



FIRST QUARTER 2005  
Quarterly News Bulletin  
and Hike Schedule



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

## New Board elected at Annual Meeting



Photos by Corey McNabb (coreymcnabb.com)

**P**ictured from left to right are Don Walton, Past President; Misha Lazer, Councilor; Carroll Koeplinger, Treasurer; Ruth Hartzler, Councilor; Gerry McNabb, President; Lenny Bernstein, Vice President; Stuart Tauber, Councilor; Dave Wetmore, Councilor; Bruce Bente, Councilor; Les Love, Councilor; and Piet Bodenhorst, Councilor. Speaker at the meeting was Morgan Sommerville. Several dignitaries from the Appalachian Trail Conference were in attendance, including David Startzel, Executive Director. Also there was the Superintendent of the Blue Ridge Parkway, Dan Brown, and the former Superintendent, Gary Everhardt. Total attendance was 121.

### NEW MEASURES APPROVED FOR 2005

**I**n a nearly unanimous vote, those attending the annual meeting approved raising the dues to \$20 for individual members and to \$30 a year for the new category, family memberships. Carroll Koeplinger presented a budget both with and without the increase to show that the club would have operated at over \$3,000 deficit had the change not been approved.

Also approved at the meeting was an amendment to the club by-laws saying that the past president may serve on the Council.

#### Awards and Honors Received

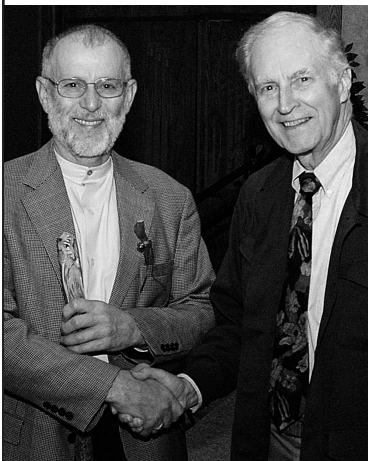
In a surprise move, two members received the Distinguished Service Award: Elisabeth Feil for her long years of service and Don Walton for the innovations he has instituted for the club, especially in the development of our website. Howard McDonald was given the Award of Appreciation; and Ed Dunn was given the American Hiking Society's North Carolina Volunteer of the Year award. Hike schedulers were commended for their service and Bernard Elias was recognized as the club's oldest member. Reports were also given on the construction of the new AT shelter, trail maintenance, membership, the MST and our financial condition. Dave Wetmore presented SB6K awards to Linda Beja, Jack Jenkins, Jim Pence, and Tom McDonald. He awarded P400 awards to Larry Edwards, Jack Fitzgerald, Tom Sanders, Jim Tanquary, and Dave Wetmore.



*Elisabeth Feil waxes jubilant*



*Ed Dunn was honored by AHA*



*New President Gerry McNabb congratulates outgoing President, Don Walton.*



*Carroll Koeplinger presents Howard McDonald the Award of Appreciation*

# HIKE SCHEDULE

## Fourth Quarter 2004

### Hike Ratings

First Letter Distance	Second Letter Elevation Gain
<b>AA:</b> Over 12 miles	<b>AA:</b> Over 2,000 ft.
<b>A:</b> 9-12 miles	<b>A:</b> 1,500-2,000 ft.
<b>B:</b> 6-9 miles	<b>B:</b> 1,000-1,500 ft.
<b>C:</b> Under 6 miles	<b>C:</b> Under 1,000 ft.

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

### WEDNESDAY HIKES

Wednesday hikes submitted by Paula McNabb, 828-274-0057 gcmcnabb@charter.net. Driving distance is round trip from meeting place. Hikes will assemble at Westgate Shopping Center near I 240 UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in hike listings. Please phone the hike leader if you are not sure of the meeting location.

ALL DAY. No. W0501-327 **Jan. 5**  
**Ridgecrest Ramble** **8:30 AM**  
 Hike 6-7, Drive 40, 1400 ft. ascent, Rated B-B  
 Joanne Tulip 828-299-3495  
 tulipinn@aol.com

A good winter hike, following the Rattlesnake, Rhododendron and Adventure Trails. This moderate hike in the Ridgecrest area offers a number of great scenic overlooks as it meanders along the ridgelines, and includes Rattlesnake, Copperhead and Lookout Mtns. **Second meeting place: McDonald's at exit 64 of I40 at 9:20 AM.** Topo: Montreat

ALL DAY. NO. W0501-035 **Jan. 12**  
**Looking Glass Rock** **8:45 AM\***  
 Hike 6.2, Drive 70, Rated B-B  
 Chuck Rosen 828-298-2246

**P400** Moderate and popular hike in the Pisgah Forest. We have a 3.1 mile climb up to the 3,969 ft. summit (elevation gain 1,369 feet), with magnificent views of Pisgah Forest and the Blue Ridge Parkway. We will stop at the North Face viewpoint on our descent for another wonderful view. **\*Meet at Westgate at 8:45 AM to form carpools, and meet leader at Pisgah Ranger Station parking lot on US 276 at 9:30 AM.** Topo: Shining Rock.

ALL DAY NO. W0501-296 **Jan. 19**  
**MST: Parkway HQ to**  
**Folk Art Center** **10:00 AM**  
 Hike 5, Drive 0, Rated C-C

Paula McNabb 828-274-0057  
 gcmcnabb@charter.net  
**Note later start time.** A good winter hike. Will begin at Parkway headquarters. **Only meeting place will be the Blue Ridge Parkway Headquarters parking area, north end of lot.**

ALL DAY NO. W0501-438 **Jan. 26**  
**Rich Mtn., Round Top Ridge Trail, Lover's Leap** **9:00 AM**  
 Hike 9.5, Drive 70, Rated A-B  
 Tom Sanders 828-252-6327  
 mel&tgs@main.nc.us

From Tanyard Gap we will go north on the AT to the beautiful Rich Mountain views, then descend to Hot Springs via Round Top Ridge Trail, and culminate the day with a short climb to Lover's Leap, finishing on the AT in Hot Springs.

ALL DAY NO. W0501-330 **Feb. 2**  
**Ravencliff Falls, The Cathedral, Dismal Trail Loop** **8:00 AM\***  
 Hike 9 Drive 95, Rated A-B  
 Ann Gleason 828/859-9387  
 cowbonetail@yahoo.com

Hike to 412-ft Raven Cliff falls in Caesar's head State Park where we cross a bridge and descend 120 ft down "the cathedral". We then cross Mathews Creek with a steep ascent on the Dismal Trail to a large rock outcropping with great views of the falls, and return to the parking lot. **\*Meet at Westgate at 8:00 AM to form carpools, and meet leader at Bi-Lo parking lot in Pisgah Forest at 8:30 AM. Additional meeting place: Ravencliff Falls parking lot on US 276 at 9:00 AM.** **Note: \$2 fee per person for park entry.**

ALL DAY NO. W0501-439 **Feb. 9**  
**Pounding Mill Trail** **8:00 AM\***  
 Hike 8, Drive 55, Rated B-C  
 Greg Goodman 828-684-9703  
**P400** This hike takes the South Mills River Trail to the Pounding Mill Trail and on to

Squirrel Gap Trail. We'll continue onto Pea Gap and then return on the South Mills River Trail. Moderate. **\*Meet at Westgate at 8:00 AM to form carpools, and meet leader at Boyleston Baptist Church on NC 280 at 8:30 AM.**

ALL DAY NO. W0501-101 **Feb. 16**  
**Big Laurel River** **8:45 AM\***  
 Hike 7.2, Drive 50, Rated B-C  
 Becky Elston, 828-749-1886  
 belston@cytechusa.com

Trail follows Big Laurel River to the confluence with the French Broad River, lunch here. Pass thru Runion, which was a thriving logging town in the early 1900's. Fairly rocky in spots. **Meet at Westgate at 8:45 AM to form carpools, and meet leader at Ingles on Hwy. 25/70 at the Marshall Bypass at 9:30 AM.**

ALL DAY NO. W0501-399 **Feb. 23**  
**John Rock-Cedar Rock Loop** **8:00 AM\***  
 Hike 10, Drive 80, 2000 ft. ascent, Rated A-A  
 Brad Van Diver, 828-669-2740  
 bravandi@cs.com

**P400** A lovely winter hike. Beginning at the fish hatchery, we first skirt the eastern side of John Rock to Cat Gap, then follow the Art Loeb Trail through Sandy Gap, and then pass the stunning white cliffs of Cedar Rock. We'll continue to the shelter at Butter Gap for lunch, then return to our starting point via Grogan Creek and Picklesimer Fields. **\*Meet at Westgate at 8:00 AM to form carpools, and meet leader at Pisgah Fish Hatchery at 8:30 AM.** Topo: Shining Rock; also Nat'l Geographic Pisgah Ranger District Map.

ALL DAY NO. W0501-440 **March 2**  
**Mountains-to-Sea from French Broad Overlook** **9:00 AM**  
 Hike 8, Drive 25-50, Rated C-B  
 (subject to change)  
 Elisabeth Feil, 828-684-8719  
 hofeil@brinet.com  
 A nearby winter wandering with Elisabeth.

## SAVE THE DATE! VOLUNTEER TO HELP!

The Appalachian Trail Conference will be holding in 2005 Biennial Meeting on July 1 – 8 at East Tennessee State University in Johnson City, TN. In addition to business meetings, the event will include workshops on topics ranging from the best design for privies to the flora, fauna and geology of our area; excursions to interesting activities in our area; a full schedule of hikes; and entertainment each night from Saturday through Tuesday. So save the dates and plan on attending.

CMC is one of the Clubs hosting this meeting. We are responsible for organizing workshops and excursions and leading some of the hikes. We need volunteers to lead excursions and hikes, and to staff the sign-up desk for workshops and excursions. Volunteers will have their registration fee paid for the day they work, and excursion leaders will have their fee paid for the activity. They will also get the meeting tee-shirt. If you can volunteer, please contact Lenny Bernstein by phone (236-0192) or e-mail (lsberns@att.net).

We'll decide what looks best, depending largely on how far the Parkway is open. This may be a car shuttle. Hike may be strenuous. **Second meeting place: French Broad Overlook on Blue Ridge Parkway at 9:15 AM.**

ALL DAY NO. WO501-290      **March 9**  
**Shut-In – (MTS) and**  
**Bent Creek**      **8:30 AM\***  
Hike 7-8, Drive 0, 1000 ft. ascent, Rated B-B  
Siro Del Favero, 828-277-2546  
From the French Broad Overlook we will embark on a brisk hike through Bent Creek via Shut-In, Cascades, CMC extension, CMC, Wesley Branch, and Old Mill Trails back to the overlook. **\*Only meeting place: Ingles parking lot on NC 191, across from Biltmore Square.**

ALL DAY NO. W0501-441      **March 16**  
**AT: Up and Down Snowbird**      **8:30 AM**  
Hike 9.4, Drive 100, 2700 ft ascent,  
Rated A-AA  
Curt Holladay, 628-9477,  
caholady@bellsouth.net  
Start at the Waterville School Rd, hike north-bound on the AT up a pretty well graded slope 4263 ft elevation to the top of Snowbird Mt. We will have lunch, rest and hopefully have a relaxed descent back down. Nothing like a stiff hike to welcome in the Spring!

ALL DAY NO. W0501-442      **March 23**  
**Montreat Ramble #3**      **9:00 AM\***  
Hike 5-5.5, Drive 25, Rated C-B  
Diane Hankins, 828-298-2870 (before 9pm)  
Very leisurely paced hike on Montreat trails. Suitable for anyone over 10 years old (those under 18 MUST be accompanied by an adult.) **\*Only meeting place: Oteen Ingles parking lot at the post office flagpole near the VA hospital on Tunnel Road** (unless other arrangements made with leader before March 22.)

ALL DAY NO. WO501-375      **March 30**  
**AT: Sams Gap to Rice Gap**      **9:00 AM**  
Hike 7.5, Drive 60, 1200 ft. ascent, Rated B-B  
Pat Elias, 828-687-1651  
patelias@bellsouth.net  
**Note early start time.** An in-and-out hike in the beautiful open forest from Sams Gap to Rice Gap. We'll lunch at the Hog Back Ridge shelter. Topo: Sams Gap

## ALL DAY SATURDAY AND SUNDAY HIKES

All-day hikes submitted by Bruce Bente 828-692-0116, bbente@cytechusa.com. Driving distance is round-trip from Asheville. All Saturday and Sunday hikes assemble at Westgate Shopping Center (exit 3B off I 240) near I 240 UNLESS

OTHERWISE NOTED.

ALL DAY NO. A0501-056      **Jan. 9**  
**Black Mountain Ramble**      **8:00 AM\***  
Hike 10, Drive 60, 2600 ft. ascent,  
Rated A-AA  
Dave Wetmore 828-884-7296  
dwetmore@citcom.net  
**P400** This great winter hike starts at Turkey Pen parking area, then over Sharpy Mtn. and around Black Mtn., ending at the Pisgah Maintenance parking lot. A long uphill, but with good views from our lunch spot at Black Mtn. **\*Meeting places: Meet at Westgate at 8:00 AM to form carpools, and meet leader at Turkey Pen parking area at 8:30 AM. Short car shuttle.** Topo: Pisgah Forest; also Nat'l. Geographic Pisgah Ranger District map

ALL DAY NO. A0501-416      **Jan. 16**  
**Dupont Forest –**  
**Fawn Lake P. L. #3**      **8:00 AM\***  
Hike 8, Drive 70, 900 ft. ascent, Rated B-C  
Rusty Breeding 828-692-0359  
bree@planetusa.net  
This low-altitude winter hike will feature the frozen beauty of five lakes, overlooks and at least one waterfall in Dupont Forest, following a variety of trails from the southern edge of the forest. Short car shuttle. **\*Meeting places: Meet at Westgate at 8:00 AM to form carpools, and meet leader at Bi-Lo parking lot in Pisgah Forest at 8:30 AM.** Topo: Standingstone Mtn.; also Dupont Forest Trail map.

ALL DAY NO. A0501-001      **Jan. 23**  
**Case Camp–Seniard Ridge Loop**      **8:00 AM**  
Hike 9, Drive 80, 1300 ft. ascent, Rated A-B  
Tom Bindrim 828-299-1572  
**P400** This loop hike features a short steep climb up to the MST, some MST hiking, and 50 ft. frozen cascades along the closed BRP. After lunch with a great view of the surrounding mountains, we'll hike through some beautiful woods on the Seniard Ridge Trail. Topo: Shining Rock; also MST Trail Profiles pg. 50 and Nat'l. Geographic Pisgah Ranger District Map

SATURDAY NO. A0501-417      **Jan. 29**  
**Butter Gap, Art Loeb,**  
**Long Branch Trails Loop**      **8:00 AM**  
Hike 12, Drive 72, 1600 ft. ascent, Rated A-A  
John Pawcio 828-299-8126  
jpawcio@tycovalves.com  
**P400** Highlights of this low-altitude winter hike include the McCall family cemetery and good views from Rich and Chestnut Mtns. and from the Art Loeb Trail. **Second meeting place: Pisgah Fish Hatchery at 8:45 AM, but call leader beforehand.** Topo: Shining Rock; also Nat'l. Geographic Pisgah Ranger District map

ALL DAY No. A0501-409      **Jan. 30**  
**Jones Gap/El Lieutenant loop**      **8:00 AM\***  
Hike 10, Drive 80, 1650 ft. ascent,  
Rated A-AA  
Ann Gleason 828-859-9387  
cowbonetail@yahoo.com  
Starting at Jones Gap State Park (**NOTE: \$2 fee per person for park entry**), we will hike up the Jones Gap Trail along the Middle Saluda River, then take the Bill Kimball Trail up through the boulders and forest, climbing up El Lieutenant. From there, we walk a very short portion of US 276 to connect with our return loop on the Tom Miller and Jones Gap Trails. **\*Meeting places: Meet at Westgate at 8:00 AM to form carpools, and meet leader at the east side of the Hendersonville Ingles parking lot at 8:30 AM (take I 26 to exit 53, then turn right on Upward Rd. one mile to Ingles on US 176). Additional meeting place: Jones Gap St. Pk. at 9:00 AM.** Topos: Cleveland, Table Rock; also trail map of Mountain Bridge Wilderness and Recreation Area.

ALL DAY NO. A0501-418      **Feb. 6**  
**Newton Bald – Kanati Fork**      **7:30 AM**  
**(strenuous)**  
Hike 11.5, Drive 120, 2800 ft. ascent,  
Rated A-AA  
Tom Sanders 828-252-6327  
mel&tgs@main.nc.us  
**900M** **Note early start time.** This great winter hike near Cherokee climbs Newton Bald, continues on Thomas Divide and then descends on Kanati Fork Trail. When CMC did this hike a few years ago, we had the neat experience of beginning the hike on dry ground, then hiking up onto trails covered by up to a foot of snow and then descending back onto dry trails. Short car shuttle. **Second meeting place: Quality Inn, junction of US 19 and US 276 in Maggie Valley at 8:00 AM.** Topo: Clingman's Dome; also Nat'l. Geographic GSMNP map

ALL DAY NO. A0501-419      **Feb. 6**  
**MST: US 25 to**  
**Folk Art Center (moderate)**      **9:00 AM**  
Hike 8.3, Drive 30, 600 ft. ascent, Rated B-C  
Lenny Bernstein 828-236-0192  
lsberns@worldnet.att.net  
**Note later start time.** This is a moderate

## SATURDAY WORK DAY

Here is a great chance to learn what is involved in trail maintenance. We will meet on March 19 at the Moose Café at the Farmer's Market on Rte. 191 at 8:00 a.m. for breakfast. We will return to Asheville around 4 p.m. Come join the fun. Call Les Love at 828-658-1489.

hike on the MST circling around the southern side of Asheville. Come see how the MST weaves around and across I 40, the Swannanoa River, Norfolk Southern RR tracks, and a cow pasture before ending at the Folk Art Center. Car shuttle. Topos: Asheville, Oteen; also MST Trail Profiles pgs. 59-61

ALL DAY NO. A0501-331      **Feb. 13**  
**Cantrell Lodge site**  
**via Sharpy Mtn.                      8:30 AM**  
Hike 8, Drive 50, 1200 ft. ascent, Rated B-B  
Becky Smucker 828-298-5013  
bjsmucker@charter.net  
**P400 Note later start time.** This moderate loop hike starts at Turkey Pen with a warm-up climb over Sharpy Mtn. to Wagon Road Gap, then descends to the S. Mills River Trail where we hike upriver to our lunch spot where Cantrell Lodge was originally located. We'll return via three interesting pedestrian footbridges over the S. Mills River. **Second meeting place: Turkey Pen parking area at 9:00 AM.** Topo: Pisgah Forest; also Nat'l. Geographic Pisgah Ranger District map

ALL DAY NO. A0501-049      **Feb. 20**  
**Walnut Bottom                      8:00 AM\***  
Hike 11.6, Drive 110, 1500 ft. ascent,  
Rated A-B  
Marianne Newman 828-454-1036  
marianneln@msn.com  
**900M** For a change, this time we'll do this hike in the winter, following a spectacular mountain stream through a beautiful forest to Walnut Bottom. Features to be seen on this hike are the Rock House, Mouse Creek Falls and Dead Man's Curve. **\*Meeting places: Meet at Westgate at 8:00 AM to form carpools, and meet the leader at Pilot Truck Stop at exit 24 off I 40 at 8:30 AM.** Topos: Waterville, Cove Creek Gap and Luftee Knob; also Nat'l. Geo. Map of GSMNP

SATURDAY NO. A0501-420      **Feb. 26**  
**AT: Allen Gap to Tanyard Gap 8:30 AM**  
Hike 8.8, Drive 80, 2100 ft. ascent,  
Rated B-AA  
Joanne Tulip 828-299-3495  
tulipinn@aol.com  
**Note later start time.** Great views from Rich Mtn. tower, a visit to Spring Mtn. shelter and one of the prettiest sections of the AT in our area highlight this pleasant winter hike. Car shuttle. Topo: Hot Springs

ALL DAY NO. A0501-255      **Feb. 27**  
**MST: NC 80 – Black Mtn.**  
**Campground                      8:30 AM**  
Hike 8, Drive 90, 700 ft. ascent, Rated B-C  
Tommie Boston 828-686-5029 (828-273-2638 30 min. or less before departure)

tambee2@aol.com  
For variety, we'll reverse the direction in which this hike was last done. Expect good winter views as we hike south on the MST from Buck Creek Gap at NC 80 to Black Mtn. Campground, crossing a couple of times over the section of the BRP that is now closed due to hurricane damage. Car shuttle. **Only meeting place: the back parking lot at the Folk Art Center.** Topos: Old Fort and Celso; also PNF South Toe River, Mt. Mitchell & Big Ivy trail map.

ALL DAY NO. A0501-421      **Mar. 6**  
**Canebrake Trail (strenuous) 8:00 AM\***  
Hike 10, Drive 95, 1000 ft. ascent, Rated A-B  
Bruce Bente 828-692-0116  
bbente@cytechusa.com  
We'll start the hike at the Frozen Creek Rd. parking lot in Gorges State Park, and hike down the Canebrake Trail to our lunch spot at the Foothills Trail pedestrian bridge where the Toxaway River enters Lake Jocassee. **\*Meeting places: Meet at Westgate at 8:00 AM to form carpools, and meet leader at Bi-Lo parking lot in Pisgah Forest at 8:30 AM.** Topo: Reid; also Gorges State Park map

ALL DAY NO. A0501-422      **Mar. 6**  
**Big Laurel–Pump Gap              9:00 AM**  
**(moderate)**  
Hike 7, Drive 70, 2400 ft. ascent,  
Rated B-AA  
Amy Treverton 828-298-1882  
athikerbabe@yahoo.com  
Paul Benson 828-251-1909  
pdbenson@charter.net  
**Note later start time.** This will be a new hike for CMC. Starting at Hurricane, we'll hike the Big Laurel Creek trail down to the French Broad River, then up Pump Branch to Pump Gap, and the AT past Lover's Leap before ending at the hot tubs in Hot Springs. Nice scenery along the creeks and river. Bring your swimsuit and plan on stopping at either the hot tubs and/or supper. Car shuttle. Topo: Hot Springs

ALL DAY NO. A0501-423      **Mar. 13**  
**Pilot Rock, Laurel Mtn.,**  
**Slate Rock Creek Trails              8:00 AM**  
Hike 10, Drive 90, 1600 ft. ascent, Rated A-A  
Ruth Hartzler 828-251-0886  
ruthmtn@aol.com  
**P400** We will hike up the Pilot Rock Trail, stopping to enjoy the views. Then we'll turn downhill on the Laurel Mtn. Trail and a no-name trail to the Slate Rock Creek Trail, one of the gems of Pisgah Nat'l. Forest. Short car shuttle. **Second meeting place: North Mills River Recreation Area parking lot at 8:30 AM, but call leader beforehand.** Topo: Dunsmore Mtn.; also Nat'l. Geographic Pisgah Ranger District map.

ALL DAY NO. A0501-424      **Mar. 20**  
**Hospital Rock and Lots More 8:30 AM**  
Hike 9, Drive 80, 2000 ft. ascent, Rated B-A  
Danny Bernstein 828-236-0192  
danny@hikertohiker.org  
**Note later start time.** This is a challenging hike in Jones Gap State Park in S.C. Hiking past Hospital Rock, we will enjoy a great view at lunchtime from Pretty Place. After lunch we will walk along a road for a short distance, then turn downhill on an unmaintained trail to see beautiful Rainbow Falls and back to our cars. **Second meeting place: Jones Gap State Park parking lot at 9:15 AM.** Topos: Cleveland, Standingstone Mtn.

SATURDAY NO. A0501-425      **Mar. 26**  
**Mt. Cammerer via**  
**Low Gap Trail                      8:00 AM**  
Hike 11.2, Drive 135, 2300 ft. ascent,  
Rated A-AA  
Chip Miller 828-654-9331  
backpacker54nc@bellsouth.net  
**900M** From Cosby Campground, we will hike an in-and-out route, following the Low Gap trail to its end at the AT, and then following the AT and Mt. Cammerer side trail to the summit of Mt. Cammerer. Expect spectacular views from our lunch spot at the Mt. Cammerer lookout. **Second meeting place: Pilot Truck Stop at exit 24 off I 40 at 8:30 AM.** Topos: Hartford, Luftee Knob; also Nat'l. Geographic GSMNP map

ALL DAY NO. A0501-426      **Mar. 27**  
**Colbert Ridge, Crest,**  
**Horse Range Trails                  7:30 AM**  
Hike 12.7, Drive 120, 4000 ft. ascent,  
Rated A-AA+  
Don Walton 828-298-5084  
donwalton@bellsouth.net  
**Note early start time.** This strenuous hike will start in the Carolina Hemlocks Campground area and climb up Colbert Ridge Trail to Deep Gap. We'll take the Black Mtns. Crest Trail via a short connector to the Buncombe Horse Range trail, and then do the long descent back to our cars. Be sure you are in good physical shape before attempting this hike. Short car shuttle. **Second meeting place: Ingles on Burnsville bypass at 8:15 AM, but call leader first.** Topos: Celso, Mt. Mitchell; also PNF South Toe River, Mt. Mitchell & Big Ivy trail map

ALL DAY NO. A0501-427      **Apr. 3**  
**Soapstone Ridge (strenuous) 8:30 AM**  
Hike 10, Drive 90, 1200 ft. ascent, Rated A-B  
Stuart Tauber 828-254-0824  
sdtauber@charter.net  
**P400 Note later start time and that this is the first day of DST.** This new CMC hike will begin at the gauging station and follow a mild bushwhack up Soapstone Ridge to the

Alternate MST. We'll follow the AMST to the Black Mtn. Trail to our lunch spot at Buckhorn Shelter, and then take the Buckhorn Gap trail down to the S. Mills River trail back to our cars. The leader may make some revisions to the route depending on the group and weather. Expect a fast-paced hike. Topos: Pisgah Forest, Shining Rock; also Nat'l. Geographic Pisgah Ranger District map



PM at the NW corner of the parking lot.

ALL DAY NO. A0501-428 **Apr. 3**  
**Cane River Gap to Little Butt 9:00 AM**  
 (moderate)

Hike 7.5, Drive 50, 2200 ft. ascent, Rated B-AA

Les Love 828-658-1489 leslove@aol.com  
**Note later start time and that this is the first day of DST.** This hike begins with a 1200 ft. ascent to the ridgeline, then along the top of the ridge with a few gradual ups-and-downs. After Big Butt, we'll follow the narrow ridge-line with its views to our lunch spot at Little Butt, which has a great view of the Black Mtns. range across the valley. Return via the same route. Topo: Mt. Mitchell

## HALF-DAY SUNDAY HIKES

Half-day hikes submitted by Paula Robbins, 828-281-3253, paularww@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at Westgate Shopping Center (Exit 3B off I-240) near I-240 UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in hike listings.

HALF DAY NO. H0501-429 **Jan. 9**  
**Hard Times Road to Rocky Cove Road to Bent Creek Road 1:15 PM**

Hike 5, Drive 15, Rated C-C

Pat Elias, 828-687-1651 peliasy@aol.com  
**P400 Note early start time.** We will hike from the Arboretum recreation parking lot in an easy loop. **Second meeting place: Ingles parking lot on NC 191 opposite Biltmore Square Mall at 1:30 PM; from there we will carpool with those who have Arboretum parking privileges.**

HALF DAY NO. H0501-430 **Jan. 16**  
**Green River Game Lands – Long Ridge loop 12:30 PM\***

Hike 5, Drive 70, Rated C-C  
 Becky Elston, 828-749-1886

belston@cytechusa.com  
**Note early start time.** We will hike the Long Ridge/Turkey Gut/Stair Step trails to form a five-mile loop. There should be nice winter views of Mt. Tryon and other mountains. Join hike leader for dinner at Cracker Barrel after the hike. **\*Meet at Westgate at 12:30 PM to form carpools, and meet the leader at Cracker Barrel off I-26, exit 53 at 1:00**

HALF DAY NO. H0501-004 **Jan. 23**  
**Glassmine Falls to Greybeard Overlook and return 1:00 PM**

Hike 5, Drive 55, Rated C-C  
 Marlene Santa Maria, 828-299-9095  
 marlena98@hotmail.com

**Note early start time.** Great winter views of the high peaks on the Mountains-to-Sea Trail, weather permitting. If the Parkway is closed, we will hike a section of the MST in the Asheville area.

HALF DAY NO. H0501-431 **Jan. 30**  
**Chestnut Cove to MST to Sleepy Gap to Explorer Trail Loop 1:00 PM**

Hike 5, Drive 20, Rated C-C  
 Paula Robbins, 828-281-3253 (before 9 PM)  
 paularww@bellsouth.net

**P400 Note early start time.** This loop hike off the Bent Creek Gap Road has some steep uphill climbs in the beginning but is otherwise easy. **Second meeting place: Ingles parking lot on NC 191 opposite Biltmore Square Mall at 1:15 PM.**

HALF DAY NO. H0501-432 **Feb. 6**  
**Montreat toll road loop 12:30 PM**

Hike 5, Drive 40, 1,000-ft. ascent, Rated C-B  
 Danny Bernstein, 828-236-0192  
 danny@hikertohiker.org

**Note early start time.** We will start by hiking up the Graybeard Trail, which has been partly relocated to parallel the creek, up to the toll road. Once on the toll road, it is down, down, down with some beautiful views. We will end up on the Montreat campus and may stop at the chapel for a look at the frescoes. There is one small steep section and four stream crossings on rocks. The leader reserves the right to change the hike to suit the weather.

HALF DAY NO. H0501-433 **Feb. 13**  
**Mill Ridge Ramble 1:30 PM**

Hike 5, Drive 65, Rated C-C  
 Tom Sanders, 828-252-6327  
 mel&tgs@main.nc.us

We will go through woods and along woods roads but also along some official trails in the area between Mill Ridge and Pump Gap. No steep uphill, just some great walking and views into the Big Laurel-French Broad River valleys.

HALF DAY NO. H0501-320 **Feb. 20**  
**Swannanoa River Ramble Noon**

Hike 5.5, Drive 20, Rated C-C  
 Diane Hankins, 828-298-2870 (before 9 PM)  
**Note early start time.** Leisurely paced hike at Warren Wilson College includes the River Trail and Dam Pasture Trail through the woods to an old dam site. Suitable for anyone over 10 years of age (Those under 18 MUST be accompanied by an adult.). **Only meeting place is Oteen Ingles (near the VA Hospital on Tunnel Road) parking lot at the Post Office flagpole.**

HALF DAY NO. H0501-434 **Feb. 27**  
**Laurel Mountain Trail 12:45 PM\***

Hike 5.4, Drive 40, Rated C-C  
 Greg Goodman 828-684-9703  
 This in-and-out hike will start from FR-1206 and go along some old logging roads with moderate ascents up Black Mountain to Rich Gap, where there will be nice views of the North Mills River Valley. **\*Meet at Westgate at 12:45 PM to form carpools, and meet the leader at the North Mills River Recreation Area at 1:30 PM.**

HALF DAY NO. H0501-040 **Mar. 6**  
**Mountains-to-the-Sea Trail in Marion 1:00 PM**

Hike 4.8, Drive 60, 1500 ft ascent, Rated C-B  
 Don Walton, 828-298-5084  
 DonWalton@bellsouth.net

**Note early start time.** We will spot cars, then hike along the MST from Woodlawn Picnic Area down to the North Fork of the Catawba River, where we will see the recently completed footbridge spanning the river. This bridge cost about \$200,000 and is the largest foot bridge on the MST. If we are lucky the rare Turkey Beard flower will be out. We will go out on the Forest Service road to Creek Road. **Second meeting place: McDonalds at exit 64 of I-40 at 1:20 PM.** Topo: Little Switzerland

HALF DAY No. H0501-435 **March 13**  
**Turkey Pen – Pea Gap ramble 1:30 PM\***

Hike 5-6, Drive 50, 700 ft. ascent, rated C-C  
 Bruce Bente, 828-692-0116  
 bbente@cytechusa.com

**P400** This will be a moderate hike in the Turkey Pen area. We'll cross the S. Mills River pedestrian bridge, and then follow a loop through Pea Gap that incorporates parts of the Mullinax and other trails. No river crossings, and we may see some early flowers. **\*Meet at Westgate to form carpools at 1:30 PM, and meet leader at Turkey Pen parking lot at 2:00 PM.** Topo: Pisgah Forest; also National Geographic Pisgah Ranger District map.

HALF DAY NO. H0501-436 Mar. 20  
Mt. Pisgah from Pisgah Inn 1:30 PM  
Hike 4.5, Drive 36, 700 ft. ascent, Rated C-C  
Elisabeth Feil 828-684-7819  
hofeil@brinet.com

**P400** This is a moderate in-and-out hike. There will be a short car shuttle. If the Parkway is closed, we'll hike the MST from the French Broad River Bridge about two miles uphill and return via the Hard Times Trail.

HALF DAY NO. HO501-437 March 27  
Slate Rock Creek-Pilot Cove 1:00 PM  
Hike 6, Drive 60, 1100 ft. ascent, Rated B-B  
Ruth Hartzler, 828-251-0886  
ruthmtn@aol.com

**P400** Note early start time. This is a moderate hike up beautiful Slate Rock Creek Trail, returning via Pilot Cove Loop Trail. We'll hope to spot early wildflowers. Short car shuttle. **Second meeting place:** Mills River Recreation Area parking lot at 1:30 PM.

HALF DAY NO. H0502-297 Apr. 3  
Sam's Gap to Hog Back Ridge Shelter and return 1:30 PM  
Hike 5, Drive 50, Rated C-C  
Jane and Lew Blodgett, 828-274-7863

#### **Mountaineering Information**

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

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

**Passengers are expected to share operating expenses with the driver.**

#### **Clothing & Equipment, Etc.**

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

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

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

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

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

Return Requested

This moderate in-and-out hike on a section of the Appalachian Trail is easily accessible off the new portion of I-26. Early spring wild flowers should be in bloom.

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

**PLEASE GO TO THE BACK  
OF THE MEMBERSHIP  
APPLICATION FORM FOR  
MORE ARTICLES!**

**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**

Gerry McNabb-274-0057 PRESIDENT Lenny Bernstein-236-0192 VICE PRESIDENT  
Dave Wetmore-884-7296 SECRETARY Carroll Koeplinger-667-0723 TREASURER  
Don Walton-298-5084 IMMEDIATE PAST PRESIDENT

COUNCIL MEMBERS: Les Love-658-1489, Misha Lazer-259-9729, Ruth Hartzler-251-0886,  
Piet Bodenhorst-298-8371, Bruce Bente-692-0116, Stuart Tauber-254-0824.  
Morgan Sommerville-254-3708 ATC FIELD REP

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

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

#### **Responsibility For Safety**

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

Editor this issue: Gerry McNabb-274-0057 [gmcnabb@charter.net](mailto:gmcnabb@charter.net)  
Editor next issue: Ginger Graziano-236-2075 [gingergraz@chapter.com](mailto:gingergraz@chapter.com)  
Deadline next issue: February 15, 2005

## THESE STORIES FROM THE E-LET'S GO:

### FOOT AND ANKLE CLINIC HELD AT DIAMOND BRAND OUTDOOR

A group of some 14 or 15 CMCers began gathering around a table with generous hors d'oeuvres and drinks. The group had arrived for a foot and ankle clinic put on by Diamond Brand Outdoor Store in Arden and Southeaster Sports and Fitness of Skyland.

Substituting for Don Walton, Gerry McNabb, VP, welcomed the group and introduced David Burns, Diamond Brand's foot specialist to begin the clinic. A representative from the sports center, Wes Miller, discussed the complexity of the foot and ankle. He called attention to the 30-some muscles from the knee down that help the foot do what it does. He stressed the importance of ankle strength to keep the foot from turning out and thereby stretching the ligaments, which are slow in healing and may never completely recover their original condition.

We were given a sheet with various ankle exercises design to strengthen the ankle. This is important, Miller stressed because we rely on the ankle for balance. He described walking as a continuing out-of-balance condition,

first on one foot, then the other. When we walk, we are mostly supported by only one foot. Therefore balance is very important to the walker. It was explained that a walking stick can greatly help in this balancing process we call walking. Ankle strength becomes even more important when we walk on uneven terrain, he said.

Then David spoke on the importance of a good boot and the equally important insole. He said a good tight fitting boot and support is important for stabilizing the foot and limiting the time it is pronated in the walking process. Shoes should be laced tightly, he advised, adding that Diamond Brand carries only superior boots designed specifically for the rugged walking conditions that we encounter here. Some \$300 worth of door prizes were distributed after the meeting and everyone got a certificate good for \$5 off a pair of shoes on their next visit.

Some said it was a lot more interesting then they had expected it to be. It was hoped that other workshops could be organized for the future.

### 2005 DUES ARE DUE

2005 dues are now due. If you pay by December 31, 2004, your dues will be \$12 for individuals and families. Starting January 1, 2005, dues are increased to \$20 for individuals and \$30 for families. If you joined CMC before October 1, 2004, you will need to pay 2005 dues to remain a member. You can check your membership status on the CMC website, or by contacting Lenny Bernstein by phone (236-0192) or e-mail (lsberns@att.net). Please use the form inserted in this copy of Let's Go to pay your dues and update your membership information. Thank you.

### OBITUARY

Richard Dow Roberts of Brevard, North Carolina, past president of CMC, passed away peacefully at the age of 85 on Friday, September 24, 2004. He was responsible for building the Mountains to the Sea trail from Hwy 215 to the Pisgah Inn, and he was instrumental in connecting existing trails which made the Art Loeb Trail. An avid hiker and backpacker, he built and maintained many of the trails that people walk today. He is survived by his wife, Beverly, his sister Mary Roberts Wright, his daughter Juanita Roberts Padgett, son Richard Dow Roberts, Jr., and grandson Garretson Birch Jones.

### 2005 ATC Biennial Meeting Highlights

Just as an early teaser, here are some the highlights planned for the ATC conference we are co-hosting in July 1-8, 2005:

- The meeting will be held on July 1-8, 2005 at East Tennessee State University in Johnson City, TN, about an hour and 15 minutes' drive from Asheville.
- The ATC Business Meeting will be held on the morning of Monday, July 4, at which time ATC will discuss its strategic plan and the changes in management that it is in the process of implementing.
- **HIKING** – 57 hikes will be offered, everything from an easy 5 mile stroll to the Black Mountains "Death March." Most hikes will be offered several times during the meeting.
- **WORKSHOPS** – Howard McDonald has assembled a list of 49 workshops to be given on Saturday – Monday, July 2-4. Topics range from the optimum design of privies, to the natural history of this area, to developing leadership skills.
- **EXCURSIONS** – Tommie Boston and her Committee have put together a list of 18 excursions, including caving in Bristol Caverns, rafting on the French Broad River, and the Biltmore House. Excursions will be offered on July 2-5, with most excursions being offered twice.
- **ENTERTAINMENT** – The feature entertainer on Sunday, July 3 will be folk singer, John McCutcheon. Monday, July 4 will feature the Appalachian Trail Blue Grass Band and a barbeque. Slide shows will be presented on other evenings.

Registration material will be available in mid-March in the AT News and on the web at [www.southerhighlands2005.org](http://www.southerhighlands2005.org). More in the next newsletter and online.



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

## 2005 MEMBERSHIP APPLICATION

Name(s): \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone(s) Home: (    ) \_\_\_\_\_ Cell: (    ) \_\_\_\_\_  
 Work: (    ) \_\_\_\_\_  
 E-mail(s) \_\_\_\_\_

**Membership Status** (check one)    New Member?  Check if Yes.

	Before 1/1/05		From 1/1/05
Individual Membership - \$12.00	_____	\$20.00	_____
Family Membership - 12.00	_____	30.00	_____
Silver - 25.00	_____	50.00	_____
Gold - 50.00	_____	75.00	_____
Other	_____		_____

The CMC is a non-profit organization. Contributions above the member level are tax-deductible. They may also qualify for Corporate matching funds.

Return this form to: Carolina Mountain Club, P.O. Box 68, Asheville, NC 28802

### Feedback on the Appalachian Trail Conference, Johnson City, July 1-8, 2005

Yes, Lenny, I would like to help staff a function.

Yes, Lenny, I am willing to lead a hike for attendees.