Blue Ridge Parkway Adopt-A-Trail Participants Honored at Mt. Pisgah

On July 27, Friends of the Blue Ridge Parkway and the Blue Ridge Parkway/NPS honored four organizations at the Mt. Pisgah trailhead, MP 407.7 in North Carolina. The presentation began at 10 AM with remarks from Richard Wells, president of FRIENDS; Patty Lockamy, National Park Service representative and Don Walton of the Carolina Mountain Club. The keynote speaker was Bob Caldwell, a meteorologist and outdoor enthusiast with WLOS Land and Sky TV in Asheville.

The organizations recognized were: The Carolina Mountain Club; N.C.’s Governor’s One-on-One Mentoring Program; Home Services, home improvement contractors; and The Pisgah Group Sierra Club.

FROM THE TRAILHEAD

The only information we have for members is their name and mailing address. We want to communicate more often and have more information available to our members. We have designed a new membership system to include more information such as telephone numbers and email addresses. This information will be displayed on the CMC website in a password-protected area; we will still have printed copies for those unable to access the web.

Please visit the CMC web site (carolinamtnclub.org), obtain your login and password according to the instructions under “Membership Listing”, then review your personal information and email any additions or changes using the email capability there or send to Lenny Bernstein, lsberns@worldnet.att.net, or US mail at 36 Sunset Summit, Asheville, NC 28804. No telephone calls please.

We are looking for volunteers to subscribe to the CMC e-mail updates through the website to enhance future communications for the membership.

I would like to thank Elisabeth Feil for her many years of dedicated work keeping the membership listing, Danny Bernstein for designing the new database system and finally to Lenny Bernstein for volunteering to get the new membership system up to speed and for future maintenance.

Don Walton

NOTE: Additional copies of this newsletter are available at the information counter of the Asheville Chamber of Commerce, 151 Haywood Street, downtown.
HIKE SCHEDULE
Fourth Quarter 2002

Hike Ratings

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<th>First Letter</th>
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WEDNESDAY HIKES

Submitted by Paula McNabb, 274-0057, or gcmcnabb@charter.net. Next schedule: Ken & Carol Deal, 281-4530, or KMCD@AOL.COM.

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 from the first designated meeting place.

A II Day No. 7944 October 2
Daniel Ridge Loop Drive 14, hike 6.5, rated B-C
Bob Campbell, 890-0848
Daniel Ridge Loop Trail in Pisgah Forest, with one waterfall. Only meeting place:
Pisgah Ranger Station on Rt. 276. Topo: Dunsmore
hike. Car switch required. Meeting place:
A II Day No. 7945 October 9
Laurel Mtn-Pilot Rock-
Thompson Creek Loop Drive 25, hike 11-12, rated A-A
Edgar Pistor, 692-2744
From Yellow Gap Rd. we'll follow the Laurel Mtn. Trail up almost to the Blue Ridge
Parkway, then take the Pilot Rock Trail to the 5,280 foot summit of Little Bald Mtn. for
a late lunch. (Bring a midnight snack.)
We return to Yellow Gap Rd. via the
Thompson Creek Trail, all downhill. Some ascents and descents: a moderate to difficult
hike. Car switch required. Meeting place:
Pisgah Ranger Station. Topo: Dusmore
Mtn. and Cruso
A II Day No. 7946 October 16
Greasy Cove Big East Fork Drive 60, hike 9, rated A-C
Larry Ballard, 891-4318
Car switch from Black Balsam to Greasy Cove Trail via Ivestor Gap to Big East Fork.
This is a wilderness area, requires 2 stream crossings. Only 10 allowed, call hike leader
for reservations. Topo: Shining Rock.
Meeting place: Davidon River
Campground Parking Lot just before the Ranger Station.
A II Day No. 7952 November 27
Stradley Mt., Bent Creek Drive 12 miles, hike 7, rated B-C
Sherman Stambaugh, 254-1736
Hike Bent Creek area, Stradley Mt., Boyd Branch to 4 Corners. Return by side hill
trails. Great views of Hominy Valley. Only meeting place: Ingles in Biltmore Square
A II Day No. 7954 December 11
Canebrake Trail Drive 33, hike 10, rated A-B
Numa Carter, 697-5420
Start hiking at the parking lot of Frozen Creek Rd., going on to Foothills Trail at the
Only meeting place: Bi-Lo parking lot in
Pisgah Forest.
A II Day No. 7955 December 18
Cookie Hike, Wagon Rd. Drive 66, hike 6, rated B-C
Fred Chaffee (if available), 692-8937, or
Paula McNabb 274-0057
An easy traditional hike to the Pisgah Inn.
Bring lunch and a few cookies to share.
Leader will provide info on the historical sig-
nificance of our cookie hikes, which began
25 north, Hendersonville. Second meeting
place: Cold Mountain Overlook at Wagon Road Gap on the Blue Ridge Parkway at
Hwy. 276, at 10:15.
December 25: No hike -- Merry Christmas!!

NEW YEAR'S DAY

Hike No. 7956 January 1, 2003
Green River Drive 66, hike 8, Drive 20 (from Hendersonville)
Rated B-C
Bruce Bente 692-0116
This annual hike begins with breakfast at
the Cracker Barrel in Hendersonville (exit
22 on I-26), followed by a pleasant loop on
a series of trails around the Green River Game
Lands, including the Green River Cove trail.
Lunch at the big rocks on the Green
River. Topo: Cliffsfield Mtn. and map of
the Green River Game Lands trails.

ALL DAY SATURDAY AND SUNDAY HIKES

A II Day No. 7929 October 6
Cedar Rock Mt.- Drive 80, Rated B-A
John Rock Loop
Hike 8, Drive 80, Rated B-A
Lewis and Jane Blodgett 274-7863
This trip features two of the spectacular rock summits in the Pisgah 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 for lunch. We'll return via John Rock. Second meeting place: Pisgah Ranger Station on US 276 at 9:45. Topo: Shining Rock.

ALL DAY NO. 7930
MT. LEONTEC VIA TRILLIUM GAP 8:00 AM AND RAINBOW FALLS TRAILS
HIKE 13, DRIVE 150, RATED A -A - A
AMY TREVORTON 298-1882
This strenuous trip in the Great Smoky Mountains features two beautiful waterfalls—Grotto Falls and Rainbow Falls—as well as exceptional views from 6,593 M.t. Leconte. Plan on a 3,000 ft. ascent but along a well-graded trail. Second meeting place: Pilot Truck Stop off I-40 at Exit 24. Topo: M.t. Leconte.

SUNDAY NO. 7957
OCTOBER 19
WORK TRIP (see front page article)
MEET AT THE MOOSE CAFÉ 8:00 AM

ALL DAY NO. 7958
GRAYBEARD MOUNTAIN 8:00 AM
HIKE 10-11, DRIVE 35, RATED A - A
BIL ROSS 299-7637
An exciting ridgetop manway along the middle mountain is our path to the summit. There'll be good views, a delightful hike, and a great workout. Fairly strenuous, including a very steep first mile. Second meeting place: McDonald’s off I-40 in Black Mountain. Topo: Montreat.

SUNDAY NO. 7959
OCTOBER 26
AT: ALEN GAP TO TANYARD GAP 8:30 AM
HIKE 9, DRIVE 80, RATED A - A
PAUL BENSON 667-4279
Visiting spring mountain shelter, great views from Rich Mountain, and one of the prettiest sections of the AT highlight this hike, when leaves should be at their height. A perfect fall experience. Topo: Hot Springs.

ALL DAY NO. 7960
GREEN KNOLL FIRE TOWER 9:00 AM
HIKE 7, DRIVE 80, RATED B - A
TOMMY BOSTON 686-5029
The Lost Cove Ridge Trail climbs steadily from Black Mountain Campground to fantastic views and a first-class lunch spot atop Green Knob. The 2000’ elevation gain provides an excellent workout through beautiful woods. Moderate plus. Olly meeting place, Folk Art Center at 9:00 A.M. Topo: Celo

ALL DAY NO. 7961
STRENUOUS 7961 NOV. 3
AT: BROWN GAP TO DAVENPORT GAP
HIKE 12.5, DRIVE 110, RATED A - A - A
BARBARA PASSMORE 667-8684
Count on a strenuous trip, though the cumulative climb from North to South is modestly over 2,000 feet. Lush woods and good views from Snowbird Mtn. feature this trip. Second meeting place: Pilot Truck Stop on NC 209, off I-40 at Exit 24. Topo: Waterville.

ALL DAY NO. 7962
MODERATE 7962 NOV. 3
LOWER LAUREL RIVER 9:00 AM
HIKE 6, DRIVE 60, RATED B - C
LEWIS AND JANE BLODGETT 274-7863
A relaxed but spectacular stroll along one of Western North Carolina’s most beautiful streams, with white water, rocks, and surrounding high cliffs. Hikers will also visit the historic Runyan logging camp and lunch along the Laurel River. This is a superb hike to know because of its accessibility, ease, and beauty. Topo: Hot Springs.

ALL DAY NO. 7963
HOSPITAL ROCK, PRETTY PLACE, RAINBOW FALLS 8:00 AM
HIKE 12, DRIVE 100, RATED A - B
HANK CUBESK 864-292-6212
This is one of Hank’s challenging hikes along the SC border from Jones Gap State Park. Hiking past Hospital Rock we will lunch at aptly named Pretty Place. In the early afternoon we will walk to and enjoy Rainbow Falls. Second meeting place: Jones Gap State Park at 9:00 AM. Topos: Table Rock and Cleveland (SC).

ALL DAY NO. 7964
CRAGGY TO LITTLE SNOWBALL 8:00 AM
HIKE 8.5, DRIVE 30, RATED B - A
DON WATSON 298-5084
From Craggy Gardens we will take the Snowball Trail to Highrocks, with great views, then on to Snowball Gap. We will then follow an old road around Little Snowball Mtn. to the old Lookout atop Little Snowball. The CMC is trying to get permission to clear the trees and bring back the gorgeous 360 degree views that make this a classic hike close to Asheville. Topo: Craggy Pinnacle.

ALL DAY NO. 7965
FROM 816 TO US 276 8:00 AM
HIKE 11, DRIVE 70, RATED A - A
LENNY BERNSTEIN 236-0192
We should have fine winter views of Graveyard Fields and Looking Glass Rock. Topo: Shining Rock.

SUNDAY NO. 7966
US 276 TO NC 151 8:00 AM
HIKE 10, DRIVE 50, RATED A - A
LENNY BERNSTEIN 236-0192
We’ll hike past the Pisgah Inn and over the top of Little Pisgah Mountain. Topos: Shining Rock, Pisgah Forest.

ALL DAY NO. 7967
DU PONT FOREST CIRCULAR 8:00 AM
HIKE 12, DRIVE 80, RATED A - A
LENNY BERNSTEIN 236-0192
Four outstanding waterfalls, lunch on top of a mountain, and a variety of trails in one of WNC’s newest state forests. A low altitude hike, appropriate for the season. Call leader about a second meeting point.
HALF-DAY HIKES

HALF DAY No. 7943 Oct. 6
Black Balsam Gap to
Skinny Dip Bridge
Hike 5, Drive 75, Rated C-B
A nita and Richard Walkley, 671-2967
A car shuttle to get to a nice walk on the
backsde of Graveyard Fields area.
Spectacular mountain views. Moderate.
Second meeting place: Cold Mt. Overlook
at BRP and Hwy 276 at 2:10 pm.

HALF DAY No. 7944 Oct. 13
Caney Bottom
Hike 4, Drive 90 Rated CC
Gerry M. Chabin - 274-0057 - e-mail
GCMChabin@charter.net
This hike near John Rock in the Davidson
River area is a loop trail climbing some
500 feet, returning along the creek through
woods. Fall color. Second Meeting Place:
Ranger Station on 276 about 2:10 pm.
Topo map is Shining Rock.

HALF DAY No. 7945 Oct. 20
Twin Falls
Hike 6, Drive 80, Rated BB
Les Love-658-1489 - e-mail
LesLove@aol.com
Note early start time. A moderate hike in
the Pisgah National Forest. Start on
Buckhorn Gap Trail to the Twin Falls Bypass
for 2 nice waterfalls. Then complete a loop
on FS Road & Clawhammer Cove Trail.
Second meeting place Pisgah Ranger Station
at 1:45 PM.

HALF DAY No. 7946 Oct. 27
Snowball
Hike 4, Drive 35, Rated CB
George Munoz-658-0606 - e-mail
jmunoz@buncombe.main.nc.us
Note Early start time. Outstanding views on
this moderate hike to Hawksbill Rock. Starts
near Craggy picnic area. First meeting place
is the lower parking area at the Folk Art
Center. Second meeting place Craggy Gap
@ 1:15 PM.

HALF DAY No. 7977 Nov. 3
Rattlesnake Lodge
Hike 4-5, Drive 20, Rated CC
Don Walton-298-5084 - e-mail
dwalton@groveparkinn.com
Start at Bull Gap & follow the MST above
Blue Ridge Parkway. Hike from Ox Creek to
site of former lodge built by Dr. A mber
around 1900. Second meeting place Craggy
Gap.

HALF DAY No. 7978 Nov. 17
John Rock
Hike 5.5, Drive 85, Rated CB
Neal Andreae-698-2546 - e-mail
nandreae@gowebway.com
A colorful loop hike from the Fish Hatchery
(FS 475B off Rte 276 a few miles past the
Pisgah Ranger Station) - counterclockwise on
the Cat Gap Trail to John Rock. Returning
via the Cat Gap/John Rock connectors.
ONLY Meeting Place is the Fish Hatchery
at 1:30.

HALF DAY No. 7979 Nov. 24
Looking Glass Rock
Hike 6, Drive 60, Rated CB
Siri Perry-890-5707 - e-mail
sirip@bellsouth.net
Note early start time. A moderately difficul-
t, well-graded trail leads to the top of this
interesting mountain. There are excellent
view spots all along the way up. Second
meeting place at Pisgah Ranger Station
at 1:15 PM.

HALF DAY No. 7980 Dec. 1
Coontree Loop
Hike 5, Drive 70, Rated CB
Paula Robbins - 281-3253 - e-mail
probinswestwood@mindspring.com
Start from Coontree parking area, located on
US 276 in the Pisgah National Forest. A
good moderate hike that takes you along
Coontree Creek and over Coontree M.
Hike is steep in places. ONLY meeting
place is the Pisgah Ranger Station.

HALF DAY No. 7981 Dec. 8
Lovers Leap via Tanyard Gap
Hike 6, Drive 72, Rated CB
Bill Ross - 299-7637 - e-mail
wrossmath@cs.com
This in & out hike on the Appalachian Trail
starts at the overpass of US 25/70. Lovers
Leap provides great views of the French
Broad River & surrounding mountains.

HALF DAY No. 7982 Dec. 15
Christmas Party Hike
Hike 4-5, Drive 50, Rated CC
Diane Hanksins - 2998-2870 (before 9 PM)
Note early start time. Leisurely paced annual
hike. Bring a little gift (wrapped please) for
the party & receive one too. Where we go will depend on the weather. Suitable for anyone over 10 years old (those under 18 MUST be accompanied by adult.) Unless other arrangements are made with leader BEFORE Dec 14th, the ONLY meeting place will be Ingles parking lot across from Biltmore Square Mall.

HALF DAY
Dec. 22
No Hike Leader Available
Have a Great Holiday!

PLEASE NOTE: There is a relatively new blue-blazed access trail to the MST from the Parkway Headquarters.

HALF DAY
Dec. 29
No Hike Leader Available
Have a Great Holiday!

HALF DAY No. 7983
Jan. 5
Turkey Pen Loop
1:30 PM
Hike 5, Drive 55, Rated C-C
Bruce Bente - 692-0116 - e-mail bbente@cytechusa.com
A nice winter hike, low elevation and close to Asheville. We'll cross the footbridge over the S. Fork of the Mills River, then do a loop on the scenic Pounding Mill and Mullinax trails.

MST Book
Did you know our club has its own book? It is the Mountains to Sea Trail Profiles by Walt Webber. He did an excellent job researching and writing this book and it has proven itself as a useful tool in hiking and maintaining our MST.

Club members can now buy or sell the book for $10 (it retails for $12.95). All proceeds go into our treasury. What an easy way for us to raise money for trail maintenance tools! So call Walt Webber at 883-2953 or Les Love at 658-1489 (leslove@aol.com).

In Memoriam
Gil Knight passed away July 24th. He was a past member of the CMC. Gil was a tireless trail worker, and even when on chemo he continued to work with us.

Our condolences to his family.

WHAT IF YOU COULD NOT CALL 911 ON THE TRAIL?
Could you handle a medical problem that cannot be solved by a band-aid or moleskin?

The CMC is sponsoring a Wilderness First Aid course on November 23 and 24 (Saturday and Sunday) at Warren Wilson College. This 16-hour course will be taught by Landmark of Cullowhee. They are the Southeast outpost of SOLO, the organization that pioneered Wilderness First Aid. Landmark has taught for NOC, Virginia Tech, UNCA, among others.

The cost for each person is $45 which includes certification. Registration is limited. First come, first serve. We expect the course to fill up quickly. Details will be sent after you register.

TO REGISTER: Send a check for $45 made out to Carolina Mountain Club, your name, address, home telephone number, email address *AND* a business size self-addressed stamped envelope: Danny Bernstein, 36 Sunset Summit Asheville, NC 28804. QUESTIONS: 828-236-0192 or danny@hikertohiker.org.
UNCA Becomes Repository for CMC History

The history of the Carolina Mountain Club is a significant part of our local culture. With this in mind, the CMC has selected UNCA to house their collection of historical documents, photographs, and other materials. They will be available to the community at large via UNCA’s website, and at Ramsey Library.

Newsletter Updated

Please welcome Ginger Graziano as our new co-editor. Ginger and Gerry McNabb will be revising the format and layout of our news letter to provide a more efficient communication. Gerry commented last year when he moved back from Texas and agreed to become Co-editor, “this is the same format I designed 20 years ago”. I have received one letter commenting on last quarter’s changes and appreciate all input in future.

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.

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.

Visitors 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, flashlight, cellphone if available and personal medication including allergy medication. On overnight trips, carry tent, sleeping bag, flashlight, cellphone if available and personal medication including allergy medication.

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 80223. 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.

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
Les Love–658-1489 Vice President
Mary Swain–863-2125 Secretary
Becky Smucker–298-5013 Treasurer
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, PO. 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 leader, 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.

New Members

Fran Lambe, Bob Muldrow, Stacia Wagner, Barbara M C Campbell, Karen Bartlett, Ginger Graziano, Lanny Schlenz, and Ron Schiera.

Next Council Meeting

Monday, November 4, 2002 at McGuffey’s
Dinner and meeting start at 6:00 PM sharp! All articles and schedules for next newsletter are due at that time.

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