



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



Firefly Camping, History and Hiking Weekend in the Smokies—June 18 to 20, 2004

Enjoy a weekend CMC camping trip in the Smokies. See the unusual mating ritual of the synchronous fireflies. Hike in an area of the Smokies that is too far from Asheville for a daytrip, offering both moderate and challenging hikes. Tour the Elkmont historic houses and learn the history of these houses and their controversial future.

For details, see the schedule in this issue. Register early as the number of campers is limited to 27.

The following activities are planned:

Friday evening: See the synchronous fireflies after dark. As part of their mating ritual, groups of fireflies flash on and off at the same time.

Saturday 8:30 AM: 900M Two different levels of hikes in the area will be offered; a moderate 6 to 9 mile hike and a challenging 12-mile hike.

Sunday morning: A tour of the historic houses in Elkmont with a knowledgeable amateur historian.

Sunday afternoon: 900M An unusual moderate half-day hike will be offered.

NEW SECTION OF A.T. OPENED AT SLAUGHTER CREEK

On Saturday January 17, volunteers from the Georgia Appalachian Trail Club opened a new section of AT. near Slaughter Creek. The half mile of new Trail replaces the 0.9 mile of old AT. between Slaughter Creek and Slaughter Gap in the Blood Mountain Wilderness. These changes will allow AT. hikers to completely by-pass the heavily impacted area in Slaughter Gap. To compen-

sate for the loss of the camping area in Slaughter Gap, a camping area with eight tent sites was constructed along the new section of AT. Each site will accommodate up to three backpacking tents. Water is available at the Slaughter Creek Spring near the camping area. With a little relief from human impact, the denuded area in Slaughter Gap should gradually re-vegetate. Additional information can be found on GATC's web site at: <http://www.georgia-atclub.org/news.html>

Announcing a new book

A new book entitled *The Hiker's Guide to Preparing Home-Cooked Meals on the Trail* explores the subject of dehydrating, packaging, and rehydrating foods for use in the wilderness by any outdoor enthusiast wishing to carry lightweight, compact, and tasty meals. Some one hundred recipes are presented and one chapter explains how to build a lightweight oven to be used with a camp-stove to bake things like biscuits and pizza. The recipes are easy to prepare and allow the hiker to carry meals like those cooked at home at a greatly reduced weight. No longer will the hiker need to rely on nutrition-deficient, freeze-dried foods on the trail. Inquiries and orders can be placed at www.trafford.com.



AT Meeting with Morgan Sommerville

The CMC Council met with Morgan to give input and discuss the new plan the AT is implementing soon. We learned that the Appalachian Trail Park Office (ATPO) and the Appalachian Trail Conference (ATC) are restructuring and the Trail clubs along the AT will be included and affected by this change. The Trail Conference Board of Managers has adopted a bold and ambitious plan to restructure the organization to better protect and manage the Appalachian Trail. The plan emphasizes strategies to raise ATC's profile with the hikers and the general public, better connect it to the volunteers in the affiliated clubs who handle most of the day-to-day, on-the-ground Trail work, and increase stable sources of future income to support its mission. Please refer to this link for more information: <http://www.appalachiantrail.org/strategic/index.html>

Saturday Workday May 29

Here's a great chance to learn what is involved in trail maintenance. We will meet on May 29 at the Moose Café on 191 at 8:00 AM for breakfast. We will return to Asheville around 4:00 PM. Come join the fun. Call Les Love, 658-1489, for more information.

HIKE SCHEDULE

Second Quarter 2004

Hike Ratings

FIRST LETTER Distance	SECOND LETTER Cumulative Elevation Gain
AA: Over 12 miles	AA: Over 2,000 ft.
A: 9-12 miles	A: 1,500-2,000 ft.
B: 6-9 miles	B: 1,000-1,500 ft.
C: Under 6 miles	C: Under 1,000 ft.

P400: Indicates that this hike qualifies for the P400 award.

SB6K: Indicates that this hike qualifies for the SB6K award.

Also in the hike descriptions, the terms easy, moderate or strenuous reflect the overall trail conditions, the physical challenge and other factors influencing hike difficulty. If you have questions, CONTACT THE LEADER.

WEDNESDAY HIKES

Submitted by Paula McNabb, 828-274-0057, gcmcnabb@charter.net.

The meeting place for each hike will be designated by the hike leader and will appear in the hike description. Driving mileage will be listed, round trip, from the first designated meeting place.

ALL DAY No. W0401-0315 **April 7**
Black Mountain Bushwhack **8:30 AM**

Hike 8, Drive 1, Rated B-A
Larry Ballard, 828-891-4318
leballard@cytechcis.net
Eileen McGill, 828-891-4409
dolphins@ioa.com

P400 Starting on Yellow Gap Trail, we hike up FS 5051, then bushwhack up Black Mountain, on to Rich Gap, down to FS 5055, and back to Yellow Gap Road. Topo: Dunsmore Mountain; also Nat'l. Geographic Pisgah Ranger District map. **Meeting Place:** North Mills River picnic area.

ALL DAY No. W0402-339 **April 14**
AT Hike: Garenflo Gap
to Lemon Gap **8:30 AM**

Hike 7.4, drive 125 (roundtrip), 3000 ft cumulative climb, rated B-AA
Curt Holladay, 628-9477,
caholady@bellsouth.net

We will start the hike southbound on the AT at Garenflo Gap and while we are still fresh take on the challenge of the 2500 ft climb up Bluff Mt (4686 ft). There should be some worthwhile views at the top. We will descend the south slope of Bluff Mt through Catpen Gap down almost 1000 ft to Kale Gap and from there climb about 500 ft up

Walnut Mt. It really is all downhill from there to Lemon Gap. **Meeting place:** Westgate Shopping Center.

ALL DAY No. W0402-289 **April 21**
MST: Glassmine Falls Overlook
to Stepps Gap **8:30 AM**

Hike 7, Drive 70, 2000 ft. ascent, Rated B-A
Tom Sanders 828-252-6327
mel&tgs@main.nc.us

SB6K Features 2 peaks over 6000, Blackstock Knob and Mt. Gibbes. This route has been worked out by Cave Dog and Tom, with a shortcut bushwhack off the MST around the North of Potato Knob and on to Clingmans Peak and Gibbes. Car shuttle. Topos: Mt. Mitchell and Montreat. **Meeting place:** Westgate Shopping Center

ALL DAY No. W0402-033 **April 28**
Ramsey Cascades **8:00 AM**

Hike 8, Drive 160, 2000 ft. ascent,
Rated B-AA

Tommie Boston 828-686-5029
tambee2@aol.com

900M This is one of the classic spring wildflower hikes in the Smokies. Sixty-foot high Ramsey Cascades is located in a rich forested glen with an amazing variety of wildflowers and a grove of old-growth Tulip trees. The drive and effort to reach this trail are a small price to pay for the reward. **First meeting place:** Westgate Shopping Center. **Second meeting place:** Pilot Truck Stop at exit 24 off I 40 at 8:30 AM. Topo: Mt. Guyot

ALL DAY No. W0402-276 **May 5**
AT: Streets Gap to Big Bald **8:30 AM**

Hike 9, Drive 75, 1500 ft. ascent, Rated A-A
Jay Bretz, 828-658-1220,
williambretz1220@msn.com

Big Bald is one of the crown jewels of our section of the AT, with views of the Blacks, Smokies, and other ranges in WNC and Eastern Tennessee. This is an in-and-out hike from the Tennessee side. Topos: Sams Gap and Bald Creek. **Meeting place:** Westgate Shopping Ctr.

ALL DAY No. W0402-060 **May 12**
Pilot Mtn. from Gloucester Gap **9:00 AM**

Hike 5-6, Drive 80, 2000 ft. ascent,
Rated C-A

Elisabeth and Heinz Feil 828-684-8719
hofeil@brinet.com

P400 This loop trail (which is part of the Art Loeb Tr. and the Alternate MST) starts at Gloucester Gap and climbs 2000 ft in two miles to the summit. We'll take the Forest Service road back down to the cars. Pinkshell azaleas should be in full bloom and maybe some rosy twisted stalk. Bring insect repellent - there are bugs at the top. **Meeting place:** Pisgah Ranger Station, US 276

ALL DAY No. W0402-340 **May 19**

3 Best waterfalls in S. Carolina **8:30 AM**
Hike 6, drive 160 (from exit 53), rated B-C
Jack Fitzgerald, 828-685-2897,
suejackfitz@brinet.com

Visit the 3 highest rated waterfalls in South Carolina on 3 in-and-out hikes. Best: Yellow Branch Falls, 3 miles, beautiful setting & falls. Next best: Issaqueena Falls, great picnic lunch. Add a visit inside Stumphouse Tunnel. Final best: Lee Falls, 3 miles, several stream crossings, final quarter mile very strenuous rock hopping. **Meeting place:** Cracker Barrel at exit 53 (old exit 22) of I 26

ALL DAY No. W0402-359 **May 26**

MST - Balsam Gap to Bee Tree Gap,
WILDFLOWER HIKE. **8:30 AM**

Hike 8, Drive 46, Rated B-B.

Brad & Bev Van Diver, 828-669-2740,
bravandi@cs.com

Car shuttle. A beautiful, moderate hike with Wonderful views. **Meeting place:** lower lot at Folk Art Center.

ALL DAY **No hike scheduled for June 2**

ALL DAY No. W0402-172 **June 9**
John Rock Loop **10:00 A.M.**

Drive 0, Hike 6.5, Rated B-B
Paula McNabb, 828-274-0057,
gcmcnabb@charter.net

P400 A repeat of the popular John Rock hike. Starting at the fish hatchery parking lot, we follow the Cat Gap Loop Trail, to John Rock Trail, to the summit. Beautiful views. Return via the connector. A moderate summer hike. **Only meeting place:** Fish Hatchery Parking lot. Topo: Shining Rock.

ALL DAY No. W0402-341 **June 16**
MST: Buck Springs Trail

or Leaders Choice **9:00 AM**

Hike 6, Drive 40, Rated B-B
Boyd Brasington 828-254-8675

P400 We will walk from Pigeon Gap to Pisgah Inn via the MST and the Buck Springs Trail. This is a beautiful hike with several step over water crossings. Wear non slip shoes. **Meeting place is Ingles across from Biltmore Square Mall at 9:00 AM.** **Second meeting place is Cold Mountain overlook where US 276 crosses the Blue Ridge Parkway (M.P. 412).**

ALL DAY No. W0402-342 **June 23**
MST: Forest Service Road 816, Black

Balsam to Skinny Dip Falls **9:00 AM**

Hike 6-7, drive 7, rated B-B
Siro Delfavero, 828-277-2546

Starting at Black Balsam, we'll hike to the lower falls at Graveyard Fields for lunch. Then we'll go on to Skinny Dip Falls and end at the Looking Glass overlook. Car

shuttle. **Meeting place: Looking Glass Rock Overlook at Milepost 417.**

ALL DAY No. W0402-343 **June 30**
Mount Mitchell Loop via
Commissary Ridge 9:00 AM

Hike 7, drive 60, 1500 ft. ascent, Rated C-B
Gerry McNabb, 828-274-0057,
gcmcnabb@charter.net

We will hike from the ranger station to the summit, returning via the Camp Alice Road to the ranger station. Ample bathrooms. Cell phone will be on after 8 a.m. (828-231-8274) Topo: Mt. Mitchell. **Meeting Place: Folk Art Center off Blue Ridge Parkway, lower parking lot**

ALL DAY SATURDAY AND SUNDAY HIKES

All-day hikes submitted by Bruce Bente 828-692-0116, bbente@cytechusa.com. Driving distance is round-trip from Asheville. **All Saturday and Sunday hikes assemble at Westgate Shopping Center near I 240 UNLESS OTHERWISE NOTED.**

ALL DAY NO. A0401-337 **Apr. 4**
Shining Rock from

Black Balsam (strenuous #1) 8:30 AM
Hike 11, Drive 65, 1500 ft. ascent, Rated A-A
Lenny Bernstein 828-236-0192
lsberns@worldnet.att.net

SB6K, P400 Note change to DST and later start time. We'll hike to Shining Rock via two different routes today. This hike will take the Art Loeb Trail from FS 816 to Shining Rock (6040'), climbing Black Balsam (6214'), Tennent Mtn. (6040') and Grassy Cove Top (6040') along the way. This will be your chance to bag four easy SB6K peaks while enjoying beautiful early spring views covering the area from Pilot Mtn. to Cold Mtn. We'll return via the Ivestor Gap Trail to get a different perspective on the same area. Wilderness area hike limited to 10 people. Please contact hike leader to reserve your place. **Second meeting place: BRP Cold Mtn. overlook at 9:00 AM.** Topos: Shining Rock, Sam Knob; also Natl. Geographic map of Pisgah Ranger District

ALL DAY NO. A0401-151 **Apr. 4**
Shining Rock loop via Chestnut
Ridge and Shining Creek 8:45 AM
(strenuous #2)

Hike 8.5, Drive 60, 2600 ft. ascent,
Rated B-AA
Carroll Koeplinger 828-667-0723
carrollkoepp@cs.com

SB6K, P400 Note change to DST and later start time. We'll hike to Shining Rock via two different routes today. This hike will start at

the Big East parking area, go up the steep Chestnut Ridge Trail, then over Dog Loser and Old Butt Knobs to lunch at Shining Rock (6040') with its exceptional views. We'll return via a steep descent to the north fork of Shining Creek. Wilderness area hike limited to ten people. Please contact hike leader to reserve your place. Topo: Shining Rock; also Natl. Geographic map of Pisgah Ranger District

ALL DAY NO. A0402-124 **Apr. 11**
Clingman's Dome & Mt. Collins 8:00 AM

Hike 11.7, Drive 150, 1900 ft. ascent,
Rated A-A
Dave Wetmore 828-884-7296
dwetmore@citcom.net

SB6K, 900M Here's a chance to knock off two of the SB6K peaks in the Smokies. We will hike the AT from the Fork Ridge access, over Mt. Collins (6188') and Clingman's Dome (6643'.), enjoy the views and then return 8 miles to Newfound Gap. Those wishing a shorter hike can return to the original trailhead, for an 8-mile hike. **Second meeting place: Quality Inn in Maggie Valley at 8:30 AM.** Topo: Clingman's Dome

ALL DAY NO. A0402-128 **Apr. 18**
Sam's Knob Loop: Hike

with the Kiwis 9:00 AM
Hike 10.5, Drive 75, 1100 ft. ascent,
Rated A-B
Danny and Lenny Bernstein 828-236-0192
danny@hikertohiker.org

SB6K, P400 Note later starting time. This lovely loop starts at FS 816, ascends Sam Knob (6040') with its 360 degree views, then follows the Flat Laurel Creek Trail to NC 215. We will return via the MST, Little Sam and Flat Laurel Creek trails, with a side trip to Devil's Courthouse (another great viewpoint). Two groups will hike, doing the loop in opposite directions. Come meet the Kiwis and learn their tramping culture. Optional supper afterwards at a moderately-priced Asheville restaurant. Wilderness area limited to ten hikers; Please call hike leader to reserve your place. **Second meeting place: BRP Cold Mtn. overlook at 9:30 AM.** Topos: Shining Rock & Sam Knob; also Nat'l. Geographic Pisgah Ranger District map

SATURDAY NO. A0402-089 **Apr. 24**
AT: Max Patch to Lemon Gap
and Return 8:00 AM

Hike 11, Drive 100, 1800 ft. ascent,
Rated A-A
Becky Smucker 828-298-5013
bjsmucker@aol.com

This hike is legendary for the Trilliums in bloom. We'll have a chance to see the new AT shelter being built by the CMC, along a beautiful section of the AT, beginning and ending at Max Patch with one of WNC's

most stunning views. **Second meeting place: Pilot Truck Stop at exit 24 off I 40 at 9:00 AM.** Topo: Lemon Gap

ALL DAY NO. A0402-033 **Apr. 25**
Ramsey Cascades 8:00 AM

Hike 8, Drive 160, 2000 ft. ascent,
Rated B-AA

Tommie Boston 828-686-5029
tambee2@aol.com

900M This is one of the classic spring wildflower hikes in the Smokies. Sixty-foot high Ramsey Cascades is located in a rich forested glen with an amazing variety of wildflowers and a grove of old-growth Tulip trees. **Second meeting place: Pilot Truck Stop at exit 24 off I 40 at 8:30 AM.** Topo: Mt. Guyot.

ALL DAY NO. A0402-218 **May 2**
Cataloochee Divide 8:00 AM

(strenuous)
Hike 12, Drive 85, 1800 ft. ascent,
Rated AA-A (EB),
or 2800 ft. ascent, Rated AA-AA (WB)

Larry Modlin 251-5092
lmodlin@warren-wilson.edu

900M If it is clear, we will experience some of the most spectacular views in WNC as we hike over Hemphill Bald (our lunch spot) and the Swag. This will be a key swap, with half the group starting at Poll's Gap and half from Cove Creek Rd. Wildflowers should be wonderfully abundant. **Additional meeting places, but call leader: Pilot Truck Stop at exit 24 off I 40 at 8:30 AM, or Quality Inn in Maggie Valley at 8:30 AM.** Topos: Cove Creek Gap, Dellwood, Bunches Bald

ALL DAY NO. A0402-351 **May 2**
Hawkbill Creek Flower Hike 9:00 AM

(moderate)
Hike 7-8, Drive 50, 1000 ft. ascent, Rated B-B
Ruth Hartzler 828-251-0886
ruthmtn@aol.com

Note later starting time. This hike will be a shortened version of the hike done last April, and is designed to have adequate time to observe and appreciate the spectacular variety of wildflowers and ramps along the route. We will do an easy bushwhack up Hawkbill Creek to its starting point, then return by a combination of backtracking and along an old forest road. Topo: Craggy Pinnacle

ALL DAY NO. A0402-352 **May 9**
Jones Gap Trail/Coldspring Loop 8:00 AM

Hike 10, Drive 80, 1600 ft. ascent, Rated A-A
Ellie Thrush 828-697-9743
treehouse@highstream.net

We'll hike up Jones Gap and Tom Miller Trails past 2 waterfalls to US 276, then return via Coldspring Trail with several creek crossings. A hiking stick will be helpful. One short but steep climb. **Second meeting place: Exit**

53 (old exit 22) of I 26, north end of Cracker Barrel parking lot, next to Upward Rd.) Topos: Standingstone Mtn., Cleveland, Table Rock; also Mountain Bridge Wilderness and Recreation Area Trail Map

**ALL DAY NO. A0402-353 May 15-16
Beginner's Backpack (Richland Balsam area) 10:00 AM**

Hike 6-8, Drive 90, 1500 ft. ascent, Rated AA-B

Linda Beja, 828-293-3849
lrbeja@earthlink.net

P400 This hike is designed as an overnight event for beginning backpackers. On Saturday, we will hike in 2-3 miles from the trailhead, set up camp and then dayhike from the camp to interesting destinations in the vicinity; Sunday will be used for another dayhike before breaking camp and returning to Asheville. **NOTE:** Hikers must make reservations with Linda Beja before May 1. Linda anticipates having a meeting with participants before the backpack to discuss gear and itinerary. Topo: Sam Knob; also Natl. Geographic map of Pisgah Ranger District

**ALL DAY NO. A0402-354 May 23
Hump Mtn. from Elk Park 7:30 AM**

Hike 8, Drive 140, 3200 ft. ascent, Rated B-AA+

Bob Byrd 828-299-7681 bbyrd@charter.net
This is a beautiful hike to one of the crown jewels of the AT, Hump Mtn. The 360 degree views should be fantastic from the summit. The hike will continue through Bradley Gap to Little Hump Mtn. Hikers wishing a shorter hike with less climbing can remain at the first summit and wait for the leader's return. Topos: Elk Park, White Rocks Mtn., Carvers Gap

**ALL DAY NO. A0402-355 May 30
AT: Devils Fork Gap to Carmen 8:00 AM**

Hike 11, Drive 95, 1900 ft. ascent, Rated A-A

Janet Martin 812-738-8154

jaykaymartin@msn.com
This trip goes along 9 miles of the most scenic miles on the AT. It features two shelters, including Jerry's Cabin, a historic gravesite and beautiful views from atop Big Butt. We then go down Fork Ridge trail to Carmen. Topos: Flag Pond, Greystone

**MEMORIAL DAY JOINT HIKE WITH
SMOKY MOUNTAINS HIKING CLUB
NO. A0402-356 May 31**

**Kephart Prong - Sweat Heifer -
AT - Grassy Branch loop 7:30 AM
(strenuous)**

Hike 14.2, Drive 130, 3650 ft. ascent, Rated AA-AA+

CMC contact: Don Gardner 828-754-4067
gardog3@charter.net

SMHC contact: Kris Johnson 865-430-4359
kris_johnson@nps.gov, Cata Folks
865-982-3890

900M Note earlier start time. We'll be led by Kristine Johnson, a GSMNP biologist who works on biological issues such as problems with alien species. We'll do a loop hike, starting at Kephart Prong, and climbing to the AT by way of Sweat Heifer Trail. Then we'll follow the AT north past the spectacular views from Charlie's Bunion, and drop back down on the Dry Sluice Gap, Grassy Branch and Kephart Prong Trails. **Second meeting place: Quality Inn in Maggie Valley at 8:00 AM.** Topos: Smokemont, Clingman's Dome, Mt. Le Conte, Mt. Guyot

**ALL DAY NO. A0402-217 June 6
(strenuous) 8:00 AM**

Sandy Mush Bald Ramble

Hike 9.5, Drive 40, 3100 ft. ascent,

Rated B-AA+

Rob Resnick 828-255-8066

reschrio@aol.com

Sarah Carothers 828-586-3282

sjcarothers@hotmail.com

Due to the popularity of this hike last year, we're offering it again for hikers who missed it. After dropping a car at the end of Boyd Cove, we will ascend forest roads up Surratt Cove to the Sandy Mush Balds, traversing the ridge tops to Chestnut Gap, and descend along Long Branch to a waiting vehicle. Some cross-country hiking required, and be prepared to cross a few barbed-wire fences. Thanks to Long Branch Environmental Education Center for providing access and coordinating permission from contiguous landowners. If the weather is clear, the views do not get any better! Topos: Sandy Mush, Fines Creek

**ALL DAY NO. A0402-357 June 6
Pisgah Ridge Loop (moderate) 8:30 AM***

Kathie Giddings 828-696-9808

kmgiddings@juno.com

Hike 7.5, Drive 70, 1000 ft. ascent, Rated B-B

P400 *Meeting places: Self-organize car-pools at Westgate at 8:30 AM. Meet leader at BRP Cold Mtn. overlook (MP 412) at 9:00 AM. Note later start time.

Starting at the Graveyard Fields parking lot, we will follow the Pisgah Ridge Trail to the MST and lunch at a beautiful overlook. Then we'll proceed on the Graveyard Ridge Trail to the parking lot, with a possible side trip to one of the Yellowstone falls. This hike has nice views along the way. Topo: Shining Rock; also Natl. Geographic map of Pisgah Ranger District

**ALL DAY NO. A0402-220 June 13
Gregory Bald via Wolf's Ridge 7:30 AM
Trail (strenuous)**

Hike 15.6, Drive 200, >3500 ft. ascent, Rated AA-AA+

Stuart Tauber 828-254-0824

sdtauber@charter.net

900M Note earlier starting time. We did this hike last July, but were too late to see the flame azaleas in bloom. With luck, we'll be there at the peak of bloom this year. From the Twenty Mile Creek trailhead, this loop hike ascends progressively on the Wolf Ridge Trail to Parson Bald and reaches Gregory Bald, the home of a spectacular setting of flame azaleas and breathtaking views of Cades Cove, Thunderhead and other Smokies peaks. Returning on the Long Hungry Pine trail to Twenty Mile Creek trail, one passes beautiful Twenty Mile Creek cascades. Wolf Ridge trail crosses Moores Branch five times which one must ford; it is best to bring sneakers/sandals for these crossings.

Second meeting place: Rest Stop beyond Waynesville on US 23/74 at 8:00 AM.

Topos: Fontana Dam, Cades Cove

**WEEKEND NO. A0402-358 June 18-20
Firefly Camping Weekend**

Drive to Elkmont 150

Danny Bernstein 828-236-0192

danny@hikertohiker.org

This will be a camping, hiking and history weekend based at Elkmont Campground in GSMNP. **NOTE:** The only meeting place will be Friday evening at Elkmont Campground. Those wishing to carpool from Asheville should contact the leader. Participants must bring their own camping equipment, two people per campsite. Register with the leader as soon as possible; this weekend will fill up quickly. To register, see www.hikertohiker.org/firefly. The cost is \$24 which includes two nights of camping at Elkmont and a stipend for the historian.

SEE PAGE 1 FOR PLANNED ACTIVITIES Topos: Gatlinburg, Silers Bald; also Nat'l. Geographic GSMNP map

**SATURDAY NO. A0402-314 June 26
MST: Balsam Gap to Double Top 8:00 AM**

Hike 10, Drive 70, 3200 ft. ascent,

Rated A-AA+

Don Walton 828-298-5084

walt7258@bellsouth.net

This hike covers a part of the MST that was recently adopted by the CMC. It features diversified woods, a challenging climb and views of the Plott Balsams. **Second meeting place: Rest area on US 23/74 near Waynesville at 8:30 AM.** Topo: Hazelwood

**ALL DAY NO. A0402-113 June 27
Cold Mtn. 8:00 AM**

Hike 11, Drive 70, 3000 ft. ascent,

Rated A-AA+

Angie Buie 828-778-2221 awroot1@iglide.net

P400, SB6K Angie will lead a fast-paced hike up the mountain immortalized by Charles Frazier. From the Scout Camp we

will climb to the summit of this 6030 ft. peak, our last hike to Cold Mtn. Strenuous and fast pace, so hikers must be in good shape. Wilderness area, limited to 10, so call leader for reservation. Topos: Waynesville, Cruso; also Natl. Geographic map of Pisgah Ranger District



Rated B-C
Paula Robbins, 828-281-3253 (before 9 PM), paularww@bellsouth.net

P400 **Note early start time.** Hike begins at Bent Creek Gap near the Parkway. The first mile is on the MST; the last mile is on Laurel Branch Road off the Bent Creek Gap Road. Last year on this hike we spotted about two dozen wildflowers in bloom. Short car shuttle. **ONLY MEETING PLACE IS INGLES PARKING LOT ON NC 191 ACROSS FROM THE BILTMORE SQUARE MALL.**

HALF-DAY NO. H0402-101 **Apr. 25**
Lower Big Laurel Creek Wildflower Stroll **Noon**

Hike 6, Drive 60, 200 ft. ascent, Rated B-C
Diane Hankins, 828-298-2870 (before 9 PM)
Note early start time. Leisurely paced in-and-out hike along Lower Big Laurel Creek to the site of Runion, an early 1900s settlement. Suitable for anyone over 10 years of age (those under 18 MUST be accompanied by an adult). We'll take time to identify the flowers we see. Long pants suggested (poison ivy sprouts early).

HALF-DAY NO. H0402-003 **May 2**
Balsam Gap to Glassmine Overlook **1:30 PM**

Hike 4, Drive 44, 600 ft. ascent, Rated C-B
Pat Elias, 868-687-1651, peliasy@aol.com
There are some interesting plant communities on this portion of the Mountains-to-Sea Trail in the Craggy Gardens area, with excellent views at the top. Car shuttle. **ONLY MEETING PLACE IS THE FOLK ART CENTER, LOWER PARKING LOT, BLUE RIDGE PARKWAY.**

HALF-DAY NO. H0402-346 **May 9**
MST: Folk Art Center to Haw Creek Overlook **1:30 PM**

Hike 5, 500 ft. ascent, Rated C-B
Barry and Heather Fletcher, 828-299-4776, hrmflet@aol.com
This pleasant in-and-out trek is on the Mountains-to-Sea Trail. **ONLY MEETING PLACE IS THE FOLK ART CENTER, LOWER PARKING LOT, BLUE RIDGE PARKWAY.**

HALF-DAY NO. H0402-068 **May 16**
Little Butt from Balsam Gap **1:00 PM**

Hike 7, Drive 70, 1000 ft. ascent, Rated B-C
Elisabeth Feil, 828-684-8719
hofeil@brinet.com

Note early start time. This moderate in-and-out hike will be at over-5000-foot elevation starting at BRP M.P. 359.8. There are three climbs: to Point Misery and Little Butt (steep) on the way out and up Point Misery again on the return. Spring flowers in this northern hardwood/spruce forest should be at their peak. Excellent views of the Black Mountain Range.

HALF-DAY NO. H0402-062 **May 23**
Daniel Ridge Loop **1:30 PM**

Hike 4.5, Drive 8, Rated C-C
Doyle Horne, 828-654-0339; doylejhorne@bellsouth.net

P400 On this moderate hike in the Pisgah Forest, we should see some spring flowers as well as the spectacular Daniel Ridge Falls. **ONLY MEETING PLACE IS THE PISGAH RANGER STATION, US 276.**

HALF-DAY NO. H0402-347 **May 30**
Twin Falls **1:00 PM**

Hike 6, Drive 80, 1000 ft. ascent, Rated B-B
Les Love, 828-658-1489, LesRLove@aol.com
P400 **Note early start time.** A moderate hike in the Pisgah National Forest, starting on the Buckhorn Gap Trail, taking the Twin Falls Bypass to view two nice waterfalls, and completing a loop on a Forest Service road and the Clawhammer Cove Trail. **SECOND MEETING PLACE IS PISGAH RANGER STATION AT 1:45 PM.**

HALF-DAY NO. H0402-319 **June 6**
Holmes Educational Forest **1:30 PM**

Hike 6, Drive 20, 500 ft. ascent, Rated B-C
Doris Thibodeau, 828-274-9637, dorthib@aol.com
A good late spring hike with "talking trees" and a Forest Demonstration Trail explaining good forestry practices. (This hike was originally scheduled for February, but because of weather, the hike was canceled.) **ONLY MEETING PLACE IS BI-LO (SIDE PARKING LOT NEAR PIZZA HUT) AT US 64 AND 276, PISGAH FOREST.**

HALF-DAY NO. H0402-348 **June 13**
Penny Rock or Leader's Choice **1:30 PM**

Hike 6, Drive 40, Rated B-B
Boyd Brasington, 828-254-8675, boydb@buncombe.main.nc.us
P400 We will walk the Mountains-to-Sea Trail from Pigeon Gap (Milepost 412.5) to Cherry Cove Overlook on the Blue Ridge Parkway. Second meeting place is Cold Mountain Overlook (M.P. 412) where Highway 276 crosses the Blue Ridge Parkway. **ONLY MEETING PLACE IS INGLES PARKING LOT ON NC 191 ACROSS FROM BILTMORE SQUARE MALL.**

ALL DAY NO. A0402-115 **July 4**
Penny Rock (Green Knob) – Chestnut Ridge – Big East **8:00 AM**
Hike 9-10, Drive 60, 2400 ft. ascent, Rated A-AA
Carroll Koepplinger 828-667-0723
carrollkoep@cs.com

P400 A Shining Rock Wilderness area hike, last led by Tom Bindrim in 1998. This diversified hike features some off-trail, MST, scenery, and riverside hiking. Wilderness area hike limited to ten people. Please contact hike leader to reserve your place. Topo: Shining Rock

HALF-DAY SUNDAY HIKES

Half-day hikes submitted by Pat Elias, 828-687-1651, peliasy@aol.com and Paula Robbins, 828-281-3253, paularww@bellsouth.net. Driving distance is round-trip from Asheville. **All hikes assemble at Westgate Shopping Center near I-240 UNLESS OTHERWISE NOTED.**

HALF-DAY NO. H0402-325 **Apr. 4**
Tanyard Gap to Rich Mountain **1:30 PM**

Hike 5, Drive 72, Rated C-B
Jorge Munoz, 828-658-0606, jmunoz@buncombe.main.nc.us
After a good and easy climb on the Appalachian Trail, we will be rewarded with an outstanding view of the Hot Springs area from the fire tower. Side benefits: spring flowers showing off all over, besides good company.

HALF-DAY NO. H0402-344 **Apr. 11**
Pulliam Creek in the Green

River Gamelands **1:00 PM**
Hike 6.5, Drive 10, 900 ft. ascent, Rated B-C
Becky Elston, 828-749-1886, abbybail@tds.net

Note early start time. A pretty in-and-out hike, partially along Pulliam Creek. After we cross the creek, we will see views of the Green River and the famous "Narrows". We will stop at a great spot on the Green River for a snack. Hopefully, entertainment will be provided by some kayakers. **ONLY MEETING PLACE IS CRACKER BARREL AT EXIT 53 (OLD EXIT 22) off I-26.**

HALF-DAY NO. H0402-345 **Apr. 18**
Seven Gaps and Seven Knobs **1:00 PM**

Hike 6.5, Drive 25, lots of ups and downs,

HALF-DAY NO. H0402-349 **June 20**
Buck Spring Trail **Noon**
Hike 6.2, Drive 50, Rated B-C
Pat Elias, 828-687-1651, peliasy@aol.com
P400 Note early start time. This hike will involve a car shuttle to a pleasant downhill hike, beginning behind the Pisgah Inn and ending at US 276. **ONLY MEETING PLACE IS INGLES PARKING LOT ON NC 191 ACROSS FROM BILT-MORE SQUARE MALL.**

HALF-DAY NO. H0402-070 **June 27**
Mt. Mitchell Loop **1:30 PM**
Hike 5, Drive 60, 1500 ft. ascent, Rated C-B
Gerry McNabb, 828-274-0057,
gcmcnabb@charter.net
We will hike from the ranger station to the summit, returning via the Camp Alice Road to the ranger station. Ample bathrooms. Cellphone (828-231-8274) will be on after noon. **ONLY MEETING PLACE IS THE FOLK ART CENTER, LOWER PARKING LOT, BLUE RIDGE PARKWAY.**

HALF-DAY NO. H0402-350 **July 4**
DuPont State Forest Guion Farm P.L. #1 **1:30 PM**
Hike 4-5, Drive 70+, Rated CC.
Anita and Richard Walkey, 828-681-2967,

Mountaineering Information

Consult the trip leader for additional information regarding a particular hike. Hikes may be cancelled due to adverse weather, causing dangerous road and trail conditions. Please call hike leader if weather conditions are questionable.

Visitors are cordially welcome but should select trips within their endurance. When reservations are necessary, the leader will have to be called to reserve a space. Hikers usually carpool from the meeting places to trailheads and back. **Passengers are expected to share operating expenses with the driver.**

Clothing & Equipment, Etc.

Footwear comes first. Never start a mountain trip in brand new footwear. Lightweight hiking boots are recommended. Clothing of any substantial type will do. Carry a sweater, even in summer, and some kind of rain wear.

EQUIPMENT for all-day trips should be a lunch, plenty of water, compass, first aid kit, matches in waterproof case, flashlight, cellphone if available and personal medication including allergy medication. On overnight trips, carry tent, sleeping bag, foam pad, extra clothing, stove, fuel, mess kit, eating utensils, and food in addition to the above.

MAPS are helpful when hiking on your own. U.S. Geological Survey and T.V.A. topographic quadrangle maps are for sale at \$4.00 per sheet at local outfitting stores or by mail from Branch of Distribution, U.S. Geological Survey, Box 25286, Denver, CO 80255. State index maps for selecting quadrangles are free from the Denver office. U.S. Forest Service topographic maps (based on U.S. Geological Survey quadrangles) and maps of selected areas in Western North Carolina are available at the National Forest Service Office, 160 Zillicoa St., P.O. Box 2750, Asheville, NC 28802. Call (828) 257-4200 for further information.

CLUB TRIP REGULATIONS: Both members and visitors are expected to abide absolutely by club regulations and by instructions of the leader. Visitors should make themselves known to the leader on arrival at assembly place announced for the trip. No one is to start ahead of the leader without definite permission, or lag unreasonably far behind the group. The party is pledged not to pick shrubs or wild flowers, damage property in any way, or endanger forests and property by smoking while walking.

Carolina Mountain Club

P.O. Box 68
Asheville, NC 28802

Return Service Requested

Walkey@juno.com

A leisurely paced walk down old logging roads through some beautiful forest. We'll stop at an old cemetery, and if we have time

we'll take a side trail down to a beautiful waterfall. **SECOND MEETING PLACE IS INGLES ON US 176 & HIGHLAND LAKE ROAD IN HENDERSONVILLE AT 2:15 PM.**

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

MEMBERSHIP: Any person is eligible for membership by completing a Membership Application form and paying dues. Individual and Family memberships are \$12.00 per year.

Frequent non-member participants in club hikes are expected to join the Carolina Mountain Club. All members are encouraged to participate in one of the club's many maintenance efforts. Contact a club officer for details.

Carolina Mountain Club Officers

Don Walton-298-5084 PRESIDENT Gerry McNabb-274-0057 VICE PRESIDENT
Lenny Bernstein-236-0192 SECRETARY Carroll Koeplinger-667-0723 TREASURER
COUNCIL MEMBERS: Les Love-658-1489, Linda Blue-645-4488,
Piet Bodenhorst-298-8371, Bruce Bente-692-0116, Bill Ross-271-7992,
Stuart Tauber-254-0824.

Morgan Sommerville-254-3708 ATC FIELD REP

Quarterly Council meetings are open to all Club members. Call any Council member for date, time and place.

THE APPALACHIAN TRAIL: The Carolina Mountain Club is a member of the Appalachian Trail Conference, P.O. Box 807, Harpers Ferry, West Virginia 25245 Telephone (304) 535-6331.

Responsibility For Safety

Each CMC member, guest or non-member hiker agrees to accept personal responsibility for his or her safety and the safety of minors accompanying such persons. The Club cannot ensure the safety of any participant on hikes. In participating in Club hikes, each such person agrees to hold harmless and free from blame the hike leaders, and the CMC, its officers and members, for any accident, injury or illness which might be sustained from participating in hikes or other Club activities.

EDITOR INFORMATION

Editor this issue: Ginger Graziano-236-2075 gingergraz@charter.net

Editor next issue: Gerry McNabb-274-0057 gcmcnabb@charter.net, assisted by Marianne Newman, 454-1036, marianne@msn.com. Send all copy to both addresses.

Deadline next issue: May 15, 2004