

LET'S GO!

THIRD QUARTER 2010
Quarterly News Bulletin
and Hike Schedule



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

"The Hills (of the Arboretum) are Alive with the Sound of Music!"

*A review of the Spring Social,
by Bobbi Powers*

No, Julie Andrews did not attend the April 24th CMC Spring Social at the NC Arboretum, but the addition of music to the program did provide some added excitement to a favorite CMC event.

First on the agenda were two hikes, but rain scared away

many folks. However, Sherman Stambaugh gamely led 14, mainly umbrella-topped hikers to Lake Powhatan, stopping by the Native Azalea Garden for some "oohing and aahing" of the brightly blooming shrubs. Sightings of Showy Orchis and Dwarf Crested Iris added to the group's enjoyment.

Bubba Q fed all 115 of us

again this year. The change to Vegetarian Lasagna proved a hit with those who chose the vegetarian option. Because the Asheville Symphony's performance coincided with our Spring Social, those with symphony tickets zoomed through the line and were out the door to Thomas Wolfe Auditorium before many of us in line saw any food. However, patience paid off, and there were plenty of hush puppies, BBQ, and banana cream pudding for seconds.

Ace hiker Sherman Stambaugh deserves the credit for coming up with the idea to invite CMC members to showcase their talent as the evening's entertainment. With Spring Social organizer Les Love as the MC, attendees were

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Retroactive performs at the Spring Social. From left are Larry Brown, Barbara Benson and Karen Bartlett.

Nominate members for awards

It's time to recognize those individuals who have made outstanding contributions to the club. The Distinguished Service Award recognizes service to the Club over at least a five-year period. The Award of Appreciation recognizes a truly outstanding contribution to the Club over a shorter period of time, as little as a year. Send your nominations with details of their contributions to Becky Smucker, Chair of the Awards Committee, by September 1. You can either use the form on the website or complete the form in the newsletter and send it to CMC c/o Becky Smucker, P.O. Box 68, Asheville, NC 28802. Or you can email Becky at bjsmucker@gmail.com.

COUNCIL CORNER



I joined the CMC in 2006, soon after I moved to Asheville, because I wanted to be introduced to more hikes than those I had already discovered from my hiking books.

On my first Club hike one hiker almost died from a bee sting; then it started raining (with thunder and lightning), and a hiker hit a deer on the way home from the hike. Wow, I thought, this is an exciting

organization!

Although the hikes since then have tended to be less exciting (excluding the one on which I broke my leg), I've gotten much more out of my CMC membership than learning about more hikes. I've gotten to know a community of interesting people who love the mountains, care about the environment, and are determined to remain healthy and active well into what used to be called old age.

It didn't take long for me to want to give something back to this community, first by leading hikes, then taking on responsibility for the membership data-

base and, finally, serving on the CMC Council.

Along the way I've come to respect the many volunteer hours members devote to producing this newsletter and other communications, planning hikes, building and maintaining trails, and serving on Club committees and in leadership positions on the Council. I encourage all members to consider becoming more involved in Club activities. I'm sure you'll find the work you do and the relationships you develop well worth the time. I know I have!

— Marcia Bromberg

If you hike at "Three By-pass Speed" –

Scheduled CMC hikes not the only game in town

CMC is a large club with around 1,000 members, and there are at least 190 scheduled hikes to choose among in any given year. People move to this beautiful area by choice, hear of our group, and then meet for a hike. In the process – and often over many years of hiking with the CMC – they meet many like-minded people and friendships develop. Years pass and sometimes, for various reasons, our members may not want to do one of our scheduled hikes. Since they are a part of a huge social network, they contact their friends and plan their

own hikes. There are several groups led by CMC members who have taken this a step further and are very well organized. They plan hikes for each week and have email lists announcing their future hikes.

One of these groups is led by long-time member Boyd Brasington. We contacted Boyd recently, and here's what he had to say about his hiking group:

"This group started about seven years ago with a CMC member named Siro Del Favero. He liked to go on Mondays and would ask me to go. After several hikes, I asked him permission to invite some oth-

ers. We were getting older and slower and those were also the type of persons I invited. Some time just prior to this, while leading a CMC hike, some younger person behind me said, 'You can go a little faster if you want to.' I told her that this was the 'Three By-pass Speed.'

"This group turned into what we call the 'Monday Hikers.' We do moderate to easy hikes. This group has no business meeting and almost no rules except to stay with the group and do not get ahead of the leader. Most Mondays, Boyd is the leader; however the group has several fine leaders and we use them from time to time.

"Mr. Siro Del Favero has retired to New Jersey and he is missed."

Boyd is proof that CMC is not the end-all for hiking. Boyd's many years of hiking with the club gave him a love for being outdoors, and he has found a unique way to still enjoy hiking, even at "Three By-Pass Speed."

A review of the 2010 Spring Social

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treated to three distinctly different acts.

First up was Angela Martin, who not only sings like an angel while strumming a guitar but writes her own music. Her lyrics reflect her interests and experiences. "Ballad of Lolita Dean," a poignant ballad, is about a woman Angela met while delivering Meals on Wheels. A fan of Horace Kephart, Angela had his tragic death in a car accident in mind when she wrote "Summer of Lightning." Her CD is titled *Pictures from Home*.

Angela's husband, Brent, was next to take the microphone. Not only does avid outdoorsman Brent lead hikes for the CMC, he also writes poetry. Brent favored us with "Men in the Woods," about a group of men who got lost on a hike. Grandfather Mountain was featured in Brent's "Michaux's Relic." Brent's book of poetry is titled *Poems from Snow Hill Road*.

Last, the musical group "Fretroactive" took the stage with toe-tapping, old-timey music. Hiker – and multi-talented singer, strummer, clogger – Karen Bartlett leads this group known for its "Acoustic Americana Music." She was joined by three other musicians, including Larry Brown, who says, "I play anything with strings." Larry is not only a talented musician, he also handcrafts stringed instruments. (Note: Larry is prominently featured in the movie shown at the Parkway's Destination Center.) Barbara Benson was on the bass fiddle and provided backup singing. Barbara's daughter Zoe Norris joined in on the fiddle. They entertained us with songs that go wa-a-ay back such as "Yellow Dog Blues," a 1920's era Prohibition gospel number titled "S-A-V-E-D," and "That Watermelon Hanging on that Vine."



Angela Martin

And so ended the 5th annual Spring Social. Based on this year's event, I'm already looking forward to the 6th annual – even if Julie Andrews is a no-show again.

CMC poetry

We have all been looking forward to summer hiking after the tough winter.

Here's a different perspective for you to think about by one of our members, Betsy Craig.

Multiple Use of Resources

*Waiting for hiker friends
to descend Gregory Bald,
I spot the perfect pool
and suit up – waders, boots, vest.*

*I assemble my rod, attach
an elk hair caddis, anticipate.
I reach the pool to find it taken,
lead hiker basking in its cool
refreshment.*

*The Forest Service calls this
"multiple use of resources."*

How to join the Carolina Mountain Club

1. Go to www.carolinamtclub.org
2. Click on "How to Join" (upper left corner)
3. Print out the "CMC Application Form"
4. Fill it out, write a check for dues and

5. Mail to: CMC
PO Box 68
Asheville NC 28802
or ... write to us and
we'll mail you an
application.



TRAIL MAINTENANCE

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

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

Monday

Barth Brooker, barthb@bellsouth.net

Wednesday*

John Soldati, jr4152@bellsouth.net

Friday Asheville*

Piet Bodenhorst, pietboden@bellsouth.net

Friday Pisgah

Pete (R) Petersen, roap@aol.com

Saturday bimonthly*

Becky Smucker, bjsmucker@gmail.com

Saturday quarterly*

Les Love, leslove@charter.net

MST and AT sections*

Don Walton, donwalton@bellsouth.net

HIKE SCHEDULE Third Quarter 2010

Hike Ratings

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

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

If it's not possible for a hiker to go on the regularly scheduled hike, it may be possible to accompany the leader when the hike is scouted. Scouts typically take place one to six weeks before the scheduled date. Call or email the hike leader.

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

CHALLENGE PROGRAMS

SB6K For hiking all 40 peaks above 6000'. Contact Peter Barr, pjbarr@unc.edu

P400 For hiking every trail in Pisgah Ranger District. Contact Dave Wetmore, dwetmore@citcom.net

900M For hiking every trail in GSMNP. Contact Dave Wetmore, dwetmore@citcom.net

LTC For hiking all 24 lookout towers in WNC. Contact Peter Barr, pjbarr@unc.edu

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

WEDNESDAY HIKES

Wednesday hikes submitted by Charlie Ferguson, ccf108@gmail.com. Driving distance is round-trip from Asheville. All Wednesday hikes assemble at the **FAR REAR (NORTH END)** of Westgate Shopping Center near I-240 exit 3B UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in the schedule, and start times vary.

WEDNESDAY NO. W1003-504 **July 7**
Bull Gap to Lane Pinnacle 8:30 AM

Hike 10, Drive 30, 2900 ft. ascent, Rated A-AA
Tom Sanders, 828-252-632, tomary.avl@gmail.com

Hike on the MST from Bull Gap, past the Rattlesnake Lodge site, Rich Mountain, and up to our lunch stop at Lane Pinnacle. **Second meeting place: Bull Gap at 9:00 AM.** Topo: Craggy Pinnacle; also MST Profiles book, pg. 56-59

WEDNESDAY NO. W1003-289 **July 14**
Glassmine Overlook to Stepps Gap 9:00 AM

Hike 7, Drive 80, 2000 ft. ascent, Rated B-A
Paula Massey, 828-299-0226, massey.paula@gmail.com

SB6K A beautiful hike through an old balsam forest and some open views. Features two peaks over 6000, Blackstock Knob and Mt. Gibbes. This route has been worked out by Cave Dog and Tom Sanders, with a shortcut bushwhack off the MST. Car Shuttle. Topos: Mt. Mitchell, Montreat; also PNF S. Toe River, Mt. Mitchell & Big Ivy Trail Map and MST Profiles book, pg. 62-63

WEDNESDAY NO. W1003-246 **July 21**
Around Coffee Pot Mountain *9:00 AM

Hike 7.5, Drive 40, 1400 ft. ascent, Rated B-B
Charlie Ferguson, 828-625-2677, ccf108@gmail.com

P400 *Form carpools at Westgate, and meet leader at Trace Ridge Trailhead at 9:30 AM.

We'll circle Coffee Pot Mtn. by hiking up Trace Ridge Trail to Beaver Dam Gap on the BRP and returning on the Spencer Branch Trail, with a stop to see the Hendersonville Reservoir and dam. Topo: Dunsmore Mtn; also NatGeo map #780

WEDNESDAY NO. W1003-067 **July 28**
Douglas Falls & Craggy Gardens *9:00 AM

Hike 8, Drive 45, 1200 ft. ascent, Rated B-B
Jeanie Danner, 828-625-2677, bjbd4111@gmail.com

WC100 *First meeting place: back parking

SATURDAY WORK DAY

Here is a great chance to learn what is involved in trail maintenance. We will meet on August 21 at the Moose Cafe at the Farmer's Market on Rt. 191 at 8 AM for breakfast. We will return to Asheville around 3:30 PM. Call Les Love at 828-658-1489 (leslove@charter.net) to verify date.

lot of Folk Art Center. From the Craggy Garden Visitor Center we'll hike the MST down to the trail to Douglas Falls. The falls are quite high and should have a good amount of water after a rain. We'll hike back the way we came and on to the Craggy Gardens Picnic area, up to the top which was recently cleared to make more open views, and back to the cars at the Visitor Center. There is an option for people to do just the falls for a 5.6-mile hike. **Second meeting place: Craven Gap at 9:10 AM.** Topo: Craggy Pinnacle, Montreat; also FS Big Ivy map

WEDNESDAY NO. W1003-543 **Aug. 4**
Junaluska Gap - London Bald 8:00 AM

Hike 9, Drive 180, 2500 ft. ascent, Rated B-AA
Brent Martin, 828-587-9453, brent_martin@tws.org

We'll hike around and over London Bald, through a fern-covered forest floor and with views of the Nantahala Ridge spine and Nantahala Lake. The route uses the Junaluska, Diamond Valley, Appletree and London Bald trails along the ridge that separates Macon and Cherokee counties. **Second meeting place: Junaluska Gap trailhead at 10:00 AM.** Topo: Tipton; also NatGeo maps #785 & 784

WEDNESDAY NO. W1003-665 **Aug. 4**
MST from NC 128 (Mt. Mitchell Road) to a waterfall and back *10:00 AM

(easy alternate hike)
Hike 6.5, Drive 62, 500 ft. ascent, Rated C-C
Marcia Bromberg, 828-505-0471, mwbromberg@yahoo.com

***Only meeting place: back parking lot at the Folk Art Center.** A gentle hike along the MST to a field beyond a lovely waterfall and return. We'll have views along the Blue Ridge Pkwy. on the drive up to Mt. Mitchell Road where the hike begins. Topo: Montreat, Mt. Mitchell.

WEDNESDAY NO. W1003-369 **Aug. 11**
Buckeye Gap - Bearpen Gap *9:00 AM

Hike 6, Drive 80, 1000 ft. ascent, Rated B-B
Bruce Bente, 828-692-0116, bbente@bellsouth.net

P400 *Form carpools at Westgate, and meet leader at BRP Cold Mtn. Overlook at 9:50 AM.

We will start by hiking a section of the MST that leads through a lush forest of spruce and birch. The forest floor is covered with mosses and ferns. We will hike through areas that in past years have yielded abundant blueberries and will stop to do some picking. Short car shuttle. Topo: Sam Knob; also NatGeo map #780

WEDNESDAY NO. W1003-367 **Aug. 18**
Art Loeb, Grassy Cove Ridge to Bridges Camp Gap 8:30 AM

Hike 8.5, Drive 65, 1650 ft. ascent, Rated B-A
Laura Frisbie, 828-337-5845, laurafrisbie@charter.net

P400, SB6K, WC100 Beginning with a climb

up to Black Balsam (6214 ft.) we'll follow the ridgeline to Tennent Mtn (6040 ft.) and Ivestor Gap. Then we'll hike down Grassy Cove Ridge to the Big East Fork of the Pigeon River. Two stream crossings. From there we'll hike to Skinny Dip Falls with a possible swim, and then end at Bridges Camp Gap. Car shuttle. *Wilderness area hike, limit ten, so contact hike leader for reservation.* Car Shuttle. **Second meeting place: BRP Cold Mountain Overlook at 9:20 AM.** Topo: Shining Rock; NatGeo #780

WEDNESDAY NO. W1003-151 **Aug. 25**
Shining Rock from Big East Fork **8:30 AM**
Hike 8.5, Drive 60, 3100 ft. ascent, Rated B-AA
Jim Ariail, 828-505-0443, jimariail@yahoo.com
SB6K, P400 We'll hike from the Big East parking lot up the steep Chestnut Ridge trail over Dog Loser and Old Butt knobs to lunch at Shining Rock (6040 ft.) with its exceptional views. We'll return via a steep descent to and then along the North Fork of Shining Creek. *Wilderness area hike, limit ten, so contact hike leader for reservation.* **Second meeting place: Big East Fork trailhead at 9:20 AM.** Topo: Shining Rock; also NatGeo map #780

WEDNESDAY NO. W1003-629 **Sept. 1**
Rough Creek ***8:45 AM**
Hike 7.5, Drive 54, 1800 ft. ascent, Rated B-A
Ken & Carol Deal, 828-281-4530, cnkdeal@charter.net
***Only meeting place: Home Depot at Exit 44 of I-40.** This is a rarely used trail in the Canton Watershed. During this loop hike, we walk uphill in the morning, largely on old roads, to a ridge line with long distance views. Shortly after we start down, we'll have lunch on rocks overlooking a lovely valley. After lunch we return downhill, crossing Rough Creek on a bridge. Parts of this trail have been overgrown at this time of year in the past, so it would be well to be prepared for that. The hike passes through shoulder-high jewelweed, Joe Pye weed, and thistles. Topo: Canton

WEDNESDAY NO. W1003-423 **Sept. 8**
Pilot Rock, Laurel Mtn,
Slate Rock Creek Trails ***9:00 AM**
Hike 7, Drive 90, 1450 ft. ascent, Rated B-B
Stuart English, 828-883-2447, stuengo@comprium.net
P400 *Meet at Westgate to form carpools, and meet leader at Pisgah Ranger Station at 9:40 AM. We'll hike up the Slate Rock Creek Trail, one of the gems of Pisgah Nat'l. Forest, and then a connector up to the Laurel Mtn. Trail, which we'll follow for a while. We'll turn downhill on the Pilot Rock Trail, stopping to enjoy the views along the way. Short car shuttle. Topo: Dunsmore Mtn.; also NatGeo map #780

WEDNESDAY NO. W1003-242 **Sept. 15**
Sam Knob-Devil's Courthouse Loop ***8:30 AM**
Hike 8.5, Drive 75, 1500 ft. ascent, Rated B-B
Ashok Kudva, 828-698-7119,

ashok.kudva@att.net
SB6K, P400 *Form carpools at Westgate, and meet leader at BRP Cold Mtn. Overlook at 9:20 AM. From FS 816, we'll ascend Sam Knob (6040 ft.) with its 360 degree views, then hike through high meadows on the Flat Laurel and Little Sam Trails and the MST via Devil's Courthouse (with its great views). We then return via the MST across FS 816 and up to the summit of Black Balsam (6214 ft.), then down to our cars. Topo: Sam Knob; also NatGeo. map #780

WEDNESDAY NO. W1003-193 **Sept. 22**
MST: Bearpen Gap
to NC 215 via Mt. Hardy **8:00 AM**
Hike 9.1, Drive 90, 1700 ft. ascent, Rated A-A
Barbara Morgan, 828-738-3395, bcmorg@hughes.net
SB6K, P400 This MST hike leads through a beautiful forest of spruce, birch, rhododendron and maple, with mosses and ferns lining the forest floor. A special feature is a short side trip up 6110 ft. Mt. Hardy, with first-rate views on its north side. Partly through the Middle Prong Wilderness area, limit 10, so call leader for reservation. Car shuttle. **Second meeting place: Rough Butt Bald overlook at 9:00 AM.** Topo: Sam Knob; also NatGeo map #780 and USFS Shining Rock Wilderness map

WEDNESDAY NO. W1003-051 **Sept. 29**
White Oak Flats, Pounding Mill,
Hickey Fork ***9:00 AM**
Hike 8, Drive 85, 1900 ft. ascent, Rated B-A
Tish Desjardins, 828-656-2191, desraylet@aol.com
***Form carpools at Westgate, and meet leader at US25/NC208 intersection at 9:45 AM.** Since the Forest Service has built a splendid new footbridge over Hickey Fork, CMC is now able to schedule this hike which we have not done in 10 years. A nice loop hike using three different trails and finishing on the heavily rebuilt Hickey Fork Rd. **Second meeting place: Meet leader at US25/NC208 intersection at 9:45 AM.** Topos: White Rock, Greystone; also NatGeo map #782

ALL DAY SATURDAY AND SUNDAY HIKES
All-day hikes submitted by Bruce Bente 828-692-0116, bbente@bellsouth.net. Driving distance is round-trip from Asheville. All Saturday and Sunday hikes assemble at the **FAR REAR (NORTH END)** of Westgate Shopping Center near Exit 3B off I-240 UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in hike listings.

SUNDAY NO. A1003-191 **July 4**
Tuckasegee Gorge (Bernard Elias
Favorite Hike series #3) ***8:15 AM**
(strenuous)
Hike 4, Drive 120, 700 ft. ascent, Rated C-C
Ted Snyder, 864-638-3686,

tedsnnyderjr@bellsouth.net
***Form carpools at Westgate, and meet leader at Toxaway Post Office (turn right from US 64 to NC 281 north and go 1.5 miles) at 9:30 AM. NOTE: Strenuous and very hazardous. For agile and experienced hikers with good balance. Requires shoes with non-slip soles for extended walking in stream on slippery rock.** Sometimes this trip is named "The Potholes" after thousands of precision drilled potholes of every size. We climb over, under and through jumbles of bungalow-sized rocks in a de-watered river gorge. Lunch at Bonas Defeat. Swimming optional. Carry dry shoes for the hike out. Topos: Big Ridge, Lake Toxaway

SUNDAY NO. A1003-051 **July 4**
Hickey Fork/Whiteoaks Flats/
Pounding Mill ***9:00 AM**
(moderate)
Hike 8, Drive 85, 1900 ft. ascent, Rated B-A
Tish Desjardins, 828-656-2191, desraylet@aol.com
***Form carpools at Westgate, and meet leader at US25/NC208 intersection at 9:45 AM. After the hike there will be a potluck supper in the nearby Bear River Community Lodge. Hikers are requested to contribute food for the supper. Food will be taken to a refrigerator before the hike. Please phone the leader to coordinate what food to bring.** Since the Forest Service has built a splendid new footbridge over Hickey Fork, CMC is now able to schedule this hike which we have not done in 10 years. A nice loop hike using three different trails and finishing on the newly and heavily rebuilt Hickey Fork Rd. Topos: White Rock, Greystone; also NatGeo map #782

SATURDAY NO. A1003-076 **July 10**
Craggy to Little Snowball ***10:00 AM**
Hike 7.2, Drive 40, 2600 ft. ascent, Rated B-AA
Brenda Worley, 828-684-8656, clworley@bellsouth.net
***First meeting place: back parking lot of Folk Art Center.** From Bee Tree Gap, we'll take the Snowball trail to High Rocks (Hawkbill Mtn.), with its views, and then on to the old lookout site atop Little Snowball, with its great views. Return via the same route. **Second meeting place: Craven Gap at 10:10 AM.** Topo: Craggy Pinnacle; also USFS South Toe River, Mt. Mitchell & Big Ivy Trail Map

SUNDAY NO. A1003-531 **July 11**
Pisgah Inn to Beaverdam Overlook ***9:00 AM**
Ashok Kudva, 828-698-7119, ashok.kudva@att.net
Hike 7.9, Drive 50, 1250 ft. ascent, rated B-B
P400 *Form carpools at Westgate, and meet leader at Pisgah Inn parking lot near convenience store at 9:45 AM. Enjoy the mountain views along the MST from Pisgah Inn to the Beaver Dam Overlook. After Little Pisgah Mtn, it's downhill almost all the way. Look for the

giant Turk's Cap lilies near the big funny tree. Car shuttle. Topos: Cruso, Dunsmore Mt.; also MST Profiles book, pg. 42-45

SUNDAY NO. A1003-067 **July 18**
Douglas Falls & Craggy Gardens *9:00 AM
Hike 8, Drive 45, 1200 ft. ascent, Rated B-B
Charlie Ferguson, 828-625-2677,
ccf108@gmail.com

WC100 *First meeting place: back parking lot of Folk Art Center. From the Craggy Garden Visitor Center we'll hike the MST down to the trail to Douglas Falls. The falls are quite high and should have a good amount of water after a rain. We'll hike back the way we came and on to the Craggy Gardens Picnic area, up to the top which was recently cleared to make more open views, and back to the cars at the Visitor Center. There is an option for people to do just the falls for a 5.6-mile hike. **Second meeting place: Craven Gap at 9:10 AM.** Topos: Craggy Pinnacle, Montreat; also FS Big Ivy map

SATURDAY NO. A1003-697 **July 24**
Silers Bald *8:00 AM
Hike 9, Drive 160, 1800 ft. ascent, Rated A-A
Jeff McGurk, 864-921-6469,
jbsbestfan@hotmail.com

900M, SB6K From the Clingman's Dome parking lot, we will hike to the grassy meadow of Silers Bald. The ridgeline trail offers wonderful views, at one point only a few feet wide with dropoffs on either side. We'll return via the same route, with a visit to the summit of Clingman's Dome, the highest point on the AT. **Second meeting place: Maggie Valley Post Office at 8:30 AM, but contact leader first.** Topos: Clingman's Dome, Silers Bald; also NatGeo maps #229 and #317

SUNDAY NO. A1003-475 **July 25**
Hump Mountain from Yellow Mtn. Gap *8:30 AM
Hike 9, Drive 140, 2400 ft. ascent, Rated A-AA
Lisa Hart, 828-450-6986, tiw.south@gmail.com
We will hike from Roaring Creek Road to Yellow Mountain Gap at which point we join the AT, along an open ridge to Little Hump Mtn. and on to Hump Mtn. where we'll have lunch on a grassy bald at 5587 ft. We'll return to Yellow Mtn. Gap and take the Overmountain Victory Loop back to the cars. The fabulous vistas and open meadows make the drive and moderately strenuous hike very much worthwhile. Topos: Carvers Gap, White Rocks Mtn.; also NatGeo map #783

SUNDAY NO. A1003-572 **Aug. 1**
Duck Hawk Rock (Bernard Elias Favorite Hike series #4) *8:00 AM (strenuous)
Hike 10, Drive 150, 3000 ft. ascent, Rated A-AA
Ted Snyder, 864-638-3686,
tedsnyderjr@bellsouth.net
SB6K, 900M *Form carpools at Westgate, and meet leader at Oconaluftee Visitor Center at

9:15 AM. Duck Hawk was an earlier name for the Peregrine Falcon. Peregrine Peak is atop Alum Cave Bluffs. Big Duck Hawk Rock is part of a knife-edge ridgeline that slants down across from Alum Cave. From Alum Cave Trail we will get a view of the (closed) Big Duck Hawk Rock and the holes in it. As a compromise since we cannot hike to Duck Hawk Rock, we will hike to Mt. LeConte (6593 ft.), visit Cliff Top, then retrace our steps. Topo: Mt. LeConte; also NatGeo map #317

SUNDAY NO. A1003-242 **Aug. 1**
Sam Knob – Devil's Courthouse Loop *8:30 AM (Moderate)
Hike 8.5, Drive 75, 1500 ft. ascent, Rated B-B
Becky Smucker, 828-231-2198,
bjsmucker@gmail.com

SB6K, P400 This hike in the cool high elevations is perfect for a hot summer day. From FS 816 we will ascend Sam Knob (6040 ft.) with its 360 degree views, then hike through high meadows on the Flat Laurel and Little Sam Trails and the MST via Devil's Courthouse (with its great views). We then return via the MST across FS 816 and up to the summit of Black Balsam (6214 ft.), then down to our cars. **Second meeting place: BRP Cold Mtn. Overlook at 9:20 AM.** Topo: Sam Knob; also NatGeo map #780

SUNDAY NO. A1003-267 **Aug. 8**
Horsepasture River *8:00 AM
Hike 8, Drive 105, 2000 ft. ascent, Rated B-A
Kathleen Hannigan, 828-230-4883,
kathleen.hannigan@pgnmail.com

Swimming hike! Come to see the recently reopened Gorges State Park area. We'll hike down alongside the Horsepasture River to see the waterfalls – Drift, Turtleback, Rainbow and Stairway, ending at Windy, the final waterfall downstream near Lake Jocassee. One or more swimming breaks will be taken. **Second meeting place: Pisgah Forest Bi-lo at 8:35 AM.** Topo: Reid; Also Sierra Club guide to Jocassee Gorges.

SATURDAY NO. A1003-369 **Aug. 14**
Buckeye Gap - Bearpen Gap *10:00 AM
Hike 6, Drive 80, 1000 ft. ascent, Rated B-B
Kathleen Hudson, 828-698-5208,
mstish1325@gmail.com

P400 Form carpools at Westgate, and meet leader at Pisgah Ranger Station at 10:40 AM. We will start by hiking a section of the MST that leads through a lush forest of spruce and birch. The forest floor is covered with mosses and ferns. We will hike through areas that in past years have yielded abundant blueberries, and will stop to do some picking. Short car shuttle. Topo: Sam Knob; also NatGeo map #780

SUNDAY NO. A1003-473 **Aug. 15**
Mt. Mitchell – Maple Camp Bald loop *8:30 AM
Hike 8.5, Drive 70, 1600 ft. ascent, Rated B-A

Janet Martin, 502-494-9309,
jaykaymartin@msn.com

SB6K We'll do a moderate loop with great views, starting at Mt. Mitchell, following the MST, Mt. Mitchell, and Buncombe Horse Range Trails. We'll stop at Maple Camp Bald to pick blueberries, then take the Big Tom Gap Trail #191-A up to the Crest Trail, and return via Big Tom and Mt. Craig. **Second meeting place: Craven Gap at 8:50 AM.** Topo: Mt. Mitchell; also PNF South Toe River, Mt. Mitchell & Big Ivy trail map

SUNDAY NO. A1003-698 **Aug. 22**
NC 128 – Mt. Mitchell via Potato Knob *8:00 AM
Hike 9, Drive 55, 2100 ft. ascent, Rated A-AA
Paul Benson, 828-251-1909,
pdbenson@charter.net

SB6K *NOTE: The only meeting place is Folk Art Center back parking lot. We'll take a new route to a familiar place and bag three 6k peaks. From the MST trailhead on NC 128, we'll hike west on the MST to the old Boundary Trail, then ascend the very steep (800 ft. in ½ mile) ridgeline manway past Potato Knob to 6571 ft. Mt. Gibbes. Next we'll descend the gravel road to Stepps Gap and ascend the Old Mitchell Trail to the summits of 6300 ft. Mt. Hallback and 6684 ft. Mt. Mitchell, and descend on the Camp Alice Trail (MST) with our return to the trailhead on the Buncombe Horse Range Trail (MST). Topos: Montreat, Mt. Mitchell; also PNF S. Toe River, Mt. Mitchell & Big Ivy Trail Map

SATURDAY NO. A1003-699 **Aug. 28**
Pisgah Loop II *8:00 AM
Hike 7, Drive 70, 1500 ft. ascent, Rated B-A
Jan Onan, 828-698-3237, janonan@bellsouth.net
P400 Swimming hike! This loop hike will go down the boundary trail to the MST, then past Skinny Dip Falls (swimming stop) and up to Second Falls (more swimming), before returning to our cars. Possible blueberry sightings. **Second meeting place: BRP Cold Mtn. Overlook at 8:50 AM.** Topos: Shining Rock, Sam Knob; also NatGeo. map #780 and USFS Shining Rock & Middle Prong Wilderness map

SUNDAY NO. A1003-241 **Aug. 29**
Mt. Kephart via Sweat Heifer Creek Trail *8:00 AM
Hike 12.8, Drive 140, 2000 ft. ascent, Rated A-A
Tom Sanders, 828-252-6327,
tomary.avl@gmail.com

SB6K, 900M This hike is designed to visit two of the best scenic overlooks in the Smokies, The Jumpoff and Charlies Bunion, and to climb Mt. Kephart (6217 ft.). From Newfound Gap, we will hike on the AT to Mt. Kephart and The Jumpoff, and from there to Charlies Bunion. After lunch, we will return via the AT, and then down the Sweat Heifer Creek and Kephart Prong Trails. **Second meeting place: Rear of Maggie Valley Post Office parking lot, but call leader first.**

Car shuttle. Topos: Clingmans Dome, Mt. Le Conte, Mt. Guyot, Smokemont; also NatGeo map #317

SUNDAY NO. A1003-661 **Sept. 5**
Thompson River Scramble (Bernard Elias Favorite Hike series #5) *8:00 AM (strenuous)

Hike 10, Drive 110, 2100 ft. ascent, Rated A-AA
Ted Snyder, 864-638-3686,
tedsniderjr@bellsouth.net

***Form carpools at Westgate, stop for additional hikers at Pisgah Forest Bi-Lo at 8:30 AM, and meet leader behind gas station at intersection of US 64 and NC 281 SOUTH at 9:15 AM.** Thompson River and our final destination, spectacular High Falls, are located within Nantahala Natl. Forest near Whitewater Falls. After a relatively easy 4-mile hike, the hike requires about a mile of scrambling through heavy growth before executing an exciting but somewhat precarious 400 ft. climb up the face of the rock next to the falls followed by a tricky wet stream crossing, and then an easier 3-mile hike back. Strenuous, but well worth the effort. Wear non-slip-sole shoes. In case of rain an alternate hike will be chosen. Topo: Reid

SUNDAY NO. A1003-259 **Sept. 5**
Reinhart Gap to Haywood Gap *8:00 AM (moderate)

Hike 7, Drive 80, 1400 ft. ascent, Rated B-B
Dave Wetmore, 828-884-7296,
dwetmore@comporium.net

P400 From Reinhart Gap, we'll drop down to the MST and follow it north to Haywood Gap. Possible blueberry sightings. **Second meeting place: contact leader.** Topo: Sam Knob; also MST Profiles book, pg. 28-29

SATURDAY No. A1003-615 **Sept. 11**
Black Balsam Loop via Graveyard Ridge Trail & ALT *10:00 AM

Hike 6, Drive 70, 1200 ft. ascent, Rated B-B
Marcia Bromberg, 828-505-0471,
mwbromberg@yahoo.com

P400 *Note later start time. Begin at FS 816, north on MST to Graveyard Ridge Trail. Left on Graveyard Ridge Trail to Ivestor Gap. Return on Art Loeb Trail over Tennant and Black Balsam. We'll stop at Ivestor Gap for possible late blueberries, and at the high points to enjoy great views! **Second meeting place: Cold Mtn. Overlook (BRP M.P. 412) at 10:50 AM.** Topos: Sam Knob, Shining Rock; also Nat'l. Geo. PRD map #780

SUNDAY NO. A1003-193 **Sept. 12**
MST: Bearpen Gap to NC 215 via Mt. Hardy *8:30 AM

Hike 9, Drive 85, 1775 ft. ascent, Rated A-A
Carroll Koeppinger, 828-667-0723,
carrollkoepp@bellsouth.net

SB6K, P400 This MST hike leads through a beautiful forest of spruce, birch, rhododendron

and maple with mosses and ferns lining the forest floor. A special feature is a short side trip up 6110 Ft. Mt. Hardy, with first-rate views on its north side. Optional supper after the hike at Pisgah Inn, with return via NC 151. *Partly through the Middle Prong Wilderness area, limit 10, so call leader for reservation.* **Second meeting place: BRP Cold Mtn. O/L (M.P. 412) at 9:20 AM.** Topo: Sam Knob; also USFS Shining Rock & Middle Prong Wildernesses map and Nat Geo. map #780

SUNDAY NO. A1003-700 **Sept. 19**
Beech Gap and Hyatt Ridge Trails *8:00 AM

Hike 11.7, Drive 130, 3000 ft. ascent,
Rated A-AA+
Tim Hawkins, 828-550-1340,
hawkth59@yahoo.com

900M This new CMC hike in the Smokies will feature the border where old growth forest meets one of the last logged areas of the park. We will hike through a wild section of the Park and see a beautiful campsite and an impressive bridge over Raven Fork. Short car shuttle. **Second meeting place: Maggie Valley Post Office at 8:30 AM, but contact leader first.** Topos: Bunches Bald, Smokemont; also NatGeo map #317

SATURDAY NO. A1003-396 **Sept. 25**
Pilot Rock – Mt. Pisgah – Thompson Creek *9:30 AM

Hike 9, Drive 80, 1600 ft. ascent, Rated B-A
Stu English, 828-883-2447,
stuengo@comporium.net

P400 *Form carpools at Westgate, and meet leader at Pisgah Ranger Station at 10:10 AM. We will climb 1500 feet in 2 miles up the well-graded Pilot Rock trail, and eat lunch at Buck Springs Overlook. After lunch, we'll hike down the Thompson Creek trail. Expect great views along the way. Topos: Dunsmore Mtn., Cruso; also NatGeo map #780

SUNDAY NO. A1003-701 **Sept. 26**
Pinnacle –

Shortoff Mtns. (Linville Gorge) *8:00 AM
Hike 8.5, Drive 120, 2000 ft.(EB),
2950 ft. (WB) ascent, Rated B-AA

Jacob Cox, 828-584-0395, jcox@mfgnc.com and
Jim Reel, 828-738-0751, jimr57@yahoo.com

***Form carpools at Westgate, and meet leaders at Deal Barn (I-40, Exit 90) at 8:45 AM.** Great views from east and west promontories at the south end of Linville Gorge. Hike a section of the MST that was ravaged by forest fire several years ago. Carry appropriate footwear for wading Linville River, and poles are recommended due to slippery rocks in river. Key-swap hike. *Wilderness area limited to twenty hikers (ten in each direction); contact leaders for reservations.* Topo: Ashford; also NatGeo map #779

HALF-DAY SUNDAY HIKES

Newcomers are welcome, but non-members

MUST call the leader before the hike to determine the requirements. Half-day hikes submitted by Lucy Prim, 32lucette@gmail.com, 828-693-6580. Driving distance is round-trip from Asheville. All hikes assemble at the **FAR REAR (NORTH END)** of Westgate Shopping Center near Exit 3B off I-240 UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in hike listings.

July 4
HIKE CANCELLED -- No Hike Leader Available

HALF-DAY NO. H1003-062 **July 11**
Daniel Ridge Loop Trail *12:15 PM

Hike 4, Drive 70, 800 ft ascent, Rated C-C
Nonmembers, call leader, Lucy Prim,
828-693-6580, 32lucette@gmail.com
P400 *Form carpools at Westgate, and meet leader at Fish Hatchery off FS 475 at 1:00 PM. This moderate loop hike has lots to "C": Creeks, Chasms, and a Cool Cascade finale.

HALF-DAY NO. H1003-349 **July 18**
Buck Spring Trail *12:30 PM

Hike 6.2, Drive 50, Rated B-C
Nonmembers, call leader, Jane Laping,
828-277-7342, janelaping@sbcglobal.net
P400 *Form carpools at Westgate, and meet hike leader at Pisgah Inn parking lot near convenience store at 1:15 PM. This pleasant downhill hike starts at the Pisgah Inn and ends at US 276. Car shuttle. MST Profiles book, pg. 40-41

HALF-DAY NO. H1003-702 **July 25**
DuPont Forest: Buck Forest P.L.#1*12:30 PM

Hike 5.6, Drive 94, 680 ft. ascent, Rated C-C
Nonmembers, call leader, Ashok Kudva,
828-698-7119, ashok.kudva@att.net

***Form carpools at Westgate, and meet leader at Pisgah Forest Bi-Lo at 1:05 PM.** We'll see spectacular High Falls, three lakes and the site of an old DuPont film manufacturing plant where once 1000 people worked. The leader, a local DuPont retiree, will explain the exclusive use of these recreational facilities for employees and customers and the uncertain times during real estate development efforts after the demise of manufacturing, which continued until DuPont State Forest was established to delight hikers and nature lovers. Topo: Standingstone Mountain; also DuPont State Forest Map, rev. 3/20/08

HALF DAY NO. H1003-043 **Aug. 1**
Frying Pan Tower *12:30 PM

Hike 4, Drive 50, Rated C-C
Nonmembers, call leader, Bobbi Powers,
828-667-5419, bobbipowers@live.com

P400 *Form carpools at Westgate, and meet leader at Pisgah Inn parking lot near convenience store at 1:15 PM. This is an easy in-and-out hike through a spectacular display of wild flowers to good views from the tower. MST Profiles book, pg. 40.

The Bernard Elias Favorite Hikes: Part Two

We've asked Ted Snyder, the leader of these hikes, for his comments on three more hikes.

Bernard Elias Favorites # 3, Tuckaseegee Gorge. My first trip here was on a trip Bernard was leading. The gorge, now de-watered by a power dam, is clogged with continuous piles of boulders of every size, around, over and under which the water coming in from tributaries flows. This hike once was known as "The Potholes." That's because the river has carved thousands of potholes of every size and angle into the bed rock. Also, at lunch we will eat at the foot of Bonas Defeat, an unusual cliff with a grid pattern over its face. Bonas was a hound dog, of whom many stories are told.

Bernard Elias Favorite Hikes # 4, Duck Hawk Rock. Essentially this will be a hike in the Smokies. Duck Hawk

was an old name for the Peregrine Falcon. Several years ago a pair of Peregrine Falcons nested and successfully raised some young on the cliffs around Alum Cave. The mountain above Alum Cave is Peregrine Peak. Leading out from a point just up from Alum cave is an exposed rock ridge with some holes in it. This is the real Duck Hawk Rock. People do scramble out to these rocks, which requires a bushwhack of about 400 feet down, extremely steep and slow going.

Due to the nesting of Peregrine Falcons, Duckhawk Rock is no longer open to the public. Instead, we will follow Alum Cave Trail to Mt. LeConte and return, with views of Duck Hawk Rock.

Bernard Elias Favorite Hikes # 5, High Falls of Thompson River. This is a waterfall which I first visited on a trip led by Bernard. Thompson High Falls, about

150 feet high, in one of the Blue Ridge Escarpment falls, is comparable to Upper and Lower Whitewater Falls (Whitewater River), Wintergreen Falls (Toxaway River), Bearwallow Falls (Bearwallow Creek), Windy Falls (Horsepasture River), and several others.

Our route is on an old logging road. From a point on it we descend on a skid road to the Foothills Trail and cross the Thompson River bridge. After that we have a bushwhack on a side hill, to the base of the falls. Then we climb the rock on the side of the falls (if it's not wet) and continue a bushwhack along the river. We will have to wade the Thompson River.

Other people have led a trip to this waterfall on more difficult routes, but this trip will be a faithful retracing of Bernard's route, which is also the easiest. Still, none of the bushwhacking is easy.

HALF-DAY No. H1003-465 **Aug. 8**
Flat Laurel Creek, Little Sam Knob, MST Loop **12:30 PM**
 Hike 6, Drive 80, 1000 ft. ascent, Rated B-B
 Nonmembers, call leader, Marcia Bromberg, 828-505-0471, mwbromberg@yahoo.com
P400 Beginning at Sam Knob parking lot, hike Flat Laurel Creek Trail to Little Sam Knob Trail and enjoy views of Sam Knob and early blueberries. Turn up Sam Knob Trail with views of Little Sam and Mt. Hardy. Then head north on Mountains-to-Sea Trail, with great views into Pisgah Natl. Forest, to FS 816 and our cars. **Second meeting place: BRP Cold Mtn. Overlook at 1:20 PM.** MST Profiles book, pg. 34

HALF-DAY NO. H1003-666 **Aug. 15**
Pink Beds – Barnett Branch – Cradle of Forestry Loop **12:30 PM**
 Hike 5.6, Drive 80, 550 ft. ascent, Rated C-C
 Nonmembers, call leader, Tom Crook, 828-670-7251, tmc3017@gmail.com
P400 From the left branch of Pink Beds Loop Trail, we will go over the Barnett Branch Boardwalk, built by the CMC Friday Pisgah Crew. After hiking the Barnett Branch Trail and Soapstone Ridge around Rich Mountain, we will descend on a Forest Service road to the Cradle of Forestry. We will visit a logging machine, a logging locomotive and logging history placards before returning to the cars. **Second meeting place: Pisgah Ranger Station at 1:10 PM.**

HALF-DAY NO. H1003-464 **Aug. 22**
Balsam Gap to Greybeard Overlook ***1:00 PM**
 Hike 4, Drive 44, 900 ft. ascent, Rated C-C

Nonmembers, call leader, Chris Allen, 828-645-0357, chrisspallen@me.com
***Only meeting place: Folk Art Center back parking lot.** Great views and blueberries will reward hikers on this portion of the Mountains-to-Sea Trail. Car shuttle.

HALF-DAY NO. H1003-437 **Aug. 29**
Pilot Cove Loop ***12:30 PM**
 Hike 3.5, Drive 80, 1000 ft. ascent, Rated C-B
 Nonmembers, call leader, Lee Belknap, 828-698-9394, rivergypsy@sprintmail.com
P400 *Form carpools at Westgate, and meet leader at North Mills River Rec. Area parking lot at 1:05 PM. This (shortened version of CMC Hike #437) is a moderate hike up to the top of the cliffs on Fork Ridge, which provides beautiful views of Pilot Cove, Pilot Rock, Pink Beds, and beyond.

HALF-DAY NO. H1003-222 **Sept. 5**
Montreat Loop #3 ***1:00 PM**
 Hike 5, Drive 40, 1300 ft. ascent, Rated C-B
 Nonmembers, call leader, Renate Rikkers, 828-298-9988, rerrickers@aol.com
***Form carpools at Westgate, and meet leader at Ingles parking lot off I-40 at Exit 64 at 1:20 PM.** We will ascend by the Graybeard Trail to the Old Trestle Road at Pot Cove Gap, then follow a recently cleared and opened section of the Old Trestle Road (not on most Montreat trail maps yet) to Graybeard Falls. We will return to Pot Cove Gap by a short steep section of the Graybeard Trail, and then retrace our path to the parking area. There are ten dry-foot stream crossings on rocks and/or logs.

HALF-DAY No. H1003-533 **Sept. 12**
MST: Pisgah Ledges Section ***12:30 PM**
 Hike 5.2, Drive 70, 1540 ft. ascent, Rated C-B
 Nonmembers, call leader, Tom Joyce, 828-885-2152, tominbrevard@webtv.net
P400 *Form carpools at Westgate, and meet leader at BRP Cold Mountain Overlook at 1:20 PM. Car shuttle. This will be a pleasant ramble along the MST from Bridges Camp Gap to Pigeon Gap and the Cold Mountain Overlook. Highlight of the hike will be a fairly steep ascent to 5056 ft Green Knob, one of the best viewpoints on the MST. Car shuttle. MST Profiles book, pg. 38-39

HALF-DAY NO. H1003-172 **Sept. 19**
John Rock Loop **12:30 PM**
 Hike 5.7, Drive 72, 1300 ft. ascent, Rated C-B
 Nonmembers, call leader, Tom Sanders, 828-252-6327, tomary.avl@gmail.com
P400 This moderate loop hike, with good views from the top, starts at the Fish Hatchery parking lot. **Second meeting place: Fish Hatchery parking lot, off FS 475, at 1:15 PM.**

HALF-DAY NO. H1003-403 **Sept. 26**
DuPont Forest – Reasonover Trail ***12:15 PM**
 Hike 6, Drive 90, Rated B-C
 Nonmembers, call leader, Becky Elston, 828-749-1886, belston@cytechusa.com
***Form carpools at Westgate, and meet leader at Hooker Falls Parking lot in DuPont Forest at 1:00 PM.** This pleasant loop hike in DuPont Forest includes the Fawn Lake, Corn Mills Shoals, Bridal Veil Falls, Lake Julian and Reasonover Creek Trails, and features views of small waterfalls.

Change in Westgate parking

We have been using Westgate Shopping Plaza as a meeting place for a number of years. The owners are building new buildings at Westgate which will impact our use of the parking space there. For the time being we can continue to leave cars there for our day of hiking, but we must park in the northernmost part of the lot – past EarthFare, in the last row of parking spaces. Hikers and hike leaders should let each other know now and park in the new area (for us).

Eventually Westgate will have more buildings and more shops going up, including a lot of condos. Parking may be a major problem at that time. So it is only a matter of time, perhaps months, before we have to decide on a new meeting place. We will monitor the parking situation and decide as we see how things develop at Westgate.

We should start using the new parking area immediately. Hike leaders should inform everyone about this. Hike leaders should also drive to our old parking area to collect those who don't know and have them move their cars to the new area. It might be helpful if our cars had the blue and white CMC decals showing so that the Westgate folks know that they are our cars.

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

Return Service Requested

NEXT CMC COUNCIL MEETING

When: Thursday, August 5, 2010
Where: West Asheville Library meeting room
Time: 6:00 - 9:00 PM
Info: Call Barth at 299-0298 if you would like to attend.
All CMC members are welcome.

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

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

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

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

RESPONSIBILITY FOR SAFETY: Each CMC member and guest agrees to accept personal responsibility for his or her own safety and for the safety of accompanying minors. The Club cannot ensure the safety of any participant

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

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

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

MEMBERSHIP: Everyone is eligible for CMC membership by completing a Membership Application Form and paying dues. Membership Application Forms are available on the Club website or by mail. Annual dues are \$20 for individuals and \$30 for families. Applications should be sent to Carolina Mountain Club, P.O. Box 68, Asheville, NC, 28802. Hikers are expected to join CMC after participating in a few hikes. Some trail maintenance activities are only open to members.

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