

LET'S GO!



SECOND QUARTER 2023
Quarterly Hike Schedule



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

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: 1,000 ft. or less |

If it's not possible to go on the regularly scheduled hike, it may be possible to accompany the leader when the hike is scouted. 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. 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.

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. MST and AT section maintainers work on their own schedule.

Burnsville Monday Crew

John Whitehouse,
johnwhitehouse@icloud.com

Art Leob Monday Crew

Rich Evans, richard.erman.evans@gmail.com

Waynesville Wednesday Crew

Chris Werbylo, jcw402@aol.com
Vance Waggener, vance.waggener@yahoo.com

Thursday Crew

Todd Eveland, pepsitodd1@gmail.com
Ken Hummel, Kenhummel60@gmail.com

Asheville Friday crew

Paul Curtin, pmc Curtin@hotmail.com
Chris Werbylo, jcw402@aol.com

Pisgah Friday Crew

Don Cooper, dncpr47@gmail.com

Wilderness Response Crew

Vance Waggener, vance.waggener@yahoo.com
Richard Figura, rafigura107@gmail.com

Quarterly Saturday Crew

Les Love, lesrlove55@gmail.com

Section Rovers Crew

Once a week, Tuesday or Saturday
Rich Evans, richard.erman.evans@gmail.com
Jan Onan, janonan59@gmail.com

AT Maintainers

Paul Curtin,
ATsupervisor@carolinamountainclub.org

Remote Overnight Crew

Paul Curtin, pmc Curtin@hotmail.com
Rich Evans, richard.erman.evans@gmail.com

MST Maintainers

Oconaluftee River to Old Bald

Larry Sobil, lsobil@bellsouth.net

Old Bald to Hwy 215

Robert Bolt, otherob@inbox.com

Hwy 215 to Big Ridge O/L

Todd Eveland, pepsitodd1@gmail.com

Big Ridge O/L to BRP Visitor Center

Les Love, lesrlove55@gmail.com

BRP Visitor Ctr to Greybeard O/L

John Busse, jfbusse@hotmail.com

Greybeard O/L to Black Mtn Campground

John Whitehouse,
johnwhitehouse@icloud.com

CHALLENGE PROGRAMS

A.T.-MST For hiking the 228 miles of the A.T. and MST on CMC maintained sections. Contact ATMST@CarolinaMountainClub.com

FH100 For hiking all 100 trails in the "100 Favorite Trails of the Smokies and Carolina Blue Ridge." Contact Steve Pierce, stevepierce50@gmail.com

LTC For hiking all 24 lookout towers in WNC. Contact LTC@carolinamountainclub.org

P400 For hiking every trail in Pisgah Ranger District. Contact P400@CarolinaMountainClub.org

SB6K For hiking all 40 peaks above 6000'. Contact SB6K@carolinamountainclub.org

WC100 For hiking to the 100 best waterfalls in the area. Contact w100@carolinamountainclub.org

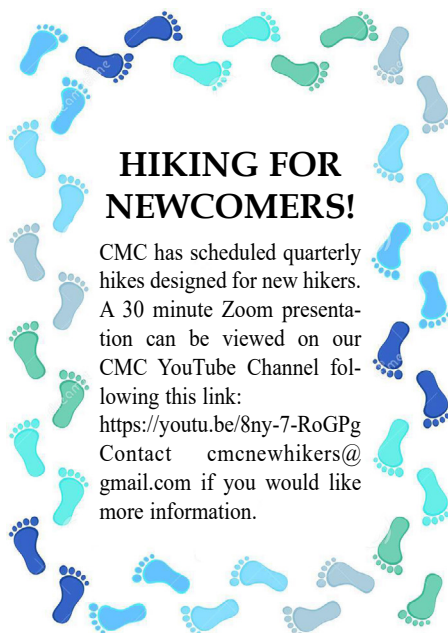
YPC For hiking eight different Land Management areas with youth 17 and under. Contact Kay Shurtleff at kshurtleff@msn.com

900M For hiking every trail in GSMNP. Contact Steve Pierce, stevepierce50@gmail.com

SATURDAY WORKDAYS

The Quarterly Saturday Trail Maintenance Workdays for 2023 are April 22nd, June 3rd, August 19th and October 14th. We meet at 8:30 and return to Asheville by 3:00. Contact Les Love for details and where to meet.

lesrlove55@gmail.com | 828-658-1489



HIKING FOR NEWCOMERS!

CMC has scheduled quarterly hikes designed for new hikers. A 30 minute Zoom presentation can be viewed on our CMC YouTube Channel following this link: <https://youtu.be/8ny-7-RoGPg>
Contact cmcnwhikers@gmail.com if you would like more information.

YOUTH PARTNER CHALLENGE HIKES

The Youth Partnership Challenge is designed to introduce youth to fun, educational hiking experiences. Hikes are open to CMC members as well as newcomers. YPC hikes submitted by Jan Onan, 828-606-5188, janonan59@gmail.com. Driving distance is round trip from the meeting place.

Sunday No. Y2302-256 **April 30**
Moore Cove Falls **9:30 AM**
Hike 1.4, Drive 10, 300 ft. ascent, Rated C-C,
P400, WC100
Jan Onan, 828-606-5188, janonan59@gmail.com

Only Meeting Place: Pisgah Ranger Station off US 276. We will meet to form carpools, then head up to the trailhead. We will have fun looking at the Pisgah Ranger District Map before we start and learn to identify trail and waterfall markings and how to find a specific trail on a map using the legend. We will walk in and out. Bring a snack and lunch, plenty of water and a camera for photos of the falls. Water shoes are an option to bring, but wear sturdy shoes for the hike. You can bring a compass if you have one. Please contact the leader to reserve your spot.
Topo(s): Shining Rock

Sunday No. Y2302-038 **June 4**
Richland Balsam Trail **2:00 PM**

Hike 1.4, 380 ft. ascent, Rated C-C
Cindy McJunkin, 828-712-9646,
mcjfive@aol.com

Only Meeting Place: BRP Haywood-Jackson Parking Overlook at MM 431. Come dressed and painted to blend in with the high elevation Balsam forest. We will find the features of the interpretative trail loop to Richland Balsam. Contact leader in advance of the hike for details and to reserve your spot.
Topo(s): Dunsmore Mtn.

WEDNESDAY HIKES

Wednesday hikes submitted by Brenda Worley, 828-684-8656, bjdworley@gmail.com. Driving distance is round trip from the first meeting place. Hikes assemble at the location described for that hike. Some hikes will have second meeting places as described in the schedule; start times vary. *Times listed are departure times – arrive early.*

Wednesday No. W2302-518 **April 5**
Five Waterfalls in S.C. **8:00 AM**

Hike 7.8, Drive 170, 500 ft. ascent, Rated B-C, **WC100**

Marie Chamberlin, 678-492-6718,
marie.m.chamberlin@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

Contact the hike leader for reservations. Hikers are limited to ten. Visit five great waterfalls in South Carolina, all on the Waterfall 100 Challenge: Spoonauger, King Creek, Yellow Branch, Issaqueena and Station Cove. All are in-and-out hikes, with 1-2 miles round trip each. Long drive and long day, but well worth it with waterfalls and spring wildflowers.

Topo(s): Tamassee

Wednesday No. W2302-596 **April 5**
Laurel Fork Gap to Lake Jocassee **8:30 AM**

Hike 10.8, Drive 93, 1400 ft. ascent, Rated A-B
Brenda Worley, 828-684-8656,

cell: 828-606-7297, bjdworley@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet the leader at the second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.

Contact the leader for reservations. We'll hike the Foothills Trail in SC, from Laurel Fork Gap to Lake Jocassee. This in-and-out hike along Laurel Fork Creek features a beautiful stream, waterfalls, great bridges and a scenic lakeside lunch spot. During this time of year, we expect to see the rare Oconee bells blooming in profusion.

Topo(s): Reid

Wednesday No. W2302-742 **April 12**
Nolichucky River

to Indian Grave Gap on the A.T. **8:00 AM**

Hike 8.9, Drive 103, 2600 ft. ascent,
Rated B-AA, **AT-MST**
Steve Pierce, 828-442-8482,
stevepierce50@gmail.com

First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Form carpools and meet the leader at the second meeting place.
Second Meeting Place: Publix at 165 Weaver Blvd. Weaverville; lower end of parking lot off Exit 19 of I-26 at 8:30 AM.

Contact the leader for reservations. From Unaka Springs Rd., near Uncle Johnnie's Hostel, we will start northbound on the A.T., crossing the RR tracks before entering the woods. There are several stream crossings, some of them on foot bridges. Expect to see spring wildflowers and some views. There is a 10-mile car shuttle which will take 20 minutes.

Topo(s): Chestoa, Huntendale

Wednesday No. W2302-066 **April 12**
Garenflo Gap to Bluff Mtn. on A.T. **8:30 AM**

Hike 8.5, Drive 83, 2200 ft. ascent, Rated B-AA, **AT-MST**

Tish Desjardins, 828-380-1452,
desraylet@aol.com

First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Form carpools and meet the leader at the second meeting place.

Second Meeting Place: Corner of US 25/70 & NC 208 at 9:15 AM.

We'll do an in-and-out hike on the A.T. in hardwood forests from Garenflo Gap to the summit of 4686-ft. Bluff Mtn. We will enjoy the many wildflowers that carpet the forest floor. After lunch on the summit, it will be all downhill back to the trailhead. This will be a moderate-paced hike.

Topo(s): Lemon Gap

Wednesday No. W2302-586 **April 19**
Chestnut Cove to Bent Creek River Park

Spring Wildflower Hike **8:00 AM**

Hike 6, Drive 10, 1127 ft. ascent, Rated C-B,

AT-MST

Adrianne Chang, 414-690-5424,
acjp9349@yahoo.com

Only Meeting Place: Bent Creek River Park off NC 191. Contact the hike leader for reservations.

From Chestnut Cove Overlook on the BRP we descend on the MST along several ridges to Bent Creek. Along the way there will be views of the Biltmore House, Asheville and French Broad River. Previously, fields of southern nodding trillium, May apples, showy orchis, large white trillium, fairy bells, and the rarer spotted mandarin have been seen on this hike. We expect to see many of these during this hike. Short car shuttle.
Topo(s): Dunsmore Mtn., Skyland

Wednesday No. W2302-172 **April 19**
John Rock Loop Hike **8:30 AM**

Hike 6.2, Drive 60, 1300 ft. ascent, Rated B-B, **P400, WC100**

Diane Saccone, 703-283-1068,
grdngr154@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Fish Hatchery - Pisgah Forest at 9:00 AM.

Contact the hike leader for reservations. This moderate loop hike, with good views from John Rock, starts at the Fish Hatchery parking lot. This Hike is #61 of the 100 Favorite Trails.

Topo(s): Shining Rock

Monday No. W2302-934 **April 24**
Big Creek to Bee Branch, Return **8:00 AM**

Hike 8.8, Drive 32, 1164 ft. ascent, Rated B-B, **P400**

Barton Paschal, 828-545-6795,
bartonpaschal@bellsouth.net

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet the hike leader at the second meeting place.

Second Meeting Place: Ingles on NC 191/280 N end of parking lot in front of Pardee Urgent Care (Mills River) at 8:15 AM.

Contact the leader for reservations. On this variation of hike #934, we ascend Big Creek Trail for 2.5 mi., then bushwhack a half mile up Bee Branch to Lower and Upper Bee Branch Falls. We hope to see a variety of trillium and other wildflowers along the way. Bring hiking poles and wear hiking shoes appropriate for fording the creek several times. The exact mileage and elevation gain will be determined and reported in the scout report. We will return to the Hendersonville Reservoir and our cars on FS 142 via the same route.

Wednesday No. W2302-682 **April 26**
Green River Gamelands

from Green River Cove Road **8:00 AM**

Hike 8.8, Drive 54, 1200 ft. ascent, Rated B-B
Sallye Sanders, 208-550-2070,

sallye_sanders@yahoo.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet the leader at the second meeting place.

Second Meeting Place: Cracker Barrel Restaurant off Exit 53 of I-26 in parking lot close to I-26 at 8:30 AM.

Contact the hike leader for reservations. We begin this partial loop hike on the Green River Cove Trail. We take the Pulliam Creek Trail to Rock Hop Trail. Be prepared for a wet crossing on the Pulliam Creek Trail and/or Rock Hop Trail. We continue on using different trails which will bring us back to the Green River Cove Trail for the return to our cars. We hope to see a large variety of wildflowers this time of year on this beautiful hike. Note, there is a 700-foot climb in the first mile.

Topo(s): Clifffield Mtn.

Wednesday No. W2302-642 **April 26**
Smokemont Loop 8:30 AM
Hike 6.2, Drive 110, 1300 ft. ascent, Rated B-B, **900M**

Danny Bernstein, 828-450-0747,
dannyhiker@gmail.com

Only Meeting Place: Home Depot off Exit 44 of I-40. Contact the leader for reservations. We will hike the Smokemont Loop Trail in the Great Smoky Mountains National Park. We will go clockwise, starting in the Smokemont Campground and climbing steadily up Richland Mountain before descending to Bradley Fork. The Bradley Fork Trail follows the water along an old roadbed. We will take an in-and-out detour up the Chasteen Creek Trail to the cascade before returning and continuing down the Bradley Fork Trail to the cars at Smokemont. This hike is #28 of the 100 Favorite Trails.

Topo(s): Smokemont

Wednesday No. W2302-076 **May 3**
Bee Tree Gap to Little Snowball 8:00 AM
Hike 7.2, Drive 43, 2600 ft. ascent, Rated B-AA, **LTC**

Sallye Sanders, 208-550-2070,
sallye_sanders@yahoo.com

Only Meeting Place: Back parking lot of Folk Art Center. Contact the hike leader for reservations. From Bee Tree Gap, we'll take the Snowball Trail to High Rocks (Hawkbill Rock) and then on to the old lookout site atop Little Snowball. This time of year, we expect to see many wildflowers. Return via the same route. If the day is clear, we will have great views from High Rocks and Little Snowball.

Topo(s): Craggy Pinnacle

Wednesday No. W2302-503 **May 3**
Mt. Sterling via Baxter Creek Trail 8:00 AM
Hike 12.4, Drive 98, 4100 ft. ascent,
Rated AA-AA+, **900M**

Paul Benson, 828-273-2098,
PDBenson@charter.net

First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Pilot Truck Stop off Exit 24 of I-40 at 8:30 AM - but contact leader first.

The Baxter Creek Trail to the top of Mt. Sterling is one of the toughest day hikes in the Great Smoky Mountains. Although even and well-graded, the trail climbs roughly 4100 feet in just 6.2 miles. Per the Eastern Native Trees Society, some of the highest trees in the park are located in this area. Although a very difficult hike, efforts will be well rewarded upon reaching the 5842-foot summit. The views atop the 60-foot fire tower are simply amazing. This hike is #31 of the 100 Favorite Trails.

Topo(s): Cove Creek Gap

Wednesday No. W2302-209 **May 10**
Buckwheat Knob - Coontree Loop 8:00 AM
Hike 8, Drive 54, 2200 ft. ascent, Rated B-AA, **P400**

Virginia Bower, 828-273-2486,
clabbergirl57@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM - but contact leader first.

Contact the leader for reservations. 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. This is a moderate woodland hike with exceptional views from the ridgeline. It is possible that this time of year we will be treated to blooming mountain laurel. This hike is #62 of the 100 Favorite Trails.

Topo(s): Shining Rock

Wednesday No. W2302-501 **May 10**
Strawberry Gap

to Brush Creek & Return 8:00 AM
Hike 8.9, Drive 19, 1800 ft. ascent, Rated B-A
Judy Magura, 828-606-1490,
quilter290@gmail.com

Only Meeting Place: Ingles on US 74-A 1-1/2 miles south of I-40 Exit 53. Contact the leaders for reservations. This is a longer variation of #501. This trail was opened September 2022 by Conserving Carolina and is the newest trail to be completed in the Upper Hickory Nut Gorge trail network. About halfway up the trail, a rock outcrop known as Ferguson Peak, offers sweeping views. We will reach the Blue Ridge Pastures after three miles and enjoy views of the Hickory Nut Gorge, Little Pisgah Mountain and distant views of the highest mountains in the eastern United States. We will continue up the trail and down to Brush Creek where we will have lunch. We return to the cars on the same trail.

Topo(s): Bat Cave

Wednesday No. W2302-205 **May 17**
Soco Gap - Waterrock Knob 8:00 AM
Hike 9, Drive 86, 1950 ft. ascent, Rated B-A,
AT-MST, SB6K

Eva Blinder, 828-275-6447,
ejb5711@gmail.com

Only Meeting Place: Home Depot off Exit 44 of I-40. Contact the leader for reservations. This hike starts from Soco Gap with an elevation of 4400 feet and heads steadily up to Waterrock Knob at close to 6400 feet. We will enjoy the view as we eat our lunch at the top. This section of the MST was completed by CMC in 2016. Expect to be impressed by the work that went into building this trail. We will visit Howard's Bridge, Piet's Place and some big oak, spruce and maple trees. We will return on the same trail.

Topo(s): Hazelwood

Wednesday No. W2302-666 **May 17**
Pink Beds -
Cradle of Forestry Loop 10:00 AM
Hike 5.6, Drive 90, 850 ft. ascent, Rated C-C, **P400**

Daisy Teng Karasek, 828-505-2036,
cell 408-887-3666, daisytk@yahoo.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 10:30 AM.

This is a slower-paced hike. Contact the leader for reservations. Pink Beds is special because it is a flat plateau at 3200 ft., surrounded by mountains. Expect abundant ferns due to natural bogs and beaver action. Several man-made causeways add to the viewing experience.

Topo(s): Shining Rock

Wednesday No. W2302-548 **May 24**
Sams Gap to Big Bald 8:00 AM
Hike 13, Drive 52, 3300 ft. ascent,
Rated AA-AA+, **AT-MST**

Bob Smith, 828-696-6185,
wncnites@gmail.com and Vonnie Gamble,
410-375-7764, ygamble99@yahoo.com

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Contact Bob at wncnites@gmail.com or text 828-696-6185 for reservations. The Bald Mountains are a mountain range rising along the border between Tennessee and North Carolina. The highest summit in the Bald Mountains is Big Bald, which rises to an elevation of 5516 ft. We will follow the A.T. from Sam's Gap to the summit of Big Bald and return via the A.T. to our cars. This is a physically demanding hike! We will need to hike at 2-mph rate. Hopefully, some flowers will still be around. The view from Big Bald is exceptional. This hike is #46 of the 100 Favorite Trails.

Topo(s): Sams Gap

Wednesday No. W2302-375 **May 24**
Sams Gap to Rice Gap **8:30 AM**
Hike 7.5, Drive 52, 1800 ft. ascent, Rated B-A,
AT-MST
Diane Saccone, 703-283-1068,
grdngrl54@gmail.com

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Contact the hike leader for reservations. This is an in-and-out hike on the A.T. in the beautiful open forest from Sams Gap to Rice Gap, with a visit to Hogback Ridge shelter, built by CMC members. This time of year, we expect to see wildflowers on this trail.
Topo(s): Sams Gap

Wednesday No. W2302-629 **May 31**
Rough Creek Watershed loop 1 **8:00 AM**
Hike 8, Drive 55, 1800 ft. ascent, Rated B-A
George Shepherd, 405-596-2632,
shepherdgeorge@att.net
First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Canton Park-n-Ride lot off Exit 33 of I-40 at 8:45 AM.
Contact the leader for reservations. It is recommended that hikers wear long pants on this hike. No shorts. This is a rarely-used trail in the Canton Watershed. During this loop hike, we walk uphill in the morning, partially on grass roads and partially in the woods, to a ridgeline with long-distance views. Next the trail returns to the woods and includes a stop at a sunny rock outcrop with views for lunch. After lunch, we return downhill, crossing Rough Creek on a bridge.
Topo(s): Canton

Wednesday No. W2302-478 **May 31**
Graveyard Fields Loop **8:30 AM**
with Upper Falls **8:30 AM**
Hike 7, Drive 70, 900 ft. ascent, Rated B-C,
AT-MST, P400, WC100
Karen Schultz, 312-241-3329,
Schultz.KarenJ@GMail.com and
Ken Scharmann, 847-772-4693,
kennethscharmann@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: BRP Cold Mountain Overlook at MM 412 at 9:00 AM.
Limit of 10 hikers. The hikers must be fully vaccinated against COVID-19 to carpool. Contact Karen Schultz via email for reservations. We will follow the loop clockwise, beginning on the blue blaze trail to the MST Connector Trail, then follow the MST to the Graveyard Ridge Trail which we will take back to the MST. When we return to where the MST meets Graveyard Ridge, we'll take the spur in the opposite direction and continue up the Graveyard Upper Falls Trail to enjoy the falls. This hike exceeds the requirements for #52 of the 100 Favorite Trails.
Topo(s): Shining Rock

Wednesday No. W2302-068 **June 7**
Big Butt from Walker Knob **8:00 AM**
Hike 6, Drive 47, 1300 ft. ascent, Rated C-B
Diane Saccone, 703-283-1068,
grdngrl54@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. Contact the leader for reservations. There is a ten-hiker limit. This moderate in-and-out hike will be at over 5000 feet elevation. There are three climbs: to Point Misery and Little Butt (steep) on the way in and to Point Misery on the return. The hike goes through a northern hardwood/spruce forest with excellent views of the Black Mountains. This hike is #86 of the 100 Favorite Trails.
Topo(s): Montreat

Wednesday No. W2302-464 **June 7**
Balsam Gap **8:30 AM**
to Graybeard Overlook **8:30 AM**
Hike 7.4, Drive 45, 2000 ft. ascent, Rated B-A,
AT-MST

Kay Haskell, 610-613-4858,
HaskellKM@Gmail.com and Marie Chamberlin,
678-492-6718, marie.m.chamberlin@gmail.com
Only Meeting Place: Back parking lot of Folk Art Center. Contact the leader for reservations. We will hike through a range of environments and landscapes, including rocky trail sections that require good footwear and hiking poles. This hike takes us from alpine vegetation through old hemlock and lichen-covered oak forest, over open blueberry balds with long-range views, and finally through lovely beech forest and sweeping native grasses to the Graybeard Overlook. We return to our cars on the same trail. This hike is #85 of the 100 Favorite Trails. You must be vaccinated against COVID-19 to carpool.
Topo(s): Montreat

Wednesday No. W2302-002 **June 14**
NC 128 to Balsam Gap **8:00 AM**
Hike 5, Drive 60, 1500 ft. ascent, Rated C-B,
AT-MST, SB6K
Thomas Butler, 361-484-3381,
butler.tom3381@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. Contact the leader for reservations. This hike in the high country on the MST near Mount Mitchell features great views, rocky climbs, spruce forests and 6320-ft. Blackstock Knob. Car shuttle.
Topo(s): Montreat

Wednesday No. W2302-119 **June 21**
Charlies Bunion **8:00 AM**
from Newfound Gap and Return **8:00 AM**
Hike 8, Drive 135, 1800 ft. ascent, Rated B-A,
SB6K, 900M
Adrienne Chang, 414-690-5424,
acjp9349@yahoo.com
First Meeting Place: Home Depot off Exit 44 of I-40.
Second Meeting Place: Maggie Valley Post

Office at 8:30 AM - but contact leader first.
Contact the leader for reservations. This slight variation of hike #119, an in-and-out to Charlies Bunion, will feature a short bushwhack to Masa Knob, named in 1961 in honor of George Masa, renowned photographer and, with Horace Kephart, an influencer in the establishment of the Smokies as a National Park. Masa was a CMC member, and it was through CMC's proposal that the knob was named for him. We will pay tribute to Masa on the 90th anniversary of his passing and take in the views on this beautiful hike. This hike is #27 of the 100 Favorite Trails. NOTE: A parking pass is required in the GSMNP. Parking Passes are: Daily, \$5; Weekly, \$15; or Annual, \$40. See www.recreation.gov/activitypass/AP2510 to purchase passes.
Topo(s): Clingmans Dome

Wednesday No. W2302-566 **June 21**
Roans in Bloom **8:00 AM**
Hike 7.6, Drive 130, 1500 ft. ascent, Rated B-B,
AT-MST, SB6K
Karen Lachow, 703-395-5879,
heyk127@hotmail.com

First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26.
Second Meeting Place: Ingles on US 19E at far right side (Burnsville) at 8:30 AM.
Contact the leader for reservations. This is a beautiful A.T. hike with some of WNC's finest views. Expect to see flame azaleas, rhododendrons and possibly Gray's lilies in bloom. From Carvers Gap we'll go north past Grassy Ridge Bald (6160 ft.) to a scenic overlook for lunch, then return to Carvers Gap by the same route. From here, we'll drive up to the gardens area (small fee to enter) and walk 1/2 mile to see the vista from Roan High Bluff (6287 ft.). This hike is #100 of the 100 Favorite Trails.
Topo(s): Bakersville, Carvers Gap

Wednesday No. W2302-124 **June 28**
Clingmans Dome (Kuwahi), Mt. Collins **8:00 AM**
from Fork Ridge Trailhead **8:00 AM**
Hike 9, Drive 150, 1900 ft. ascent, Rated B-A,
SB6K

Thomas Butler, 361-484-3381,
butler.tom3381@gmail.com
First Meeting Place: Home Depot off Exit 44 of I-40. Form carpools and meet the leader at the second meeting place.
Second Meeting Place: Maggie Valley Post Office at 8:30 AM.
Contact the leader for reservations. We will hike the A.T. from Fork Ridge Trailhead, over Mt. Collins (6188 ft.) to Clingmans Dome (6643 ft.) and return. The views are great, and the high elevation will give us a respite from the hot weather. Parking passes are required within the boundaries of the GSMNP. See <https://www.recreation.gov/activitypass/AP2510> to purchase passes.
Topo(s): Clingmans Dome

Wednesday No. W2302-968 **June 28**
Four Waterfalls in N.C. 8:00 AM
Hike 6, Drive 85, 500 ft. ascent, Rated C-C,
WC100

Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com
First Meeting Place: River Ridge Market Place
behind CVS off Exit 53B of I-40. Form carpools
and meet the leader at the second meeting place.
Second Meeting Place: Ingles off Exit 64 of I-40
(Black Mountain) at 8:15 AM.
Contact the leader for reservations. We will hike
to 4 different and very beautiful waterfalls on
the Waterfall Challenge: Setrock Creek Falls,
Roaring Fork Falls, Crabtree Falls, and Tom's
Creek Falls. Each waterfall requires us to get
back in the car and travel a few miles. The hiking
is easy. Actual mileage and elevation gain will be
determined during the scout and reported in the
scout report. This hike meets the requirements of
#90 of the 100 Favorite Trails.
Topo(s): Chestoa, Hunt Dale

ALL-DAY WEEKEND HIKES

All-day hikes submitted by Karen Lachow, 703-395-5879, heyk127@hotmail.com. Driving distance is round trip from the first meeting place. All hikes assemble at the location described for that hike. Some hikes will have second meeting places, and starting times may vary.

Sunday No. A2302-060 **April 2**
Pilot Mountain from Gloucester Gap 8:30 AM
Hike 6.5, Drive 80, 1900 ft. ascent, Rated B-A,
P400

Kay Haskell, 610-613-4858,
HaskellKM@Gmail.com and Marie Chamberlin,
678-492-6718, marie.m.chamberlin@gmail.com
First Meeting Place: Asheville Outlets parking
lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: Pisgah Forest Walmart
parking (back of center aisles close to Taco Bell)
at 9:00 AM - but contact leader first.
Contact Kay Haskell by email for reservations.
Limit of 15 hikers. This hike starts with
a steep climb to the summit of Pilot Mountain,
then down to Deep Gap and a short climb over
Sassafras Knob. It's nearly all downhill or level
as we continue to Farlow Gap. We'll return on
a pleasant, seldom-used gravel forest road. This
hike is #57 of the 100 Favorite Trails. Please
do not carpool unless you are fully vaccinated
against Covid.
Topo(s): Shining Rock

Sunday No. A2302-229 **April 9**
NC 151 to Chestnut Cove Overlook 8:30 AM
Hike 9.2, Drive 36, 1350 ft. ascent, Rated A-B,
AT-MST, P400
Michael Cornn, 828-458-1281,
mwcornn@gmail.com and Kathy Cornn/Kyle,

828-458-1282, katherinenkyle@gmail.com
First Meeting Place: Asheville Outlets parking
lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: BRP French Broad
Overlook at MM 393.8 at 8:45 AM - but contact
leader first.
No reservations required. This is a pleasant hike
on the MST/Shut-in Trail. We'll begin at the
junction of NC 151 and the Blue Ridge Parkway,
and follow the MST mostly downhill. There will
be a steep climb up and over Ferrin Knob, with
remnants of the former fire tower; then we'll
continue down, passing Bent Creek and on to
the Chestnut Cove Overlook. 6-mile car shuttle.
Topo(s): Dunsmore Mtn.

Saturday No. A2302-686 **April 15**
Shope Creek Ramble 10:00 AM
Hike 6, Drive 25, 1500 ft. ascent, Rated C-B
Marcia Bromberg, 828-505-0471,
cell: 860-798-9905, mwbrromberg@yahoo.com
Only Meeting Place: Ingles on US 70 at
Riceville Road (Oteen). Contact leader by email
for reservation. Limit of 15 hikers. This hike will
begin along Wolf Branch to view a seldom-visit-
ed waterfall. We will then return to Shope Creek
Road to do the traditional "rabbit ear" hike with
two uphill and several water crossings. The hike
leads us past another, smaller waterfall where we
will cross Shope Creek. This time of year we
are likely to see many wildflowers, including, if
we're lucky, a patch of shooting stars.
Topo(s): Craggy Pinnacle

Sunday No. A2302-248 **April 16**
A.T. Spivey Gap 8:45 AM
to Nolichucky River
Hike 11.2, Drive 110, 2000 ft. ascent, Rated A-A,
AT-MST
Tish Desjardins, 828-380-1452,
desraylet@aol.com
First Meeting Place: 160 Zillicoa St. (USFS
parking lot) off Exit 25 of I-26. Form carpools
and meet leader at second meeting place near
the gas pumps.
Second Meeting Place: Ingles at 225 Carl Eller
Rd. (Mars Hill) at 9:15 AM.
Reservations are not required. A beautiful hike
on the A.T. through Pisgah National Forest
into Cherokee National Forest. This hike will
follow the A.T. north from Spivey Gap to the
hostel at the Nolichucky River. Great view of the
Nolichucky Gorge. Approx. 30-minute car shut-
tle. Bring enough cars so that everyone is safely
buckled up for the shuttle, 4 per car. This will be
a moderate-paced hike.
Topo(s): Chestoa

Sunday No. A2302-924 **April 23**
Rocky Fork Loop Hike 8:30 AM
and Whitehouse Cliffs
Hike 10, Drive 70, 2150 ft. ascent, Rated A-AA
John Beaudet, 423-483-0306,
bodaciousat@gmail.com

First Meeting Place: 160 Zillicoa St. (USFS
parking lot) off Exit 25 of I-26. Form carpools
and meet leader at second meeting place.
Second Meeting Place: Rocky Fork State Park
parking area at 9:15 AM - but contact leader first.
Contact the leader by email for reservations. Limit
of 15 hikers. The first part of the hike will be a
lollipop loop along the Rocky Fork, Flint Creek,
and Blockstand Creek Trails with views from
the old railroad grade cut into rock. Expect wild-
flowers and maybe a treat passing a rattlesnake
den, then back down Blockstand Access Trail to
rejoin Flint Creek. Along the way we will stop at
a historic site where the leader will give a short
talk about an Indian massacre he has researched
extensively. This part of the hike is ~7.8 miles and
1200 ft. of mostly gradual elevation gain. Back
at the parking lot, we will do an out-and-back to
Whitehouse Cliffs. The trail climbs ~950 feet in
1 mile and culminates in 360-degree views. This
hike is #45 of the 100 Favorite Hikes.

Saturday No. A2302-375 **April 29**
Sams Gap to Rice Gap 8:45 AM
Hike 7.5, Drive 50, 1800 ft. ascent, Rated B-A,
AT-MST
Judy Magura, 828-606-1490,
quilter290@gmail.com and Jim Magura,
828-606-3989, jqs290@gmail.com
First Meeting Place: 160 Zillicoa St. (USFS
parking lot) off Exit 25 of I-26. Form carpools
and meet leaders at second meeting place.
Second Meeting Place: Publix at 165 Weaver
Blvd., Weaverville; lower end of parking lot off
Exit 19 of I-26 at 9:00 AM.
Contact leaders by email for reservations. An
in-and-out hike on the A.T. in the beautiful open
forest from Sams Gap to Rice Gap, with a visit to
Hogback Ridge shelter, built by CMC members.
We'll hope for early wildflowers.
Topo(s): Sams Gap

Sunday No. A2302-405 **April 30**
Mills River Valley Overlook 8:00 AM
to Pisgah Inn and Return
Hike 9.2, Drive 30, 2000 ft. ascent, Rated A-A,
AT-MST, P400
Donna Lanning, 828-684-7083,
cell: 828-606-7956, dblanning@bellsouth.net
First Meeting Place: Asheville Outlets parking
lot behind Waffle House off Exit 33 of I-26. Form
carpools and meet leader, in red Ford Edge, at
second meeting place.
Second Meeting Place: BRP Mills River
Overlook at MM 404.5 at 8:30 AM.
No reservation required. We will start at the BRP
Mills River Valley Overlook and follow the MST
across Little Pisgah, past the site of the old Buck
Spring Lodge until we reach the Pisgah Inn. There
are two steep climbs. We'll retrace our
steps back to the Mills River Valley Overlook
after lunch while looking for wildflowers. Text
or email leader with questions prior to hike day.
Topo(s): Cruso

Sunday No. A2302-957 **May 7**
Long Creek Falls & Opossum Creek Falls **8:00 AM**
Hike 7.8, Drive 154, 1390 ft. ascent, Rated B-B, **WC100**

Lynn Pettipaw, 914-602-4464,
lynn.pettipaw@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

Contact leader by email for reservations. Limit of 10 hikers. Must be vaccinated for COVID-19. We will hike to two waterfalls whose creeks flow into the scenic Chattooga River. The Long Creek Falls Trail is a 3.2-mile out-and-back that descends to the river where the falls are only about 30 yards from the confluence. The nearby Opossum Creek Falls Trail is a 4.6-mile out-and-back where the falls are just under a half mile from the confluence.

Sunday No. A2302-683 **May 14**
DuPont Forest: Hooker Falls P.L. #3 - Five Falls Loop **8:30 AM**

Hike 11.2, Drive 85, 1250 ft. ascent, Rated A-B, **WC100**

Danny Bernstein, 828-450-0747,
dannyhiker@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.

No reservations required. This hike in DuPont Forest takes in five outstanding waterfalls and two cemeteries. On the way, we'll climb to a ridge in the forest that gets fewer visitors. This hike exceeds the requirement for #69 of the 100 Favorite Trails.

Topo(s): Standingstone Mtn.

Saturday No. A2302-632 **May 20**
Cantrell Lodge from Turkey Pen **9:30 AM**
Hike 8.5, Drive 55, 700 ft. ascent, Rated B-C, **P400**

Karen Lachow, 703-395-5879,
heyk127@hotmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Ingles on NC 191/280 NW corner of parking lot near the No. Mills River Rd. entrance (Mills River) at 9:45 AM.

Limit of 12 hikers. Contact leader by email for reservations. This in-and-out hike begins at the Turkey Pen parking area and follows the South Mills River Trail to the Cantrell Lodge, following an old logging railroad grade. On the way, we'll cross three pedestrian swinging bridges and we'll learn more about the history of this historic lodge and area. This hike is #64 of the 100 Favorite Trails. It is recommended that only high clearance vehicles make the drive on Turkey Pen Rd.

Topo(s): Pisgah Forest

Sunday No. A2302-142 **May 21**
Jerry Miller Trail to A.T. to Fork Ridge Trail **8:30 AM**

Hike 10.5, Drive 92, 3300 ft. ascent, Rated A-AA+, **AT-MST**

Thomas Butler, 361-484-3381,
butler.tom3381@gmail.com

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Contact leader via email for reservations. We'll hike up the Jerry Miller Trail to Bearwallow Gap, then right on the A.T. to Big Firescald Knob for lunch and exceptional views and possibly blooming rhododendron and turkey beard. Afterwards, we'll make our way to the Fork Ridge Trail and its steep 2-mile descent to FS 111 and a short walk back to our cars.

Topo(s): Greystone

Saturday No. A2302-383 **May 27**
DuPont Forest: Fawn Lake P.L. #2 - Bridal Veil Falls **8:30 AM**

Hike 7.9, Drive 85, 1400 ft. ascent, Rated B-B, **WC100**

Lorraine Bernhardt, 828-699-8857,
lsbernhardt50@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.

No reservation required. From the parking lot, we will take the Mine Mountain Trail, Shoals Trail, Corn Mill Shoals Trail to Bridal Veil Falls Road to view the falls. After the falls, we take the Corn Mill Shoals Trail, turn left onto Shelter Rock Trail, turn right onto Airstrip Trail, right on Conservation Road and right onto Fawn Lake Road back to our cars. This hike is #68 of the 100 Favorite Trails.

Topo(s): Standingstone Mtn.

Sunday No. A2302-488 **May 28**
Gabes Mountain Trail

to Campsite 34 **8:00 AM**
Hike 9.6, Drive 130, 2000 ft. ascent, Rated A-A, **900M**

Cindy McJunkin, 828-712-9646,
mcjfive@aol.com

First Meeting Place: Home Depot off Exit 44 of I-40. Form carpools and meet leader at second meeting place.

Second Meeting Place: Canton Park-n-Ride lot off Exit 33 of I-40 at 8:15 AM.

Contact leader by email for reservations. Join the Smoky Mountain Hiking Club for our annual joint club hike over Memorial Day weekend. From the Cosby Campground in GSMNP, we will hike the Gabes Mountain Trail with a short, steep side trip to the bottom of beautiful Hen Wallow Falls. At campsite 34, we'll return by the same route back to our parking at Cosby. This hike serves as a substitute for #25 or #26 of the 100 Favorite Trails which are closed for the foreseeable future. Note: A GSMNP parking tag is required at the Cosby Campground.

Topo(s): Luftee Knob, Mt. Guyot

Sunday No. A2302-056 **June 4**
Turkey Pen Roller Coaster **8:00 AM**

Hike 9.4, Drive 40, 3200 ft. ascent, Rated A-AA+, **P400**

Henry Kassell, 845-656-5528,
hkassell@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Ingles on NC 191/280 NW corner of parking lot near the No. Mills River Rd. entrance (Mills River) at 8:30 AM.

Limit of 10 hikers. Contact leader by email for reservation. This great hike starts at Turkey Pen parking area, climbs over Sharp Mountain, along a ridge and almost to the top of Black Mountain, ending at the Pisgah Maintenance parking lot. A long uphill, but with good views from our lunch spot at Black Mountain. Car shuttle. It is recommended that only high clearance vehicles make the drive on Turkey Pen Rd.

Topo(s): Pisgah Forest

Saturday No. A2302-798 **June 10**
North Mills River Trail **10:00 AM**

Hike 5, Drive 40, 715 ft. ascent, Rated C-C, **P400**

Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at second meeting place

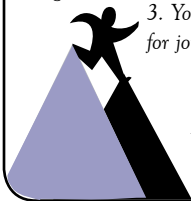
Second Meeting Place: Ingles on NC 191/280 NW corner of parking lot near the No. Mills River Rd. entrance (Mills River) at 10:15 AM.

Contact the leader for reservation. This fun, warm weather hike is a slower-paced, short lolli-pop that starts at the Trace Ridge Trailhead at

How to join the CMC

1. Go to 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



North Mills River Recreation Area. We will take Trace Ridge Trail down to North Mills River Trail, then hike up to FS 142 to visit the old Hendersonville Reservoir before we complete the hike. There are ten wet river crossings (one alternative with a swinging bridge). Normally the water is less than 2 feet deep, but water levels rise drastically after a hard rain. Hiking poles are recommended. Wear old boots or old sneakers with good traction that you don't mind getting soaking wet, with moisture-wicking socks, or bring appropriate footwear (creek/wading shoes, sports sandals) to change.
Topo(s): Dunsmore Mtn.

Sunday No. A2302-308 **June 11**
Ox Creek Rd. to Rich Knob **9:00 AM**
Hike 8.2, Drive 30, 1850 ft. ascent, Rated B-A, **AT-MST**

Les Love, 828-230-1861, lesrlove55@gmail.com and Catherine Love, 828-658-1489, catmllove2@gmail.com
Only Meeting Place: Back parking lot of Folk Art Center. Contact leader by email for reservations. A pleasant, gradual climb in the peaceful woods. We'll hike the MST from Ox Creek Road and climb to Rich Knob via Rattlesnake Lodge and return.
Topo(s): Craggy Pinnacle

Sunday No. A2302-566 **June 18**
Roans in Bloom **8:00 AM**
Hike 7.6, Drive 130, 1500 ft. ascent, Rated B-B, **SB6K, AT-MST**

Karen Schultz, 312-241-3329, Schultz.KarenJ@GMail.com and Ken Scharmann, 847-772-4693, kennethscharmann@gmail.com
First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Form carpools and meet the leaders at the second meeting place.
Second Meeting Place: Ingles on US 19E at far right side (Burnsville) at 8:30 AM.

Contact Karen Schultz by email for reservations; limit of 10 hikers; must be fully vaccinated against COVID-19 to carpool. An annual favorite, this is a beautiful A.T. hike with some of WNC's finest views. We hope to see flame azaleas, rhododendrons and possibly Gray's lilies in bloom. From Carvers Gap we'll go north past Grassy Ridge Bald (6160 ft.) to a scenic overlook for lunch, then return to Carvers Gap by the same route. Option at the end to drive up to the gardens area (small fee to enter) and walk 1/2 mile to see the vista from Roan High Bluff (6287 ft.). This hike exceeds the requirement for #100 of the 100 Favorite Trails.

Topo(s): Bakersville, Carvers Gap

Saturday No. A2302-475 **June 24**
Hump Mountain and Yellow Mountain Area **8:00 AM**
Hike 8.5, Drive 133, 2400 ft. ascent, Rated B-AA, **AT-MST**

Sharon Smith, 704-877-7804, walterssharon204@gmail.com
Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. No reservation required. Beat the heat and join us along one of the most scenic areas on the A.T. near Roan Mountain (Roan-Unaka Range). We will hike from Roaring Creek Road to Yellow Mountain Gap, joining the A.T. along an open ridge to Little Hump Mountain and Hump Mountain. We will have lunch on a grassy bald at 5587 ft. and return to Yellow Mtn. Gap, then take the Overmountain Victory Loop back to the trailhead. This hike is #99 of the 100 Favorite Trails.
Topo(s): Carvers Gap

Sunday No. A2302-548 **June 25**
A.T.: Sams Gap to Big Bald **8:00 AM**
Hike 13, Drive 50, 3300 ft. ascent, Rated AA-AA+, **AT-MST**
Thomas Butler, 361-484-3381, butler.tom3381@gmail.com

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Contact leader via email for reservations. For this challenging classic hike, we will follow the A.T. north from Sams Gap to Big Bald, then reverse direction to our starting point. Beautiful views and steep climbs along the way! This hike is #46 of the 100 Favorite Trails.

Topo(s): Sams Gap

HALF-DAY SUNDAY HIKES

Newcomers are welcome, but non-members MUST call the leader before the hike to determine the requirements. Half-day hikes submitted by Lee Silver, 828-668-7147, mhssrunning@yahoo.com. Driving distance is round trip from the first meeting place. Hikes assemble at the location described for that hike. Some hikes will have second meeting places, and starting times may vary. *Times listed are departure times – arrive early.*

Sunday No. H2302-380 **April 2**
Big Creek

in Pisgah Ranger District **12:00 PM**
Hike 5, Drive 80, 670 ft. ascent, Rated C-C, **P400**
Lee Belknap, 828-674-3631, rivergypsy@sprintmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at the second meeting place.

Second Meeting Place: Mills River Ingles (back corner toward Asheville) at 12:30 PM
Contact hike leader for reservation. Must be fully vaxxed. We will hike the road down to the Hendersonville reservoir, then continue up Big Creek.

Topo(s): Dunsmore Mtn.

Sunday No. H2302-802 **April 9**
Grassy Rd. -

Sycamore Cove Loop **10:00 AM**
Hike 4.6, Drive 50, 500 ft. ascent, Rated C-C, **P400**

Dick Zimmerer, 828-785-9593, dd1zz@yahoo.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 10:30 AM - but contact leader first.

Limit of 12 hikers, contact hike leader via email for reservations. Must be vaccinated to carpool. This is a shorter version of CMC hike #802. This pleasant hike winds along and across a creek gently uphill through beautiful woods and follows another creek on the way down the hill. We should see lots of wildflowers including golden ragwort, foamflowers, trout lilies, bluets and yellow and white violets. It is a pleasant "walk in the woods." We will hike for about 2.5 miles in about 1 1/2 - 2 hours uphill (long but gentle), stop for lunch and then hike down the rest of the loop.
Topo(s): Pisgah Forest

Sunday No. H2302-967 **April 9**
Big Bald & Sixth Symphony **10:00 AM**

Hike 5, 550 ft. ascent, Rated C-C
Tim Carrigan, 828-242-9559, tim.carrigan@gmail.com

Only Meeting Place: Big Bald Parking Lot. This is a Dog Hike. Members with friendly dogs will have the opportunity to hike with your K9 companions. Mandatory RSVP. The trail begins at the Big Bald parking lot and follows the blue spur trail heading west to the A.T. From there it hits the lowest elevation of 5000 ft. and climbs 550 ft. to the summit of Big Bald. It will continue on the A.T. to Big Stamp and then use an alternate path which is a former FS road. This path will later intersect with the A.T. but by continuing straight you'll enter the area known as the Six Symphony, nicknamed from the pastoral beauty during the spring appearance of the fringed phacelia. Access to the Big Bald parking lot is restricted to residents of Wolf Laurel and invited guests. This hike will be restricted to the first 12 vehicles that contact the hike leader with vehicle information in order to gain access to Wolf Laurel. The number of members and dogs within each vehicle is not restricted.

Sunday No. H2302-553 **April 16**
Montreat Loop #4 -

Lookout Rock Loop **10:00 AM**
Hike 5, Drive 40, 1000 ft. ascent, Rated C-C
Karen Lachow, 703-395-5879, heyk127@hotmail.com

Only Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain). Contact hike leader via email for reservations. This hike begins with a moderately steep ascent of approximately 900 ft. and

a short rock scramble on the Lookout Trail up to Lookout Rock, where we will stop to take in the long-range views. We will continue on with a gentle climb on the Mt. Mitchell Toll Rd. to Buck Gap and return on the Old Trestle Rd. This is a variation of CMC hike #553 and is an extended version of #81 of the 100 Favorite Trails.
Topo(s): Montreat

Sunday No. H2302-666 **Apr 23**

Pink Beds -

Cradle of Forestry Loop **12:00 PM**
Hike 5.6, Drive 90, 850 ft. ascent, Rated C-C, **P400**

Daisy Teng Karasek, 828-505-2036, cell: 408-887-3666, daisytk@yahoo.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 12:30 PM

Contact the leader for reservations. Pink Beds is special because it is a flat plateau at 3200 ft., surrounded by mountains. Expect abundant ferns due to natural bogs and beaver action. Several man-made causeways add to the viewing experience.

Topo(s): Shining Rock

Sunday No. H2302-490 **Apr 30**

Bull Gap to just past

Lunch Rock on MST **10:30 AM**
Hike 5.4, Drive 14, 800 ft. ascent, Rated C-C, **AT-MST**

Bobbi Powers, 828-667-5419, bobbipowers23@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. Limit of 15 hikers. Contact hike leader via email for reservations. This is a slight variation of CMC hike #490. This part of the MST is a lush wildflower habitat in spring. Our goal will be spotting several dozen varieties of bloomers if our timing is right. Short car shuttle.
Topo(s): Craggy Pinnacle, Oteen

Sunday No. H2302-009 **May 7**

Ox Creek Road

to Rattlesnake Lodge **9:30 AM**
Hike 5.4, Drive 15, 700 ft. ascent, Rated C-C, **AT-MST**

Judy Magura, 828-606-1490, quilter290@gmail.com and Jim Magura, 828-606-3989, jqs290@gmail.com

First Meeting Place: Back parking lot of Folk Art Center. Form carpools at both meeting places and meet hike leaders at Ox Creek Road (750 feet off BRP MM 375.6). Park on the side of the road.
Second Meeting Place: BRP Craven Gap parking lot at MM 377.4 at 9:45 AM

Contact hike leader via email for reservations. This is a perfect time of year to see the many wildflowers along the trail. Popular in-and-out hike to historic sites on the MST. We will do a 1-mile loop down the Tanbark Tunnel Trail, back

up to the MST and return to our cars.
Topo(s): Craggy Pinnacle

Sunday No. H2302-732 **May 14**

Eastatoe Creek

Heritage Preserve - Twin Falls **9:30 AM**
Hike 5.6, Drive 88, 980 ft. ascent, Rated C-C, **WC100**

Lynn Pettipaw, 914-602-4464, lynn.pettipaw@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 10:00 AM - but contact leader first.

Limit of 10 hikers. Must be vaccinated. Contact hike leader via email for reservations. This rarely-led out-and-back hike will visit a beautiful, hidden gorge with a waterfall in Eastatoe Creek Heritage Preserve, a spur off the Foothills Trail in SC.

Topo(s): Eastatoe Gap

Sunday No. H2302-285 **May 21**

Lane Pinnacle

from Bee Tree Gap **10:00 AM**
Hike 5, Drive 60, 1000 ft. ascent, Rated C-C, **AT-MST**

Marcia Bromberg, 828-505-0471, cell: 860-798-9905, mwbromberg@yahoo.com

Only Meeting Place: Back parking lot of Folk Art Center. Limit of 15 hikers. Contact hike leader via email for reservations. This is a great in-and-out and up-and-down hike on a high ridge with excellent views. After a short climb of this high altitude ridge, we can enjoy 4 lovely viewpoints. At this time of year we can also expect to see a number of wildflowers along the

way. We'll take the MST from Bee Tree Gap to Lane Pinnacle and return. The climbs are short but quite steep. We will proceed at a moderate pace.

Sunday No. H2302-958 **May 28**

Discovery, Log Hollow, Upper Log Hollow and Logging Road Falls **9:00 AM**

Hike 5, Drive 80, 700 ft. ascent, Rated C-C

William Snow, 857-756-3815, billsnow123@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:30 AM - but contact leader first.

Limit of 15 hikers. Contact hike leader via email for reservations. This is a moderate hike in the Pisgah National Forest. We will start on Headwaters Road, then out Log Hollow Road and take the trail to the right to go up to Discovery Falls and back; then we will continue to Log Hollow Falls and the trail up to the Upper Falls and back. We will continue on FS 5043 to Logging Road Falls, then return to our cars by way of the Seniard Ridge and Case Camp Ridge Trails. We should be able to get a view of Shining Rock along the way out. Topo(s): Shining Rock

Sunday No. H2302-464 **June 4**

Walker Knob to Lunch Rock **10:00 AM**
Hike 5, Drive 46, 1400 ft. ascent, Rated C-B, **AT-MST**

Barbara Morgan, 828-460-7066,



Spring brings flame azaleas to Roan Mountain. Photo by Bruce Bente.

barbc129@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. Contact leader for reservation. Limit of 15 hikers. This is a variation of CMC hike #464. Beginning at Walker Knob parking (Balsam Gap) we will follow the MST south, past the Glassmine Overlook to the rocky bald at Lunch Rock. We will hike through a range of environments and landscapes, including rocky trail sections that require good footwear and hiking poles. After enjoying lunch and the marvelous views, we will return by the same route
Topo(s): Montreat

Sunday No. H2302-004 **June 11**
Glassmine Falls Overlook to Graybeard Overlook **10:00 AM**
Hike 5, Drive 55, 1100 ft. ascent, Rated C-B, **AT-MST**

Dennis Bass, 828-367-7792, cell: 828-367-8619, dbass3607@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. An enjoyable Sunday afternoon hike on the MST with good views and an interesting variety of trees and shrubs. Hopefully we will also have a good display of rhododendrons in bloom.

Topo(s): Montreat

Sunday No. H2302-022 **June 18**
Chestnut Cove Overlook to Bent Creek Gap **11:00 AM**
Hike 5.7, Drive 25, 790 ft. ascent, Rated C-C, **AT-MST, P400**

Carroll Koeppinger, 828-231-9444, cakoep29@gmail.com

Only Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

Contact hike leader via email for reservation. This is a version of CMC hike #22. It is a moderate in-and-out hike on the Mountains-to-Sea Trail from Chestnut Cove to Bent Creek Gap and return.
Topo(s): Dunsmore Mtn.

Sunday No. H2302-931 **June 25**
Brevard Discovery Walk **10:00 AM**

Hike 6.5, Drive 64, 800 ft. ascent, Rated B-C
Danny Bernstein, 828-450-0747, dannyhiker@gmail.com

First Meeting Place: Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet hike leader at second meeting place.

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 10:30 AM

Contact hike leader for reservations. This is a shorter version of CMC hike #931. Discover Brevard on an easy walk on sidewalks and trails. See the Silvermont Mansion, Brevard College, the lively downtown, and explore the old African-American neighborhood, now a historic district. We may see a white squirrel during the hike. Wear good sneakers or low boots. Bring water, lunch and snacks. We might stop for a morning snack but feel free to bring all your own food.

NEXT CMC COUNCIL MEETING

When: Tuesday, May 16, 2023
Where: NC Arboretum
Time: 6:00 - 9:00 PM
Info: Call Tom at 828-785-3646 if you would like to attend. All CMC members are welcome.



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

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. 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. 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, 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 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 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

President: Tom Weaver, president@carolinamountainclub.org
Vice-President: Les Love, cmcvp@carolinamountainclub.org
Secretary: Karen Lachow, secretary@carolinamountainclub.org
Treasurer: George Bauernfeind, treasurer@carolinamountainclub.org

Immediate Past President:
vacant

Councilor for Communications:
David Huff, communications@carolinamountainclub.org

Councilor for Conservation:
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Councilor for Education and Community Outreach:
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Councilor for Hiking:
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Councilor for Membership:
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