Pisgah Forest

Sunday No. A2304-278 **Nov. 12**
Kitsuma Peak 9:00 AM

Hike 10, Drive 60, 1550 ft. ascent, Rated A-A
Danny Bernstein, 828-450-0747,
dannyhiker@gmail.com

First Meeting Place: River Ridge Market Place behind CVS off Exit 53B of I-40. Form carpools and meet leader at second meeting place.

Second Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain) at 9:15 AM.

Contact the leader by email for reservation. The hike is located in the Grandfather District of Pisgah National Forest. The trail takes us up Youngs Ridge and offers great views of Graybeard, Green Knob, and the Mt. Mitchell area. We will return on old US 70, blocked off to traffic, where we will see the railroad and numerous tunnel portals. This hike is #80 of the 100 Favorite Trails. This is hunting season; wear orange.

Topo(s): Old Fort

Sunday No. A2304-907 **Nov. 19**
Wildcat Rock Trail to Bearwallow 8:00 AM

Hike 10, Drive 20, 2300 ft. ascent, Rated A-AA
Donna Lanning, 828-684-7083,
cell: 828-606-7956, dblanning@bellsouth.net

First Meeting Place: Ingles on US 74-A 225 Charlotte Hwy (Reynolds). Form carpools and meet leader at second meeting place.

Second Meeting Place: Upper Hickory Nut Gorge Trailhead by chimney on US 74-A at 8:15 AM.

Limit of 10 hikers. Contact the leader by email for reservations. This is a variation and extension of the Wildcat Rock Trail hike. The trail goes around an apple orchard and crosses Hickory Creek on a wooden bridge before beginning the ascent. We will climb 100 log steps to reach the 100-ft. Little Bearwallow Falls at about 1 mile. After viewing the waterfall, we will climb more than 130 rock stairs as we ascend the side of the cliff line on our way to the Wildcat Rock Overlook Trail, where we will enjoy great views. We will then continue on to the top of Bearwallow Mountain for lunch, returning the

same way. This is hunting season; wear orange.

Saturday No. A2304-330 **Nov. 25**
Raven Cliff Falls 8:00 AM

Hike 8, Drive 95, 1600 ft. ascent, Rated B-A,
WC100

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

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

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

Contact the leader by email for reservation. We'll do a pleasant walk to the pedestrian bridge over the top of a beautiful 250-ft. waterfall in Caesar's Head State Park in S.C. The hike will follow the Raven Cliff Falls Trail and a portion of the Foothills Trail to the bridge and return on the same trails. \$3 per person entry fee. This is hunting season; wear orange.

Topo(s): Table Rock

Sunday No. A2304-168 **Nov. 26**
Pink Beds Loop using

Barnett Branch Trail 10:00 AM
Hike 4.5, Drive 80, 200 ft. ascent, Rated C-C,
P400

Les Love, 828-230-1861,
leslove55@gmail.com and
Catherine/Mrs. Les Love, 828-658-1489,
catmlove2@gmail.com

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

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 10:30 AM.

Contact hike leader via email for reservation. Enjoy a shorter version of hike #168 on a long holiday weekend, cutting across the Pink Beds on the Barnett Branch Trail walkway built by CMC. This regional favorite includes numerous boardwalks over and around beaver habitat through a beautiful forest. This is an easy and popular hike with negligible elevation change. This is hunting season; wear orange.

Topo(s): Shining Rock

Sunday No. A2304-420 **Dec. 3**
Tanyard Gap to Allen Gap
on the A.T. 8:30 AM

Hike 8.8, Drive 60, 2100 ft. ascent, Rated B-AA,
AT-MST, LTC

Tish Desjardins, 828-380-1452,
desraylet@aol.com

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

Second Meeting Place: Corner of US 25/70 & NC 208 at 9:15 AM.

No reservation needed. This is one of the prettiest sections of the A.T. in our area. This will be

a moderate paced hike. We will take a side trip to the newly-renovated Rich Mountain fire tower and visit the Spring Mountain shelter. Please bring enough cars so that all hikers can be safely belted in for the car shuttle. This hike is #42 of the 100 Favorite Trails. This is hunting season; wear orange.

Topo(s): Hot Springs

Sunday No. A2304-396 **Dec. 10**
Thompson Ridge and Pilot Rock 8:00 AM

Hike 8.8, Drive 50, 2100 ft. ascent, Rated B-AA,
AT-MST, P400

Marie Chamberlin, 678-492-6718,
marie.m.chamberlin@gmail.com

Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Limit of 12 hikers. Contact the leader by email for reservation. We will climb 1500 feet in two miles up the well-graded Pilot Rock Trail and eat lunch at Buck Springs Overlook. After lunch, we'll hike down the Thompson Creek Trail. Expect great views along the way. If the BRP is closed, the hike can be accessed from Yellow Gap Rd. This is hunting season; wear orange.

Topo(s): Cruso

Saturday No. A2304-603 **Dec. 16**
Big Ivy - Perkins, Laurel Gap
& Bear Pen 10:00 AM

Hike 5.5, Drive 55, 700 ft. ascent, Rated C-C
Carroll Koeplinger, 828-231-9444,
cakoep29@gmail.com

Only Meeting Place: 160 Zillico St. (USFS parking lot) off Exit 25 of I-26. Contact the leader by email for reservation. This loop in the Big Ivy Creek headwaters area of the Pisgah National Forest begins 4.4 miles up FS 74 at the Perkins Road Trail. We will hike up to the Laurel Gap Trail, turn right and walk to the Bear Pen Trail, which will take us back down to FS 74. We will walk just under a mile to return to our cars. This is hunting season; wear orange.

Topo(s): Montreat

Sunday No. A2304-399 **Dec. 17**
Loop around Cedar Rock Mtn. 8:30 AM

Hike 8.9, Drive 70, 1900 ft. ascent, Rated B-A,
P400

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

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

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

Contact the leader by email for reservation. We will do a loop hike from the Fish Hatchery, including Butter Gap, a little-known manway up the south ridge of Cedar Rock Mtn. and Cat Gap. If the weather is clear, our lunch spot will provide great views. This is hunting season;

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



wear orange.

Topo(s): Shining Rock

Sunday No. A2304-290 **Dec. 24**
**MST/Shut-in Trail through
Bent Creek and Arboretum** **9:00 AM**
Hike 9, Drive 10, 1000 ft. ascent, Rated B-C,
AT-MST

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

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

Second Meeting Place: Bent Creek River Park
off NC 191 at 9:15 AM - but contact leader first.
Limit of 15 hikers. Contact leader via email for
reservation. This hike starts on the Shut-in Trail,
a section of the MST paralleling the Blue Ridge
Parkway with winter views of the French Broad
River and some distant mountains. We will
turn off onto Hard Times Trail into Bent Creek
Forest, taking the Rocky Cove Trail into the NC
Arboretum on the Bent Creek Trail where we
can wander in and out of the Creekside Trails.
Next, we'll take the Carolina Mountain Trail to
a lovely spot next to the creek for lunch. We will
continue through the gardens, make a stop at the
Education Center, then take the Wesley Branch
Trail down to the gatehouse and back to our cars.
This is hunting season; wear orange.
Topo(s): Asheville

Saturday No. A2304-216 **Dec. 30**
**Devil Fork Gap to Rice Gap
on the A.T.** **8:00 AM**
Hike 10.7, Drive 75, 3000 ft. ascent,
Rated A-AA, **AT-MST**

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

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

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

Contact the leaders by email for reservation. This
is a variation of hike #216 with an out-and-back
from Devil Fork Gap to Rice Gap. This section
of the A.T. traverses a series of knobs along an
unusual section of the TN-NC state line where
Tennessee is east of N.C. and the southbound
hiker is actually traveling north. This is hunting
season; wear orange.

Topo(s): Sams Gap

Sunday No. A2304-328 **Dec. 31**
Bent Creek Loop #5 **9:00 AM**
Hike 7.5, Drive 10, 800 ft. ascent, Rated B-C,
P400

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

Only Meeting Place: Asheville Outlets park-
ing lot behind Waffle House off Exit 33 of I-26.
Contact the leader by email for reservation.

Come out to enjoy a moderate New Year's Eve
hike in the Bent Creek area. From Hard Times
Trailhead, we'll do a loop hike around Lake
Powhatan, Explorer and Sidehill Trails, and
descend past Ingles Field to our cars. It's hunting
season, wear orange.

Topo(s): Dunsmore Mtn.

HALF-DAY SUNDAY HIKES

Newcomers are welcome, but non-members
MUST call the leader before the hike to deter-
mine the requirements. Half-day hikes submit-
ted by Lee Silver, 828-668-7147, mhsrunning@
yahoo.com. Driving distance is round trip from
the first meeting place. Hikes assemble at the
location described for that hike. Some hikes will
have second meeting places, and starting times
may vary. **Times listed are departure times -
arrive early.**

Sunday No. H2304-307 **Oct. 1**
Asheville MST West **1:00 PM**
Hike 5.7, Drive 5, 900 ft. ascent, Rated C-C,
AT-MST

Bruce Bente, 828-692-0116,
cell: 828-699-6296, bbente@bellsouth.net

Only Meeting Place: BRP French Broad
Overlook at MM 393.8. Contact hike leader
for reservation. This pleasant hike through the
woods is a shorter version of #307, hiking
from the French Broad Overlook to US 25 and
down the hill to the parking lot next to Fresh
Market. We will have an opportunity to walk
over the soon-to-be-replaced bridge over I-26.
While crossing we will get a good view of the
new bridge under construction adjacent to the old
bridge, and see the adjustment to the BRP route
needed to access the new bridge. Car shuttle.

Topo(s): Asheville

Sunday No. H2304-316 **Oct. 8**
**Carl Sandburg Nat'l.
Historic Park** **10:00 AM**

Hike 4, Drive 60, 600 ft. ascent, Rated C-C
Ron Navik, 585-662-8047,
ron.navik@gmail.com

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

Second Meeting Place: Carl Sandburg parking
lot at 10:45 AM.

Contact hike leader via email for reservation.
Driving directions: I-26 E to Exit 53; right onto
Upward Rd. to end of road (name changes to
Highland Lake Rd. after US 176); left onto US
225; right onto Little River Rd.; left into park-
ing lot for Carl Sandburg Nat'l. Historic Park.
Traverse the same trails that poet/author Carl
Sandburg enjoyed. Hike to overlook on Big
Glassy Mountain for lunch. Return via same

route, but turn at barn trail. After hike, you may
opt to tour on your own by visiting the goats
in the barn or touring Carl Sandburg's historic
house for a small fee.

Topo(s): Hendersonville

Sunday No. H2304-485 **Oct. 15**
Old U.S. 70 and the Railroad **12:45 PM**

Hike 5, Drive 40, 1300 ft. ascent, Rated C-B
Lee Silver, 828-668-7147, cell: 828-442-6549,
mhsrunning@yahoo.com

Only Meeting Place: Ingles off Exit 64 of I-40
(Black Mountain). Contact hike leader via email
for reservation. We will walk up on old U.S.
70, now blocked off from traffic, to Swannanoa
Gap, where we will enjoy a view of the valley,
the railroad and tunnel. The book *The Road* by
John Ehle is about building the railroad up to
Swannanoa Gap. This road features an old over-
look and parallels NS RR, with many railroad
tunnels visible alongside or beneath the trail.

Topo(s): Old Fort

Sunday No. H2304-092 **Oct. 22**
Star Gap **10:00 AM**

Hike 5.5, Drive 40, 1000 ft. ascent, Rated C-C
Marcia Bromberg, 828-505-0471,
cell 860-798-9905, mwbromberg@yahoo.com

Only Meeting Place: Ingles off Exit 64 of I-40
(Black Mountain). Limit of 15 hikers, contact
hike leader via email for reservation. Driving
distance from Asheville is 40 miles. This short-
ened and modified version of hike #92 will be on
the Star Gap Trail to see the fall foliage. There
should be spectacular views of the fall colors.
We will hike up a set of switchbacks (keeping
an eye out for bicyclists!), then take a rough side
trail to "Bernard's Rock" for lunch. After lunch
we'll continue to Star Gap, then wander along
the Heartbreak Ridge Trail for a while to enjoy
some spectacular views. (Exact hike length will
be determined by how far we wander). We return
the way we came up. On the way back we'll stop
at Andrews Geyser (which may or may not be
on) and read the historical marker commemorat-
ing the people who built the railroad track to the
top of the mountains.

Topo(s): Old Fort

Sunday No. H2304-431 **Oct. 29**
Chestnut Cove to MST

to Sleepy Gap to Explorer Trail **9:30 AM**
Hike 5, Drive 12, 900 ft. ascent, Rated C-C,
P400

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

Only Meeting Place: Asheville Outlets park-
ing lot behind Waffle House off Exit 33 of I-26.
Limit of 12 participants due to limited parking at
the trailhead. Contact hike leader via email for
reservation. This hike off Bent Creek Gap Road
follows a number of trails up to the Chestnut
Cove Overlook, then follows the MST to the
Sleepy Gap Overlook and back down into the

Bent Creek area. At the beginning there will be a 750-foot climb that will take about an hour. Total walking time will be around 3 hours including lunch. There are slippery rocks, roots and leaves on this trail, so poles are highly recommended.
Topo(s): Skyland

Sunday No. H2304-490 **Nov. 5**
Craven Gap to "Little" Lunch Rock on the MST **10:30 AM**

Hike 5, Drive 5, 874 ft. ascent, Rated C-C, **AT-MST**
Bobbi Powers, 828-667-5419, bobbipowers23@gmail.com
Only Meeting Place: Back parking lot of Folk Art Center. Limit 12 hikers. Contact hike leader via email for reservation. This is a slight variation of hike #490. This scenic, in-town section of the MST is usually done as a spring wildflower hike, but in late autumn we'll notice the boulders and some views peeking through the last fall color and get a nice workout with the many ups and downs. This is an in-out hike. Turn your clocks back Saturday night!
Topo(s): Craggy Pinnacle, Oteen

Sunday No. H2304-437 **Nov. 12**
Slate Rock Creek, Pilot Cove **11:00 AM**

Hike 5.3, Drive 40, 1150 ft. ascent, Rated C-B, **P400**
Lee Belknap, 828-674-3631, rivergypsy@sprintmail.com
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at second meeting place.
Second Meeting Place: Ingles on NC 191/280 N end of parking lot in front of Pardee Urgent Care (Mills River) at 11:15 AM.
Limit of 20 hikers. Contact hike leader via email for reservations. This moderate hike is in the Pisgah National Forest on the Pilot Loop and Slate Rock Creek Trails. From the top of the cliffs on Fork Ridge, expect beautiful views of Pilot Cove, Pilot Rock, Pink Beds, and beyond. 1.7-mile car shuttle.
Topo(s): Shining Rock

Sunday No. H2304-324 **Nov. 19**
Bent Creek Loop #4 **11:00 AM**

Hike 5, Drive 15, 600 ft. ascent, Rated C-C, **P400**
Carroll Koeplinger, 828-231-9444, cakoep29@gmail.com
Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Contact hike leader via email for reservation. A pleasant, moderate loop hike in the Bent Creek Experimental Forest, starting at Hard Times Trailhead and using parts of Homestead Trail, Small Creek Trail, Deerfield Loop, Pine Tree Loop, South Ridge Rd., Sleepy Gap Trail, Explorer Loop, Pine Tree Loop and then along FS 479. There is a short, steep off-trail scramble

in the middle of the hike.
Topo(s): Skyland

Sunday No. H2304-942 **Nov. 26**
Rice Pinnacle P.L. #3 - Corvair Trail **11:00 AM**

Hike 5.5, Drive 10, 700 ft. ascent, Rated C-C, **P400**
Carroll Koeplinger, 828-231-9444, cakoep29@gmail.com
Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Contact hike leader via email for reservation. This is a pleasant hike through the woods of the Bent Creek area. No steep hills and good trail conditions. We will do a loop in the Rice Pinnacle area, including Corvair, Neighborhood, Ledford and Wolf Branch Trails.

Sunday No. H2304-598 **Dec. 3**
Pink Beds to Soapstone Ridge **10:30 AM**

Hike 7, Drive 80, 1100 ft. ascent, Rated B-B, **P400**
Karen Lachow, 703-395-5879, heyk127@hotmail.com
First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 11:00 AM.
Limit of 15 hikers. Contact hike leader via email for reservation. This is a moderate hike in the Pisgah National Forest. We will start on the Pink Beds Trail, going right onto Barnett Branch and up to Black Mountain Trail on the summit of Rich Mountain. We will then hike down to the Cradle of Forestry via the Club Gap Trail to return to our cars.

Topo(s): Shining Rock

Sunday No. H2304-959 **Dec. 10**
Richard L Hoffman Trail - Bailey Mountain **10:00 AM**

Hike 6, Drive 60, 1060 ft. ascent, Rated C-B
Judy Magura, 828-606-1490, quilter290@gmail.com and Jim Magura, 828-606-3989, jqs290@gmail.com
Only Meeting Place: Publix at 165 Weaver Blvd. Weaverville; lower end of parking lot off Exit 19 of I-26. Contact hike leader via email for reservation. The hike begins with a scenic ascent through the Smith property pasture. As the trail enters the forest, hikers are greeted with a swinging bench that looks back at the Smith property. This is a great spot to catch your breath for a moment before beginning more challenging climbs. After entering the forest, mile markers can be found on the trail every 1/4 mile and yellow blazes indicate you're on the right trail. The trail winds upwards, and after the 1/4-mile marker there is a breathtaking clearing and bench to capture one last look at the Heritage Farmstead before continuing deeper into the forest. The single-track trail gently continues ascending before beginning a series of switchbacks back to the cars. Benches are available to rest nearly every 1/2 mile. Hikers will encounter sections of the trail carefully fitted with stone steps.

Sunday No. H2304-511 **Dec. 17**
Florence Nature Preserve **10:00 AM**

Hike 5, Drive 24, 1000 ft. ascent, Rated C-C
Dennis Bass, 828-367-7792, cell 828-367-8619, dbass3607@gmail.com
Only Meeting Place: Ingles on US 74-A 1-1/2 miles south of I-40 Exit 53. Limit of 15 hik-



Hikers at an ice wall on the Blue Ridge Parkway at Seniard Gap. Photo by Bruce Bente.

ers. Contact hike leader via email for reservation. This hike is a loop in the Florence Nature Preserve, a 600-acre tract in Hickory Nut Gorge. We'll be hiking part of hike #511 to keep it to about 5 miles. We'll take the Yellow Diamond Trail, Blue Trail, White Trail and Red Trail to a nice overlook and return via the Blue and Yellow Trails.

Topo(s): Bat Cave

Sunday No. H2304-852

Jones Mountain

Hike 4.1, Drive 8, 750 ft. ascent, Rated C-C
Barbara Morgan, 828-460-7066,
barbc129@gmail.com

Only Meeting Place: Ingles on US 70 at Riceville Road (Oteen). Contact hike leader via email for reservation and information on an optional gift exchange. A short, close-to-town, hike that meanders around and over Jones Mountain, passing some intriguing ruins on the campus of Warren Wilson College. There are some steep uphill sections.

Topo(s): Oteen

**Dec. 24
10:00 AM**

Sunday No. H2304-929

Hard Times P.L. #1 -

Bent Creek Ramble

Dec. 31

10:00 AM

Hike 6, Drive 15, 600 ft. ascent, Rated C-C,
P400

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

Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Contact hike leader via email for reservation. We will start at Hard Times parking, walk down the road and turn left up Hard Times Road to the Arboretum. We will then hike Old Mill Trail and Wesley Branch Trail to go up to the Arboretum buildings and complete the loop by returning on the Carolina Mountain Trail.

NEXT CMC COUNCIL MEETING

When: Tuesday, Oct. 10, 2023

Where: NC Arboretum

Time: 6:00 - 9:00 PM

Info: Call Tom at 828-785-3646 if you would like to attend. All CMC members are welcome.



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

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

Hikers will carpool from the meeting places to the trailhead and back. Passengers are expected to contribute 10 cents per mile towards the driver's operating expenses. Some CMC hikes require reservations. Check the hiking schedule to determine whether a reservation is required, and if so, call or e-mail the leader to reserve your space.

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

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

RESPONSIBILITY FOR SAFETY: Each CMC member and guest agrees to accept personal responsibility for his or her own safety and for the safety of accompanying minors. The Club cannot ensure the safety of any participant on hikes or trail maintenance activities. Each participant agrees to hold harmless and free from blame event leaders and the CMC, its officers and members, for any accident, injury or illness which might be sustained from participating in Club hikes and other activities.

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

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

CAROLINA MOUNTAIN CLUB OFFICERS

President: Tom Weaver, president@carolinamountainclub.org

Vice-President: Les Love, cmcvp@carolinamountainclub.org

Secretary: Karen Lachow, secretary@carolinamountainclub.org

Treasurer: George Bauernfeind, treasurer@carolinamountainclub.org

Immediate Past President:

vacant

Councilor for Communications:

David Huff, communications@carolinamountainclub.org

Councilor for Conservation:

Rachel Muir, conservation@carolinamountainclub.org

Councilor for Education and Community Outreach:

Jeff Wilcox, education@carolinamountainclub.org

Councilor for Hiking:

Brenda Worley, hiking@carolinamountainclub.org

Councilor for Membership:

Jan Onan, membership@carolinamountainclub.org

Councilor for Technology:

Jim Magura, hikingtech@gmail.com

Councilor for Trail Maintenance:

Joe Bange, TrailsMtc@carolinamountainclub.org

Councilor at Large:

Adrienne Chang, counciloratlarge@carolinamountainclub.org

Councilor at Large:

Bill Sanderson, counciloratlarge_2@carolinamountainclub.org