

HALF-DAY NO. HO601-501 March 26
**Hickory Nut Gap to
 Ferguson Peak** 1:30 PM
 Hike 5, Drive 30, Rated C-C
 Jane and Lew Blodgett, 828-274-7863
 An in-and-out hike from US 74 in
 Fairview. A fairly steep climb is rewarded
 with excellent views to the west.

HALF-DAY NO. HO601-171 Apr. 2
Cat Gap Loop 1:30 PM*
 Hike 5, Drive 40, 1100 ft. Ascent, Rated C-B
 Barbara Rathbone-Shoaf, 828-667-8684 or
 336-769-1188, bpss354@netzero.com or
 barbararathboneshoaf@gmail.com
P400 This is a moderate loop hike on the
 Cat Gap Loop Trail. *Second meeting place,
 Fish Hatchery parking lot at 2:10 PM.

NEW LET'S GO CO-EDITOR SOUGHT

Your current co-editor, Gerry McNabb, has been doing Let's Go for about 5 years now and was also editor back in the 70's. It's time to share the fun. To him this is one of the more rewarding volunteer jobs in the club. Anyone interested in discussing the opportunity please call Gerry at 828-274-0057 or any Council member.

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

Return Service Requested

NEXT CMC COUNCIL MEETING

When: February 27, 2006
Where: Earth Fare Meeting Room, Westgate Shopping Center
Time: 6:00 PM
Meal: Earth Fare has tasty cafeteria-type food service available adjacent to the meeting room, but please let Gerry McNabb know if you plan to attend so that we can set a chair for you. Call him at 828-274-0057. All CMC members are welcome to attend.

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

Club. All members are encouraged to participate in one of the Club's many trail maintenance efforts. Contact a Club officer for details.

CAROLINA MOUNTAIN CLUB OFFICERS

Lenny Bernstein-236-0192 President
 Becky Smucker-298-5013 Vice President
 Dave Wetmore-884-7296 Secretary
 Carroll Koeplinger-667-0723 Treasurer
 Gerry McNabb-274-0057 Immediate Past President
 Council Members: Chip Miller-654-9331, Barth Brooker-299-0298,
 Ruth Hartzler-251-0886, Piet Bodenhurst-298-8371, Linda Beja-293-3049,
 Bruce Bente-692-0116, Marlene Santa Maria-299-9095.

THE APPALACHIAN TRAIL: The Carolina Mountain Club is a member of the Appalachian Trail Conservancy, 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
 Editor next issue: Ginger Graziano-236-2075 gingergraz@charter.net
 Deadline next issue: Feb. 15, 2005

MOUNTAINEERING INFORMATION

Consult the trip leader for additional information regarding a particular hike. Hikes may be cancelled due to adverse weather or 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 required as listed in the hike schedule, the leader must be called to reserve a space. Hikers will carpool from the meeting places to trailheads and back. Passengers are expected to contribute 10 cents per mile towards the driver's operating expenses.

CLOTHING & EQUIPMENT, ETC.

Footwear comes first. Never start a mountain trip in brand new footwear. 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, first aid kit, cellphone if available and personal medication including allergy medication.

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.

MEMBERSHIP: Everyone is eligible for Club membership by completing a Membership Application Form and paying dues. Annual dues are \$20 for individuals and \$30 for families, and should be sent to the Carolina Mountain Club, P.O. Box 68, Asheville, NC 28802. Frequent non-member participants in Club hikes are expected to join the Carolina Mountain



FIRST QUARTER 2006
 Quarterly News Bulletin
 and Hike Schedule



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

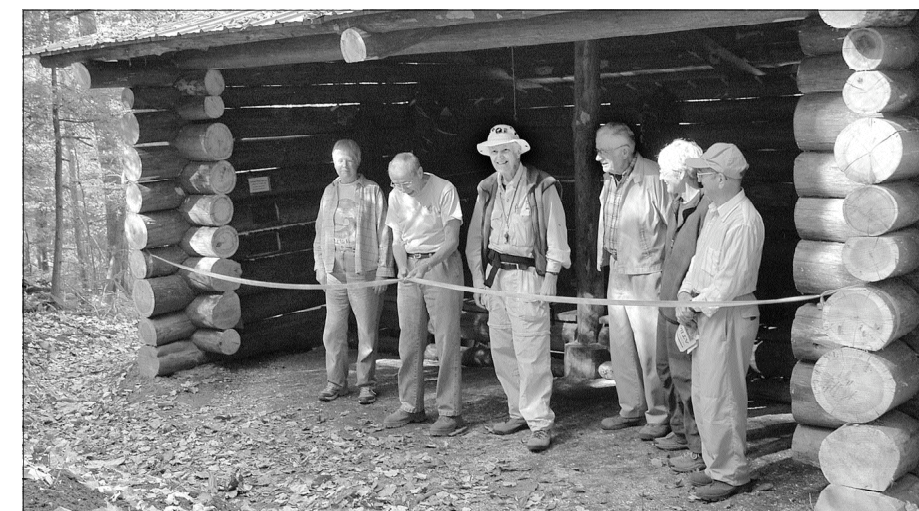
Carolina Mountain Club dedicates new Roaring Fork Shelter on the AT...nearly 2 years in construction

Carolina Mountain Club past president, Howard McDonald, assembled a team of workers early in 2004 to begin the process of building a new Roaring Fork Shelter on a remote section of the Appalachian Trail between Lemon Gap and Max Patch. It was to replace a similar shelter that was 0.5 miles north of the road crossing at Lemon Gap and suffering abuse. The new one is over 3 miles from Lemon Gap with many new features and improvements.

The new shelter can accommodate 8 backpackers sleeping on its main deck, 4 more on the ground in front of it, and another 6 or so in the "basement" under the deck. In addition there are 7 tent pads set away from the shelter. McDonald says the site can sleep as many as 50 hikers. The top logs inside the shelter are also set with 14 pairs of wooden pegs on which to hang backpacks. The site boasts a new privy, two water sources, two side benches outside, and a sheet-metal covered cooking shelf on the east side of the facility. The shelter and one nearby tent pad are also wheelchair accessible.

In his remarks during the dedication at the shelter on Nov. 6, 2005, McDonald said the decision to rebuild the shelter at another site was made in 2002 when CMC maintainers found they were removing as many as 27 bags of trash from the old shelter in one year. The next

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Howard McDonald appropriately cuts the ribbon at the shelter dedication with his Swiss Army Knife. Pictured from left to right are Margo Eld, Howard McDonald, Gerry McNabb, Pres., Sherman Stambaugh, Carol and Ken Deal.

Diamond Brand Outdoors Gives Club Members \$20 Gift Card

Because of the trail maintenance work we accomplish and all that we do to advance the cause of hiking here, Diamond Brand Outdoors is providing every old or new dues-paying membership for the year 2006 a \$20 gift card redeemable at any of their three stores.

The card, though not redeemable for cash, is worth \$20 in merchandise at Diamond Brand Outdoors in Arden, The Frugal Backpacker Outdoor Outlet next door to Diamond Brand Outdoors, and Diamond Brand Outdoors on Charlotte Street in Asheville. There is no expiration date on the card. Diamond Brand hopes this will help them reach out to their

potential customers. Club President Gerry McNabb, says he hopes it will make members realize they are a valued part of our community and that it will increase membership beyond the 700 we already have on our rolls. The membership incentive was announced by David Burns of Diamond Brand at the club's annual meeting.



Bernard Elias written up in E-Newsletter

If you haven't had a chance to read it, Danny Bernstein's interview with Bernard is better than a history lesson. It's too long to include in Let's Go, but you can read it all in the October 26, 2005 issue of the online newsletter.

SANDERS AND THE DEALS HONORED

Ken and Carol Deal were surprised when they learned they had won the club's Distinguished Service Award at the club's annual meeting in Hendersonville, Nov. 11. Carroll Koeplinger told those present that the Deals had made major contributions over the years in many ways that entitled them to this honor. In addition to being the Wednesday hike schedulers for five years, they maintain two trail sections

and are on the Friday work crew. Tom Sanders was then announced as recipient of the Award of Appreciation for the extra trail work he has done and for his vigorous participation in both the By-Laws revision and in helping Don Walton achieve a good list of nominees on the nominating committee. He also maintains a section of the MST.

Tom Sanders (left) and Ken and Carol Deal with Carroll Koeplinger (below) are honored at the CMC annual meeting.



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year was spent trying to find a suitable location for the new replacement shelter. He said 76 logs were purchased in spring of 2004, hauled to the selected site and stripped of bark; construction began Sept. 11, 2004. A core group of some 8 volunteers did most of the work preparing the site, digging the privy, making the tent sites and building the shelter.

The CMC received a grant of \$3900 from the Appalachian Trail Conservancy, and the Mountain Marching Mamas of Florida (who had paid for the first shelter) sent another \$400. Sarah Davis and Dwayne Stutzman gave \$100... and so it went. Total cost for the shelter is \$4500 for materials, but the labor was contributed by volunteers. By National Forest Service value of a volunteer hour, it is estimated that about \$45,000 worth of labor was given, largely by Carolina Mountain Club members.

McDonald, who also designed the shelter, made 47 trips to the work site over the construction period from his home in Hendersonville and said that about 2665 hours were given to the project by all concerned. Howard will be 80 in January.

Club President McNabb, said at the ceremony that "the club owes a great debt of gratitude to Howard and his team for the tremendous effort which made the completion of this shelter possible. It is a remarkable success."

culating the recommended contribution for any trip they lead and announcing it to the group prior to leaving Westgate. This increase brings us in line with neighboring clubs, which all charge either eight or ten cents a mile. Any changes in the recommended rates will be in the E-Newsletter.

ANNUAL FISH FRY ON FRIDAY, OCTOBER 21

In appreciation for what the Maintenance crews of the Carolina Mountain Club and other volunteers do for the National Park Service on the MST, the staff of the Blue Ridge Parkway hosted a big fish fry for them at the Folk Art Center Auditorium, October 21st. The staff served freshly fried rainbow trout to these contributors, including some 60 or more Carolina Mountain Club maintainers. Acting BRP superintendent Phil Francis praised our crews for the work they did which saved the park service thousands of dollars, and is a valued contribution to the community.

A THOUGHTFUL PRECAUTION FOR RIDERS

Here's a useful idea that will show the driver on your hike how considerate you are about keeping his car clean. Just put a couple of plastic grocery bags in your pack. When you get off the hike and back to the cars, don them like galoshes before getting into his/her car. You'll save the driver a lot of extra vacuuming later. Only you can decide whether you prefer to advertise Ingles or Wal-Mart.

CMC Council Recommends 10 cents a Mile for Carpooling

Responding to the drastic rise in the price of gasoline, the Council voted to change the recommended contribution to drivers from five cents a mile to ten cents a mile per passenger in October. This is a recommendation and drivers and passengers are free, as they have always been, to make whatever arrangements they wish. If gas prices moderate, drivers and passengers may wish to negotiate a new rate. Hike leaders are responsible for cal-



ANNUAL MEETING A SUCCESS



Pictured left to right are Piet Bodenhorst—Maintenance Councilor, Carroll Koeplinger—Treasurer, Lenny Bernstein—President, Marlene Santa Maria— Education Councilor, Chip Miller— Councilor at Large, Becky Smucker— Vice President, Barth Brooker— Councilor at Large, Ruth Hartzler — Councilor at Large, Bruce Bente— Hiking Councilor, Gerry McNabb, Immediate Past President. Not pictured are Dave Wetmore— Secretary and Linda Beja— Councilor at Large.

The club's major accomplishments of the year were celebrated at the annual meeting. These include, in part, the building of the Ramble Bridge on the MST near the Blue Ridge Parkway and US 25, the building of the Roaring Fork Shelter on the AT, extending the MST some four miles beyond Balsam Gap, the rewrite of the club By-Laws, and the establishment of the Conservation Committee.

Our speaker, Jeffrey Hunter, Southeast Trail Programs Director of the American Hiking Society, came all the way from Chattanooga, TN, to tell us about their plans for a network of connected trails all over the eastern US. He also encouraged us to bring young people on our hikes as a way of developing future hiker/conservationists. The By-Laws were accepted and then a new slate of officers was elected.

CONSERVATION COMMITTEE STUDYING I-3 ISSUE

The CMC Conservation Committee would like to update you on the status of the proposal to build an interstate highway from Savannah to Augusta to Knoxville through the Southern Appalachian Mountains. You may remember that Congress passed funding for a feasibility study in the highway bill, which was signed into law on August 10th. This new interstate highway would pass through the westernmost end of North Carolina crossing the Appalachian Trail and greatly diminishing the natural splendor of this scenic part of our state. The Federal Highway Administration is in charge of contracting out and overseeing the feasibility study, which should include public participation as well as participation by every level of government according to the FHWA's own guidelines (posted on www.stopi-3.org). Our most pressing concern at this point is that the study may be done without sufficient public participation. This is a critical time for us to act and let our voices be heard. The Conservation Committee is studying the issue to determine whether we endorse opposition to the highway or not.

North Shore Road – We take a stand

At the October Council meeting, the Carolina Mountain Club adopted the following position on the proposed North Shore Road in the GSMNP:

The Carolina Mountain Club supports the Monetary Settlement Study Alternative to settle the 1943 agreement concerning a proposed road on the north shore of Lake Fontana in the Great Smoky Mountains National Park.

The Carolina Mountain Club has taken a stand to protect trails in one of the largest continuous forest canopies east of the Mississippi River. The proposed North Shore Road would follow the Appalachian Trail for 1.5 miles and adversely impact AT viewsheds for miles. The Benton MacKaye Trail and the Lakeshore Trail, two other trails, fall within the proposed road corridor for almost its entire length. Sections of the Forney Creek, Bear Creek, Hazel Creek, Eagle Creek and Lost Cove Trails also fall within the proposed road corridor.

These trails are located in one of the largest roadless areas in the Southern Appalachians. The proposed road would destroy wilderness values important to the hiking experience. Not only is the North Shore area unique in WNC, it is unique nationally and globally. Also, the proposed road would adversely impact the overall environmental health of the Great Smoky Mountains National Park. The monetary settlement is favored by the Swain County Board of Commissioners and would provide the county with many needed assets.

The Draft Environmental Impact Statement should have been issued by now and those interested in reading it should call Ruth Hartzler at 251-0886 or email her at ruthmtn@aol.com.

More information on the North Shore Road study alternatives, history and issues, in addition to summaries of citizen comments, can be found at <http://www.northshoreroad.info/> and <http://www.safc.org/campaigns/northshoreroad.php>.

Smokies Wildflower Pilgrimage April 24-30, 2006

The Spring Wildflower Pilgrimage is an annual seven-day event in Great Smoky Mountains National Park consisting of a variety of wildflower, fauna, and natural history walks, motorcades, photographic tours, art classes, and indoor seminars. Most programs are outdoors in Great Smoky Mountains National Park, while indoor offerings are held in various venues throughout Gatlinburg, TN. The 2006 Spring Wildflower Pilgrimage will return to the newly renovated W. L. Mills Auditorium in Gatlinburg, TN. For more information go to www.springwildflowerpilgrimage.org on the web.



lesrlove@charter.net

P400 *Note later start time and time change to DST. From the trailhead at Coontree Picnic area, we'll climb along beautiful Coontree Creek through open forest up to Bennett Gap and on to Buckwheat Knob for lunch, 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 Nat'l. Geo. PRD map

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) UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in hike listings.

HALF-DAY NO. H0504-431 **Jan. 1**
Chestnut Cove to Sleepy Gap to Explorer Trail 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. Work off all those extra holiday party calories on this moderate loop hike in Bent Creek on part of the Mountains-to-Sea Trail. ***Second meeting place: Ingles parking lot across from Biltmore Square Mall on NC 191 south of I-26 at 1:15 PM.**

HALF-DAY NO. H0601-346 **Jan. 8**
Folk Art Center to Haw Creek Overlook on the MST 1:00 PM*
Hike 5, Drive 15, Rated C-C
Barry and Heather Fletcher, 828-299-4776, hmfler@aol.com
*Note early start time. This favorite moderate hike on the Mountains-to-Sea Trail is rewarded with great views of the Haw Creek Valley. ***Second meeting place: Folk Art Center off the Blue Ridge Parkway at 1:15 PM.**

HALF-DAY NO. H0601-434 **Jan. 15**
Laurel Mountain Trail 1:00 PM*
Hike 4-5 miles, Drive 40, C-C
Greg Goodman, 828-684-9703
P400 *Note early start time. 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. ***Meet at Westgate at 1:00 PM to form carpools, and meet leader at the North Mills River parking area at 1:30 PM.**

HALF-DAY NO. H0601-498 **Jan. 22**

High Windy 12:30 PM*
Hike 6, Drive 40, 1700 ft. Ascent, Rated B-A
Ken and Carol Deal, 828-281-4530, KMCDeal@aol.com
*Note early start time. A steep picturesque ascent through back country woods, with descent on the same trail. A rather strenuous hike but with the reward of lovely views from the top. If the weather is threatening, please call leaders. ***Meeting places: Meet at Westgate at 12:10 PM to form carpools, and meet leaders at parking lot adjacent to McDonalds at Exit 64 off I-40 at 12:30 PM.**

HALF-DAY NO. H0601-225 **Jan. 30**
Bent Creek loop #10: Ingles Field Gap via Boyd Branch and Little Hickory Top Trails 1:00 PM*
Hike 5, Drive 20, Rated C-C
Charlie Ferguson, 828-278-0215
ccferguson111@charter.net
Stuart English, 828-883-2447
stuengo@citcom.net

P400 *Note early start time. A loop hike up to Stradley Mountain following several of the trails in the Bent Creek Experimental Forest. ***Second meeting place, Ingles parking lot across from Biltmore Square Mall on NC 191 south of I-26 at 1:15 PM.**

HALF-DAY NO. H0601-499 **Feb. 5**
French Broad River Greenway 1:30 PM*
Hike 4, Drive 10, Rated C-C
Paula Robbins, 828-281-3253, paularww@bellsouth.net
Asheville's Greenway System now provides several opportunities for city walking. The leader, a member of the Greenway Commission, will describe plans for extending this riverfront trail and other existing and planned greenways within the City.

HALF-DAY NO. H0601-316 **Feb. 12**
Carl Sandburg Park, Big Glassy Mountain 12:30 PM*
Hike 4, Drive 50, Rated C-C
Becky Elston, 828-749-1886, belston@cytechusa.com
*Note early start time. Hike the trail that Carl Sandburg enjoyed, up Big Glassy Mountain and see the goats or visit the house museum while you're there. ***Meet at Westgate at 12:30 PM to form carpools; meet leader at the Carl Sandburg Home parking area at 1:00 PM.**

HALF-DAY NO. H0601-256 **Feb. 19**
Moore Cove Figure 8 1:20 PM*
Hike 6, Drive 70, Rated B-B
Bruce Bente, 828-692-0116, bbente@cytechusa.com
P400 *Note early start time. This double-loop trail follows two old USFS paths that are not on the map. There are a couple of

short steep sections and two minor creek crossings. There is a good view of Looking Glass Rock and other sights visible only in the winter. ***Meet at Westgate at 1:20 PM to form carpools, and meet leader at the Pisgah Ranger Station side parking lot on US 276 at 2:00 PM.**

HALF-DAY NO. H0601-500 **Feb. 26**
Mountains-to-Sea Trail north from French Broad Overlook 1:00 PM*
Hike 5, Drive 15, Rated C-C
Pat Elias, 828-687-1651
patelias@bellsouth.net
*Note early start time. A pleasant winter hike through the woods, parallel to the Blue Ridge Parkway. We will have the opportunity to view some of the fine work that the CMC Trail Crews have recently completed in this area, including the 30-foot bridge constructed to accommodate the relocated trail. Short car shuttle. ***Second meeting place: Ingles parking lot across from Biltmore Square Mall on NC 191 south of I-26 at 1:15 PM.**

HALF-DAY NO. H0601-432 **March 5**
Montreat 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 on the Graybeard Trail, which has been partly relocated to parallel the creek. 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. H0601-102 **March 12**
Coontree Loop 1:30 PM*
Hike 3.7, Drive 35, Elevation gain 1200, Rated C-B
Joe Burchfield, 828-398-8413, burchfield@niu.edu
P400 This hike is a loop along both sides of a lovely creek, with views along Coontree Mountain ridge on top. Some steep areas. ***Second meeting place, Pisgah Ranger Station on US 276 at 2:10 PM.**

HALF-DAY NO. H0601-325 **Mar. 19**
Tanyard Gap to Rich Mountain 1:00 PM*
Hike 5, Drive 64, 1365 ft. Ascent, Rated C-B
Jorge Munoz, 828-658-0606
jmunoz@buncombe.main.nc.us
*Note early start time. After a gradual climb on the Appalachian Trail, we will be rewarded with an outstanding view of the Hot Springs area from the fire tower.

HIKE SCHEDULE Fourth Quarter 2005

Hike Ratings

First Letter Distance **Second Letter 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.**

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, or if the weather for the day of the hike is questionable, CONTACT THE LEADER.

CHALLENGE PROGRAMS:

SB6K For hiking all 40 peaks above 6000'. For information, contact Linda Beja lrbeja@earthlink.net
P400 For hiking every trail in Pisgah Ranger District. For information, contact Linda Beja lrbeja@earthlink.net
900M For hiking every trail in GSMNP. For information, contact John Gallemore kelarco@aol.com

WEDNESDAY HIKES

All day hikes submitted by Paula McNabb 828-274-0057, paulamcnabb@charter.net (new address). Driving distance is round trip from Asheville. Hikes will assemble at Westgate Shopping Center near 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 aren't sure of the meeting location.

WEDNESDAY NO. W0601-296 **Jan. 4**
MST:Parkway HQ to Folk Art Center 10:00 AM*
Hike 5, drive 0, rated C-C
Paula McNabb 274-0057, paulamcnabb@charter.net
*Note later start time. An enjoyable winter hike on the MST. Will begin at Parkway headquarters. ***Only meeting place: Blue Ridge Parkway Headquarters parking area, north end of lot.** Map: MST Profiles book, pg. 60-61

WEDNESDAY NO. W0601-186 **Jan. 11**
Little Pisgah Mountain 8:30 AM*
Hike 9, drive 20, 1500 ft. ascent, rated B-B
Don Walton, 684-9904, cell phone 828-713-9375, donwalton@bellsouth.net
*Note later start time. A pleasant hike, close to home for our coldest month. We'll

hike from Hickory Nut Gap through an open meadow to see the view from the summit of Little Pisgah Mtn. Topo: Bat Cave

WEDNESDAY NO. W0601-170 **Jan. 18**
Butter Gap Trail 8:30 AM*
Hike 7.4, drive 70, 1150 ft. ascent, rated B-B
Stuart English, 828-883-2447, stuengo@citcom.net
P400 *Note later start time. Begin hike at the Fish Hatchery, moving onto Cat Gap Trail, and then onto Butter Gap, mostly following Grogan Creek. ***Meet at Westgate at 8:30 AM to form carpools, and meet leader at the Fish Hatchery at 9:15 AM.**

WEDNESDAY NO. W0601-001 **Jan. 25**
Case Camp - Seniard Ridge Loop 8:00 AM*
Hike 9, Drive 80, 1300 ft. ascent, Rated A-B
Bruce Bente, 828-692-0116, bbente@cytechusa.com
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. ***Meeting places: Meet at Westgate at 8:00 AM to form carpools, and meet leader at Pisgah Ranger Station at 8:35 AM.** Topo: Shining Rock; also MST Trail Profiles pg. 50 and Nat'l. Geographic PRD Map

WEDNESDAY NO. W0601-508 **Feb. 1**
Green River Gamelands: Bishop Branch-Pulliam Creek 8:30 AM*
Hike 6.5, Drive 70, 1200 ft. ascent, Rated B-B
Becky Elston, 828-749-1886, belston@cytechusa.com
*Note later start time. Meet at Westgate at 8:30 AM to form carpools, and meet leader at 9:00 AM at the Cracker Barrel off I-26, exit 53, northwest corner of the parking lot. This is a nice loop hike in the Green River Gamelands, with great winter views.

WEDNESDAY NO. W0601-439 **Feb. 8**
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.**

WEDNESDAY NO. W0601-399 **Feb. 15**
Loop around John Rock and Cedar Rock 8:00 AM*
Hike 10, Drive 70, 1500 ft. ascent, Rated A-B
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 Mtn. We reach 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 8:40 AM.** Topo: Shining Rock; also Nat'l. Geo. PRD map

WEDNESDAY NO. W0601-279 **Feb. 22**
Montreat Railroad Trestle Grade Hike to Pot Cove 9:30 AM*
Hike 6, drive 30, Rated B-C
Gerry McNabb, 828-274-0057
gcmcnabb@charter.net
*Note later start time. An in-and-out hike to Pot Cove from the Lookout Trail parking area. **Second meeting place: Parking lot adjacent to McDonald's parking lot in Black Mountain at 10:00.**

WEDNESDAY NO. W0601-489 **Mar. 1**
Bad Fork - Trace Ridge Loop 8:30 AM*
Hike 8, Drive 60, 1700 ft. ascent, Rated B-B
Pat Elias, 828-687-1651
patelias@bellsouth.net
P400 *Note later start time. From Trace Ridge parking area, we will hike a short distance (10 minutes) along a gravel road to the Bad Fork Trail, which will take us to the BRP on a steep 800 ft. ascent. We will have a long, steady climb to Ferrin Knob, then down to Beaver Dam Overlook for lunch. After lunch, we continue down the Trace Ridge Trail. ***Meet at Westgate at 8:30 AM to form carpools and meet leader at N. Mills River Recreation parking lot at 9:00 AM.** Topo: Dunsmore Mtn; also Nat'l. Geo. PRD map.

WEDNESDAY NO. W0601-509 **Mar. 8**
Dupont Forest: Sky Valley P.L. #1 8:40 AM*
Hike 9+, drive 80, 1200 ft. ascent, rated A-B
Rusty Breeding, 828-692-0359
bree@planetusa.net
*Note later start time. This lovely hike will start at the Sky Valley parking lot in Dupont State Forest. It's mostly easy, with a steep climb up to Stone Mountain, the highest peak in Dupont State Forest. ***Meet at Westgate at 8:40 AM to form carpools, and meet the leader at 9:15 AM at the Bi-lo parking lot in Pisgah Forest.** Topo: Standingstone Mtn.; also Dupont Forest Trail Map

WEDNESDAY NO. W0601-1 **Mar. 15**
Mystery hike 8:00 AM*
Will be rated B-B.
Kathy Giddings, 696-9808,

kmgiddings@highstream.net

***Meet at Westgate at 8:00 AM to form carpools, and meet leader at the Pisgah Ranger Station at 8:40 AM, and a hike choice will be made.**

WEDNESDAY NO. W0601-113 **Mar. 22**
Cold Mountain from Camp Daniel Boone 8:00 AM
Hike 11, Drive 70, Rated A-AA
Tom Sanders, 828-252-6327
tomary@charter.net
SB6K. Here is your chance to climb the mountain immortalized by Charles Frazier, as well as to enjoy outstanding views if the weather permits. From Camp Daniel Boone we will ascend 2500 ft. to the summit at 6030 ft., returning by the same route. Strenuous, so you should be in good shape. Wilderness area, limit 10, so call leader for reservation. **Second meeting place: trailhead above Camp Daniel Boone.** Topos: Waynesville, Cruso

WEDNESDAY NO. W0601-345 **Mar. 29**
7 Gaps and 7 Knobs 9:30 AM*
Hike 6.5, drive 25, rated B-B
Paula Robbins, 828-281-3253(before 9pm),
paularww@bellsouth.net
***Note later start time.** Hike begins at Bent Creek Gap near the Blue Ridge Parkway. First mile is on the MST, last mile is on Laurel Branch Rd. off the Bent Creek Gap Rd. Maybe early wildflowers will be seen. Second meeting place: Ingles parking lot across from Biltmore Square Mall on NC 191 south of I-26 at 9:45 AM.

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 near I-240 exit 3B UNLESS OTHERWISE NOTED.

NEW YEARS DAY NO. A0504-281 **Jan. 1**
Green River Gamelands 8:00 AM breakfast, 9:00 AM hike*
Hike 6.5 or 8, Drive 20 (from Hendersonville), 1300 or 1500 ft. ascent, Rated B-B
Bruce Bente, 828-692-0116,
bbente@cytechusa.com
***Meet at Westgate at 7:30 AM to form carpools and meet leader at times above at the Cracker Barrel in Hendersonville (exit 53 on I 26).** After breakfast, we'll do a pleasant loop 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, and then hike up and out on

the Pulliam Creek trail. Short car shuttle. Topo: Clifffield Mtn., and Map of the Green River Gamelands Trails

ALL DAY NO. A0601-283 **Jan. 8**
Montreat Ramble #2 9:00 AM*
Hike 8, Drive 40, 1000 ft. ascent, Rated B-B
Marlene Santa Maria, 828-299-9095
marlena98@hotmail.com
***Note later start time. Meet at Westgate at 9:00 AM to form carpools, and meet leader at parking lot adjacent to McDonald's at exit 64 of I-40 at 9:20 AM.** This will be a moderate loop hike starting in Montreat and climbing to a ridgeline. This close-to-home hike promises a good workout and nice views. Topo: Montreat

ALL DAY NO. A0601-326 **Jan. 15**
Pump Gap (non-AT) loop 8:00 AM
Hike 8, Drive 60, 1500 ft. ascent, Rated B-A
Tom Sanders, 828-252-6327
tomary@charter.net
This will be a moderate low-altitude ramble through the area between Tanyard Gap and Pump Gap. The hike won't include any of the AT, but we'll do all of Pump Gap Trail, connecting through woods roads and manways north and south of the AT. Topo: Hot Springs

ALL DAY NO. A0601-236 **Jan. 22**
Dupont Forest – Fawn Lake P.L. #1 8:00 AM
Hike 8, Drive 70, 1000 ft. ascent, Rated B-B
Rusty Breeding, 828-692-0359
bree@planetusa.net

A moderate hike, close to home and at low elevation for our coldest month. We'll see Corn Mill Shoals, Bridal Veil Falls, Lake Julia and Fawn Lake at an easy pace. With a touch of snow and frozen falls it may be a winter wonderland. ***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

SATURDAY NO. A0601-330 **Jan. 28**
Raven Cliff Falls 8:30 AM*
Hike 8, Drive 95, 1450 ft. ascent, Rated B-B
Janet Onan, 828-698-3237
janonan@bellsouth.net
***Note later start time; meet at Westgate at 8:30 AM to form carpools, and meet leader at Bi-Lo in Pisgah Forest at 9:00 AM.** We'll do a pleasant walk to the pedestrian bridge over the top of a beautiful 250 ft. waterfall in Caesar's Head St. 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. Topo: Table Rock; also Mountain Bridge Wilderness Area trail map

ALL DAY NO. A0601-001 **Jan. 29**
Case Camp – Seniard Ridge Loop 8:00 AM*
Hike 9, Drive 80, 1300 ft. ascent, Rated A-B
Tom Bindrim & Joan Lemire, 828-273-3880
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. ***Meet at Westgate at 8:00 AM to form carpools, and meet leaders at Pisgah Ranger Station at 8:30 AM.** Topo: Shining Rock; also Pg. 50 of MST Profiles book and Nat'l. Geo. PRD map

ALL DAY NO. A0601-502 **Feb. 5**
Deep Creek – Sunkota Ridge loop (strenuous) 7:30 AM*
Hike 13, Drive 135, 2000 ft. ascent
Rated AA-A
Don Gardner, 828-754-4067
gardog3@charter.net
900M. ***Note early start time.** We will hike alongside Deep Creek, one of the beautiful streams on the east side of the Smokies, and then climb up to and down Sunkota Ridge, which will have good winter views. **Second meeting place: Rest area beyond Waynesville on US 23/74 at 8:30 AM.** Topos: Bryson City, Clingman's Dome; also Nat'l. Geo. GSMNP map

ALL DAY NO. A0601-304 **Feb. 5**
AT: Garenflo Gap – Hot Springs (moderate) 9:00 AM*
Hike 8, Drive 80, 1500 ft. ascent, Rated B-B
Paul Benson, 828-251-1909, pdbenson@charter.net
***Note later start time.** We'll start by hiking up the East Fork Shut-in Creek trail to the AT, and then a pleasant AT hike down Deer Park Mtn., ending at the hot tubs in Hot Springs. Bring your bathing suit, and contact the leader beforehand so he can get a count of how many people will use the hot tubs after the hike. 5-mile car shuttle. Topos: Lemon Gap, Spring Creek, Hot Springs; also Nat'l. Geo. French Broad & Nolichucky Rivers map

ALL DAY NO. A0601-417 **Feb. 12**
Butter Gap, Art Loeb, Long Branch Trails Loop 8:00 AM
Hike 12, Drive 72, ft. ascent, Rated A-A
Chip Miller, 828-654-9331,
backpacker54nc@bellsouth.net

SATURDAY WORK DAY

Here is a great chance to learn what is involved in trail maintenance. We will meet on March 18 at the Cracker Barrel at the Enka-Candler exit at 8:00AM for breakfast. We will return to Asheville around 4:00PM. Come join the fun. Call Les Love at 828-658-1489 to verify date.

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: Fish Hatchery at 8:40 AM, but call leader first.** Topo: Shining Rock; also Nat'l. Geo. PRD map

ALL DAY NO. A0601-503 **Feb. 19**
Mt. Sterling via Baxter Creek Trail 8:00 AM
Hike 12.4, Drive 110, 4100 ft. ascent
Rated AA-AA+
Becky Smucker, 828-298-5013,
bsmucker@charter.net

900M This major climb in the Smokies is strenuous but on a gradual well-graded trail. After passing through a mixed forest followed by Balsam and Red Spruce, we'll enjoy fine lunchtime views from the fire tower. With luck, we'll find some snow at the higher elevations. **Second meeting place: Pilot Truck Stop, exit 24 off I-40 at 8:30 AM.** Topo: Cove Creek Gap; also Nat'l. Geo. GSMNP map

SATURDAY NO. A0601-280 **Feb. 25**
Art Loeb / North Slope Loop 8:00 AM
Hike 8, Drive 60, 1300 ft. ascent, Rated B-B
John Pawcio, 828-299-8126
jpawcio@tycovalves.com

P400 A good winter hike and a pretty trip. We'll follow the Art Loeb Trail from the Davidson River Campground up to Neil Gap, then down the connector and North Slope Trails to the campground. From here we'll follow the river trail back to the cars. **Second meeting place: Pisgah Ranger Station at 8:30 AM, but call leader first.** Topos: Pisgah Forest, Shining Rock; also Nat'l. Geo. PNF map

ALL DAY NO. A0601-504 **Feb. 26**
Lane Pinnacle from Bull Gap 8:30 AM*
Hike 10, Drive 30, 2700 ft. ascent
Rated A-AA+
Kathleen Hannigan, 828-230-4883
kathleen.hannigan@pgnmail.com

***Note later start time.** This will be a challenging winter hike on the MST, past the Rattlesnake Lodge site and up to good views from our lunch stop at Lane Pinnacle. Due to the substantial altitude change, we may find snow at the higher end. **Second meeting**

place: Bull Gap at 9:30 AM. Topo: Craggy Pinnacle; also pg. 63-64 of MST Profiles book

ALL DAY NO. A0601-332 **March 5**
Foothills Trail: Upper and Lower Whitewater Falls (strenuous) 8:00 AM*
Hike 11.6, Drive 115, 1600 ft. ascent
Rated A-A
Bruce Bente 828-692-0116
bbente@cytechusa.com

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 at 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. ***Meeting Places: Form carpools at Westgate at 8:00 AM, and meet leader at Bi-Lo in Pisgah Forest at 8:30 AM.** Topos: Reid, Cashiers; also Foothills Trail map

ALL DAY NO. A0601-076 **March 5**
Craggy to Little Snowball 8:00 AM (moderate)
Hike 8.5, Drive 40, 2600 ft. ascent
Rated B-AA
Don Walton, 828-654-9904
From Beetree Gap we will take the Snowball trail to High Rock, with its views, and then on to Snowball Gap. We will then follow an old road around Little Snowball Mtn. to the old lookout atop Little Snowball. There are great views from the top of Little Snowball. Topo: Craggy Pinnacle

ALL DAY NO. A0601-505 **March 12**
The Other Cold Mtn. 8:00 AM*
Hike 8-10, Drive 120, 1500 ft. ascent
Rated B-A

Dave Wetmore, 828-884-7296,
dwtmore@citcom.net
Many people have climbed the Cold Mtn. above Waynesville, but how many have climbed the other Cold Mtn., in Panthertown Valley? This will be a new hike for the CMC, and the exact route will be determined after a scouting trip and more info will be posted in the E-Newsletter. ***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: Big Ridge; also Panthertown Trail Map

ALL DAY NO. A0601-506 **March 19**
Cataloochee Divide to Cataloochee Valley via McKee Branch 8:00 AM
Hike 14, Drive 80, 1500 ft. ascent
Rated AA-A
Danny Bernstein 828-236-0192
danny@hikertohiker.org
900M Starting at Cove Creek Gap, we'll hike

the Cataloochee Divide trail past the Swag to Hemphill Bald and back to McKee Branch. Good views along the way. Then we'll go down McKee Branch trail with some rockhopping across the stream, and then follow Caldwell Fork Trail downhill to our cars. Possible early wildflower sightings. **Second meeting place: Pilot truck stop at exit 24 off I-40 at 8:30 AM.** Topos: Cove Creek Gap, Dellwood; also Nat'l. Geo. GSMNP map

SATURDAY NO. A0601-224 **March 25**
Table Rock – Pinnacle Loop 8:00 AM
Hike 10.8, Drive 120, 3200 ft. ascent
Rated A-AA+
Lenny Bernstein, 828-236-0192,
lsberns@worldnet.att.net
This is a great hike with good views, starting from the Nature Center parking lot at Table Rock St. Park. Our first objective will be Bald Rock near Pinnacle Mtn. with glorious views. Then after a climb to Pinnacle Mtn for lunch, we'll walk the ridgeline to Table Rock with more great views, then down steeply to our cars. \$2 parking fee. **Second meeting place: Table Rock State Park at 9:15 AM.** Topo: Table Rock

ALL DAY NO. A0601-423 **Mar. 26**
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
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 before hand.** Topo: Dunsmore Mtn.; also Nat'l. Geo. PRD map

ALL DAY NO. A0601-507 **April 2**
Little Paint Creek (strenuous) 8:00 AM*
Hike 8-9, Drive 78, 1800 ft. ascent, Rated B-A
Stuart Tauber, 828-254-0824
sdtauber@charter.net
***Note time change to DST.** Hikers must call leader before attempting this hike. From Allen Gap, we will climb south on the AT to Deep Gap to connect with Little Paint Creek Trail (#11). We will proceed along, through and across the creek under Buzzard Roost Ridge several times to reach FS 31B and then Paint Creek Trail (#10), fording the creek several times. The creek crossings are challenging as is the trail. 10-mile car shuttle.

ALL DAY NO. A0601-209 **April 2**
Buckwheat Knob – Coontree Loop (moderate) 9:00 AM*
Hike 8, Drive 67, 1900 ft. ascent, Rated B-A
Les Love, 828-658-1489,