



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

# CMC returns to the Chariot for Annual Dinner

By Bobbi Powers

'Twas a dreadful, blustery night for the 2014 Annual Dinner at The Chariot in Hendersonville – but that was only on the outside. Inside, all was delightful, from the jolly crowd (somewhat smaller than past years – perhaps due to the weather) to the cheap libations (hence the happy attendees!); to a fine buffet meal with chocolate cream pie that was to die for; to a business meeting that

clicked off like clockwork; and ending with a program that was – in this writer's view – totally awesome!

Sawako Jager announced the challenge awards for the past year (see accompanying article).

President Lenny Bernstein welcomed everyone and especially some dignitaries, most prominently Kristin Bail, Forest Supervisor for National Forests in NC; Julie Judkins of the A.T. Conservancy; and

Dan Wells, chairman of the Asheville Chapter of Friends of the Blue Ridge Parkway.

Lenny then gave a brief "State of the Club" speech in which he paraphrased Bill Clinton by saying, "The state of the CMC is good." He followed up with mentioning the 17,000+ hours of maintenance and trail building in 2014 and said by next year the entire MST between Black Mountain Campground and Waterrock Knob should be one continuous trail. The gaps will have been filled! And it's taken only since 1983 to get this done! Yah, builders and maintainers!

Lenny also commended the Club on its 165 hikes led last year, not including scouts and those hikes led in sub-groups. His goal for the year is to add 50 new members; let's all help him!

Last, he recognized the three people leaving Council: Tish Desjardins' five years as Councilor for Conservation; Stuart English's six years as Councilor for Communications and then Secretary;

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2015 Council members are, from left, Dave Wetmore, Secretary, Kay Shurtleff, Education, Pete Petersen, Trail Maintenance, Brenda Worley, Hiking, Lee Silver, Membership, Ruth Hartzler, Conservation, Lenny Bernstein, President, Marcia Bromberg, Immediate Past President, Sawako Jager, Councilor at Large, Barbara Morgan, VP, Jim Ariail, Treasurer, Kathy Kyle, Communications.

## COUNCIL CORNER

As many of you know, this is my second time as CMC President. I was amazed when I started last January by how the Club has changed since I left office at the end of 2007.



- We're bigger – 900 members.
- We're far more technologically savvy – we have a truly interactive website and a Facebook page.
- We have new leadership. Not one of

the other Council members in 2014 or 2015 was on Council in 2007.

- We hope to complete our section of the Mountains-to-Sea Trail in 2015.
- We're taking on new initiatives. Our trail maintainers negotiated their first-ever five-year agreement with the Forest Service's Pisgah Ranger District and are negotiating similar agreements with Appalachian Ranger District and the Blue Ridge Parkway. CMC Council is creating an Operating Manual, so new volunteers will have more than word-of-mouth about how CMC does things.

However, some things stay the same. We need more members – our membership has been flat at about 900 for the last few years. I've challenged the Club to increase that number to 950 by the end of 2015. All of us on your Council will be working toward that goal. And we need more volunteers – especially on the committees that do the behind-the-scenes work, such as creating our hiking schedule and keeping up our communications links. If you can help, please contact me or one of the other members of Council.

– Lenny Bernstein

# CMC returns to the Chariot for the 2014 Annual Dinner

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and Danny Bernstein's five years as Secretary and Councilor for Communication.

Marcia Bromberg then took the stage to announce winners of our most prestigious awards. Tish Desjardin and Ruth Hartzler will share the Award of Appreciation. According to Marcia, both have "done yeomen's work to ensure the CMC and the whole hiking community is represented on the National Forest Service Plan which will guide activities in the Pisgah and Nantahala Forests over the next 10-15 years."

The Distinguished Service Award, given for years of service to the Club, went to Becky Smucker who has served in several offices, including President, initiated and leads the wilderness crew, leads hikes, and helped



*Becky Smucker and Ruth Hartzler*

lead the technology improvements. And she keeps on giving! Becky is one of our crown jewels.

Then there was the program – Wow! Jeff Wilcox, associate professor of environmental studies at UNC Asheville, spoke and showed slides of "Geologic History of the Southern Appalachians." His spirited talk touched on a lot of "Wow, I didn't know that!" moments. A few of many highlights....There are rocks on Roan Mtn. that are 1.8 billion years old, among the oldest in the world, and they are just lying on the ground. We've all heard of Pangea, which, when it split apart gave us our Blue Ridge Mountains standing at 25,000 feet, but who knew that eons before, there was Rodinia, a super continent that split apart?



*Jeff Wilcox with two singing bowls.*

The biggest buzz (or I should say hum) came when Jeff talked about Spruce Pine's having the purest quartz in the world, and every computer chip in every nation has a bit of that quartz in it. In crushing the quartz, an ultra pure "singing bowl" is used. Jeff brought several big fascinating rocks with him, along with two singing bowls! It was quite a performance!

Everyone left smiling as we zipped our heavy coats, put on our gloves, and headed out into the cold wind after a memorable evening.



*Challenge completers from left, Sawako Jager, Jim Reel, Tom Sanders, Barbara Morgan, Lars Holmquist and Timo Holmquist.*

## Our Challenge Committee continues to challenge

The goals of the Challenge Committee are to promote hiking, conservation and an appreciation for Trail Maintenance.

Currently the club offers four challenges: SB6K, 40 WNC peaks over 6000 feet, LTC, the Lookout Tower Challenge, Pisgah 400, all the trails in the Pisgah Ranger District, and WC100, 100 Waterfalls & Cascades.

At our Annual Dinner, Sawako Jager, Chair of the Challenge Committee, first introduced challenge finishers who finished in 2013 but had not been recognized.

SB6K – Steven M. Castellano, Barbara Morgan, and William Shaffer

LTC – Steve Covert and Mary Swain

Last year was the Club's 90th Birthday and the Challenge Committee created two special challenges, 90 miles on the A.T. and 130 miles on the MST. Those special challenges were successful and 21 challengers completed each challenge, a total of 42 challengers. They also received an adorable special patch. Extra patches are available for the completers to purchase at \$5 each. If someone is interested in patches, please e-mail Sawako, Baiko70@aol.com.

A.T. 90 – Clifford Andrew, Jacob Cox, Lisa Hart, Jim Reel, Tom Sanders

MST130 – David Baldwin, Jacob Cox, and Peter Julius.

In 2014 the following finished their Challenges:

SB6K – Lars Holmquist, Timo Holmquist, Brian Knauer, Charlie Sizemore, and Rachel Sizemore.

WC100 – Steve Covert

The Challenge Committee consists of Sawako, David Wetmore, who is a creator and coordinator of Pisgah 400 Challenge, Jack Fitzgerald who is a creator and coordinator of WC100, and Peter Barr who is a creator and coordinator of LTC and a coordinator of SB6K. The Challenge Committee will continue to challenge you in 2015. The first step for you to take is to download the application form and start hiking.

## TRAIL MAINTENANCE

All members are encouraged to participate in trail maintenance activities. Non-members are invited to try it a few times before deciding if they want to join the Club and be a regular part of a crew. We train and provide tools.

Below is a general schedule of work days. Exact plans often are not made until the last minute, so contact crew leaders for details. Crews marked with an \* are currently seeking new members. MST and AT section maintainers work on their own schedule.

### Burnsville Monday Crew

John Whitehouse, johnwhitehouse@ccvn.com

### Waynesville West Crew \*

Larry Sobil, lsobil@bellsouth.net

### Thursday Crew

Bill Falender, billfalender@hotmail.com

### Asheville Friday crew \*

Skip Sheldon, shelhalla@bellsouth.net

### Pisgah Friday Crew \*

Pete Petersen, roap@aol.com

### Wilderness Crew \*

Becky Smucker, bjsmucker@gmail.com

### Quarterly Saturday Crew \*

Les Love, lesrlove@charter.net

### AT Maintainers

Tim Carrigan, tim@newprism.com

### MST Maintainers

#### Heintooga Road to Old Bald

Larry Sobil, lsobil@bellsouth.net

#### Old Bald to Mt. Pisgah Parking Lot

Pete Petersen, roap@aol.com

#### Mt. Pisgah Parking Lot to Folk Art Center

Les Love, lesrlove55@gmail.com

#### Folk Art Center to Black Mtn. Campground

John Whitehouse, johnwhitehouse@ccvn.com

## HIKE SCHEDULE First Quarter 2015

### Hike Ratings

First Letter Distance	Second Letter Elevation Gain
AA: Over 12 miles	AA: Over 2,000 ft.
A: 9.1-12 miles	A: 1,501-2,000 ft.
B: 6.1-9 miles	B: 1,001-1,500 ft.
C: Up to 6 miles	C: Under 1,000 ft.

All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B unless otherwise noted.

If it's not possible for a hiker to go on the regularly scheduled hike, it may be possible to accompany the leader when the hike is scouted. Call or email the hike leader.

Hike cancellations are announced on the CMC website in the "Breaking News Box." Hike Leaders will announce a cancellation or significant change at least a few hours before the hike meeting time. Hikers that do not have internet access or live hours away from the meeting place: call the hike leader to ensure that you are informed about hike changes.

See the Hike Schedule on the CMC website for more complete and timely information, including scout reports, at [www.carolinamountainclub.org](http://www.carolinamountainclub.org).

## CHALLENGE PROGRAMS

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

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

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

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

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

## WEDNESDAY HIKES

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

Wednesday No. W1501-853 **Jan. 7**  
**The East Side of Montreat** \*8:30 AM  
Hike 8, Drive 35, 2800 ft. ascent, Rated B-AA  
Steve Pierce, 828-724-4999, cell: 828-442-8482, [stevepierce@charter.net](mailto:stevepierce@charter.net)

\*Form carpools at Westgate and meet leader at parking lot at Ingles off Exit 64 of I-40 at 8:50 AM. Ascend the Rainbow Mountain Trail, Rainbow Road, Old Toll Road and connecting trail to Lookout Mountain for beautiful views. Follow the East Ridge Trail over Brushy Mountain and Rocky Head with views along the route. At Pot Cove Gap, take the Graybeard Trail along Flat Creek to cars at Graybeard Trailhead. Short car shuttle. Topo(s): Montreat; also Montreat Trails Map

Wednesday No. W1501-766 **Jan. 14**  
**Bent Creek Loop #10** \*9:00 AM

## SATURDAY WORKDAY

For the Saturday MST Trail Building Workdays in 2015, meet at 8:30 at the Home Depot at the Enka-Candler Exit 44 off of I-40.

The workdays are March 21, May 2, June 6, August 15, and October 3. As in the past, we will be back in Asheville by 3:00. Call Les Love at 828-658-1489 ([lesrlove55@gmail.com](mailto:lesrlove55@gmail.com)) to verify date.

Hike 7.5, Drive 10, 1100 ft. ascent, Rated B-B  
Janet Martin, cell: 502-494-9309, [jaykaymartin@msn.com](mailto:jaykaymartin@msn.com)

**P400 \*Only Meeting Place: Ingles parking lot across NC 191 from Asheville Outlets (formerly Biltmore Square Mall).** We will start at the parking lot near the west end of the Campground Connector, walk along Boyd Branch Road, then take a left on Little Hickory Gap Trail to Five Points; left on North Boundary Road (FS 485); left on Green's Lick Trail; right on Laurel Branch Road; left on Lower Sidehill Road, and right onto Boyd Branch Road, to take us back to our cars. Topo(s): Dunsmore Mtn.; also NatGeo map #780

Wednesday No. W1501-001 **Jan. 21**  
**Case Camp - Seniard Ridge Loop** 8:30 AM  
Hike 8, Drive 80, 1800 ft. ascent, Rated B-A  
Mary Beth Gwynn, cell: 828-545-6487, [mbgcmc@gmail.com](mailto:mbgcmc@gmail.com)

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

Wednesday No. W1501-550 **Jan. 28**  
**Paris Mountain State Park** \*8:30 AM  
Hike 9.9, Drive 130, 2000 ft. ascent, Rated A-A  
Brenda Worley, 828-684-8656, cell: 828-606-7297, [bjdworley@gmail.com](mailto:bjdworley@gmail.com)

\*Form carpools at Westgate and meet leader at NE corner of Cracker Barrel parking lot off Exit 53 of I-26 at 9:00 AM. Located between Traveler's Rest and Greenville, Paris Mountain State Park is one of the oldest protected areas in South Carolina. Originally, the lakes were the source of Greenville's water supply. We will walk on well-maintained trails, enjoying good views of Greenville. \$2 per person entrance fee. Topo(s): Paris Mtn.

Wednesday No. W1501-031 **Feb. 4**  
**South Mountains Loop** \*8:00 AM  
Hike 9.3, Drive 170, 2300 ft. ascent, Rated A-AA  
Rich Sampson, cell: 704-453-9059, [richsmpson360@gmail.com](mailto:richsmpson360@gmail.com)

**WC100 \*Form carpools at Westgate and meet leader at South Mountains State Park Visitor Center at 9:00 AM.** South Mountains State Park, south of Morganton, has outstanding views, a beautiful waterfall, and a new visitor center. We'll climb to Jacob Fork River Gorge Overlook and then continue to Chestnut Knob Overlook, a rocky outcropping with outstanding views toward the Kings Mountain Range and on a clear day, Charlotte's skyline. Later, after another climb, we'll reach the top of High Shoals Waterfall – truly awesome. Awesome too are the wooden staircase and

platform which allow a close look at the falls and the jumble of rocks in Jacob Fork. Since this is a state park, the trails are meticulously maintained. Topo(s): Benn Knob; South Mountains SP map

Wednesday No. W1501-330 **Feb. 11**  
**Raven Cliff Falls** **7:30 AM**  
Hike 8, Drive 95, 1450 ft. ascent, Rated B-B  
Vance Mann, cell: 828-273-7592,  
hvancem@icloud.com

**WC100** We'll do a pleasant walk to the pedestrian bridge over the top of a beautiful 250 ft. waterfall in Caesar's Head State Park in S.C. The hike will follow the Raven Cliff Falls Trail and a portion of the Foothills Trail to the bridge, and then return with a side trip to the spectacular overlook of the falls and Matthew Creek Gorge. **Second meeting place: Pisgah Forest Bi-Lo at 8:00 AM.** Topo(s): Table Rock; also Mountain Bridge Wilderness Area trail map.

Wednesday No. W1501-778 **Feb. 18**  
**Bracken Mountain –**  
**Brushy Creek Trail** **\*9:00 AM**  
Hike 7.5, Drive 70, 1400 ft. ascent, Rated B-B  
Stuart English, cell: 828-384-4870,  
stuengo@comporium.net

**\*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:30 AM.** This hike will include the Bracken Mtn. and Brushy Creek Trails. Topo(s): Rosman; also Bracken Preserve Trail System Map

Wednesday No. W1501-246 **Feb. 25**  
**Around Coffee Pot Mountain** **8:30 AM**  
Hike 7.5, Drive 40, 1400 ft. ascent, Rated B-B  
Laura Frisbie, cell: 828-337-5845,  
laurafrisbie@gmail.com

P400 This hike will traverse the Trace Ridge Trailhead area that was logged in 2014 and allow us to see first-hand the effect of logging on our hiking trails. We'll circle Coffee Pot Mountain by hiking up FS 5097, then taking a side trail to Trace Ridge Trail to Beaver Dam Gap on the BRP and returning on the Spencer Branch Trail, with a stop to see the Hendersonville reservoir and dam. **Second meeting place: New Mills River Ingles on NC 280 behind gas pumps at 8:50 AM.** Topo(s): Dunsmore Mountain; also NatGeo map #780

Wednesday No. W1501-224 **Mar. 4**  
**Table Rock – Pinnacle Loop** **8:00 AM**  
Hike 10.8, Drive 120, 3200 ft. ascent,  
Rated A-AA  
Randy Fluharty, 828-253-1626,  
cell: 828-423-9030, rfluharty54@gmail.com

This is a great hike with good views, starting from the Nature Center parking lot at Table Rock State Park. Our first objective will be Bald Rock near Pinnacle Mtn. with glorious views. Then after a climb to Pinnacle Mountain for lunch, we'll walk the ridgeline to Table Rock with more great views, then down steeply to our cars. \$2 park-

ing fee. **Second meeting place: NE corner of Cracker Barrel parking lot off Exit 53 of I-26 at 8:30 AM.** Topo(s): Table Rock

Wednesday No. W1501-286 **Mar. 11**  
**Sycamore Cove** **8:30 AM**  
Hike 7, Drive 70, 2000 ft. ascent, Rated B-A  
Paula Massey, 828-299-0226, cell: 828-989-0003,  
massey.paula@gmail.com

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

Wednesday No. W1501-203 **Mar. 18**  
**Tanyard Gap to Lovers Leap** **\*8:30 AM**  
Hike 9, Drive 70, 2200 ft. ascent, Rated A-AA  
Tish Desjardins, cell: 828-380-1452,  
desraylet@aol.com

**\*Form carpools at Westgate and meet leader at the junction of US 25/70 and NC 208 at 9:10 AM.** We'll do a moderate loop in the Hot Springs area, starting and ending at Tanyard Gap. We'll start southbound on the A.T. up to Mill Ridge and continue on the A.T. until reaching Lover's Leap, then follow the Lover's Leap Trail to the Pump Gap Trail and the A.T. northbound to Tanyard Gap. Topo(s): Hot Springs

Wednesday No. W1501-826 **Mar. 25**  
**Corn Mill Shoals P.L. #4** **\*8:30 AM**  
Hike 10, Drive 90, 1550 ft. ascent, Rated A-A  
Ashok Kudva, 828-698-7119, cell: 828-674-1374,  
Ashok.kudva@att.net

**\*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:00 AM.** This four-loop hike will explore a rock quarry, mountain vistas and river water views. Topo(s): Standingstone Mountain; also DuPont State Recreational Forest Trail map, 2014 edition

## ALL-DAY WEEKEND HIKES

All-day hikes submitted by Bruce Bente, 828-692-0116, bbente@bellsouth.net. Driving distance is round-trip from Asheville. All Saturday and Sunday hikes assemble at the far rear (north end) of Westgate Shopping Center at I-240 exit 3B UNLESS OTHERWISE NOTED. Some hikes will have second meeting places, and starting times may vary.

Thursday No. A1501-281 **Jan. 1**  
**Green River Gamelands** **\*7:30 AM**  
8:00 AM Breakfast at Cracker Barrel,  
9:15 AM Hike  
Hike 8, Drive 70, 1500 ft. ascent, Rated B-B  
Bruce Bente, 828-692-0116, cell: 828-699-6296,  
bbente@bellsouth.net

**\*Form carpools at Westgate and meet leader at NE corner of Cracker Barrel parking lot off Exit 53 of I-26 at times above.** After breakfast, we'll do our traditional New Year's Day hike on a series of trails around the Green River Gamelands. We'll hike down to and along the Green River, with a late lunch at the big rocks on the Green River, and then hike up and out on the Pulliam Creek Trail. Short car shuttle. Topo(s): Clifffield Mtn.; also Trails of the Green River Gamelands map

Sunday No. A1501-850 **Jan. 4**  
**DuPont Corn Mill Shoals P.L. #5** **\*8:30 AM**  
Hike 11.6, Drive 90, 1400 ft. ascent, Rated A-B  
Ashok Kudva, 828-698-7119, cell: 828-674-1374,  
ashok.kudva@att.net

**WC100** **\*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:00 AM.** This low-elevation hike in a popular hiking and mountain biking area is best done in the winter. This new CMC hike will visit High, Triple and Grassy Branch Falls and the Thomas Cemetery. Car shuttle. Topo(s): Standingstone Mtn.; also DuPont Trails map, 2014 edition

Sunday No. A1501-847 **Jan. 11**  
**The Pinnacle** **\*8:30 AM**  
Hike 8, Drive 125, 1900 ft. ascent, Rated B-A  
Brent Martin, 828-587-9453, cell: 828-371-0347,  
brent\_martin@tws.org

**\*Form carpools at Westgate and meet leader at trailhead (end of Fisher Creek Rd.) at 9:20 AM. Driving route: About mile marker 85 on US 23/74, turn right at Exxon station to end, then left, then right onto Fishers Creek Rd. to end of road.** This new CMC hike is from the Fisher Creek Recreation Area near Sylva. We will ascend on the East Fork and Pinnacle Trails to see the great view from the Pinnacle. Our return will be via the West Fork Trail. Topo(s): Sylva North

Saturday No. A1501-182 **Jan. 17**  
**Green River Cove** **\*10:00 AM**  
Hike 6.7, Drive 75, 1000 ft. ascent, Rated B-C  
Dennis Bass, 828-367-7792,  
dbass3607@gmail.com

**\*First meeting place: Ingles on NC 191 across from Asheville Outlets (formerly Biltmore Square Mall).** This is a moderate in-and-out winter hike along the scenic Green River to the rocks jutting into the river. If we are lucky, we may see kayakers in the river at our lunch spot. **Second meeting place: NE corner of Cracker Barrel parking lot (I-26 Exit 53) at 10:30 AM. Park near Upward Rd.** Topo(s): Clifffield Mountain; also Trails of the Green River Gamelands map

Sunday No. A1501-654 **Jan. 18**  
**Squirrel Gap, Cantrell Creek Loop** **8:30 AM**  
Hike 12, Drive 55, 1600 ft. ascent, Rated A-A  
Janet Martin, cell: 502-494-9309,  
jaykaymartin@msn.com

**P400** From the Turkey Pen trailhead, we will hike up the S. Mills River, Pounding Mill and Squirrel Gap Trails, then down Horse Cove and Cantrell Creek to the site of the former Cantrell Lodge. Cross three pedestrian bridges as we hike out on the S. Mills River Trail. Possible wet stream crossings on Cantrell Creek Trail if there has been recent rain. **Second meeting place: Turkey Pen Trailhead at 9:00 AM.** Topo(s): Pisgah Forest; also NatGeo map #780

Sunday No. A1501-493 **Jan. 25**  
**Pine Mtn. Loop II** **\*8:30 AM**  
Hike 10, Drive 20, 2400 ft. ascent, Rated A-AA  
Michael and Kathy Cornn, cell: 828-458-1281,  
mcornn@aol.com

**P400 \*Only Meeting Place: Ingles on NC 191 across from Asheville Outlets (formerly Biltmore Square Mall).** Hike up to Pine Mtn. from the Bent Creek side via Explorer loop, Chestnut Cove Trail and MST. Bushwhack through open woods to our scenic lunch stop atop Pine Mtn, then down to MST, Ruth's Ridge and the Lower Sidehill Trail to cars. Topo(s): Enka, Dunsmore Mtn.; also NatGeo. map #780

Saturday No. A1501-550 **Jan. 31**  
**Paris Mtn. State Park** **\*8:30 AM**  
Hike 9.9, Drive 130, 2000 ft. ascent, Rated A-A  
Brenda Worley, 828-684-8656,  
cell: 828-606-7297, clworley@bellsouth.net

**\*Form carpools at Westgate and meet leader at NE corner of Cracker Barrel parking lot off Exit 53 of I-26 at 9:00 AM.** Located between Traveler's Rest and Greenville, Paris Mountain State Park is one of the oldest protected areas in South Carolina. Originally, the lakes were the source of Greenville's water supply. We will walk on well-maintained trails, enjoying good winter views and warmer weather than in Asheville. Topo(s): Paris Mtn.

Sunday No. A1501-848 **Feb. 1**  
**Three Forks Mountain** **\*9:00 AM**  
Hike 5.4, Drive 75, 2260 ft. ascent, Rated C-AA  
Dave Wetmore, cell: 828-577-0648,  
dwetmore@comporium.net

**\*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:30 AM.** This new CMC hike in the Brevard area is a short but an interesting loop hike. It has good trail, bad trail, off-trail and old forest roads ranging from good to very poor. Although somewhat obscured by trees, the view from the summit of Three Forks Mountain is interesting. The off-trail portion is mostly ridge-line, with a steep descent into Cycleham Gap. Topo(s): Rosman; also NatGeo map #780

Sunday No. A1501-019 **Feb. 8**  
**Winter Plant ID hike** **9:00 AM**  
Hike 8, Drive 20, 1200 ft. ascent, Rated B-B  
Becky Smucker, cell: 828-231-2198,  
bjsmucker@gmail.com

**P400** This moderate-paced hike is designed for

identification of plants in the winter for beginners. Bring magnifying glasses if you have them. We'll hike the MST between the French Broad River Overlook and a little beyond Walnut Cove, stopping often to look at various plants along the way. If the BRP is closed, we'll hike along the roadway. *Limited to 10 people; contact leader for reservation.* Topo(s): Skyland; also NatGeo map #780 and MST Profiles book, pg. 57

Saturday No. A1501-298 **Feb. 14**  
**Hardtimes Loop** **\*10:00 AM**  
Hike 7, Drive 15, 900 ft. ascent, Rated B-C  
Lenny Bernstein, cell: 828-450-1325,  
lennybernstein41@gmail.com

**P400 \*Only Meeting Place: Ingles parking lot across from Asheville Outlets (formerly Biltmore Square Mall) on NC 191.** This loop hike will start at the Hardtimes trailhead in Bent Creek. It will follow the Hardtimes Road up to the BRP and down to the Arboretum. We'll hike through the Arboretum, with a side trip to the Education Center and the Carolina Mountain Trail. Topo(s): Skyland; also NatGeo map #780 and Bent Creek Trails Map

Sunday No. A1501-093 **Feb. 15**  
**Graybeard Mountain** **9:00 AM**  
Hike 11, Drive 35, 2800 ft. ascent, Rated A-AA  
Les and Catherine Love, 828-658-1489,  
lesrlove55@gmail.com

An exciting ridgetop manway along Middle Mountain (West Ridge) is our path to the summit. Return to Montreat via Walker Knob and Pot Cove Gap. There'll be good views, a delightful hike and a good workout. The first mile is very steep. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 9:20 AM.** Topo(s): Montreat; also Montreat Trails map

Sunday No. A1501-582 **Feb. 22**  
**Gauging Station – Pink Beds loop** **\*8:30 AM**  
Hike 9, Drive 85, 1200 ft. ascent, Rated B-B  
Stuart English, cell: 828-384-4870,  
stuengo@comporium.net

**P400 \*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:00 AM.** This will be a pleasant loop from the gauging station, covering parts of the S. Mills River, Buckhorn Gap, Black Mtn., Barnett Branch and Pink Beds Loop Trails. Topo(s): Shining Rock, Pisgah Forest; also NatGeo map #780

Saturday No. A1501-498 **Feb. 28**  
**High Windy and High Top** **8:30 AM**  
Hike 7.6, Drive 40, 1900 ft. ascent, Rated B-A  
Barbara Morgan, cell: 828-460-7066,  
barbc129@gmail.com

A fairly steep ascent on beautiful backwoods trails in the YMCA Blue Ridge Assembly area. High Windy is the former site of a lookout tower. We'll hike another mile to High Top for more views to the north and east. Back the same way we came. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 8:50 AM.** Topo(s): Black Mtn.;

also Blue Ridge Assy. Trails map

Sunday No. A1501-332 **Mar. 1**  
**Foothills Trail: Upper and Lower Whitewater Falls** **8:00 AM**  
**(strenuous)**

Hike 11.6, Drive 115, 2400 ft. ascent, Rated A-AA  
Bob Hysko, cell: 828-243-3630,  
rhysko@yahoo.com

**WC100** Come to hike in the warm weather at the lower elevations! We'll hike part of the Foothills Trail in NC and SC, featuring two of the region's most stunning waterfalls. We will begin near the Upper Whitewater Falls parking lot and hike to the footbridge over the Thompson River. We'll partially retrace our steps, then take the side trail to Lower Whitewater Falls, and finish at the Duke Power Co. Bad Creek parking lot. Short car shuttle. **Second meeting place: Pisgah Forest Bi-Lo at 8:30 AM.** Topo(s): Reid, Cashiers; also Foothills Trail map

Sunday No. A1501-256 **Mar. 1**  
**Moore Cove Figure-8 Loop** **\*10:00 AM**  
**(moderate)**

Hike 7, Drive 70, 1050 ft. ascent, Rated B-B  
Jan Onan, 828-698-3237, cell: 828-606-5188,  
janonan@bellsouth.net

**P400, WC100 \*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 10:30 AM.** This moderate double-loop trail follows two overgrown USFS paths. Expect a lot of scrambling over blowdowns, a couple of short steep sections and two minor creek crossings. There is one good view of Looking Glass Rock, several waterfalls, and other views visible only when there are no leaves on the trees. Topo(s): Shining Rock; also NatGeo. map #780

Sunday No. A1501-711 **Mar. 8**  
**Asheville MST East** **\*9:00 AM**  
Hike 8.3, Drive 15, 1200 ft. ascent, Rated B-B  
Danny Bernstein, cell: 828-450-0747,  
danny@hikertohiker.com

**\*Only Meeting Place: Back parking lot of Folk Art Center. NOTE: This is the first day of DST.** This pleasant hike along the MST in the eastern end of Asheville will start at the Folk Art Center and end at US 25. Car shuttle. Topo(s): Asheville, Oteen; also MST Trail Profiles, pp. 50-53

Saturday No. A1501-246 **Mar. 14**  
**Around Coffee Pot Mountain** **10:00 AM**  
Hike 7.5, Drive 50, 1400 ft. ascent, Rated B-B  
Laura Frisbie, 828-337-5845,  
laurafrisbie@charter.net

**P400** We'll circle Coffee Pot Mountain by hiking up Trace Ridge Trail to Beaver Dam Gap on the BRP and returning on the Spencer Branch Trail, with a stop to see the Hendersonville Reservoir and dam. **Second meeting place: Mills River Ingles (near gas pumps) at 10:20 AM.** Topo(s): Dunsmore Mtn; also NatGeo map #780

Sunday No. A1501-548  
**A.T.: Sams Gap to Big Bald**  
 Hike 13, Drive 55, 2600 ft. ascent, Rated AA-AA  
 Jay Bretz, 828-658-1220, jrbretz1220@gmail.com  
 This will be a challenging A.T. hike up to see  
 spectacular views from the summit of Big Bald. If  
 the weather is clear, we will be able to see into the  
 Rocky Ford Tract that the A.T.C. recently bought  
 to protect the A.T. viewshed. Topo(s): Sams Gap;  
 also ATC TN-NC map #3

**Mar. 15**  
**8:30 AM**

Sunday No. A1501-849  
**Boogerman and**  
**Big Fork Ridge Trails**  
 Hike 9.5, Drive 90, 1900 ft. ascent, Rated A-A  
 Mike Knies, 828-628-6712, knies06@att.net  
**\*First meeting place: Home Depot off Exit 44**  
**of I-40.** Learn about the history of the remote  
 Cataloochee settlement while hiking through a  
 lush forest with giant old-growth trees. The largest  
 tulip poplar in the US, stone walls and a root cellar  
 make this a favorite loop hike in the Cataloochee  
 area of the Smokies. In addition to the regular  
 hike, we'll also add a mile of easy off-trail hiking  
 to explore home sites and cemeteries. This  
 hike will be routed via the Big Fork Ridge Trail  
 in order to avoid wet stream crossings. Short car  
 shuttle. **Second meeting place: Exxon station off**  
**Exit 20 of I-40 at 8:30 AM.** Topo(s): Cove Creek  
 Gap, Dellwood

**Mar. 22**  
**\*8:00 AM**

Saturday No. A1501-286  
**Sycamore Cove-Hickory Knob**  
 Hike 8.5, Drive 75, 2000 ft. ascent, Rated B-A  
 Judy and Jim Magura, cell: 828-606-1490,  
 jqs290@gmail.com  
**P400** Sycamore Cove, with forest diversity and  
 stream crossings, connects with old logging roads  
 of Grassy Road, Thrift Cove and Black Mountain  
 Trails. Winter views include the site of old Ecusta  
 paper manufacturing plant (1939-2002), which  
 once employed 2000 people, including the late  
 CMC member Art Loeb. Short car shuttle. **Second**  
**meeting place: Pisgah Forest Bi-Lo at 9:30 AM.**  
 Topo(s): Pisgah Forest

**Mar. 28**  
**9:00 AM**

Sunday No. A1501-203  
**Tanyard Gap – Lovers Leap –**  
**Pump Gap**  
 Hike 9, Drive 70, 2200 ft. ascent, Rated B-AA  
 Tish Desjardins, cell: 828-380-1452,  
 desraylet@aol.com  
**\*Form carpools at Westgate and meet leader at**  
**US 25 / NC 208 at 9:40 AM.** We'll do a moderate  
 loop in the Hot Springs area, starting and end-  
 ing at Tanyard Gap. We'll start on the AT up to  
 Mill Ridge, continue over Lovers Leap, take the  
 Lovers Leap and Pump Gap Trails back up to the  
 AT and then retrace our steps to Tanyard  
 Gap. Topo(s): Hot  
 Springs; also ATC  
 TN-NC map #4

**Mar. 29**  
**\*9:00 AM**



## HALF-DAY SUNDAY HIKES

Newcomers are welcome, but non-members  
 MUST call the leader before the hike to deter-  
 mine the requirements. Half-day hikes submitted  
 by Gail Lamb, 828-338-0443, glamb46@gmail.  
 com and Lee Silver, 828-668-7147, leehsilver@  
 aol.com. Driving distance is round-trip from  
 Asheville. All hikes assemble at the far rear (north  
 end) of Westgate Shopping Center near I-240 exit  
 3B UNLESS OTHERWISE NOTED. Some hikes  
 will have second meeting places, and starting  
 times may vary. *Times listed are departure times*  
 – arrive early.

Half-Day No. H1501-852  
**Jones Mountain**  
 Hike 4.1, Drive 7/10 mi., 750 ft. ascent, Rated C-C  
 Bobbi Powers, 828-667-5419,  
 bobbipowers23@gmail.com  
**\*Only Meeting Place: Christian Creek**  
**Missionary Baptist Church, 1/10 mile off US 70**  
**on the right on Warren Wilson Road. (Precise**  
**instructions will be provided with scout report).**  
 What a nice way to start 2015 – a new hike for a  
 new year! This hike meanders around and over  
 Jones Mountain, passing some intriguing ruins.  
 Be ready for some steep uphill hiking. Topo(s):  
 Oteen; also Warren Wilson trails map

**Jan. 4**  
**\*1:00 PM**

Half-Day No. H1501-851  
**DuPont Forest:**  
**Corn Mill Shoals P.L. #6**  
 Hike 6.5, Drive 90, 800 ft. ascent, Rated B-C  
 Ashok Kudva, 828-698-7119, cell: 828-674-1374,  
 ashok.kudva@att.net  
**WC100 \*Form carpools at Westgate and meet**  
**leader at Pisgah Forest Bi-Lo at 12:00 PM.**  
 This low elevation hike in the popular tourist and  
 mountain bike area is best done in the winter for  
 comfortable road and trail traffic. We start the  
 hike on 4 miles of new trails for CMC to access  
 popular High Falls. An optional 1.5 mile in-and-  
 out hike is included to the bottom of High Falls.  
 Car shuttle. Topo(s): Standingstone Mountain,  
 also DuPont State Recreational Forest map, 2014  
 edition

**Jan. 11**  
**\*11:30 AM**

Half-Day No. H1501-786  
**Bracken Mtn. – Brushy Creek**  
 Hike 5.5, Drive 70, 1000 ft. ascent, Rated C-C  
 Stuart English, 828-883-2447, cell: 828-384-  
 4870,  
 stuengo@citcom.net  
**\*Form carpools at Westgate and meet leader**  
**at Pisgah Forest Bi-Lo at 12:30 PM.** A hike in  
 Bracken Mtn. Preserve near Brevard. There are  
 several stream crossings on bridges, and should  
 be spectacular winter views without leaves on the  
 trees. Topo(s): Pisgah Forest

**Jan. 18**  
**\*12:00 PM**

Half-Day No. H1501-767  
**Lookout Mountain Loop**

**Jan. 25**  
**\*11:30 AM**

Hike 5, Drive 40, 1200 ft. ascent, Rated C-B  
 Linda Blue, 828-296-7537, lgblue@bellsouth.net  
**\*Form carpools at Westgate and meet leader**  
**at Ingles parking lot off Exit 64 of I-40 at 11:50**  
**AM.** A modification of hike #767. This loop hike  
 will start steeply up hill on the Lookout Trail, then  
 will turn onto Old Trestle Rd., and will include  
 the Buck Gap and East Ridge Trails, then return  
 on Rainbow Road after an optional 0.4 mile side  
 trip to Lookout Mountain Overlook. Topo(s):  
 Montreat

Half-Day No. H1501-294  
**Picklesimer Fields**  
 Hike 5, Drive 72, 900 ft. ascent, Rated C-C  
 Lee Belknap, 828-698-9394,  
 Rivergypsy@sprintmail.com  
**P400, WC100 \*Form carpools at Westgate and**  
**meet leader at Pisgah Fish Hatchery at 1:15**  
**PM.** In-and-out hike from the Fish Hatchery.  
 We'll take Butter Gap Trail to Grogan's Creek  
 Falls and possibly farther, depending on weather.  
 Topo(s): Shining Rock

**Feb. 1**  
**\*12:30 PM**

Half-Day No. H1501-096  
**Jack Branch Trail**  
 Hike 5, Drive 75, 1650 ft. ascent, Rated C-A  
 Jack Dalton, 828-622-3704,  
 jckdalton9@gmail.com  
**\*Form carpools at Westgate and meet leader**  
**at Murray Branch Recreation Area on River**  
**Road in Hot Springs at 12:00 PM. River Road**  
**turns off US 25/70 just north of the bridge**  
**over the French Broad River, just before**  
**Hot Springs and goes along the river toward**  
**Tennessee.** The trail follows the ridge that offers  
 good views of the French Broad River and the  
 town of Hot Springs and traverses open fields  
 and oak-hickory forests. An in-and-out hike. This  
 hike will be done jointly with CMC and the Hot  
 Springs Mountain Club. Topo(s): Hot Springs;  
 also ARD's Hiking Trails in the Hot Springs Area  
 booklet

**Feb. 8**  
**\*11:00 AM**

Half-Day No. H1501-508  
**Green River Gamelands: Bishop Br./**  
**Pulliam Creek/Rock Hop Trails**  
 Hike 6.5, Drive 70, 1200 ft. ascent, Rated B-B  
 Tom Lucha, 828-696-9117, luchat@bellsouth.net  
**\*Form carpools at Westgate and meet leader at**  
**the Cracker Barrel, off Exit 53 of I-26, north-**  
**west corner of parking lot at 12:00 PM.** Deep  
 forest hike with distant winter views of Green  
 River Gorge, The Narrows and Bishop Branch  
 Falls. We'll hike the Rock Hop Trail to complete  
 the loop rather than walk along Big Hungry Road.  
 Topo(s): Clifffield Mountain; also Trails of the  
 Green River Gamelands map

**Feb. 15**  
**\*11:30 AM**

Half-Day No. H1501-687  
**Chambers Mountain**  
 Hike 5, Drive 50, 1500 ft. ascent, Rated C-B  
 Bruce Bente, 828-692-0116, cell: 828-699-6296,  
 bbente@bellsouth.net

**Feb. 22**  
**\*1:30 PM**



Hiking with 'siblings' to Looking Glass Falls in November.

## CMC initiates family hikes

Education Chair Kay Shurtleff has been working to make connections with the community to get youth on the trail. Her recent venture included the Big Brother/Big Sister program in Henderson County, since she volunteers with this organization and has a Little Sister. She invited 'siblings' to spend some time in the woods Saturday, November 8th in Pisgah Forest to see Looking Glass Falls then hike to Moore Cove stopping for a lunch break before heading back to the cars. Jan Onan and her husband joined Kay on this beautiful fall day. Although only one pair came out for the adventure they were delighted and are hopeful that word will spread so more will join them next time in the spring. They appreciated that CMC members Joanne, Tommy and Rusty were at the ready to join them had a larger group showed up. They were able to head out to do maintenance instead.

Kay and Jan are now working on a new CMC Challenge to encourage CMC members and other adults in the community to take a hike with a youth! Stay tuned for more information as the plans unfold!

Please contact Kay if you are interested in leading or participating in a family or youth hike.

## Winter hikes

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

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

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

**LTC \*Only Meeting Place: Home Depot off Exit 44 of I-40.** We'll hike up an old Jeep road to the tower on this prominent peak near Clyde. On a clear day, expect some of the best views in western North Carolina. Topo(s): Clyde

Half-Day No. H1501-637 **Mar. 1**  
**BRP Visitor Center –**  
**Folk Art Center – MST** **\*1:00 PM**  
 Hike 5.8, Drive 20, 500 ft. ascent, Rated C-C  
 Dennis Bass, 828-367-7792,  
 dbass3607@gmail.com

**\*Only Meeting Place: BRP Visitor Center parking lot.** The hike starts at the BRP Visitor Center parking lot at the MST blue blaze access. This includes the 1.4 mile loop passing by the BRP Headquarters Building, then crossing the BRP near US 74 and heading east on the MST

towards the Folk Art Center. We will return to the access trail to complete the loop under the BRP back to the parking lot. Topo(s): Asheville

Half-Day No. H1501-511 **Mar. 8**  
**Florence Nature Preserve** **\*12:00 PM**  
 Hike 5, Drive 20, 1000 ft. ascent, Rated C-C  
 Dick Zimmerer, 828-989-0480,  
 dd1zz@yahoo.com

**\*Only Meeting Place: Ingles parking lot on US 74-A, approximately 1/2 mile south of I-40.**  
**NOTE: Daylight Savings Time begins today.** This hike is a loop in the Florence Nature Preserve 600+ acre tract in Hickory Nut Gorge. We'll be hiking approximately 5 miles (part of hike #511, which is 6.5 miles). We'll take the Yellow Diamond Trail, Blue Trail, White Trail, Red Trail to a nice overlook, and return via Blue Trail and Yellow Trail. Topo(s): Bat Cave

Half-Day No. H1501-182 **Mar. 15**  
**Green River Cove** **\*11:00 AM**  
 Hike 5.5, Drive 75, 800 ft. ascent, Rated C-C  
 Marcia Bromberg, 828-505-0471,  
 mwbromberg@yahoo.com

**\*First meeting place: Ingles on NC 191 across from Asheville Outlets (formerly Biltmore Square Mall).** This is a moderate in-and-out hike along the scenic Green River to the junction with the Pulliam Creek Trail. Expect a few early wildflowers and maybe even kayakers on the river.

**Second meeting place: NE corner of Cracker Barrel parking lot, off Exit 53 of I-26 at 11:30 AM.** Topo(s): Clifffield Mountain; also Trails of the Green River Gamelands map

Half-Day No. H1501-702 **Mar. 22**  
**DuPont Forest: Buck Forest P.L. #1 12:00 PM**  
 Hike 5.6, Drive 94, 680 ft. ascent, Rated C-C  
 Chris Allen, 828-707-6500,  
 chrispallen@icloud.com

We'll see spectacular High Falls, three lakes and the site of an old DuPont film manufacturing plant where once 1000 people worked. Previous hikes have been led by Ashok Kudva, a DuPont retiree who has provided a very interesting history of the land and its eventual preservation as a state forest. **Second meeting place: Pisgah Forest Bi-Lo at 12:30 PM.** Topo(s): Standingstone Mountain; also DuPont State Recreational Forest map, 2014 revision

Half-Day No. H1501-172 **Mar. 29**  
**John Rock Loop** **\*12:30 PM**  
 Hike 5.7, Drive 73, 1300 ft. ascent, Rated C-B  
 Bev MacDowell, cell: 828-777-5806,  
 bevmacdowellhappy@gmail.com

**P400, WC100 \*Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 1:00 PM.** This moderate loop hike, with good views from John Rock, starts at the Fish Hatchery parking lot. Topo(s): Shining Rock

### How to join the CMC

1. Go to [www.carolinamountainclub.org](http://www.carolinamountainclub.org)
2. Click on **Join** (top left) or **Join CMC!** (right center).

3. You will see instructions for joining online or via mail. or ... write to us at CMC, PO Box 68, Asheville, NC 28802 and we'll mail you an application



# Scouting the Cookie Hike

In the morning,  
as far as the eye can travel,  
a rainbow quilt of leaves;  
and crunching underfoot,  
making music for hours,  
their swish  
of rhythmic percussion.

Briefly, pine needles  
and a drift of giant cones  
blanket the leaves,  
and send their scent  
wafting in our wake.  
Suddenly, the still lake  
and a row of geese at the shore, each  
shaking a foot like a chorus line!

In the afternoon,  
a rhododendron tunnel  
hushes us,  
hushes us home.

– *Susa Silvermarie*

## Carolina Mountain Club

P.O. Box 68  
Asheville, NC 28802

## NEXT CMC COUNCIL MEETING

**When:** Monday, March 2, 2015  
**Where:** EarthFare, Hendersonville Road (US 25), south Asheville  
**Time:** 6:00 - 9:00 PM  
**Info:** Call Lenny at 450-1325 if you would like to attend.  
All CMC members are welcome.

**HIKING INFORMATION:** CMC hikes are open to all and we welcome guests. Non-members need to call or email the hike leader to introduce themselves and find out more about the hike. All hikers are encouraged to call or e-mail the leader if they have questions about the hike or the location of the meeting place. Hikes may be canceled by the leader due to adverse weather or dangerous roads. Minors are welcome on CMC hikes, if accompanied by a responsible adult. Pets are not allowed on CMC hikes.

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

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

**CLOTHING AND EQUIPMENT:** CMC's website ([www.carolinamountainclub.org](http://www.carolinamountainclub.org), click on Hiking) has a full list of day hiking needs. Most critical are water, footwear, rain gear and a first aid kit. Carry at least two quarts of liquid (water, Gatorade, juice) for a full day hike, no matter what time of year. Hiking boots are recommended for all hikes. They should be broken in before the hike. Weather changes quickly in the mountains. Even if there is no sign of rain in the morning, you need to be prepared for an afternoon shower. Your first aid kit should include any personal medication, including allergy medication, if needed. Wear layered clothing – you'll want to take layers off during a strenuous climb or as the day proceeds, then put them back on in cooler conditions.

**RESPONSIBILITY FOR SAFETY:** Each CMC member and guest agrees to accept personal responsibility for his or her own safety and for the safety of accompanying minors. The Club cannot ensure the safety of any participant on hikes or trail maintenance activities. Each participant agrees to hold harmless

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

and free from blame event leaders and the CMC, its officers and members, for any accident, injury or illness which might be sustained from participating in Club hikes and other activities.

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

**MEMBERSHIP:** Everyone is eligible for CMC membership by joining and paying dues. To join online or by paper application, go to [www.carolinamountainclub.org](http://www.carolinamountainclub.org) and click on the green Join button just below the Member Login. Choose either Join CMC online or CMC application form (pdf). Don't have internet access? Mail a note to the CMC address requesting an application form be mailed to you. Annual dues are \$20 for individuals and \$30 for families. Hikers are expected to join CMC after participating in a few hikes. Some trail maintenance activities are only open to members.

### CAROLINA MOUNTAIN CLUB OFFICERS

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