



FIRST QUARTER 2014  
Quarterly News Bulletin  
and Hike Schedule



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

# Annual Dinner at Pack's Tavern caps off goth year

Over 100 CMC members gathered for a social hour, a dinner, a state of the club meeting, and an enjoyable program on November 1, 2013, at Pack's Tavern in Asheville. As many old friends enjoyed their meals, Peter Barr, Chair of the Challenge Committee, recognized many challenge completers. This was a special year for challenges since there were two special challenges for the 90th anniversary year: the 90 in 90 of the A.T. that we maintain and the 130 miles of the MST that we maintain.

Pete Petersen, Councilor for Trail Maintenance, recognized Lew Blodgett (also in his 90th year) for 6000 hours maintaining trails. Barth Brooker, Chair of the Nominations and Awards Committee, announced the new Council positions for 2014.

- Lenny Bernstein-President
- Barbara Morgan-Vice President
- Ann Hendrickson-Councilor at Large
- Kay Shurtleff-Councilor for Education
- Brenda Worley-Councilor for Hiking
- Lee Silver-Councilor for Membership

Service Awards for the Club in 2013 were the Award of Appreciation, which went to Jim Ariail and Gale O'Neal for their efforts above and beyond the call of duty on the website and membership database. The Distinguished Service Award went to Lenny Bernstein for a long career, involving every aspect of CMC, including the Presidency.

Outgoing President Marcia Bromberg looked to the future and the next 90 years. The evening ended with a panel of past CMC presidents that looked at the Club at different periods in our history.



2014 CMC Council are from left, Sawako Jager, Brenda Worley, Kay Shurtleff, Danny Bernstein, Stuart English, Jim Ariail, Ann Hendrickson, Marcia Bromberg, Lee Silver, Barbara Morgan. Not pictured: Lenny Bernstein, Pete Petersen and Tish Desjardins.



MST completers are Rich Sampson, Jack Fitzgerald, Barbara Morgan, Tom Sanders, Mary Swain, Linda Lucha, Martha Hays, Ann Hendrickson, Vance Mann, Steve Pierce, Lee Silver, Erwin Hoadley and Tom Lucha.

## COUNCIL CORNER

Our 90th year is drawing to a close and our 91st is upon us. How have we lasted this long? If you look back at our 90th birthday year, you may see some clues. We have turned a new website from a kicking and screaming infant into a consistently functioning, user-friendly entity with the help of many volunteers, including Tim Carrigan, Charlie Ferguson, Jim



Ariail, Gale O'Neal, Marcia Bromberg, Danny Bernstein, Becky Smucker and many more. All these people stepped up to the task.

We continue to offer almost 200 organized hikes a year thanks to the hard work of Bruce Bente, Brenda Worley, Gail Lamb, Lee Silver, and Ann Gleason, who help recruit leaders and schedule the hikes. We now have seven Trail Maintaining crews and two are led by women. Many members of these crews are actually hikers. We stay in the forefront of all conservation issues thanks to a great committee that

realizes that we would be out of business without a place to hike. We provided the bulk of the volunteers at the ATC Biennial, which was a great success. When our president-elect was forced to opt out of the presidency in the coming year for job-related reasons, Lenny Bernstein, a past president, stepped up for two more years leading the club. Do you notice a pattern here? For 90 years, our hikers have known one universal truth. It might get a little tough, but the hike goes on.

— Stuart English



Past presidents John Dickson, Howard McDonald, Don Walton, Becky Smucker, Barth Brooker and Marcia Bromberg.

## A visit with past CMC presidents

As part of the birthday theme at our dinner, Dave Wetmore presided over a panel of CMC past presidents that included Marcia Bromberg, Barth Brooker, Becky Smucker, Don Walton, Howard McDonald, and John Dickson.

Realizing the potential danger that these were people who had a lot to say, Dave used a timer to ensure that the program would not go over 30 minutes. He had a set of questions that included: What skills are most important? Marcia mentioned civility. Becky Smucker said that a president must decide his or her own strengths. Don Walton said that having once been a clown helped him. Howard said that it helped to be aware of every aspect of the club. John cited dedication and appreciation.

Another question was "What were the issues that were faced during their tenure"? Becky

remarked on the deficit of volunteers on the Maintenance side. Don Walton recalled the issue of taking the MST to Heintooga Road and raising the dues from \$12 to \$20. John Dickson recalled the A.T. being rerouted over Max Patch and what a controversy that was. Barth looked back on dealing with the Forest Service and Parkway officials in maintenance issues.

What could be taken away from this program was what a complicated, highly demanding job leading a huge multifaceted club like CMC could be. As with all volunteer efforts, we should especially appreciate those who take on this highly visible but often thankless six-year commitment.



90 in 90 completers Ann Hendrickson, Martha Hays, Vance Mann, Marcia Bromberg, Danny Bernstein, Ken Smith, Karen Rowe, Jan Onan, Janet Martin and Sawako Jager.

## 90th means banner challenge year

Outgoing Challenge Committee Chair Peter Barr had his work cut out for him on this night recognizing 49 people for completing CMC challenges. The majority of recognition went to those who had recently completed the two anniversary challenges: the 90 in 90 A.T. Challenge and the MST 130. But there were also completers of the South Beyond 6000, the Lookout Tower Challenge and the Pisgah 400.

SB6K (South Beyond 6000): Barbara Morgan, Jeffrey Crawford, Mimi Ausmanas, Kirk Mallory,

Shaun Moore, Natasha Shipman, Kevin Cosgrove, Joseph Speirer, Michael Hill, James Monday, Dean Peterson, Jennifer Garren, Bill Shaffer

Pisgah 400: Gary Padgett

Lookout Tower Challenge: Erwin Hoadley, Beverley MacDowell, Rose Mary Achey

MST 130: Ann Hendrickson, Sawako Jager, Mark Cobb, Martha Hayes, Erwin Hoadley, Jack Fitzgerald, Mary Swain,

## CMC Presidents

1923	Dr. Gaillard Tennent
1931-32	George Stephens
1933	Ivan Sims
1934	G. S. Tennent
1935-36	O. C. Barker
1937-38	H. A. Hazeltine
1939	Jesse Buell
1940	W. J. Dykeman, Jr.
1941-42	Arch Nichols
1943	H. A. Hazeltine
1944-45	Club shut down for WW II
1946	H. A. Hazeltine
1947-48	Arch Nichols
1949	Ruth Brothers
1950-51	F. Piercy Carter
1952-53	Roger Morrow
1954-55	Charles Lindsley
1956	Robert Larson
1957-58	Arch Nichols
1959-60	Carroll Cromwell
1961	F. Piercy Carter
1962	Edgar Lyngholm
1963-65	Arch Nichols
1966-68	Bernard Elias
1969-70	Jim Hollandsworth
1971-72	Gerry McNabb
1973-74	Jack Davis
1975	Julian "Jim" Maddox
1976-77	Alan Barton
1978-79	John Tompkins
1980-81	Ray Ertzberger
1982-83	George Oldham
1984-85	Sarah Davis
1986	Dick Roberts
1987	Phil Cronkite
1988-89	John Dickson
1990	Brenda Thomas
1991-92	Bill Keese
1993-94	Jim Roddy
1995-96	Dick Johnson
1997	Elizabeth Feil
1998-99	Howard McDonald
2000-01	John Pawcio
2002-04	Don Walton
2005	Gerry McNabb
2006-07	Lenny Bernstein
2008-09	Becky Smucker
2010-11	Barth Brooker
2012-13	Marcia Bromberg

Tom Sanders, Lee Silver, Steve Pierce, Richard Sampson, Vance Waggener, Ginny Waggener, Tom Lucha, Linda Lucha, Barbara Morgan, Paul Benson

A.T.: Mark Cobb, Martha Hayes, Beth Ransome, Vance Mann, Lenny Bernstein, Danny Bernstein, Tish Desjardins, Sawako Jager, Jan Onan, Janet Martin, Marcia Bromberg, Kate Fisher, Karen Rowe, Ken Smith

Congratulations to all of you in actively celebrating what we are all about.

## 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 First 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: Under 6 miles	C: Under 1,000 ft.

Winter weather is coming, and hikes may be cancelled either because of dangerous hiking conditions or bad road conditions. If the weather forecast is questionable for an upcoming hike, do this to find out if a hike will be done:

\*Check the Breaking News section of the CMC website. Leaders will post a hike cancellation either the previous night or early of the day of the hike.

\*Contact the leader. A phone call is better in case the leader's e-mail is not working.

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.

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, [pjbarr@gmail.com](mailto:pjbarr@gmail.com)

**P400** For hiking every trail in Pisgah Ranger District. Contact Dave Wetmore, [dwetmore@citcom.net](mailto:dwetmore@citcom.net)

**900M** For hiking every trail in GSMNP. Contact Dave Wetmore, [dwetmore@citcom.net](mailto:dwetmore@citcom.net)

**LTC** For hiking all 24 lookout towers in WNC. Contact Peter Barr, [pjbarr@gmail.com](mailto:pjbarr@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, [suejackf@bellsouth.net](mailto:suejackf@bellsouth.net)

## WEDNESDAY HIKES

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

Wednesday No. W1401-281 **Jan. 1**  
**Green River Gamelands** \*7:30 AM  
8:00 AM Breakfast at Cracker Barrel,  
9:15 AM Hike

Hike 8, Drive 70, 1500 ft. ascent, Rated B-B  
Bruce Bente, 828-692-0116, cell: 828-699-6296,  
[bbente@bellsouth.net](mailto:bbente@bellsouth.net)

\*Form carpools at Westgate and meet leader at NE corner of Cracker Barrel Parking Lot (I-26 Exit 53) at times above. After breakfast, we'll do our traditional New Year's Day hike on a series of trails around the Green River Gamelands. We'll hike down to and along the Green River, with a late lunch at the big rocks on the Green River, and then

## SATURDAY WORKDAY

For the Saturday MST Trail Building Workdays in 2014, meet at 8:30 at the Home Depot at the Enka-Candler Exit 44 off of I-40. Workdays are March 15, May 3, June 7, Aug. 16 and Oct. 18. As in the past, we will be back in Asheville by 3:00. Call Les Love at 828-658-1489 ([lesrlove55@gmail.com](mailto:lesrlove55@gmail.com)) to verify date.

hike up and out on the Pulliam Creek trail. Short car shuttle. Topo(s): Clifffield Mtn.; also Trails of the Green River Gamelands Map

Wednesday No. W1401-001 **Jan. 8**  
**Case Camp - Seniard Ridge Loop** 8:30 AM  
Hike 8, Drive 80, 1800 ft. ascent, Rated B-A  
Mary Beth Gwynn, cell: 828-545-6487,  
[mbgcmc@gmail.com](mailto:mbgcmc@gmail.com)

**P400, WC100** This loop hike is scheduled for our coldest month to see 50-ft. frozen cascades along the closed BRP. We'll do a two mile climb up to the MST and some gentle MST hiking before our lunch spot with great views of the mountains. After lunch, we'll hike downhill through beautiful woods on the Seniard Ridge trail. **Second meeting place: Pisgah Forest Bi-Lo at 9:00 AM.** Topo(s): Shining Rock; also pp. 36-39 of MST Trail Profiles book and NatGeo map #780

Wednesday No. W1401-101 **Jan. 15**  
**Lower Big Laurel Creek** 9:00 AM  
Hike 7, Drive 50, 350 ft. ascent, Rated B-C  
Tom Sanders, 828-252-6327,  
[tsanders.avl@gmail.com](mailto:tsanders.avl@gmail.com)

Hike along a beautiful stream with whitewater, big rocks and surrounding high cliffs to the French Broad River. Interesting flora. Parts of the trail are rocky – hiking boots/shoes are recommended. **Second meeting place: Rose's parking lot in Weaverville - Exit 19B off I-26 at 9:15 AM.** Topo(s): Hot Springs

Wednesday No. W1401-186 **Jan. 22**  
**Little Pisgah Mountain** 9:00 AM  
Hike 10, Drive 36, 1500 ft. ascent, Rated A-B  
Janet Martin, cell: 502-494-9309,  
[jaykaymartin@msn.com](mailto:jaykaymartin@msn.com)

A pleasant nearby hike for the shorter winter daylight hours. We'll hike from the new Florence Preserve parking lot on US 74A up into an open meadow leading to the summit of Little Pisgah Mtn. If the weather is clear, the view doesn't get any better. Topo(s): Bat Cave

Wednesday No. W1401-035 **Jan. 29**  
**Looking Glass Rock** 9:00 AM  
Hike 6, Drive 70, 1800 ft. ascent, Rated B-A  
Keiko Merl, 828-298-7634, cell: 828-231-2126,  
[keikomarl@att.net](mailto:keikomarl@att.net)

**P400** A moderately difficult, well-graded trail leads to the top of this mountain with beautiful views along the way. In-and-out hike. **Second meeting place: Pisgah Forest Bi-Lo at 9:30 AM.** Topo(s): Shining Rock; also NatGeo map #780

Wednesday No. W1401-545 **Feb. 5**  
**Bent Creek #13 - Boundary Trail** \*9:00 AM  
Hike 8.3, Drive 25, 1100 ft. ascent, Rated B-B  
Stuart English, cell: 828-384-1759,  
[stuengo@compurium.net](mailto:stuengo@compurium.net)

**P400 \*Only Meeting Place: Ingles parking lot across from Biltmore Square Mall on NC 191.** From Bent Creek Gap we will follow the MST to

the Bent Creek Boundary Trail and follow it to Ingles Field Gap, then down to Ledford Branch Rd., Deer Lake Lodge Trail and end at the Rice Pinnacle parking lot. Great views. Car shuttle. Topo(s): Dunsmore Mtn.; also NatGeo map #780 and Bent Creek Trail map

Wednesday No. W1401-492 **Feb. 12**  
**Bent Creek Ramble** \*8:30 AM

Annual Cookie Hike

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 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. W1401-492 **Feb. 12**  
**Cookie Hike - Shorter Version** \*10:00 AM

Alternate Hike

Hike 4, Drive 10, Rated C-C

Diane Stickney, 828-254-9054,

magenta9@charter.net

**P400 \*Only Meeting Place: Ingles parking lot on NC 191 across from 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.

Wednesday No. W1401-286 **Feb. 19**  
**Sycamore Cove** 8:30 AM

Hike 7, Drive 70, 2000 ft. ascent, Rated B-A

Paula Massey, 828-299-0226, cell: 828-989-0003, massey.paula@gmail.com

**P400** Sycamore Cove, with forest diversity and stream crossings, connects with old logging roads of Grassy Road, Thrift Cove and Black Mountain Trails. Winter views include the site of old Ecusta paper manufacturing plant (1939-2002), which once employed 2000 people, including the late CMC member Art Loeb. Includes a 0.2 mile walk on US 276 or a 1 mile car shuttle. **Second meeting place: Pisgah Forest Bi-Lo at 9:00 AM.** Topo(s): Pisgah Forest; also NatGeo map #780

Wednesday No. W1401-305 **Feb. 26**  
**DuPont Forest Lake**

**Imaging P.L. #1**

**8:30 AM**

Hike 12, Drive 82, 2100 ft. ascent, Rated A-AA

Jay Bretz, cell: 828-658-1220,

jbretz1220@gmail.com

This low-altitude hike will traverse a loop on the northern side of Dupont Forest, from Lake

Imaging to Stone Mtn., including Grassy Falls, the Thomas Cemetery and Wintergreen Falls. **Second meeting place: Pisgah Forest Bi-Lo at 9:00 AM.** Topo(s): Standingstone Mountain; also DuPont State Rec. Forest Trails map (2012 is latest rev.)

Wednesday No. W1401-270 **Mar. 5**  
**Cedar Rock Mtn. - John Rock Loop** 9:00 AM

Hike 8, Drive 80, 2000 ft. ascent, Rated B-A

Steve Pierce, 828-724-4999, cell: 828-442-8482,

stevepierce@charter.net

**P400** This trip features two of the spectacular bare rock faces in the Pisgah National Forest, with great views from both. Starting at the Fish Hatchery, we'll have our major climb up to Cat Gap and then on to Cedar Rock to enjoy the view during lunch. We'll return via John Rock. **Second meeting place: Pisgah Forest Bi-Lo at 9:30 AM.** Topo(s): Shining Rock; also NatGeo Map #780

Wednesday No. W1401-479 **Mar. 12**  
**Kagle Mountain** 8:30 AM

Hike 9, Drive 80, 1100 ft. ascent, Rated B-B

Vance Mann, cell: 828-273-7592,

hvancem@icloud.com

**P400** This loop hike will start from Cathey's Creek Rd. and follow an overgrown forest road to the Art Loeb Trail, with lunch at the Butter Gap shelter. We'll return via a no-name trail for variety. Nice views. **Second meeting place: Pisgah Forest Bi-Lo at 9:00 AM.** Topo(s): Rosman, Shining Rock; also NatGeo map #780

Wednesday No. W1401-051 **Mar. 19**  
**Hickey Fork - Pounding Mill -**

**Whiteoak Flats**

**\*8:30 AM**

Hike 8, Drive 85, 1900 ft. ascent, Rated B-A

Tish Desjardins, cell: 828-380-1452,

desraylet@aol.com

**\*Form carpools at Westgate and meet leader at US 25/NC 208 intersection at 9:10 AM.**

Starting at a splendid new footbridge over Hickey Fork, we'll do a nice loop hike using three different trails and finishing on newly and heavily rebuilt Hickey Fork Rd. Topo(s): White Rock, Greystone; also NatGeo. map #782

Wednesday No. W1401-806 **Mar. 26**  
**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: Oteen Ingles located on Tunnel Road across the street from the VA Hospital.** We 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.

## 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. A1401-001 **Jan. 5**  
**Case Camp - Seniard Ridge Loop** 8:30 AM

Hike 8, Drive 80, 2000 ft. ascent, Rated B-A

Mary Beth Gwynn, 828-545-6487,

mbgcmc@gmail.com

**P400, WC100** This loop hike is scheduled for our coldest month to see 50-ft. frozen cascades along the closed BRP. We'll do a two-mile climb up to the MST and some gentle MST hiking before our lunch spot with great views of the mountains. After lunch, we'll hike downhill through beautiful woods on the Seniard Ridge trail. **Second meeting place: Pisgah Forest Bi-Lo at 9:00 AM.** Topo(s): Shining Rock; also pg. 36-39 of MST Trail Profiles book and NatGeo. map #780

Saturday No. A1401-182 **Jan. 11**  
**Green River Cove** \*9:30 AM

Hike 6.7, Drive 75, 1000 ft. ascent, Rated B-B

Marcia Bromberg, 828-505-0471,

mwbromberg@yahoo.com

**\*First meeting place: Ingles on NC 191 across from Biltmore Shopping Center.** This is a moderate in-and-out winter hike along the scenic Green River to the rocks jutting into the river. If we are lucky, we may see kayakers in the river at our lunch spot. **Second meeting place: NE corner of Cracker Barrel parking lot (I-26 Exit 53) at 10:00 AM. Park near Upward Rd.** Topo(s): Clifffield Mountain; also Trails of the Green River Gamelands map

Sunday No. A1401-826 **Jan. 12**  
**Corn Mill Shoals P.L. #4** \*8:30 AM

Hike 9, Drive 90, 1450 ft. ascent, Rated A-B

Ashok Kudva, 828-698-7119, cell: 828-674-1374, ashok.kudva@att.net

**\*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:00 AM.** This new DuPont Forest hike will explore a rock quarry and other features in the Corn Mill Shoals area of the forest. Topo(s): Standingstone Mtn.; also DuPont Stee Recreational Forest Trail Map

Sunday No. A1401-186 **Jan. 19**  
**Little Pisgah Mountain** 9:00 AM

Hike 10.5, Drive 36, 1500 ft. ascent, Rated A-B

Michael and Kathy Cornn, cell: 828-458-1281,

mccornn@aol.com

A pleasant nearby hike for the shorter winter daylight hours. We'll hike from the new Florence Preserve parking lot on US 74A and up into an open meadow leading to the summit of Little Pisgah Mtn. Topo(s): Bat Cave

Saturday No. A1401-307 **Jan. 25**  
**MST around Asheville/West Portion 9:00 AM**  
Hike 10.7, Drive 15, 1450 ft. ascent, Rated A-B  
Laura Frisbie, 828-337-5845,  
laurafrisbie@charter.net  
We will hike on the MST around Asheville, a pleasant MST section that is often overlooked. We'll hike from the BRP Visitor Center to the French Broad Overlook. Car shuttle. Topo(s): Asheville; also MST Trail Profiles, pp. 48-53

Sunday No. A1401-418 **Jan. 26**  
**Kanati Fork-Newton Bald 8:00 AM**  
Hike 11.5, Drive 120, 3800 ft. ascent,  
Rated A-AA+  
Janet Martin, cell: 502-494-9309,  
jaykaymartin@msn.com  
**900M** This great winter hike climbs Kanati Fork Trail, then follows Thomas Divide trail and descends on the Newton Bald Trail. Nice scenery and even more fun if we hike up into snow-covered scenery. 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

Sunday No. A1401-634 **Feb. 2**  
**High Top Tower Site \*8:00 AM**  
**(strenuous)**  
Hike 10, Drive 65, 1900 ft. ascent, Rated A-A  
Brent Martin, 828-587-9453, cell: 828-524-7400,  
brent\_martin@tws.org  
**P400** \*Wilderness hike, limited to ten hikers—call leader for reservation. This hike was a longtime favorite of the scouts at Camp Daniel Boone years ago. From the camp we will ascend to High Top with its excellent views, and then follow the Fork Mtn. ridge before descending to the rushing Little East Fork of the Pigeon River. Car shuttle. Topo(s): Shining Rock; also NatGeo. map #780

Sunday No. A1401-830 **Feb. 2**  
**Expanded Cat Gap Loop \*9:00 AM**  
**(moderate)**  
Hike 8.6, Drive 72, 1700 ft. ascent, Rated B-A  
Dave Wetmore, cell: 828-577-0648,  
dwetmore@citcom.net  
**P400** \*Form carpools at Westgate and meet leader at Pisgah Fish Hatchery at 9:45 AM. We will hike an expanded version of the Cat Gap Loop, going clockwise on an old forest road and the ALT past Cat Gap and down through Picklesimer Fields. Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1401-636 **Feb. 9**  
**Coontree-Bennett Gap-Pressley Cove Lollipop 9:00 AM**  
**(moderate)**  
Hike 8.4, Drive 75, 1900 ft. ascent, Rated B-A  
Bob Hysko, cell: 828-243-3630,  
rhysko@yahoo.com  
**P400** This hike is an extension of the popular half-day Coontree Loop hike. We ascend the

left branch of Coontree trail, proceed in and out on Bennett Gap and Pressley Cove trails and descend on the right branch of Coontree trail to the cars. We will visit an old homestead chimney, a remnant of the farming community between Pressley Cove and Maxwell Cove. **Second meeting place: Pisgah Forest Bi-Lo at 9:30 AM.** Topo(s): Pisgah Forest; also NatGeo. map #780

Saturday No. A1401-035 **Feb. 15**  
**Looking Glass Rock 10:00 AM**  
Hike 7, Drive 70, 1800 ft. ascent, Rated B-A  
Barbara Morgan, 828-738-3395,  
cell: 828-460-7066, barbc129@gmail.com  
**P400** A moderate well-graded trail leads to the top of this pluton and then downhill to the first viewpoint, with views of the mountains. After visiting the west-facing face, we'll hike downhill, turn right and past the helicopter pad to the second viewpoint. In-and-out hike. **Second meeting place: Pisgah Forest Bi-Lo at 10:30 PM.** Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1401-283 **Feb. 16**  
**Montreat Ramble #2 9:00 AM**  
**Lookout Mtn. & Pot Cove Gap**  
Hike 7.5, Drive 40, 1500 ft. ascent, Rated B-B  
Daisy Teng Karasek, 828-505-2036,  
cell: 408-887-366, daisytk@yahoo.com  
This will be a moderate loop hike starting in Montreat, climbing to the great view from Lookout Mtn., then to Pot Cove Gap and Graybeard Trail to our cars. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 9:20 AM.** Topo(s): Montreat; also Montreat Trail Map

Saturday No. A1401-479 **Feb. 22**  
**Kagle Mtn. 8:30 AM**  
Hike 9, Drive 80, 1100 ft. ascent, Rated B-B  
Vance Mann, 828-273-7592,  
hvancem@icloud.com  
**P400** This loop hike will start from Cathey's Creek Rd. and follow an overgrown forest road to the Art Loeb Trail, with lunch at the Butter Gap shelter. We'll return via a no-name trail for variety. Nice views. **Second meeting place: Pisgah Forest Bi-Lo at 9:00 AM.** Topo(s): Rosman, Shining Rock; also NatGeo map #780

Sunday No. A1401-599 **Feb. 23**  
**Daniel Ridge - Caney Bottom Cove - Creek Falls Loop \*8:30 AM**  
Hike 10, Drive 80, 1800 ft. ascent, Rated A-A  
Stuart English, cell: 828-384-1759,  
stuengo@comporium.net  
**P400, WC100** \*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:00 AM. We'll start with the 4-mile Daniel Ridge Loop, follow a FS road by 100-foot Toms Springs Falls, and then we'll go down an unmapped trail to Caney Bottom Trail. Here we'll loop around to Cove Creek Trail and our lunch spot, the 60-foot Cove Creek Falls. Then we'll go back to Caney bottom Trail, intersect Cove Creek Trail and back

to our cars on Davidson River Road (FS 475). Topo(s): Shining Rock; also NatGeo map #780.

Sunday No. A1401-558 **Mar. 2**  
**Round Top Ridge Trail to Rich Mtn., A.T. to Hot Springs \*8:00 AM**  
**(strenuous)**  
Hike 11.7, Drive 70, 3000 ft. ascent, Rated A-AA  
Tish Desjardins, cell: 828-380-1452,  
desraylet@aol.com

\*Form carpools at Westgate and meet leader at corner of US 25 and NC 208 at 8:40 AM. From near Hot Springs we will climb to the lookout tower on the summit of Rich Mountain via the Round Top Ridge Trail, then descend on the A.T. through Tanyard Gap, Pump Gap and Lovers' Leap Ridge to the trailhead. Topo(s): Hot Springs

Sunday No. A1401-330 **Mar. 2**  
**Raven Cliff Falls 9:00 AM**  
**(moderate)**  
Hike 7.5, Drive 95, 1450 ft. ascent, Rated B-B  
Judy and Jim Magura, cell: 828-606-1490,  
jqs290@gmail.com

**WC100** 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. \$2 per person park fee. **Second meeting place: Pisgah Forest Bi-Lo at 9:30 AM.** Topo(s): Table Rock; also Mountain Bridge Wilderness Area trail map

Sunday No. A1401-305 **Mar. 9**  
**Dupont Forest Lake Imaging P.L. #1 9:00 AM**  
Hike 12, Drive 82, 2300 ft. ascent, Rated A-AA  
Jay Bretz, 828-658-1220,  
williambretz1220@gmail.com  
**Note: First day of DST.** This low-altitude hike will traverse a loop on the northern side of Dupont Forest, from Lake Imaging to Stone Mtn., including Grassy Falls, the Thomas Cemetery and Wintergreen Falls. **Second meeting place: Pisgah Forest Bi-Lo at 9:30 AM.** **Second meeting place: Pisgah Forest Bi-Lo at 9:30 AM.** Topo(s): Standingstone Mtn.; also DuPont State Recreational forest Trail Map

Saturday No. A1401-256 **Mar. 15**  
**Moore Cove Figure-8 Loop \*10:00 AM**  
Hike 7, Drive 70, 1050 ft. ascent, Rated B-B  
Jan Onan, 828-698-3237, cell: 828-606-5188,  
janonan@bellsouth.net  
**P400, WC100** \*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 10:30 AM. This moderate double-loop trail follows two overgrown USFS paths. Expect a lot of scrambling over blowdowns, a couple of short steep sections and two minor creek crossings. There is one good view of Looking Glass Rock, several waterfalls, and other views visible only when there are no leaves on the trees. Topo(s): Shining Rock; also NatGeo. map #780

Sunday No. A1401-827 **Mar. 16**  
**Newberry Creek Ramble** \*8:30 AM  
Hike 9, Drive 65, 3000 ft. ascent, Rated A-AA+  
Jim Reel, 828-738-0751, cell: 828-443-2537,  
jimr57@yahoo.com

**\*Form carpools at Westgate and meet leader at McDonalds off Exit 73 of I-40 at 9:00 AM.** New CMC hike. We will follow the Newberry Creek Trail up to the BRP at Deep Gap, then hike a mile north along the BRP to the Green Knob Overlook for lunch while enjoying the awesome views of the Curtis Creek valley. From there we'll turn down on the Snooks Nose Trail, then follow Laurel Log Branch, connecting back to the Newberry Creek Trail back to our cars. Topo(s): Old Fort; also NatGeo map #779

Sunday No. A1401-828 **Mar. 23**  
**Big Cataloochee History Tour** 8:30 AM  
Hike 8, Drive 85, 500 ft. ascent, Rated B-C

Mike Knies, 828-628-6712, knies06@att.net  
We'll tour many interesting structures and sites of this pre-national park community, including former and existing home sites and other structures of the residents, cemeteries, old roads, a CCC site and the Alexander Cataloochee Tourist Camp. A truly unique experience! **Second meeting place: Exxon Station on US 276 off Exit 20 of I-40 at 9:00 AM.** Topo(s): Cove Creek Gap, Dellwood; also NatGeo map #317

Saturday No. A1401-454 **Mar. 29**  
**Porters Creek Trail** 8:30 AM  
Hike 7.4, Drive 160, 1500 ft. ascent, Rated B-B  
Danny Bernstein, 828-450-0747,  
danny@hikertohiker.com

**900M** This trail is famous for its wildflower displays in late March and early April. We will first pass the remnants of old homesteads and the Owenby cemetery before entering a moist, sheltered cove with large trees, masses of wildflowers and a rushing creek. **Second meeting place: Pilot Truck Stop off Exit 24 of I-40 at 9:00 AM, but call leader first.** Topo(s): Mt. Le Conte; also NatGeo. map #317

Sunday No. A1401-214 **Mar. 30**  
**Kimsey Creek Trail -**  
**Standing Indian Circuit** \*8:00 AM  
Hike 10, Drive 170, 2800 ft. ascent, Rated A-AA  
Jill Gottesman, 828-587-9453,  
cell: 828-545-5236, jill\_gottesman@tws.org

**\*Form carpools at Westgate and meet leader at Huddle House on US 23/441 in Dillsboro at 8:45 AM.** Wilderness hike, limited to ten hikers—call leader for reservation. This great hike in the Nantahala National Forest is known for its beautiful forest, rushing streams and excellent vistas. We'll hike up the Kimsey Creek Trail to the A.T. at Deep Gap, and then along the A.T. to our lunch spot, Standing Indian. At 5498 ft., it is the highest mountain on the A.T. south of the Great Smoky Mountains, with outstanding views. From the summit, the hike will be down Lower

Trail and Ridge Trail to loop back to the Standing Indian Campground. Topo(s): Rainbow Springs; also NatGeo map #784

## 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. H1401-826 **Jan. 5**  
**Cannon Creek Rock Quarry** \*12:00 PM  
Hike 4.6, Drive 90, 600 ft. ascent, Rated C-C  
Ashok Kudva, 828-698-7119, cell: 828-674-1374,  
ashok.kudva@att.net

**\*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 12:30 PM.** This shorter version of Corn Mills Shoals P.L. #4 is a pleasant loop hike featuring an old rock quarry. Topo(s): Standingstone Mtn.; also DuPont State Recreation Forest Trail Map (2012 is latest revision)

Half-Day No. H1401-320 **Jan. 12**  
**Swannanoa River Hike** \*12:30 PM  
Hike 5.2, Drive 6, 300 ft. ascent, Rated C-C  
Bobbi Powers, 828-667- 5419,  
Bobbipowers23@gmail.com

**\*First meeting place: rear parking lot of Folk Art Center.** Jump start 2014 by reinforcing or beginning a regular hiking regimen! This in-out, gentle hike follows the scenic Swannanoa River through Warren Wilson College. Possible optional loop would add ½ mile and 200' elevation gain. Check my scout report in early January for an update on the possibility of a loop hike. **Second meeting place: All cars will go to the rear parking lot of Charles D. Owen Park at 12:50 PM.** Topo(s): Oteen; also Warren Wilson College Trails Map

Half-Day No. H1401-686 **Jan. 19**  
**Shope Creek Ramble** \*12:30 PM  
Hike 5, Drive 25, 1200 ft. ascent, Rated C-B  
Dick Zimmerer, cell: 828-989-0480,  
dd1zz@yahoo.com

**\*Only Meeting Place: Folk Art Center back parking lot.** The new parking lot for this trailhead is a very short ride from the Folk Art Center. This will be a nice winter walk in the woods, partly along Shope Creek in the Riceville Rd. area. This area has been recently opened to hikers and has some unmarked trails, some of which are near, but not connecting to the Parkway. We will cross

several streams (on stepping rocks) along the way. Topo(s): Craggy Pinnacle

Half-Day No. H1401-347 **Jan. 26**  
**Twin Falls** \*12:30 PM  
Hike 6, Drive 8, 1000 ft. ascent, Rated B-B  
Lee Belknap, 828 698-9394,  
rivergypsy@sprintmail.com

**P400, WC100 \*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 1:00 PM.** This is a moderate hike in the Pisgah National Forest, starting on the Buckhorn Gap Trail, taking the Twin Falls Bypass to view two nice waterfalls and returning on the Clawhammer Cove Trail with its beaver dam. The hike will be completed with a short walk on a Forest Service road. Note: In case of bad road conditions on US 276 in the forest, we'll determine an alternate hike. Topo(s): Pisgah Forest; also NatGeo map #780

Half-Day No. H1401-222 **Feb. 2**  
**Montreat #3 to Graybeard Falls** \*12:30 PM  
Hike 5, Drive 40, 1300 ft. ascent, Rated C-B  
Linda Blue, 828-296-7537, lgblue@bellsouth.net

**\*Form carpools at Westgate and meet leader at Ingles parking lot off Exit 64 of I-40 at 12:50 PM.** This moderate in-and-out hike takes the rerouted Graybeard Trail to Graybeard Falls. This follows a section of the old trestle road that was cleared just a few years ago. We will snack at Graybeard Falls and return by the same route. Topo(s): Montreat; also Montreat Trail Map

Half-Day No. H1401-434 **Feb. 9**  
**Laurel Mountain Trail** \*12:45 PM  
Hike 5.4, Drive 70, 800 ft. ascent, Rated C-C  
Greg Goodman, 828-684-9703,  
greggoodman@bellsouth.net

**P400 \*Form carpools at Westgate and meet leader at N. Mills River Rec. Area parking lot at 1:15 PM.** This loop hike will start at FS 1206, hike along a ridge trail toward Black Mountain, and return via the Laurel Mountain Trail. There should be good views of the Mills River Valley. Topo(s): Dunsmore Mtn.; also NatGeo map #780

Half-Day No. H1401-767 **Feb. 16**  
**Montreat Trestle Road,**  
**Mt. Mitchell Toll Road Loop** \*11:40 AM  
Hike 5, Drive 40, 1040 ft. ascent, Rated C-B  
Renate Ridders, 828-298-9988,  
reridders@gmail.com

**\*Form carpools at Westgate and meet leader at Ingles off Exit 64 of I-40 at 12:00 PM.** This always enjoyable 5-mile loop hike takes us into the history of Montreat via the old trestle railroad trail, connecting to the Mt. Mitchell auto road built between 1911-1914 to encourage tourism. A great "walk in the woods" for a winter afternoon. Topo(s): Montreat; also Montreat Trail Map

Half-Day No. H1401-298 **Feb. 23**  
**Hardtimes Loop** \*12:30 PM  
Hike 6, Drive 15, 600 ft. ascent, Rated B-C

# CMC service awards presented at 2013 Annual Dinner



*Award of Appreciation winners Gale O'Neal and Jim Ariail with their new walking sticks. Distinguished Service Award winner Lenny Bernstein was not present.*

The Award of Appreciation is presented to a CMC member who, during the calendar year, renders such service to the operation of the club that its goals are significantly advanced. This year the award was presented to two members, Jim Ariail and Gale O'Neal. Over the last year Jim and Gale have come together as the team that makes sure our membership records are accurate and up-to-date. They spend hours researching member problems and helping them navigate the Club's member-related technology. They also serve as a critical liaison with Tim Carrigan (recognized with this award several years ago), who developed the membership database – accurately describing problems and suggesting updates and changes to the system.

The Distinguished Service Award is made to a member who, during the course of his/her membership, makes consistent and cumulatively extraordinary contributions to the operation of CMC and

the achievement of its goals. This year, Lenny Bernstein received the award. Lenny was nominated based upon past, current and future service to the CMC. He served as Club president during a time of significant growth in membership. As a member for the ATC Board he represents the interests of the CMC and other Deep South maintaining clubs at the national level. He volunteers for the club on an on-going basis as a section maintainer (AT and MST), hike leader, taking on the responsibility of writing the Club's ATC-required land management plan and heading a committee to review volunteer recognitions. His leadership of the ATC Biennial Conference led to a significant financial benefit for the Club. He has stepped in at the last minute to take on the Club Presidency when the president-elect found he would not be able to serve.

Congratulations to these three valuable CMC members.

Dennis Bass, 828-367-7792, dbass3607@gmail.com

**P400 \*Only Meeting Place: Ingles parking lot across from Biltmore Square Mall on NC 191.** This loop hike will start at the Hardtimes trailhead in Bent Creek. It will follow the Hardtimes Road up to the Parkway, down to near the Arboretum entrance and then return via the Bent Creek trail. Expect views of the Biltmore Estate and downtown Asheville. Topo(s): Skyland; also NatGeo map #780 and Bent Creek Trails Map

Half-Day No. H1401-511 **Mar. 2**  
**Florence Nature Preserve 12:30 PM**  
Hike 5, Drive 40, 1000 ft. ascent, Rated C-B  
Karin Eckert, 828-593-8453, karingarden@yahoo.com

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. H1401-591 **Mar. 9**  
**Bent Creek Loop #13 \*12:00 PM**  
Hike 5, Drive 6, 1200 ft. ascent, Rated C-B  
Stuart English, cell: 828-384-1759, stuengo@comporium.net

**P400 \*Only Meeting Place: at Ingles across from Biltmore Square Mall on NC 191. Note: First day of DST.** A pleasant winter walk along

lesser-hiked trails and roads in Bent Creek, including Sidehill Connector, Lower Sidehill Trail, South Ridge Road, Chestnut Cove and Explorer Loop Trailhead. Topo(s): Skyland; also NatGeo map #780 and Bent Creek Trails Map

Half-Day No. H1401-182 **Mar. 16**  
**Green River Cove \*11:00 AM**  
Hike 5.5, Drive 75, 800 ft. ascent, Rated C-C  
Marcia Bromberg, 828-505-0471, mwbromberg@yahoo.com

**\*First meeting place: Ingles on NC 191 across from Biltmore Square Mall.** This is a moderate in-and-out spring hike along the scenic Green River to the junction with the Pulliam Creek Trail. Expect plenty of wildflowers and maybe even kayakers on the river. **Second meeting place: NE corner of Cracker Barrel parking lot, at I-26 Exit 53 at 11:30 AM.** Topo(s): Clifffield Mountain; also Trails of the Green River Gamelands map

Half-Day No. H1401-637 **Mar. 23**  
**BRP Visitor Center / Folk Art Center / MST 12:30 PM**  
Hike 5.8, Drive 20, 500 ft. ascent, Rated C-C  
Bev MacDowell, cell: 828-777-5806, bevmacdowellhappy@gmail.com

The hike starts at the BRP Visitor Center Parking Lot at the MST blue blaze access. This includes the 1.4 mile loop passing by the BRP Headquarters Building, then crossing the BRP near US 74 and heading east on the MST towards the Folk Art Center. We will return to the access trail to complete the loop under the BRP back to the parking

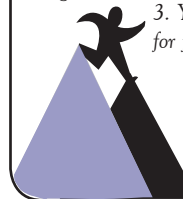
lot. **Second meeting place: BRP Visitor Center Parking Lot at 12:45 PM.** Topo(s): Asheville

Half-Day No. H1401-831 **Mar. 30**  
**Cedar Rock Mtn. from Cathey's Creek Rd. \*11:30 AM**  
Hike 5.4, Drive 86, 1350 ft. ascent, Rated C-B  
Sawako Jager, 828-687-2547, cell: 828-674-4067, Baiko70@aol.com

**P400 \*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 12:00 PM.** So, you've done John Rock hike and wondered what Cedar Rock Mtn. is like? Here's an opportunity! Starting at Catheys Creek Road we will hike a forest service road to the Art Loeb Trail, stopping at the Butter Gap Shelter for a break. We will then take a steep trail up the south ridge of Cedar Rock Mtn. that includes a couple of nice overlooks, ending with a spectacular view from the west-facing overlook. Return via the same route. Topo(s): Shining Rock, Rosman; also NatGeo map # 780

## 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





## Trail Maintainers recognized at Parkway luncheon

On November 5th a luncheon was held at the Parkway offices for all Parkway volunteers. This included CMC Trail Maintainers who work on the MST. Lew Blodgett was at the top of the list with 6,000 hours accumulated in a long, distinguished maintenance career. He received a rocker to put on his patch. Bill Newton was next with 5,000 hours. Pete (Arnold) Petersen and Neal Andrea were at 3,000 hours. Alan Frank received a fleece vest for his 2,500 hours. Don Christenson and Bob Lindsay had 2,000 hours. Wayne Steinmetz, George Banta, Bill Falendar, Lenny Bernstein, Larry Sobel, and Becky Smucker received a rocker and the ATC Trail Book for 1,000 hours. Paul Thrailkill, Pete Pevcik, Jake Blood, Bob Beach, Jim Hinton, and Roy Davis received a patch and a hooded rain jacket for 500 hours.

### Carolina Mountain Club

P.O. Box 68  
Asheville, NC 28802

## NEXT CMC COUNCIL MEETING

**When:** February 13, 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. Dogs are not allowed on CMC hikes.

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

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

**CLOTHING AND EQUIPMENT:** CMC's website ([www.carolinamountainclub.org](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)  
*Vice-President:* Barbara Morgan, 828-738-3395, [barbc129@gmail.com](mailto:barbc129@gmail.com)  
*Secretary:* Stuart English, 828-883-2447, [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)  
*Councilor for Communication:*

Danny Bernstein, 828-236-0192, [danny@hikertohiker.com](mailto:danny@hikertohiker.com)  
*Councilor for Conservation:* Tish Desjardins, 828-380-1452, [desraylet@aol.com](mailto:desraylet@aol.com)  
*Councilor for Education:* Kay Shurtleff, 828-749-9230, [kshurtleff@msn.com](mailto:kshurtleff@msn.com)  
*Councilor for Hiking:* Brenda Worley, 828-684-8656, [clworley@bellsouth.net](mailto:clworley@bellsouth.net)  
*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, [baiiko70@aol.com](mailto:baiiko70@aol.com)  
Ann Hendrickson, 828-668-9253, [arriba2928@aol.com](mailto:arriba2928@aol.com)

**Editor:** Stuart English, 828-883-2447, [stuengo@comporium.net](mailto:stuengo@comporium.net)  
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