

## AT Youth Summit encourages the next generation

By Jan Onan

Who will be maintaining our trails in 20 years? What are we doing now to engage and train future stewards of the land? These were some of the questions being discussed by Trail Club representatives at the AT Youth Summit held in New Hampshire last month. The Youth Summit was a week of training and information

gathering by 18 AT hiking club members from all along the AT, ATC staff, and youth from Groundwork USA, <http://groundworkusa.org/>

Statistics point to the need to engage youth now:

- In 2004, kids spent an average of 6 hours, 21 min. on electronic devices daily.
- In 2009, this went up to 7 hours/day or

53 hours/week.

- Kids engaged in the outdoors have a high self esteem.
- Kids who learn to volunteer are twice as likely to volunteer as adults where they learned as kids.

But how do we engage youth? Aren't there risks? CMC has had many

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## 2010 Annual Dinner

MARK YOUR CALENDAR! The CMC Annual Dinner will be Saturday, October 30th, at the Chariot Restaurant in Hendersonville. The social hour will start at 5 p.m. and the dinner will be served at 6 p.m. Peter Barr, Chair of our Challenge Committee, Appalachian Trail through-hiker, and new intern with the Carolina Mountain Land Conservancy, will be our guest speaker. The cost of the dinner remains at \$25 per person. Register early to ensure a seat at this much-loved annual event. A membership renewal and reservation form and a map to the Chariot are included with this newsletter.



*Groundwork USA youth and leaders take a break from training, hiking and trailwork during this summer's AT Youth Summit in New Hampshire. Photo by Jan Onan.*

## COUNCIL CORNER



In this issue you will find an insert for membership renewal and reservation for the Annual Dinner. CMC Life Members and those getting complimentary newsletters only need to update addresses and make dinner reservations.

New members joining in the 4th quarter will have their membership valid through 12/31/2011. Some members joining in

the 3rd quarter complain about the quick renewal notice. It is time-consuming to track joining-dates and adjust renewal dates. After the first year, everyone's renewal period is 12 months starting January 1. We send a generic "second notice membership renewal" in the first quarter's *Let's Go* as a reminder. Paying twice creates handling problems for volunteers. Those in doubt may check their date of last payment on the CMC website using their membership # and password, or they may contact Marcia Bromberg or me. In mid-March we send a "Final

Notice" addressed only to members who have not paid. In May those who have not paid will be moved into Inactive Status until their names are purged from the membership. We spend 20-30 hours and postage costs for hundreds of letters. Prompt renewal saves volunteer time and CMC funds. We're looking forward to our new website when all this will be simpler with online options.

Thanks for renewing your membership promptly.

— Ashok Kudva

# Bernard Elias was inspiration to CMC members

Until his death on August 13, 2010, Bernard was the oldest local member of the Carolina Mountain Club and had been club president for three years, 1966-1968. For sure, no living member has been a member as long as Bernard, since he joined in 1941 when Arch Nichols was

## *The indefatigable hiker*

In the past hundred years Bernard Elias has been the most intrepid explorer of our mountains – not just for himself, but also to enable him to lead parties of hikers to wondrous places they would never otherwise have seen. Before the Tuckasegee Gorge was dammed and de-watered, he had clipped out a trail high above the floods so we could marvel at its famous potholes. Later he spent three days hiking up the riverbed to Panthertown just to find out what was there.

Bernard may have learned about some of the destinations for his hikes from old-timers. But more often than not, he found new places to amaze us by the exercise of an uncanny instinct for the unusual and the glorious. What excitement he fed to us, as when he provoked his bolder friends to jump forty feet into this huge pothole, a spot unfortunately no longer accessible!

Bernard's "100 Favorite Trails" map enabled many to enjoy both the usual trails and the unusual trails he had originated. Now out of print, this groundbreaking map is still referred to by many of his followers. Its descriptions help us keep alive our group knowledge of the spectacular hikes and views he first discovered. This is a legacy that will live far beyond the memories of those of us who knew Bernard and hiked with him.

-- Ted Snyder

### **Time to Renew Membership!**

This is a gentle reminder that all CMC membership dues need to be in by Jan. 1, 2011. Please fill out the application in this issue of *Let's Go* and send it, with your dues, to:

Carolina Mountain Club  
P.O. Box 68  
Asheville, NC 28802

president. He was also very active in conservation issues before it was fashionable. He is probably best known to our older members as the publisher of the very popular "100 Favorite Trails" map, now out of print. He told me once it was the project he was most proud of. Bernard was also very active in the



Bernard Elias

local chapter of the Sierra Club.

He was a good friend to me ever since I joined the club in 1964. I was 29 at the time, and he was 45. We were both interested in photography, and he taught me many of the ins and outs of the craft. He was a veteran of WWII and continued his service in the Naval Reserve, achieving the rank of Lt. Commander. During the 60s and 70s he was mostly responsible for the CMC publicity we got in the Asheville Citizen-Times.

After a long career with Kodak, both in Hollywood and in Rochester, he retired back here to look after his mother and sister. To stay busy and earn some extra cash, he took a job at Ball Photo, then located on Wall St., downtown Asheville.

Bernard was a good hike leader, too, and often led tough trips to remote and craggy places like Tuckasegee Gorge. He also participated in Club slide shows we had in the 1970s. To sum it up, Bernard was not only smart, knowledgeable, and capable, he was also one of our best hikers. In the best sense of the word, he was a gentleman ... one of a kind.

-- Gerry McNabb

## Conserving our hiking environment

Bernard was my inspiration for working with CMC's Conservation Committee. I had met him at several local Sierra Club meetings in the early 1990s. Bernard introduced himself, made me feel welcome and gave me Sierra Club newsletters and, more importantly, CMC newsletters. When I joined CMC's fledgling conservation effort in 2006, Bernard was right there. He gave me hand-written originals of speeches he made in the 1960s against the proposed Townsend Road and supporting wilderness creation in the Smokies. These were elegant, inspiring and heartfelt. He also snail-mailed info on the proposed North Shore Road, everything from newspaper clippings to personal comments, in addition to phone calls of support and mentoring.

Bernard's conservation efforts were wide-ranging. Bernard was a major organizer of the campaign to form the Joyce Kilmer-Slickrock Wilderness

area in the 1970s. Ted Snyder related that Bernard helped organize one of the formative meetings with Gus Morris and Bud Hunter, who were interested in preserving the Slickrock area for fishing.

It is said that Bernard was a good friend of George Masa, understandably since both men were photographers and heavily interested in conservation. In Danny Bernstein's interview with Bernard, published in CMC's *eNews* in 2005, Bernard gave credit to Arch Nichols for saving Max Patch, but I'm sure Bernard was instrumental in his thorough and inspiring way.

To quote Gus Morris, who was active with Trout Unlimited and The Wilderness Society, "Bernard was an organizer on things you would never suspect. He had a need to conserve. In the 1960s into the 1980s, Bernard was the most active person in Western North Carolina conservation. I can't remember anybody that did more for conservation organizing."

-- Ruth Hartzler

## 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 cannot be 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

### Wednesday\*

John Soldati, jr4152@bellsouth.net

### Friday Asheville\*

Piet Bodenhorst, pietboden@bellsouth.net

### Friday Pisgah

Pete (R) Petersen, roap@aol.com

### Saturday bimonthly\*

Becky Smucker, bjsmucker@gmail.com

### Saturday quarterly\*

Les Love, leslove@charter.net

### MST and AT sections\*

Coordinator needed

## HIKE SCHEDULE Fourth Quarter 2010

### Hike Ratings

First Letter	Second Letter
Distance	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.

Contact the hike leader if you have questions or if the weather on the hike day is questionable.

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. Scouts typically take place one to six weeks before the scheduled date. Call or email the hike leader.

See the CMC website for more complete and timely information, including scout reports: [www.carolinamtnclub.org/Hiking/hikemenu.htm](http://www.carolinamtnclub.org/Hiking/hikemenu.htm)

## CHALLENGE PROGRAMS

**SB6K** For hiking all 40 peaks above 6000'. Contact Peter Barr, [pjbarr@unc.edu](mailto:pjbarr@unc.edu)

**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@unc.edu](mailto:pjbarr@unc.edu)

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

## WEDNESDAY HIKES

All-day hikes submitted by Ann Gleason, 828-859-9387, [gleason.ann@gmail.com](mailto:gleason.ann@gmail.com). Driving distance is round-trip from Asheville. Hikes will 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 as described in the hike listing. Please phone the hike leader if you are not sure of the meeting location.

WEDNESDAY NO. W1004-469 **Oct. 6**

### Craggy Gardens Visitor Center to Bull Gap Road **\*8:30 AM**

Hike 8.7, 1650 ft. ascent, Drive 45, Rated B-A  
Jim Ariail, 828-505-0443, cell: 828-778-8355, [jimariail@yahoo.com](mailto:jimariail@yahoo.com)

**\*Only meeting place: the lower parking lot of the Folk Art Center.** This hike starts at the Craggy Gardens Visitor Center and features great views on the MST to Lane Pinnacle and the historic Rattlesnake Lodge site. Topo: Montreat

WEDNESDAY NO. W1004-713 **Oct. 13**

### Bent Creek Experimental Forest **8:30 AM**

Hike 6, 800 ft. ascent, Drive 20, Rated B-C  
Lenny Bernstein, 828-236-0192, [lsberns@att.net](mailto:lsberns@att.net)  
Ever wonder what kind of research they do at Bent Creek? This is your chance to find out. We'll start with a one-to-two hour outdoor tour led by a member of the Forest Service staff, and then take a short hike from the Hard Times Trailhead.

WEDNESDAY NO. W1004-267 **Oct. 13**

### Horsepasture River **8:00 AM**

Hike 7, 1500 ft. ascent, Drive 105, Rated B-B  
Jack Fitzgerald, 828-685-2897, [suejackfitz@bellsouth.net](mailto:suejackfitz@bellsouth.net)

**WC100 \*Form carpools at Westgate, and meet the leader at Pisgah Bi-Lo at 8:35 AM.** Hike to three waterfalls on the Horsepasture River: Stairway, Rainbow and Turtleback. This is as good as it gets, all top rated waterfalls and all entirely different. Relatively new access thru Gorges State Park. Topo: Reid

WEDNESDAY NO. W1004-584 **Oct 20**

### Butter Gap Loop **8:30 AM**

Hike 9, 2000 ft. ascent, Drive 75, Rated B-A  
Stan Endich, 215-290-8299, [sjemiata@gmail.com](mailto:sjemiata@gmail.com)  
**P400** The hike leaves from the fish hatchery via Cat Gap loop to the Art Loeb Trail to the Butter Gap Shelter and returns via Butter Gap trail back to the Pisgah Fish Hatchery. **Second meet-**

## SATURDAY WORK DAY

Here is a great chance to learn what is involved in trail maintenance. We will meet on October 23 at the Moose Cafe at the Farmer's Market on Rt. 191 at 8 AM for breakfast. We will return to Asheville around 3:30 PM. Call Les Love at 828-658-1489 ([leslove@charter.net](mailto:leslove@charter.net)) to verify date.

**ing place: Fish Hatchery at 9:10 AM.** Topos: Rosman, Shining Rock; also NatGeo map #780

WEDNESDAY NO. W1004-250 **Oct 27**

### Douglas Falls-Locust Ridge Circuit **8:30 AM**

Hike 9, 2200 ft. ascent, Drive 60, Rated A-A  
Mary Beth Gwynn, 828-545-6487, [mhgcmc@gmail.com](mailto:mhgcmc@gmail.com)

**SB6K** Take trail to Douglas Falls, then continue through hemlock forest to MST, to Greybeard Overlook on BRP. A 1 mile round trip side hike to Craggy Dome can be done during lunch stop. Go north on MST through blueberry fields to Locust Ridge, then bushwhack down ridge to car. Topos: Montreat and Craggy Pinnacle

WEDNESDAY NO. W1004-367 **Nov. 3**

### Art Loeb, Grassy Ridge to Bridges Camp Gap **\*8:30 AM**

Hike 8.5, 1650 ft. ascent, Drive 65, Rated B-A  
Laura Frisbie, 828-337-5845, [laurafrisbie@charter.net](mailto:laurafrisbie@charter.net)

**P400, SB6K, WC100 \*First meeting place at Ingles across from Biltmore Square Mall on NC 191.** Hike ALT to Black Balsam (6214 ft.) and Tennent Mtn. (6040 ft.), then descend to Ivestor Gap and hike down Grassy Cove Ridge. Two wet stream crossings, then up Bridges Camp Trail to MST and Bridges Camp Gap. **Second meeting place: BRP Cold Mtn. Overlook at 9:00 AM.** *Wilderness area hike, limit ten, so contact hike leader for reservation.* Car Shuttle. Topo: Shining Rock; Nat Geo map #780

WEDNESDAY NO. W1004-213 **Nov 10**

### Pinnacle, Rocky Knob and Graybeard from BRP **\*8:30 AM**

Hike 6, 2000 ft. ascent, Drive 65, Rated B-A  
Lee Silver, 828 668-7147 (cell: 828 442-6549), [mhsrunning@yahoo.com](mailto:mhsrunning@yahoo.com)

**\*First meeting place: back parking lot of Folk Art Center.** Great views and side trip to Walker's Knob a possible addition. **Second meeting place: Craven Gap at 8:45 AM.** Topos: Mt Mitchell and Montreat

WEDNESDAY NO. W1004-008 **Nov 17**

### Bee Tree Gap to Ox Creek Rd **8:30 AM**

Hike 7.9, 1500 ft. ascent, Drive 30, Rated B-B  
Joe Burchfield, 828-298-8413, [Burchfield@niu.edu](mailto:Burchfield@niu.edu)

A moderate hike on the MST over Lane Pinnacle and past the Rattlesnake Lodge site. There are steep but short ups and downs and a long descent. Car shuttle. **Second meeting place: Craven Gap at 8:45 AM.** Topo: Craggy Pinnacle; also new MST Profiles, Pg. 58-59

WEDNESDAY NO. W1004-627 **Nov 17**

### Montreat Ridges and Greybeard **\*8:30 AM**

Hike 9.5, 3200 ft. ascent, Drive 30, Rated A-AA  
Ames Tryon, 828-669-3805 (cell: 828-335-6044), [tryonaf@charter.net](mailto:tryonaf@charter.net)

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

at Ingles parking lot off Exit 64 of I-40 at 8:50 AM. From Big Piney parking area on Greybeard, ascend to the East Ridge Trail via Rocky Head and follow old Trestle Rd to Greybeard and descend to Montreat via the West Ridge and Big Piney Trail. Topo: Montreat; also Montreat Trail Map

WEDNESDAY NO. W1004-295 **Nov 24**  
**Pump Gap Loop** **9:00AM**  
Hike 7, 1500 ft ascent, Drive 80, Rated B-B  
Stuart English, 828-883-2447,  
stuengo@comporium.net  
From Silvermine parking area, we will ascend to the AT, go to Lover's Leap and return down to French Broad River, Hot Springs and our cars. Topo: Hot Springs, also NatGeo map #782

WEDNESDAY NO. W1004-310 **Dec. 1**  
**Jones Gap Trail: Pinnacle – Rim of the Gap** **\*8:30 AM**  
Hike 8.5, Drive 95, 1800 ft. ascent, Rated B-A  
Jeff McGurk, cell: 864-921-6469,  
jbsbestfan@hotmail.com  
**\*Form carpools at Westgate, and meet leader at Jones Gap parking lot at 9:45 AM.** At Jones Gap State Park in SC, we will go up the Pinnacle Pass trail over Little Pinnacle Mountain. The way up includes some scrambling over boulders. After lunch and back-tracking about a mile we will take a connector trail and return via the Rim of the Gap Trail. *Note: There is a \$2 charge per person at the park.* Topo: Standingstone Mtn; also Mountain Bridge Wilderness Area trail map

WEDNESDAY NO. W1004-492 **Dec. 8**  
**Cookie Hike, Bent Creek Ramble** **\*8:30 AM**  
Hike 7, Drive 10, 1200 ft. ascent, Rated B-B  
Ken and Carol Deal, 828-281-4530,  
cnkdeal@charter.net  
**P400** **\*Only meeting place: Ingles parking lot on NC 191 across from Biltmore Square Mall.** Moderate loop hike starting from the parking area for Cold Knob Road (479H off Bent Creek Road beyond Lake Powhatan). We will hike up to the MST and descend by the Stambaugh Trail to the Lake Powhatan picnic area for lunch and a cookie feast. Bring cookies to share. The walk back to the cars is approximately 2 miles. Topo: Asheville; also NatGeo map #780 and Bent Creek Trail Map.

#### ALTERNATE HIKE

WEDNESDAY NO. W0904-i **Dec. 8**  
**Cookie Hike, shorter version** **\*10:00 AM**  
Hike 4, Drive 10, Rated C-C  
Sherman Stambaugh, 828-254-1736  
**\*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.

WEDNESDAY No. A1004-422 **Dec. 15**  
**Big Laurel – Pump Gap** **9:00 AM**  
Hike 7, Drive 70, 2400 ft. ascent, Rated B-AA

Charlie Ferguson, 828-625-2677,  
ccf108@gmail.com  
Starting at Hurricane, we'll hike the Big Laurel Creek trail, then up Pump Branch to Pump Gap, and the AT past Lover's Leap before ending in Hot Springs. Medium pace, not slow. Nice scenery along the creeks and river. Possible stop at the hot tubs & supper after. Reservation required for hot tubs – call leader and bring swimsuit if interested. **Second meeting place: Big Laurel trailhead at 9:45 AM.** Car shuttle. Topo: Hot Springs; also NatGeo. map #782

WEDNESDAY NO. A1004-209 **Dec 22**  
**Buckwheat Knob – Coontree Loop** **9:00 AM**  
Hike 8, 1900 ft. ascent, Drive 70, Rated B-A  
Barbara Morgan, 828-738-3395  
(cell 828-460-7066), bcmorg@hughes.net  
**P400** From the trailhead at Coontree Picnic area, we'll climb along Coontree Creek through open forest up to Bennett Gap and on to Buckwheat Knob, then return via the other segment of the Coontree loop. A moderate woodland hike with exceptional views from the ridgeline. **Second meeting place: Coontree Picnic area at 9:40 AM.** Topo: Shining Rock; also NatGeo. map #780

WEDNESDAY NO. W1004-268 **Dec 29**  
**Hospital Rock to Pretty Place and Rainbow Falls** **\*8:30 AM**  
Hike 8, 2000 ft. ascent, Drive 95, Rated B-A  
Ann Gleason, 828-859-9387  
(cell: 252-412-8132), gleason.ann@gmail.com  
**\*Form carpools at Westgate, and meet leader at Cracker Barrel parking lot (near road) at 9:00 AM.** This strenuous loop hike in Jones Gap State Park takes us up to Hospital Rock and on up to the great view at Pretty Place for lunch. Then hike down rocky, steep trail to Rainbow Falls. *Note: \$2 charge per person in Jones Gap State Park.* Topo: Standingstone Mtn.; also Mountain Bridge Wilderness Area trail map

## ALL DAY SATURDAY AND SUNDAY 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. A1004-181 **Oct. 3**  
**Black Balsam & Tennent Mtn. to Graveyard Fields** **\*9:00 AM**  
**(moderate)**  
Hike 7.5, 1100 ft. ascent, Drive 75, Rated B-B  
Cindy and Scott McJunkin, 828-213-9701  
(cell: 828-712-9646), mcjive@aol.com  
**SB6K, P400** **\*Form carpools at Westgate, and meet leaders at BRP Cold Mtn. Overlook at 9:40 AM.** This scenic hike traverses a long stretch

of balds with spectacular 360 degree views. From FS 816, we'll hike over Black Balsam and Tennent Mtn. to Ivestor Gap, then follow the Graveyard Ridge Trail. Car shuttle. Topos: Sam Knob, Shining Rock; also NatGeo. map #780

SUNDAY NO. A1004-708 **Oct. 3**  
**Maddron Bald** **\*8:30 AM**  
**(Bernard Elias Favorite Hike series #6)**  
**(strenuous)**  
Hike 12, 3500 ft. ascent, Drive 150, Rated A-AA+  
Ted Snyder, 864-638-3686,  
tedsnyderjr@bellsouth.net  
**900M** **\*Form carpools at Westgate, and meet leader at 140 Tenn. Visitor Center (just past M.P. 447) at 9:30 AM.** Spectacular old growth forest, tumbling cascades, fall colors and beguiling vistas add up to a memorable climb in the Smokies. Six wet stream crossings. Return via Snake Den Trail. Car shuttle. Topos: Lutfee Knob, Mt. Guyot, Jones Cove; also NatGeo map #317

SUNDAY NO. A1004-033 **Oct. 10**  
**Ramsey Cascades** **8:00 AM**  
**(Bernard Elias Favorite Hike series #7)**  
**(moderate)**  
Hike 8, 2000 ft. ascent, Drive 160, Rated B-AA  
Danny Bernstein, 828-236-0192,  
danny@hikertohiker.com  
**900M** This is one of the classic hikes in the Smokies. We will pass through a grove of old-growth tulip poplars on our way to sixty-foot high Ramsey Cascades, located in a forested glen. The drive and effort to reach this trail are a small price to pay for the reward. **Second meeting place: Pilot Truck Stop at Exit 24 off I-40 at 8:30 AM.** Topo: Mt. Guyot; also NatGeo. map #317

SATURDAY No. A1004-578 **Oct. 16**  
**Flat Laurel Creek, Little Sam Knob, MST Loop** **\*10:00 AM**  
Hike 7.5, 1000 ft. ascent, Drive 80, Rated B-B  
Marcia Bromberg, 828-505-0471,  
mwbromberg@yahoo.com  
**P400** This is a pleasant loop trail with views of Sam Knob, Fork Ridge and Flat Laurel Creek. We'll begin on the Flat Laurel Creek Trail, which ascends gradually until we are hiking next to the creek. A one-mile side trip to Devils Courthouse will offer good views before we return on the MST to our cars. **Second meeting place: BRP Cold Mtn. Overlook at 10:40 AM.**

SUNDAY NO. A1004-669 **Oct. 17**  
**NC 215 to Buckeye Gap and Fork Ridge** **8:00 AM**  
Hike 10.5, 1500 ft. ascent, Drive 80, Rated A-B  
Paul Dickens, 828-476-0010,  
psdicken@charter.net  
**P400** We'll hike the MST up to and out Fork Ridge to beyond Green Knob for great views from overlooks along the way. We'll see an unnamed

waterfall that is said to be the highest waterfall in the eastern US, and then backtrack on Fork Ridge and follow the MST to Buckeye Gap. *Wilderness area limited to ten hikers – call leader for reservation.* Car shuttle. **Second meeting place: BRP Cold Mtn. Overlook at 8:40 AM.** Topo: Sam Knob; also NatGeo map #780

SUNDAY NO. A1004-165 **Oct. 24**  
**Mt. Le Conte via**

**Boulevard, Alum Cave Trails 8:00 AM**  
Hike 13, 2600 ft. ascent, Drive 150, Rated AA-AA  
Lisa Hart, 828-450-6986, tiw.south@gmail.com  
**SB6K, 900M** This classic and exciting hike features great views from the AT, Boulevard Trail, our lunch spot at Cliff Tops on 6593 ft. Mt. Le Conte, and the spectacular Alum Cave Trail. In addition, you can check out the Le Conte Lodge cabins, and see many interesting old photos in the common room of the Lodge. Plan on a long day and an optional stop for supper on the way home. Car shuttle. **Second meeting place: rear of Post Office parking lot in Maggie Valley at 8:30 AM, but call leader first.** Topos: Clingman's Dome, Mt. Le Conte; also NatGeo map #317

SATURDAY No. A1004-427 **Oct. 30**  
**Soapstone Ridge 8:30 AM**

Hike 10, 1200 ft. ascent, Drive 90, Rated A-B  
Tom Sanders, 828-252-6327,  
tomary.avl@gmail.com  
**P400** We will begin at the gauging station and follow a mild bushwhack up Soapstone Ridge to the Black Mountain Trail which we'll follow to Buckhorn Gap Shelter. We'll then take the trail down to the S. Mills River trail and back to our cars. **Second Meeting Place: Pisgah Ranger Station at 9:05 AM.** Topos: Pisgah Forest, Shining Rock; also NatGeo. map #780

SUNDAY NO. A1004-709 **Oct. 31**  
**Hawksbill & Tablerock Mtns. 8:30 AM**

**(Bernard Elias Favorite Hikes series #8)**  
Hike 5, 2060 ft. ascent, Drive 140, Rated C-AA  
Ted Snyder, 864-638-3686,  
tedsnyderjr@bellsouth.net  
This Linville Gorge hike will consist of two steep and strenuous ascents and descents (*caution!*), with spectacular views from exposed rock pinnacles. We will first climb Hawksbill on the Hawksbill Trail, then descend to our cars and drive to the Spence Ridge trailhead, where we will do a loop hike up and down Tablerock Mountain on the Spence Ridge and Little Tablerock trails and the MST. *Wilderness area, limit 10, so contact leader for reservation.* **Second meeting place, if needed: Ingles parking lot off Exit 64 of I-40 at 8:50 AM.** Topo: Linville Falls; also NatGeo map #779

SUNDAY NO. A1004-710 **Nov. 7**  
**Celo Knob from Cattail Creek \*7:00 AM EST**

**(strenuous)**  
Hike 9, 2100 ft. ascent, Drive 90, Rated A-AA

Jake Blood, 828-678-0755,  
thebloods@hotmail.com,  
and John Whitehouse, 828-682-3217,  
johnwhitehouse@verizon.net  
**SB6K** \*Note change to EST today. **Meet at Westgate at 7:00 AM EST (8:00 AM EDT) to form carpools, and meet leaders at the Cattail Community Center on Cattail Creek Rd. 2.2 miles from NC 197 at 8:00 AM EST.** This new CMC in-and-out hike begins and ends at the cabin of one of the hike leaders on the west side of the Black Mtn. range. It ascends on an old logging railroad right-of-way. Lunch at the abandoned Isom mica mine with views of the Blacks and upper Cane River valley. The hike continues up a locally known trail, "Grace's Ladder," to the top of Celo Knob at 6327 feet. Return to the cabin for drinks and supper (*limited to 14 hikers – RSVP by e-mail to johnwhitehouse@verizon.net*). Topo: Mt. Mitchell; also NatGeo map #779

SUNDAY NO. A1004-711 **Nov. 7**  
**Asheville MST East \*9:00 AM EST**

**(moderate)**  
Hike 8.3, 1200 ft. ascent, Drive 15, Rated B-B  
Marianne Newman, 828-257-2136,  
marianneln@att.net  
**\*Note change to EST today. Only meeting place: back parking lot of the Folk Art Center.** This hike along the MST around the eastern end of Asheville will start at the Folk Art Center and end at US 25. Car shuttle. Topos: Asheville, Oteen; also MST Trail Profiles, pg. 50-53

SATURDAY NO. A1004-712 **Nov. 13**  
**Purchase Knob – Hemphill Bald 10:00 AM**

Hike 7.5, 1500 ft. ascent, Drive 80, Rated B-B  
Kathy Skerl, 828-254-4827,  
kmskerl@bellsouth.net  
**900M** This new CMC hike will begin below Purchase Knob, climb up the Ferguson Cabin Trail to the Cataloochee Divide Trail, then follow the ridgeline to Hemphill Bald. Possible visit to GSMNP Science Center. Visit an historic cabin and enjoy spectacular views. Topo: Dellwood; also NatGeo map #317

SUNDAY NO. A1004-671 **Nov. 14**  
**Raven Cliff Falls/Naturaland Trust \*8:00 AM**

Hike 12, 2000 ft. ascent, Drive 100, Rated A-AA  
Jeff McGurk, cell: 864-921-6469,  
jbsbestfan@hotmail.com  
**\*Meet at Westgate at 8:00 AM to form carpools, stop at Bi-Lo in Pisgah Forest at 8:35 AM to meet more hikers, and meet leader at Caesar's Head Visitor Center at 9:00 AM.** This new hike in Caesar's Head State Park will go from US 276 near the Naturaland Trust trails back to US 276 near the Visitors Center. There will be a cable crossing of Matthews Creek. Short car shuttle. Topos: Table Rock, Cleveland; also Mtn. Bridge Wilderness Area map

SUNDAY NO. A1004-051 **Nov. 21**  
**Hickey Fork/Whiteoaks Flats/**

**Pounding Mill \*9:00 AM**

**(moderate)**  
Hike 8, 1900 ft. ascent, Drive 85, Rated B-A  
Tish Desjardins, 828-656-2191,  
desraylet@aol.com

**\*Form carpools at Westgate, and meet leader at US25/NC208 intersection at 9:45 AM. After the hike there will be a potluck supper in the nearby Bear River Community Lodge. Hikers are requested to contribute food for the supper. Food will be taken to a refrigerator before the hike. Please phone the leader to coordinate what food to bring.** We are scheduling this hike for the third time this year in the hopes that the "third time's the charm." Starting at the splendid new footbridge over Hickey Fork, we'll do a nice loop hike using three different trails and finishing on the newly and heavily rebuilt Hickey Fork Rd. Topos: White Rock, Greystone; also NatGeo map #782

SUNDAY NO. A1004-479 **Nov. 27**  
**Kagle Mtn. \*8:30 AM**

Hike 9, 1100 ft. ascent, Drive 80, Rated B-B  
Charlie Ferguson, 828-625-2677,  
(cell: 828-778-2431), ccf108@gmail.com  
**P400** \*Form carpools at Westgate, and meet leader at Pisgah Forest Bi-Lo at 9:05 AM. 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. Topos: Rosman, Shining Rock; also NatGeo map #780

SUNDAY No. A1004-373 **Nov. 28**  
**Yellow Mountain \*8:00 AM**

Hike 10, 2900 ft. ascent, Drive 125, Rated A-AA  
Brent Martin, 828-587-9453,  
(cell: 828-371-0347), brent\_martin@tws.org  
**\*Hikers must contact leader beforehand to register. Form carpools at Westgate, and meet leader at Franklin Bi-Lo at 9:30 AM. Get off US 441 bypass at US 64 Exit and go towards Franklin: Bi-Lo is on left side.** We'll hike in the Cowee Mtns on a heavily forested high altitude trail that ascends four peaks going in and three on the way back. Views from the Yellow Mtn. observation tower are great – a fine lunch spot. Strenuous but rewarding. **A stop will be made at the rest area beyond Waynesville at 8:30 AM.** Topos: Highlands, Glenville; also NatGeo map #785

SUNDAY NO. A1004-352 **Dec. 5**  
**Jones Gap Trail/Coldspring Loop 8:00 AM**

**(strenuous)**  
Hike 11, 1950 ft. ascent, Drive 80, Rated A-A  
Carroll Koeppinger, 828-667-0723,  
carrollkoepp@bellsouth.net  
We'll hike up the Jones Gap and Tom Miller Trails past two waterfalls to US 276, then loop

back via the Coldspring Trail. Several creek crossings which are usually dry unless there has been recent heavy rain. **Second meeting place: Exit 53 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

SUNDAY NO. A1004-545 **Dec. 5**  
**Bent Creek #11 – Boundary Trail \*8:30 AM (moderate)**

Hike 8.3, 1100 ft. ascent, Drive 25, Rated B-B  
Stuart English, 828-883-2447,  
stuengo@comporium.net

**P400** \*The only meeting place is Ingles parking lot across from Biltmore Sq. Mall. From Bent Creek Gap we will follow the MST to the Bent Creek Boundary Trail, on to Ingles Field Gap, to Ledford Branch Rd and down to Deer Lake Lodge Trail and Rice Pinnacle parking lot. Great views. Car shuttle. Topos: Dunsmore Mt., Skyland; also NatGeo. map #780 and Bent Creek Trail map.

SATURDAY NO. A1004-679 **Dec. 11**  
**Elk Pasture Gap – Mt. Pisgah via MST 10:00 AM**

Hike 7, 2200 ft. ascent, Drive 45, Rated B-AA  
Paul Dickens, 828-476-0010,  
psdicken@charter.net

**P400** We will hike the MST from the NC 151/BRP junction to Buck Springs Gap, then up to the summit of Mt. Pisgah. Great views from Mt. Pisgah and from Little Pisgah Mountain if clear weather. Our return will be on the Blue Ridge Parkway if closed. Pack for wind and cold. Trip is dependent on weather and ability to reach the top of NC 151 by car. Topo: Dunsmore Mtn.; also NatGeo map #780

SUNDAY NO. A1004-418 **Dec. 12**  
**Newton Bald – Kanati Fork 8:00 AM**

Hike 11.5, 3600 ft. ascent, Drive 120, Rated A-AA  
Mike Knies, 828-628-6712, knies06@att.net

**900M** This great cold weather hike near Cherokee ascends Kanati Fork Trail, continues on Thomas Divide and then descends on the Newton Bald Trail. Nice scenery and a good workout. Car shuttle. **Second meeting place: back of Post Office parking lot on US 276 in Maggie Valley at 8:30 AM, but call leader first.** Topo: Clingman's Dome; also NatGeo. map #317

SUNDAY No. A1004-444 **Dec. 19**  
**Avery Creek Loop \*8:00 AM**

Hike 10, 1700 ft. ascent, Drive 80, Rated A-A  
Michael and Kathy Cornn, cell: 828-458-1281 or  
828-458-1282, mcorrn@aol.com

**P400** \*Form carpools at Westgate, and meet leader at Pisgah Forest Bi-Lo at 8:35 AM. A nice hike featuring waterfalls, beaver dams, and winter scenery. We'll first climb to Buckhorn Gap via Twin Falls, then follow the Black Mountain Trail to Club Gap, with our return downhill on the Avery Creek Trail. Topos: Pisgah Forest, Shining

Rock; also NatGeo. map #780

SUNDAY No. A1004-589 **Dec. 26**

**Shut-in Trail & Lake Powhatan loop 8:30 AM**

Hike 9.6, 1600 ft. ascent, Drive 15, Rated A-A  
Bob Hysko, cell: 828-243-3630,  
rhysko@yahoo.com

**P400** This loop follows the MST west, then descends Sleepy Gap Trail, skirts Lake Powhatan and finishes with three miles on the Bent Creek Trail with a dirt road connecting parts of the trail. **Second meeting place: BRP French Broad Overlook at 8:45 AM.** Topos: Asheville, Dunsmore Mtn., also NatGeo. map #780 and Bent Creek Trail Map

## 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 Lucy Prim, 32lucette@gmail.com, 828-693-6580. 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 off I-240 UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in hike listings.

HALF-DAY NO. H1004-381 **Oct. 3**  
**Snowball Trail \*12:30 PM**

Hike 5.5, Drive 30, 1000 ft. ascent, Rated C-B  
Nonmembers, call leader, Bobbi Powers,  
828-667-5419, bobbipowers@live.com

**\*Only meeting place: back parking lot of Folk Art Center.** This in-and-out hike has a steady climb (some hikers consider it to be steep) to High Rocks (Hawkbill Mtn). Diverse and centennial trees to be admired all the way on the ridge. Stop for a snack at Snowball Mountain before return.

HALF-DAY NO. H1004-706 **Oct. 10**  
**Big Bradley and Little Bradley Falls \*12:30 PM**

Hike 3.5, Drive 60, 300 ft ascent, Rated C-C  
Nonmembers, call leader, Sawako Jager, 828-687-2547 (cell: 674-4067), baiko70@aol.com

**WC100** \*Meet at 12:30 PM at Westgate to form carpools, and meet leader at Cracker Barrel parking lot (near road), I-26 Exit 53 at 1:00 PM. An easy hike to two of the WC100 falls. Big Bradley is a nice 75 foot falls. Little Bradley is a 35-foot 3-level falls. This trip to Big Bradley will not include going down to the base of the falls which is dangerous. We will hike downstream along Cove Creek to an overlook, see Big Bradley and hike back to the trailhead. We'll then cross the road and walk up the road away and down to the creek again, walking upstream about 3/4 mile to Little Bradley Falls and then back to the trailhead.

HALF-DAY NO. H1004-034 **Oct. 17**  
**NC 215 to FS 816 \*12:00 noon**

Hike 5.5 miles, Drive 85, 900 ft. ascent,

Rated C-B

Nonmembers, call leader, Jane Laping,  
828-277-7342, (cell: 828-772-0379),  
janelaping@sbcglobal.net

**P400** \*Form carpools at Westgate, and meet leader at Cold Mountain Overlook on the Blue Ridge Parkway at 12:40 PM. This hike will introduce many hikers to a choice section of the MST, including Devils Courthouse. Car Shuttle.

HALF-DAY NO. H1004-319 **Oct. 24**  
**Holmes State Forest \*12:30 PM**

Hike 5.2, Drive 75, 500 ft ascent, Rated C-C  
Nonmembers, call leader, Ashok Kudva,  
828-698-7119 (cell: 828-674-1374),  
Ashok.Kudva@att.net

**\*Form carpools at Westgate and meet leader at Bi-Lo in Pisgah Forest at 1:00 PM.** Pleasant walk through Holmes State Forest. The first 0.7 miles on Wildcat Rock Trail has a steep 450 ft climb. It is a well maintained trail with smooth switchbacks.

HALF DAY NO. H1004-349 **Oct. 31**  
**Pisgah Inn to US 276 12:30 PM**

Hike 6.6 miles, Drive 50, 800 ft ascent, Rated B-C  
Nonmembers, call leader, Tom Sanders,  
828-252-6327, tomary.avl@gmail.com

Moderate downhill for 5 miles with views into Pink Beds area and then 800 foot ascent over 1.6 miles to US 276. Option afterwards of snacking at Pisgah Inn. Car shuttle. **Second meeting place: parking area of Pisgah Inn, near convenience store, at 1:00 PM.**

HALF-DAY No. H1004-035 **Nov. 7**  
**Looking Glass Rock \*11:00 AM**

Hike 6, Drive 70, 1800 ft. ascent, Rated B-A  
Nonmembers, call leader, Kathleen Hudson, 828-698-5208 (cell: 828-329-6939), mstish1325@gmail.com

**P400** \*Meet at Westgate at 11:00 AM to form carpools, and meet hike leader at the Pisgah Forest Bi-Lo at 11:35 AM. A moderately difficult well-graded trail leads to the top of this mountain with beautiful views along the way. In-and-out hike.

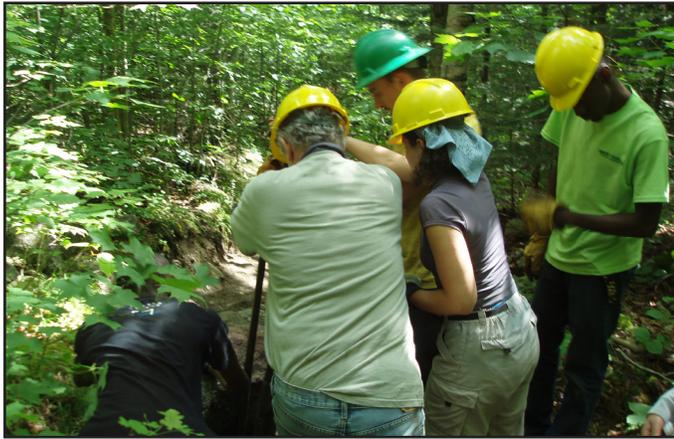
HALF-DAY NO. H1004-434 **Nov. 14**  
**Laurel Mountain Trail \*12:30 PM**

Hike 5.4, Drive 40, 950 ft ascent, Rated C-C  
Nonmembers, call leader, Greg Goodman, 828-684-9703, greggoodman@bellsouth.net

**P400** \*Meet at Westgate at 12:30 PM to form carpools, and meet leader at the North Mills River parking area at 1:00 PM. This loop hike will start at FS 1206, go along a ridge trail toward Black Mountain, and return via the Laurel Mountain Trail. There should be good views of the Mills River Valley.

HALF-DAY NO. H1004-295 **Nov. 21**  
**Lover's Leap/Pump Gap Loop 12:30 PM**

Hike 5, Drive 80, 1200 ft, ascent, Rated C-B



Groundwork USA participants join in to help with trail maintenance during the summit. Photo by Jan Onan.

## Youth Summit

continued from page 1

requests for including youth on trail outings, and I was honored to be selected to represent CMC at the summit to find answers.

Two of the strategies discussed were developing a Sponsorship Agreement between CMC and the organization which shifts liability to the youth organization and developing forms which spell out in detail the requirements to participate in an activity. ATC has set goals to develop additional support. CMC members can help engage youth in either contact or non-contact roles. Those not interested in working directly with youth may want to help with forms, training, finding volunteers and target groups.

By developing a strategy for engaging youth and families in the CMC, we are guaranteeing the future of our club and the preservation of our trails. If you are interested in engaging youth, please contact me or one of our board members.

For more information, go to: [www.appalachiantrail.org/youth\\_summit](http://www.appalachiantrail.org/youth_summit)

## New "breaking news" box on CMC's website

The CMC Communications and Hiking Committees do a great job spreading news of interest to hikers through several channels. Our paper newsletter, *Let's Go*, our *eNews* and the hike schedules and scout reports keep hikers abreast of important news. Sometimes there is news or a change to activities that should be transmitted immediately. Examples are changes or cancellations to hikes, road closings and conditions, and important conservation issue action items.

The CMC now has a breaking news box on the home page of our website. Items can be posted there on a moment's notice without having to go through slower communications processes. Initially, our Communications Committee, Hiking Committee and the CMC Council will be able to post changes and additions. Anyone that has an important news item can contact one of the members of those groups. Later, all hike leaders will be able to post cancellations or important changes to their hikes as well.

Those who do not have computers or internet access should contact a friend that does visit our home page, and have them contact you about changes. This is especially important when weather or road closings may affect hikes. The hike leader is still obligated to go to the meeting places.

As CMC grows and tries to serve its members better we will be relying more on our website for information and for ways to help members communicate with each other.

Nonmembers, call leader, Marcia Bromberg, 828-505-0471, [mwbromberg@yahoo.com](mailto:mwbromberg@yahoo.com)  
This loop begins on the AT with a climb up to Lover's Leap where we'll stop to enjoy the view. We'll stay on the AT until the intersection with the Pump Gap Trail, which will bring us back to our starting point. **Second meeting place: Roses parking lot in Weaverville at 12:50 PM.**

HALF-DAY NO. H1004-707 **Nov. 28**  
**MST - Craven Gap to Haw Creek Overlook**  
**\*12:30 PM**

Hike 5.5, Drive 10, 700 ft. ascent, Rated C-C  
Nonmembers, call leader, Jorge Munoz, 828-658-0606, [jorgemunoz1927@hotmail.com](mailto:jorgemunoz1927@hotmail.com)  
**\*Only meeting place: back parking lot of Folk Art Center.** This is a delightful in-and-out hike along the MST from Craven Gap to Haw Creek Overlook where we shall enjoy beautiful views of the valley.

HALF-DAY NO. H1004-153 **Dec. 5**  
**Cove Creek/Caney Bottom Loop \*11:20 AM**

Hike 5, Drive 80, 1300 ft. ascent, Rated C-B  
Nonmembers, call leader, Tom Joyce, 828-885-2152, [tominbrevard@webtv.net](mailto:tominbrevard@webtv.net)  
**\*P400 \*Form carpools at Westgate, and meet hike leader at the Fish Hatchery off US 276 at 12:00 noon.** This is a pleasant walk on a moderate grade through the woods, with streams, waterfalls, and a few large wildlife fields and a nice view of Looking Glass Rock.

HALF-DAY NO. H1004-638 **Dec. 12**  
**DuPont Forest Hooker Falls P.L. #4 - Cannon Creek to Rock Quarry**  
**\*12:00 noon**

Hike 5, Drive 70, 500 ft. ascent, Rated C-C  
Nonmembers, call leader, Becky Elston, 828-749-1886 (cell: 828-702-9508), [belston@tds.net](mailto:belston@tds.net)  
**\*Form carpools at Westgate, and meet hike leader at the Hooker Falls parking lot in DuPont at 12:45 PM.** This in/out hike starts at Rich Mountain Road.

HALF-DAY No. H1004-429 **Dec. 19**  
**Hard Times Road to Rocky Cove Road to Bent**

**Creek Road \*1:00 PM**  
Hike 5, Drive 20, 500 ft. ascent, Rated C-C  
Nonmembers, call leader, Thomas Crook, 828-545-8545, [tmc3017@gmail.com](mailto:tmc3017@gmail.com)

**\*Only Meeting Place: Ingles parking lot across from Biltmore Square Mall on NC 191. From there we will carpool with drivers who have Arboretum member parking privileges.** We will hike in the Bent Creek area from the Arboretum recreation parking lot in an easy loop including the Hard Times Road to Rocky Cove Rd to Bent Creek Road.

HALF-DAY No. H1004-499 **Dec. 26**  
**French Broad River Greenway 1:00 PM**

Hike 3.5, Drive 10, 200 ft. ascent, Rated C-C  
Nonmembers call Paula Robbins, 828-281-3253, [paularww@bellsouth.net](mailto:paularww@bellsouth.net)  
Get a little exercise and work off those holiday treats while viewing Asheville's newest greenway. We will walk 3.5 miles from the Hominy Creek Park to the old French Broad River Park. Car shuttle.

## Half-day hike scheduler needed

Lucy Prim has retired from 3 years of devoted service to CMC as the scheduler for half-day Sunday hikes. The Hiking Committee is searching for someone to fill her shoes. The responsibilities for the schedulers are:

Send emails to CMC hike leaders asking them to choose a date and a hike to lead for the quarter. Receive emails from leaders and fill in the schedule template with the hike information. Make suggestions for hikes to leaders that want help. Submit the finished schedule for proofreading and printing in *Let's Go*.

Members of the hiking committee will assist in every step of the training and scheduling process. The next scheduling cycle, for the winter quarter, begins about the 2nd week of October. We would like to have our new scheduler by then.

Although CMC has a number of areas of interest, particularly trail maintenance, the hikes that CMC schedules and leads have been the core of what we do. The benefits of scheduling hikes are getting to know about the available CMC hikes better and getting to work directly with the hike leaders and the Hiking Committee more closely. It is rewarding to see the reports from hike leaders as they are reported in the *eNews* and to help leaders with any issues they have as their hike dates approach. Thank you, Lucy, for all you've done.

Carolina Mountain Club  
P.O. Box 68  
Asheville, NC 28802

Return Service Requested

## NEXT CMC COUNCIL MEETING

**When:** Thursday, October 7, 2010  
**Where:** West Asheville Library meeting room  
**Time:** 6:00 - 9:00 PM  
**Info:** Call Barth at 299-0298 if you would like to attend.  
All CMC members are welcome.

**HIKING INFORMATION:** CMC hikes are open to all and we welcome guests, but hikers are expected to join CMC after participating in a few hikes. Non-members need to call or e-mail 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.carolinamtnclub.org](http://www.carolinamtnclub.org)) 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

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

on hikes or trail maintenance activities. Each participant agrees to hold harmless and free from blame event leaders and the CMC, its officers and members, for any accident, injury or illness which might be sustained from participating in Club hikes and other activities.

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

**MEMBERSHIP:** Everyone is eligible for CMC membership by completing a Membership Application Form and paying dues. Membership Application Forms are available on the Club website or by mail. Annual dues are \$20 for individuals and \$30 for families. Applications should be sent to Carolina Mountain Club, P.O. Box 68, Asheville, NC, 28802. 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

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*Secretary:* Kathleen Hannigan, 298-4591, [kathleen.hannigan@pgnmail.com](mailto:kathleen.hannigan@pgnmail.com)  
*Treasurer:* Don Gardner, 754-4067, [gardog3@bellsouth.net](mailto:gardog3@bellsouth.net)  
*Immediate Past President:* Becky Smucker, 231-2198, [bjsmucker@gmail.com](mailto:bjsmucker@gmail.com)  
*Councilor for Communication:* Stuart English, 883-2447, [stuengo@comporium.net](mailto:stuengo@comporium.net)  
*Councilor for Conservation:* Tish Desjardins, 656-2191, [desraylet@aol.com](mailto:desraylet@aol.com)  
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*Councilor for Membership:* Ashok Kudva, 698-7119, [ashok.kudva@att.net](mailto:ashok.kudva@att.net)  
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