

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

## COUNCIL CORNER

Why join CMC? Let me count the ways. There are too many to count.



But maybe the best is the way that it will enrich your life. When you join and are active, you will find yourself doing all kinds of things with all kinds of interesting people that share many of your interests and joie de vivre. Over the years, you develop friendships with these people and find your world is a much bigger, brighter place filled with seemingly infinite possibilities. Over the years, many global walking trips have originated among CMC members. We have walked the Inca Trail in Peru to Machu Picchu. We have walked in New Zealand, England and more will go this year. We have seen many of the national parks in this country: Yosemite, Yellowstone, Glacier, Zion, Bryce Canyon, to name but a few. Quite a few have walked the Camino de Santiago (the Way of St. James pilgrimage) in Spain, Portugal, France, and Switzerland. More are heading over there this year. Does a CMC membership guarantee these things? No, there are no guarantees in life. But like many first steps, it will lead you to doors that you may open. New worlds await!

– Stuart English

## Trail finished in Hickory Nut Gorge!

CMC trail crews and other volunteers have worked for two years constructing and improving the access trail from the trailhead up into the Florence Nature Preserve – a half mile section.

A ceremony was held to formally celebrate the trailhead and this trail (which has a new kiosk sign that has maps and trail info, as well as the CMC logo) and recognized all those that played a role in making it possible, including CMC.

The ceremony included a ribbon-cutting for first phase of the Little Bearwallow Trail across the street – a one-mile section constructed this spring and summer by a Youth Conservation Corps crew. The trailhead will also serve that trail, which ascends up to Little Bearwallow Falls.

The next Phase of that particular trail will be worked on this summer and fall by Youth Conservation Corps crews to advance it up to an additional two miles to the summit of Little Bearwallow Mountain and within one mile of the Big Bearwallow Mountain summit. Because of the difficult and rugged terrain on this trail, much work will remain by this winter, and I am hopeful and eager to again partner with the CMC Friday crew to advance this trail toward completion.

For those wondering about the Trombatore Trail (Bearwallow #2)



which was built by the CMC Thursday, Friday, and DRAFT crews the past two winters, construction of the trail is now complete and a handsome new stile (built by Howard McDonald & Tom Weaver) is in place to get over the fence to access the summit pasture.

Thanks to all of your crews for making this project possible and advancing new hiking trails in the Hickory Nut Gorge.



*A group of hikers and trail builders gather for the ribbon-cutting. Photos by the Conservation Trust for North Carolina and the Blue Ridge Times News.*

How do you do it? -

# Hiking through the long, hot summer

Many feel that hiking in summer is more work than fun. Here is what some CMC hikers think.



*One alternative is to go high!*

**Becky Smucker:** Yes, there's a long list of reasons why summer is not my favorite season to hike. However, there are four wonderful things that get me out there anyway. The first is that plants are doing lots of interesting things that should not be missed! This includes a second item which is so important it gets to count as item number two: berries! I am hopeless as a trail crew leader when we hit a good berry patch. We all just forget the work for a while and enjoy. The third thing is the smells of summer, and I'm not talking about sweat or bug repellent. I mean the smell of soil, of things decomposing, of crushed leaves, dry fields, flowers, etc. And fourth, let's not forget those nice long days that allow us to hike at our leisure or pack in an especially long trek.

**Janet Martin:** Briefly, go early, go high. And, attitude counts. Yesterday, the thigh-high grasses housed chiggers, but the thigh-high water in the East Fork felt so-o-o refreshing. The scratches and a thorn in my thumb from the blackberries were forgotten as we enjoyed a bumper crop of tasty blueberries. The humidity was tempered by a delightful

breeze across bare arms and was oodles better than the steamy air radiating off the asphalt back in town. During the morning, the misty fog in the distant valleys and exchange of birdsong awaken other senses. Yep, your cup can be half full rather than half empty with an open attitude.

**Danny Bernstein:** I love summer hiking. My pack is so light – lunch, water and yes, my rain jacket even though I know I'll never put it on.

The days are long and I don't have to worry about running out of daylight.

If I have to cross a stream, I welcome the cool water in my boots.

**Sawako Jager:** As a waterfall seeker, summer is an ideal season. Recently I visited High Falls on the West Fork of Tuckasegee River and it was an amazing experience. I saw a snake den full of copperheads: 5-6 adults and several babies! Does anyone want to take a hike there with me?

**Bobbi Powers:** I like summer hiking – lots of wildflowers and lots of sweat means a free pore cleansing which would cost an arm and a leg in a spa.



*Another alternative is to get wet.*



*Or you just deal with the heat and humidity.*

## TRAIL MAINTENANCE

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

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

### Monday

Barth Brooker, barthb@bellsouth.net

### Monday Burnsville Crew

John Whitehouse,  
johnwhitehouse@frontier.com

### Wednesday Waynesville West\*

Larry Sobil, lsobil@bellsouth.net

### Thursday Asheville Crew

Bill Falender, billfalender@hotmail.com

### Friday Asheville\*

Skip Sheldon, shelhalla@bellsouth.net

### Friday Pisgah\*

Pete (R) Petersen, roap@aol.com

### Wilderness Crew (Saturday bimonthly)\*

Becky Smucker, bjsmucker@gmail.com

### Saturday quarterly\*

Les Love, lesrlove55@gmail.com

### Draft Crew

Kayah Gadish, kayita79@gmail.com

### MST sections

Barth Brooker, barthb@bellsouth.net

Les Love, lesrlove55@gmail.com

Pete (R) Petersen, roap@aol.com

Larry Sobil, lsobil@bellsouth.net

### AT sections

Tim Carrigan, tim@newprisim.com

## HIKE SCHEDULE Fourth Quarter 2014

### Hike Ratings

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

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

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

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

See the Hike Schedule on the CMC website for more complete and timely information, including scout reports, at [www.carolinamountainclub.org](http://www.carolinamountainclub.org).

## CHALLENGE PROGRAMS

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

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

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

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

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

## WEDNESDAY HIKES

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

Wednesday No. W1404-120 **Oct. 1**  
**Charlies Bunion - Kephart Prong 8:00 AM**  
Hike 10.2, Drive 140, 1500 ft. ascent, Rated A-B  
Randy Fluharty, 828-253-1626,  
cell: 828-423-9030, rfluharty54@gmail.com

**SB6K, 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.** Topo(s): Clingman's Dome, Mt. Guyot, Smokemont; also NatGeo map #317

Wednesday No. W1404-437 **Oct. 8**  
**Slate Rock Creek - Pilot Cove \*8:30 AM**  
Hike 6, Drive 80, 1300 ft. ascent, Rated C-B  
Jack Fitzgerald, 828-685-2897,

## SATURDAY WORKDAY

For the Saturday MST Trail Building Workdays in 2014, meet at 8:30 at the Home Depot at the Enka-Candler Exit 44 off of I-40.

The last workday is Oct. 18. As in the past, we will be back in Asheville by 3:00. Call Les Love at 828-658-1489 (lesrlove55@gmail.com) to verify date.

suejackfitz@bellsouth.net

**P400 \*Form carpools at Westgate and meet leader at Mills River Ingles off NC 280 at 9:00 AM.** A moderate hike up the beautiful Slate Rock Creek trail, then to overlook on Pilot Cove Loop Trail for lunch. Lots of fall colors. Short car shuttle. Topo(s): Shining Rock

Wednesday No. W1404-237 **Oct. 15**  
**Plott Balsams 8:00 AM**

Hike 9, Drive 90, 3400 ft. ascent, Rated B-AA+  
Brenda Worley, 828-684-8656,  
cell: 828-606-7297, bjdworley@gmail.com

**SB6K** Here is your chance to climb all four of the 6000-footers in the Plott Balsams and see spectacular views of the Smokies and nearby mountains. From Waterrock Knob, we will follow a very rough, steep trail over Browning Knob to Lyn Lowry and Plott Balsam. Then we will hike back to our starting point and then to the top of Yellow Face. The hike is strenuous due to the rough trail and climbing over fallen spruce trees on steep slopes. Wear long sleeves and pants. **Second meeting place: Rest area beyond Waynesville on US 23/74 at 8:30 AM, but contact leader.** Topo(s): Hazelwood, Sylva North

Wednesday No. W1404-489 **Oct. 22**  
**Bad Fork - Trace Ridge Loop \*9:00 AM**

Hike 8, Drive 15, 1900 ft. ascent, Rated B-A  
Carroll Koeppinger, 828-667-0723,  
cell: 828-231-9444, carrollkoepp@bellsouth.net  
**P400 \*Only Meeting Place: BRP French Broad Overlook.** This hike is designed to traverse the Trace Ridge Trailhead area that was logged in 2014, to see first-hand the impact of the logging on hiking trails. From Bent Creek Gap, we will hike over Ferrin Knob, down the Trace Ridge Trail, follow a side trail and then up the Bad Fork Trail. Topo(s): Dunsmore Mtn.; also NatGeo #780

Wednesday No. W1404-806 **Oct. 29**  
**Shope Creek Loop \*8:30 AM**

Hike 7.2, Drive 25, 2200 ft. ascent, Rated B-AA  
Jim Ariail, 828-505-0433, cell: 828-778-8355,  
jimariail@yahoo.com

**\*Only Meeting Place: Ingles store on US 70 across from the VA Hospital.** Old Pizza Hut side of parking lot. We'll hike across the base of the mountain along a stream, then take a trail that leads to the ridge line. The trail is very steep near the top for a short distance. Then we hike along the ridgeline with beautiful views of the Riceville Valley. There is a rock scramble to Rocky Knob. Hiking poles are highly recommended. We will border the Asheville watershed on one side and Riceville Valley on the other side for a while. Topo(s): Craggy Pinnacle

Wednesday No. W1404-418 **Nov. 5**  
**Kanati Fork - Newton Bald 8:00 AM**

Hike 11.5, Drive 120, 3800 ft. ascent,  
Rated A-AA+  
Steve Pierce, 828-724-4999, cell: 828-442-8482,

stevepierce@charter.net

**900M** This hike climbs on the Kanati Fork Trail, then follows Thomas Divide Trail and descends on the Newton Bald Trail. There should be some late fall colors on the hike. Short car shuttle. **Second meeting place: Oconoluftee Visitors Center at 9:00 AM, but call leader first.** Topo(s): Clingman's Dome; also NatGeo map #317

Wednesday No. W1404-843 **Nov. 12**

**Allen Gap, Pounding Mill Trail, Hickey Fork Trail** **\*8:30 AM**

Hike 8.1, Drive 90, 2600 ft. ascent, Rated B-AA  
Tish Desjardins, 828-380-1452,  
desraylet@aol.com

**\*Form carpools at Westgate and meet leader at corner parking lot at junction of U.S. 25/70 and NC 208 at 9:10 AM.** We will hike north on the AT from Allen Gap, then descend on the Pounding Mill Trail and the Hickey Fork Trail with its lovely waterfalls and creek melodies. **Reminder: Wear orange – hunting season.** Shuttle Hike. Topo(s): Hot Springs, Davy Cr. Lk., Greystone, White Rock; also NatGeo map #782

Wednesday No. W1404-200 **Nov. 19**

**Jones Gap State Park – Middle Saluda River** **\*8:30 AM**

Hike 9, Drive 96, 1200 ft. ascent, Rated B-B  
Stuart English, cell: 828-384-4870,  
stuengo@compurium.net

**\*Form carpools at Westgate and meet leader at NE corner of Cracker Barrel parking lot at Exit 53 of I-26 at 9:00 AM.** An in-out hike. Follows the Jones Gap trail (part of the Foothills Trail) along the Middle Saluda River most of the way with lunch at a nice double waterfall. Elevation change is a very gradual 1200 feet. Remember SC Jones Gap State Park is a fee area with \$2 per person for hiking. Topo(s): Standingstone Mtn.; also Mountain Bridge Wilderness trail map

Wednesday **Nov. 26**  
**NO HIKE SCHEDULED**

Wednesday No. W1404-423 **Dec. 3**

**Pilot Rock, Laurel Mtn., Slate Rock Creek Trails** **9:00 AM**

Hike 7, Drive 90, 1450 ft. ascent, Rated B-B  
Laura Frisbie, 828-337-5845,  
laurafrisbie@charter.net

**P400** We'll hike up the Pilot Rock Trail, with a stop at a great overlook, then up a connector to the Laurel Mtn. Trail. Our route will go downhill to Sassafras Gap, then turn steeply downhill to the Slate Rock Creek Trail, one of the gems of Pisgah Nat'l. Forest. Short car shuttle. Topo(s): Dunsmore Mtn.; also NatGeo map #780

Wednesday No. W1404-492 **Dec. 10**

**Bent Creek Ramble – Annual Cookie Hike** **\*8:30 AM**

Hike 7, Drive 10, 1200 ft. ascent, Rated B-B

Ken and Carol Deal, 828-281-4530,

cnkdeal@charter.net

**P400 \*Only Meeting Place: Ingles parking lot on NC 191 across from Asheville Outlets (formerly Biltmore Square Mall).** 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. Topo(s): Asheville; also NatGeo map #780 and Bent Creek Trail Map.

Wednesday No. W1404-492 **Dec. 10**

**Cookie Hike – Shorter Version – Alternate Hike** **\*10:00 AM**

Hike 4, Drive 10, 500 ft. ascent, Rated C-C  
Diane Stickney, 828-254-9054,  
magenta9@charter.net

**P400 \*Only Meeting Place: Ingles parking lot on NC 191 across from Asheville Outlets (formerly Biltmore Square Mall).** 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. Topo(s): Asheville; also NatGeo map #780 and Bent Creek Trail Map.

Wednesday No. W1404-399 **Dec. 17**

**Cedar Rock Mtn. Loop** **\*8:30 AM**

Hike 8.5, Drive 70, 1900 ft. ascent, Rated B-A  
Bruce Bente, 828-692-0116, cell: 828-699-6296,  
bbente@bellsouth.net

**P400, WC100 \*Form carpools at Westgate and meet leader at Pisgah Fish Hatchery at 9:15 AM.** 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. Topo(s): Shining Rock; also NatGeo map #780

Wednesday **Dec. 24**  
**NO HIKE SCHEDULED**

Wednesday **Dec. 31**  
**NO HIKE SCHEDULED**

## ALL-DAY WEEKEND HIKES

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

Sunday No. A1404-489 **Oct. 5**  
**Bad Fork - Trace Ridge Loop** **\*9:00 AM**

Hike 8, Drive 15, 2000 ft. ascent, Rated B-A  
Carroll Koeppinger, 828-667-0723,  
cell: 828-231-9444, carrollkoepp@bellsouth.net  
**P400 \*Only Meeting Place: BRP French Broad Overlook.** This hike is designed to traverse the Trace Ridge Trailhead area that was logged in 2014, to see first-hand the impact of the logging on hiking trails. From Bent Creek Gap, we will hike over Ferrin Knob, down the Trace Ridge trail, follow a side trail and then up the Bad Fork Trail. Topo(s): Dunsmore Mtn; also NatGeo map # 780

Sunday No. A1404-654 **Oct. 12**

**Squirrel Gap, Cantrell Creek Loop** **8:30 AM**

Hike 12, Drive 55, 1600 ft. ascent, Rated A-A  
Janet Martin, cell: 502-494-9309,  
jaykaymartin@msn.com

**P400** From the Turkey Pen trailhead we will hike up the S. Mills River, Pounding Mill and Squirrel Gap trails, then down Horse Cove and Cantrell Creek to the site of the former Cantrell Lodge. Cross three pedestrian bridges as we hike out on the S. Mills River Trail. Possible wet stream crossings on Cantrell Creek Trail if there has been recent rain. Topo(s): Pisgah Forest; also NatGeo map #780

Saturday No. A1404-204 **Oct. 18**

**Max Patch Ramble** **10:00 AM**

Hike 7.5, Drive 100, 1100 ft. ascent, Rated B-B  
Judy and Jim Magura, cell: 828-606-1490,  
jqs290@gmail.com

We will do a scenic hike around Max Patch, following the AT north to visit the Roaring Fork shelter built by CMC, then returning on the Buckeye Ridge Trail and AT over Max Patch and back to our cars. Expect spectacular views from the summit of Max Patch. **Second meeting place: Pilot Truck Stop off Exit 24 of I-40 at 10:30 AM, but contact leader first.** Topo(s): Lemon Gap; also PNF Harmon Den Trail Maps

Sunday No. A1404-844 **Oct. 19**

**Fall Color hike in Deep Creek area of Smokies** **\*8:00 AM**

Hike 8.8, Drive 140, 2600 ft. ascent, Rated B-AA  
Mike Knies, 828-628-6712, knies06@att.net

**900M \*First meeting place: Home Depot off Exit 44 of I-40.** We will hike on parts of four seldom-used Smokies trails to view fall colors at their peak! We will hike along the ridgeline of lower Thomas Divide and then take the historic Indian Creek Motor Trail, Deeplow Gap Trail and Cooper Creek Trail. On the way we will see Little Creek Falls, the ruins of an old hunting lodge, home sites and a couple of cemeteries. Short car shuttle. **Second meeting place: Waynesville rest area off US 23/74 at 8:30 AM.** Topo(s): Bryson City, Clingmans Dome, Smokemont, Whittier; also NatGeo map #317

Saturday No. A1404-841 **Oct. 25**  
**Injun Creek - Grapeyard Ridge** **8:30 AM**



Hike 8, Drive 165, 1400 ft. ascent, Rated B-B  
Ashok Kudva, 828-698-7119, cell: 828-674-1374,  
ashok.kudva@att.net

**900M** This new hike in the Greenbrier section of GSMNP will start on an unmapped trail behind the Greenbrier Ranger Station and cover part of the Grapeyard Ridge Trail. It will pass the remains of a stationary steam engine and a good view of Mt. LeConte. Details will be posted in the hike schedule after scouting the hike. Car shuttle. **Second meeting place: Pilot Truck Stop off Exit 24 of I-40 at 9:00 AM, but contact leader first.** Topo(s): Mt. LeConte; also NatGeo map #317

Sunday No. A1404-843 **Oct. 26**  
**Allen Gap - Hickey Fork via A.T. \*8:30 AM**  
Hike 8.1, Drive 90, 2600 ft. ascent, Rated B-AA  
Tish Desjardins, cell: 828-380-1452,  
desraylet@aol.com

**\*Form carpools at Westgate and meet leader at US 25 / NC 208 at 9:10 AM.** This new CMC hike will begin uphill on the AT towards Camp Creek Bald, then turn downhill on the Pounding Mill Trail to Seng Gap, then onto the Hickey Fork Trail, ending by crossing the long footbridge over Hickey Fork. Car shuttle. *Potluck supper after the hike at leader's community lodge. Your dish will be collected at the second meeting place by leader's husband. Contact leader to coordinate what type of dish to bring.* Topo(s): Hot Springs, Davy Crockett Lake, Greystone, White Rock; also NatGeo map #782

Sunday No. A1404-282 **Nov. 2**  
**Black Mountain-Buckhorn**  
**Gap-Twin Falls \*8:00 AM**  
**(strenuous)**

Hike 9, Drive 62, 3000 ft. ascent, Rated B-AA+  
Michael and Kathy Cornn, cell: 828-458-1281,  
mccornn@aol.com  
**P400 \*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 8:30 AM.** From the trailhead we will climb steadily up to 4286 ft. Black Mtn. and Clawhammer Mtn. and then to Buckhorn Gap and Twin Falls, ending at FS477. A great cool-weather hike. Car shuttle. Topo(s): Pisgah Forest, Shining rock; also NatGeo map #780

Sunday No. A1404-209 **Nov. 2**  
**Buckwheat Knob - Coontree Loop 10:00 AM**  
**(moderate)**

Hike 8, Drive 67, 1900 ft. ascent, Rated B-A  
Laura Frisbie, 828-337-5845,  
laurafrisbie@charter.net  
**P400** From the trailhead at Coontree Picnic Area, we'll climb along beautiful Coontree Creek through open forest up to Bennett Gap and on to Buckwheat Knob for lunch, then return via the other segment of the Coontree loop. A moderate woodland hike with exceptional views from the ridgeline. **Second meeting place: Coontree Picnic Area at 10:40 AM.** Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1404-228 **Nov. 9**  
**NC 215 to Sunburst Campground**  
**via Green Knob \*8:30 AM**

Hike 7, Drive 80, 2100 ft. ascent, Rated B-AA  
Jill Gottesman, 828-587-9453,  
cell: 828-545-5236, jill\_gottesman@tws.org  
**P400 \*Form carpools at Westgate and meet leader at Jukebox Jct. at US 276 & NC 215 at 9:00 AM.** *Wilderness hike, limited to ten hikers—call leader for reservation.* This variation of hike #228 will start at NC 215 and follow the MST and Green Mountain Trails to Sunburst Campground. Enjoy spectacular views from Fork Ridge and Green Knob along the eastern side of the Middle Prong Wilderness area. There is a steep 2800' descent after Green Knob. Car shuttle. Topo(s): Sam Knob; also NatGeo map #780

Saturday No. A1404-578 **Nov. 15**  
**Flat Laurel Creek, Little Sam Knob,**  
**MST Loop 10:00 AM**

Hike 7.5, Drive 80, 1000 ft. ascent, Rated B-C  
Marcia Bromberg, 828-505-0471,  
mwbromberg@yahoo.com  
This is a pleasant loop trail with views of Sam Knob, Fork Ridge and Flat Laurel Creek. After a short walk along NC 215, we'll hike up the Flat Laurel Creek Trail and have lunch next to the creek. Then we'll hike up to the MST on the Little Sam Trail. After a side trip to Devil's Courthouse to enjoy the views, we'll return to our cars via the MST. **Second meeting place: Gravel parking lot on NC 215 1/4 mile north of BRP at 10:50 AM.** Topo(s): Sam Knob; also NatGeo map #780

Sunday No. A1404-224 **Nov. 16**  
**Table Rock Loop \*8:00 AM**

Hike 9, Drive 125, 2900 ft. ascent, Rated B-AA  
Jeff McGurk, 864-921-6469,  
jbsbestfan@hotmail.com  
**\*Form carpools at Westgate and meet leader at Nature Center Parking lot in Table Rock State Park at 9:15 AM.** This great hike is a shorter version of #224, and starts from the Nature Center, climbs steeply up to our lunch spot on Table Rock where everyone can enjoy the great view. We will then follow the Ridge and Mill Creek Pass Trails, followed by a steady but moderate descent back to our cars. NOTE: \$2 parking fee per person. Topo(s): Table Rock

Sunday No. A1404-744 **Nov. 23**  
**Silver Mine - A.T. - Runion 8:30 AM**

Hike 8.5, Drive 70, 2600 ft. ascent, Rated B-AA  
Paul Benson, 828-251-1909,  
pdbenson@charter.net  
Starting where Silver Mine Branch flows into the French Broad River, we'll hike the AT up Lovers Leap Ridge to Pump Gap, where we will turn down the Pump Gap Trail and a manway connecting to the French Broad River near where the Big Laurel Creek comes in. We then hike up the Lower Big Laurel Creek Trail to our lunch spot at the old ruins in Runion. We'll backtrack

up the manway and the Pump Gap Trail to Pump Gap where we'll continue down the Pump Gap Trail to Silvermine Creek and follow it back to the trailhead. This hike offers an interesting mix of ridgeline and lush streamside forest hiking. *\*After the hike, we will enjoy the hot tubs in Hot Springs. Contact the leader by Wednesday, Nov. 19 to be included in the hot tub reservation.* Topo(s): Hot Springs; also NatGeo map #782

Saturday No. A1404-399 **Nov. 29**  
**Cedar Rock Mtn. Loop \*8:30 AM**

Hike 8.5, Drive 70, 1900 ft. ascent, Rated B-A  
Bruce Bente, 828-692-0116, cell: 828-699-6296,  
bbente@bellsouth.net  
**P400, WC100 \*Form carpools at Westgate and meet leader at Pisgah Fish Hatchery at 9:15 AM.** 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 a clear day, expect great views from our lunch spot on Cedar Rock Mtn. Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1404-846 **Nov. 30**  
**Sampson Mtn. Wilderness Area \*8:30 AM**

Hike 8, Drive 135, 2500 ft. ascent, Rated B-AA  
Les and Catherine Love, 828-458-1489,  
lesrlove55@gmail.com  
*\*Wilderness hike, limited to ten hikers—call leader for reservation.* New CMC hike. We'll hike all the designated trails in this east Tennessee wilderness area, first to the Squibb Creek waterfall, and then the loop of Middle Spring and Turkey Pen Cove Trails, with views from the ridge top. Optional dinner at Farmer's Daughter. Topo(s): Greystone; also NatGeo map #782

Sunday No. A1404-716 **Dec. 7**  
**Pilot Mountain Cross-Country \*8:30 AM**

Hike 8.2, Drive 80, 1800 ft. ascent, Rated B-A  
Dave Wetmore, cell: 828-577-0648,  
dwetmore@comporium.net  
**P400 \*Form carpools at Westgate and meet leader at Pisgah Forest Bi-lo at 9:00 AM.** This hike is a combination of old roads, closed roads and off-trail hiking. We'll begin by going southwest from Gloucester Gap, and then do an off-trail climb with two short but steep sections from the south to Pilot Mtn with its wonderful views. The return will be mostly on trails and old roads. Topo(s): Shining Rock, also NatGeo map #780

Saturday No. A1404-642 **Dec. 13**  
**Smokemont Loop 10:00 AM**

Hike 6.2, Drive 110, 1300 ft. ascent, Rated B-B  
Barbara Morgan, cell: 828-460-7066,  
barbc129@gmail.com  
**900M** A loop hike from Smokemont Campground that goes up Bradley Fork Trail, paralleling the

beautiful stream. We'll turn left onto Smokemont Loop Trail, crossing Bradley Fork on a long and narrow split log bridge with a steel cable hand rail, to complete the loop over Richland Mountain, with a stop at Bradley Cemetery on the way back. A wonderful late-autumn hike in the Smokies. **Second meeting place: Maggie Valley Post Office at 10:30 AM, but contact leader first.** Topo(s): Smokemont; also NatGeo map #317

Sunday No. A1404-842 **Dec. 14**  
**Kitsuma - Swannanoa Creek Trail \*8:00 AM**  
 Hike 10, Drive 60, 1900 ft. ascent, Rated A-A  
 Jim Reel, 828-738-0751, cell: 828-443-2532, jimr57@yahoo.com

**\*Form carpools at Westgate and meet leader at Ingles off Exit 64 of I-40 at 8:20 AM.** We will hike up and over Kitsuma Peak, then loop around and descend via the Swannanoa Creek Trail. Good views along the way. Topo(s): Old Fort, Black Mtn.; also NatGeo map #779

Sunday No. A1404-279 **Dec. 21**  
**Montreat Trestle Grade –**  
**Pot Cove Trail 10:00 AM**  
 Hike 8, Drive 35, 1900 ft. ascent, Rated B-A  
 Daisy Teng Karasek, 828-505-2036, cell: 408-887-3666, daisytk@yahoo.com

A partial loop hike over Lookout Rock and along the East Ridge and Trestle Road Trails to Pot Cove. Return along the Mitchell Road and Trestle Road Trails. A moderately strenuous beginning followed by a gentle return. Good winter views. **Second meeting place: Ingles parking lot off Exit 64 of I-40 in Black Mountain at 10:20AM.** Topo(s): Montreat; also Montreat Trail Map

Saturday No. A1404-236 **Dec. 27**  
**DuPont Forest- Fawn Lake P.L. #1 – Three Lakes, one Waterfall and a Surprise 8:30 AM**  
 Hike 10, Drive 95, 1400 ft. ascent, Rated A-B  
 Danny Bernstein, 828-450-0747, danny@hikertohiker.com

A moderate hike featuring beautiful lakes and a waterfall. We'll see Bridal Veil Falls, Lake Julia, Lake Dense and Fawn Lake, an old airstrip and a surprise feature. **Second meeting place: Pisgah Forest Bi-Lo at 9:05 AM.** Topo(s): Standingstone Mtn.; also DuPont Forest trail map

Sunday No. A1404-792 **Dec. 28**  
**Bracken Mtn., Cat Gap to Fish Hatchery \*8:30 AM**  
 Hike 8.1, Drive 62, 1750 ft. ascent, Rated B-A  
 Stuart English, 828-384-4870, cell: 828-384-4870, stuengo@comporium.net

**P400 \*Form carpools at Westgate and meet leader at Pisgah Fish Hatchery at 9:15 AM.** We will follow the Bracken Mountain Trail through the new preserve owned by the City of Brevard to the Pisgah National Forest boundary, then follow FS 475C to a junction with an old unmapped trail that connects to the Cat Gap Loop Trail. We will follow that to the Pisgah Fish Hatchery with

a possible stop at the waterfall at Cedar Rock Creek. Car shuttle. *Join the hike leader at his home for refreshments after the hike, but contact leader first.* Topo(s): Pisgah Forest; also NatGeo map #780

## HALF-DAY SUNDAY HIKES

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

Half-Day No. H1404-464 **Oct. 5**  
**Balsam Gap to Greybeard Overlook \*12:00 PM**

Hike 5, Drive 44, 1300 ft. ascent, Rated C-B  
 Renate Rikkers, 828-298-9988, rerikkers@aol.com

**\*First meeting place: Back parking lot of Folk Art Center.** A special fall hike through a range of environments and landscapes, including rocky trail sections that require good footwear and hiking poles for bad knees. This hike takes us from Alpine vegetation through old hemlock and lichen-covered oak forest, over open blueberry balds with long-range views, and finally through a lovely beech forest and sweeping native grasses to the Greybeard Overlook. Short car shuttle. **Second meeting place: Craven Gap on BRP at 12:10 PM.** Topo(s): Montreat

Half-Day No. H1404-573 **Oct. 12**  
**Devil's Courthouse from NC 215 12:00 PM**  
 Hike 6, Drive 75, 700 ft. ascent, Rated C-C  
 Chris Allen, 828-707-6500, chrispallen@icloud.com

**P400** We will hike east from the parking area off NC 215 through patches of mountain laurel and a dense pine cluster on the Mountains-to-Sea Trail connector, crossing over the Blue Ridge Parkway tunnel to Devil's Courthouse, where we will pause for a snack to enjoy 360° mountain views before returning. This should be a good hike for October with a combination of wooded trails and scenic views for fall color. **Second meeting place: Cold Mountain Overlook at 12:40 PM.** Topo(s): Sam Knob; also NatGeo map #780

Half-Day No. H1404-453 **Oct. 19**  
**Max Patch Loop \*10:00 AM**  
 Hike 6, Drive 100, 800 ft. ascent, Rated C-C  
 Jack Dalton, 828-622-3704, cell: 828-380-0848, jckdalton9@gmail.com

**\*Form carpools at Westgate and meet leader**

**at Old Spring Creek School building on NC 209 in Spring Creek at 10:45 AM.** Drive to Max Patch parking area, hike up to top to join the A.T., enjoy views and head south on A.T. to pick up Buckeye Ridge Trail, loop around back to A.T. to top of Max Patch, then return to cars. Awesome 360-degree panoramic views from summit of Max Patch make this a favorite hike. Topo(s): Lemon Gap

Half-Day No. H1404-845 **Oct. 26**  
**Trombatore Trail \*12:30 PM**

Hike 5, Drive 35, 704 ft. ascent, Rated C-C  
 Gail Lamb, 828-275-4500, glamb46@gmail.com  
**\*Only Meeting Place: Ingles parking lot, 225 Charlotte Hwy (US 74-A) in Fairview/Reynolds.** New Hike! New trail! We begin across the road from trailhead to Bearwallow Mountain. This in/out trail ends in beautiful meadow with long-distance views. Hopefully, we will have great views with fall colors. Topo(s): Bat Cave

Half-Day No. H1404-525 **Nov. 2**  
**DuPont Forest: Corn Mill**  
**Shoals P. L. #2 \*12:30 PM**

Hike 4, Drive 94, 700 ft. ascent, Rated C-C  
 Bev MacDowell, 828-684-1000, cell: 828-777-5806, bevmacdowellhappy@gmail.com  
**\*Form carpools at Westgate and meet leader at Pisgah Forest Bi-lo at 1:00 PM.** A pleasant hike over several trails up and over the granite slabs of Cedar Mountain with a break at the top of Bridal Veil Falls. Topo(s): Standingstone Mountain

Half-Day No. H1404-324 **Nov. 9**  
**Bent Creek Loop # 4 \*12:30 PM**

Hike 5, Drive 15, 600 ft. ascent, Rated C-C  
 Karin Eckert, 828-593-8453, karingarden@yahoo.com  
**P400 \*Only Meeting Place: Ingles parking lot across from Asheville Outlets (formerly Biltmore Square Mall) on NC 191.** 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, Dunsmore Mtn.

Half-Day No. H1404-717 **Nov. 16**  
**Sunburst to Waterfalls \*12:30 PM**

Hike 6.2, Drive 60, 700 ft. ascent, Rated B-C  
 Bobbi Powers, 828-667-5419, bobbipowers23@gmail.com  
**P400 \*Only Meeting Place: Home Depot off Exit 44 of I-40.** Two-thirds of this hike follows one of the prettiest FS roads around, with switchbacks and good views of the forest, hopefully holding onto a bit of fall color, and a rushing stream. We will detour twice, each time to view a waterfall. It's all uphill going in and downhill on the way back. And no extra charge for a beautiful



## Appalachian Trail game promotes best practices for low-impact trail use

There is a new Appalachian Trail (A.T.) board game that promotes best practices while hiking.

This educational game is fun for the whole family and integrates low-impact camping ethics, backpacking skills, first aid, plant and animal identification, and A.T. trivia. It's perfect for classrooms, homeschool groups, camping trips, scout meetings, youth groups and family gatherings.

As a way of giving back to the A.T. community, \$1 from each game sale will go to support the Appalachian Trail Conservancy's mission to preserve and manage the Appalachian Trail.

Help create new cards by emailing your best ideas to [NewIdeas@theATgame.com](mailto:NewIdeas@theATgame.com).

## MST photography contest

Submit your photos of North Carolina's Mountains-to-Sea Trail -- from the Great Smoky Mountains to the Outer Banks.

Win cash prizes, gift cards for outdoor gear, and the chance to have your photos published.

Photos will be judged by a panel of prominent judges in three categories:

- The View from the Trail
- People on the Trail
- Youth Photographer (17 and under)

Deadline for submitting photos: Friday, October 31, 2014 @ 11:59 PM.

Visit Friends of the Mountain-to-Sea Trail's website at: <http://www.ncmst.org/>

get-involved/photo-contest/ for contest details and to submit your photographs.

Capture your adventures on film and win!



drive to get to the trailhead!. Topo(s): Sam Knob, Waynesville

Half-Day No. H1404-511 **Nov. 23**  
**Florence Nature Preserve** \*12:30 PM

Hike 5, Drive 40, 1000 ft. ascent, Rated C-C  
Dennis Bass, 828-367-7792,  
[dbass3607@gmail.com](mailto:dbass3607@gmail.com)

**\*Only Meeting Place: Ingles parking lot, 225 Charlotte Hwy. (US 74-A).** This hike is a loop in the Florence Nature Preserve 600+ acre tract in Hickory Nut Gorge. We'll be hiking part of the hike as described in # 511 (6.5 miles) to keep it to approx. 5 miles. We'll take the new Yellow Diamond Trail, Blue Trail, White Trail, Red Trail to nice overlook, and return via Blue Trail and Yellow Trail. Topo(s): Bat Cave

Half-Day No. H1404-153 **Nov. 30**  
**Cove Creek/Caney Bottom** \*11:20 AM

Hike 5, Drive 75, 300 ft. ascent, Rated C-C  
Stuart English, cell: 828-384-4870,  
[stuengo@comporium.net](mailto:stuengo@comporium.net)

**P400 \*Form carpools at Westgate and meet leader at Pisgah Fish Hatchery at 12:00 PM.** This is a pleasant walk in the valley below Looking Glass Rock. The trail follows a moder-

ate grade as it wanders through the woods along a number of streams and cascades, and includes Cove Creek Falls as its feature attraction. Topo(s): Shining Rock

Half-Day No. H1404-062 **Dec. 7**  
**Daniel Ridge Loop** \*12:15 PM

Hike 4, Drive 70, 800 ft. ascent, Rated C-C  
Lee Belknap, 828-698-9394,  
[rivergypsy@sprintmail.com](mailto:rivergypsy@sprintmail.com)

**P400, WC100 \*First meeting place: Ingles across from Asheville Outlets (formerly Biltmore Square Mall) on NC 191.** This moderate (not easy) loop hike has lots of "C": Creeks, Chasms, and a Cool Cascade finale. **Second meeting place: Pisgah Fish Hatchery at 1:00 PM.** Topo(s): Shining Rock; also NatGeo map #780

Half-Day No. H1404-009 **Dec. 14**  
**Ox Creek Road**

**to Rattlesnake Lodge** \*1:00 PM  
Hike 5, Drive 30, 540 ft. ascent, Rated C-C  
Bonnie Allen, 828-645-0357, cell: 828-707-6115,  
[bonnie@allencats.com](mailto:bonnie@allencats.com)

**\*Only Meeting Place: Back parking lot of Folk Art Center. Meet at Westgate if BRP is closed.** Popular in-and-out hike to historic site. Unusually

fine switchbacks. Topo(s): Craggy Pinnacle

Half-Day No. H1404-751 **Dec. 21**  
**Bent Creek Loop #13 –**

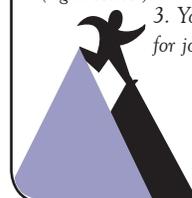
**The Other Side of Bent Creek** \*12:30 PM

Hike 6, Drive 22, 900 ft. ascent, Rated C-C  
Marcia Bromberg, 828-505-0471,  
cell: 860-798-9905, [mwbromberg@yahoo.com](mailto:mwbromberg@yahoo.com)

**\*Only Meeting Place: Ingles across from Asheville Outlets (formerly Biltmore Square Mall) on NC 191.** A gentle hike on the sunny side of Bent Creek starting at the Rice Pinnacle parking lot. Topo(s): Asheville, Skyland

### How to join the CMC

1. Go to [www.carolinamountainclub.org](http://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



# Annual Dinner is Nov. 1

By Barbara Morgan

I warmly invite you to attend this year's event. It's a great time to socialize with your friends, eat a great meal, see who gets awards, hear a great speaker, and (very important) participate in the annual business meeting. The social hour starts at 5:30 and we usually conclude around 9:00.

This year we'll be at the Chariot Restaurant in Hendersonville. Look at the form included with this quarter's *Let's Go* for details about times and cost if you plan to eat. We've kept the cost down to less than last year and are looking at an ample and varied menu to choose from. Parking is available in front of and behind the building.

I'm pleased to inform you that our speaker will be Jeff Wilcox, geology professor in the Environmental Studies program at UNCA (and an enthusiastic CMC hiker!). He'll share insights on the geologic history of WNC and what it means to us as hikers, trail maintainers, and stewards.

If you plan to attend, please make your reservation by the deadlines printed on the form. For those sending their reservation in by mail, please mail it by 10/22/14 to ensure mail delivery and processing time. For those paying online, you can pay with your credit card until 10/29/14. Just log in and click on Annual Dinner in the blue menu box on the right. But, I recommend you do it NOW before you forget!

## Carolina Mountain Club

P.O. Box 68  
Asheville, NC 28802

## NEXT CMC COUNCIL MEETING

**When:** Oct. 8, 2014  
**Where:** West Asheville Library meeting room  
**Time:** 6:00 - 9:00 PM  
**Info:** Call Lenny at 450-1325 if you would like to attend.  
All CMC members are welcome.

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

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

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

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

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

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

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

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

**MEMBERSHIP:** Everyone is eligible for CMC membership by joining and paying dues. To join online or by paper application, go to [www.carolinamountainclub.org](http://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:** Lenny Bernstein, 828-450-1325, [lennybernstein41@gmail.com](mailto:lennybernstein41@gmail.com)  
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**Secretary:** Stuart English, 828-384-4870, [stuengo@comporium.net](mailto:stuengo@comporium.net)  
**Treasurer:** Jim Ariail, 828-505-0443, [jimariail@yahoo.com](mailto:jimariail@yahoo.com)  
**Immediate Past President:** Marcia Bromberg, 828-505-0471, [mwbromberg@yahoo.com](mailto:mwbromberg@yahoo.com)  
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**Councilor for Education:** Kay Shurtleff, 828-749-9230, [kshurtleff@msn.com](mailto:kshurtleff@msn.com)  
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**Councilor for Membership:** Lee Silver, 828-668-7147, [leehsilver@aol.com](mailto:leehsilver@aol.com)  
**Councilor for Trail Maintenance:** Pete R. Petersen, 828-697-1967, [roap@aol.com](mailto:roap@aol.com)  
**Councilor at Large:** Sawako Jager, 828-687-2547, [baiko70@aol.com](mailto:baiko70@aol.com)  
Ann Hendrickson, 828-668-9253, [arriba2928@aol.com](mailto:arriba2928@aol.com)

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**Deadline next issue:** November 15, 2014