Work Begins on New AT Shelter

Pictured here in a photo by Skip Sheldon is Ken Deal, stripping the bark from poplar and locust logs as many of our forebears did to build their homes years ago. These logs, however, will be a part of the new shelter at Roaring Fork. Ken was just one of several who made up the construction crew that is working on the CMC project for the Appalachian Trail. Others on the team included Sherman Stambaugh and Lew Bloydett who worked on the side trail that will access the shelter site. Lumber and logs were purchased for just a little over $2600. The shelter could be completed sometime later this year, according to Howard McDonald, project leader. He says more workers are always welcome.

HOLD THESE IMPORTANT EVENT DATES OPEN

1 Another Gala Annual Meeting

Grove Park Inn Resort & Spa
November 6, 2004

The CMC annual meeting will be held Saturday, November 6, 2004, when Morgan Sommerville will be our featured speaker. Morgan is field representative for the ATC in GA, NC, and TN. We will be heavily involved with the AT in July of next year. This may be the last time the annual meeting will be held at the Grove Park Inn.

2 Wilderness First Aid Course offered again by the CMC

What if you could not call 911 on the trail? Could you handle a problem that cannot be solved by a band-aid or moleskin?

The CMC is sponsoring a Wilderness First Aid course on November 13 and 14 (Saturday and Sunday) at Warren Wilson College. This 16 hour course will be taught by Landmark of Cullowhee. Landmark is the Southeast outpost of SOLO, the organization that pioneered Wilderness First Aid. Landmark has taught for NOC, Virginia Tech, UNCA and other organizations. If you are interested in their qualifications, look at www.landmarklearning.org

3 AT Conference Set in 2005

The Appalachian Trail Conference’s 35th Biennial Conference will take place July 1-8, 2005 in Johnson City, TN. This event is being put together and hosted by five organizations: Nantahala Hiking Club, Carolina Mountain Club, Tennessee Eastman Hiking Club, Georgia Appalachian Trail Club, and Smoky Mountain Hiking Club. This will be a big event for our club so mark your calendars now. A website has been established for this conference. The URL is http://www.southernhighlands2005.org/index.html.

5,000 miles of trails to be linked in SouthEast

Pres. Don Walton recently attended the Southeastern Foot Trails Coalition (SFTC) meeting at Desoto State Park near Fort Payne, Alabama. There were 25 people from the Forest Service, and from many hiking clubs involved in Southeastern trail maintenance. Topics discussed included identifying 3 priorities for the SFTC office and the coalition to concentrate on in the near future. These include the promotion of the East Plan for the Mountains to Sea Trail. This involves putting trail on the ground in the newly designated Neuse River State Park which centers on about 100 miles of the Neuse River. This coalition is part of the American Hiking Society and is a regionally focused program to link up a 5,000 mile hiking trail network in the southeast. The effort is regionally focused in Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, southern Virginia, and Tennessee. For maps and other information visit the website: http://www.americanhiking.org
HIKE SCHEDULE
Third Quarter 2004

Hike Ratings
First Letter | Second Letter | Distance | Elevation Gain

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

WEDNESDAY HIKES
Submitted by Paula McNabb, 274-0057 or gmcnabb@charter.net.

The meeting place for each hike will be designated by the hike leader and will appear in the hike description. In some cases, a self-organizing meeting place (usually Westgate) is suggested. The leader won’t be there, but will be at the meeting place listed in the body of the hike description. It’s up to individual hikers to decide whether to go first to Westgate. Round trip driving mileage will be listed from the leader’s designated meeting place.

ALL DAY NO.W403-064 July 7
Fletcher Fields & Spencer Branch Trail
Hike 2-3, drive 6, rated B-C
Greg Goodman, 668-9705
This will be a woods hike, crossing small creeks, using log bridges. Only meeting place: N. Mills River Picnic Parking.

ALL DAY NO.W403-384 July 14
MST Big Sam Road to Looking Glass Overlook
Hike 6, Drive 30, rated B-C
Gerry & Paula McNabb, 274-0057, gmcnabb@charter.net, cell phone 213-8724.

ALL DAY NO.W403-242 July 21
Sam Knob – Devils Courthouse Loop
Hike 9, Drive 50, ascends 1200 ft., Rated A-B
Bruce Bente 828-692-0116
bbente@cytechusa.com
SB6k: From FS 816 we ascend Sam Knob (6240 ft.) with its 360 degree views, then follow the Flat Laurel, Little Sam and MST, via Devils Courthouse. We then return via the MST across FS 816 and up to the summit of Black Balsam (6214 ft.), then down a short, steep manway to our cars.
Only meeting place: Bi-Lo in Pisgah Forest at intersection of US 64 and US 276. Topo: Sam Knob
ALL DAY NO.W403-008 July 28
Bee Tree Gap to Tanbark Tunnel 9300 AM
Hike 6.5, Drive 30, Rated B-B
Elizabeth Feil, 828-684-8719
hotel@brinet.com
A moderate hike over Lake Pinchot with excellent views, interesting rock formations and plants. There are several short but steep climbs (about 900 ft total) and a long descent (2000 ft.). Only meeting place: Folk Art Center, lower parking lot.

ALL DAY NO.W403-089 August 4
Max Patch to Lemon Gap 8:30 AM
Hike 6.2, drive 102, rated B-B
Diane Hankins, 828-298-2570 (before 9pm)
Very leisurely paced, mostly downhill, car switch hike. Suitable for anyone over 10 years old (those under 18 MUST be accompanied by adult.) Only meeting place: Westgate Shopping Center. Topo: Lemon Gap
All day NO.W403-385 August 11
Fork Mountain – Little East Fork 9 AM
Hike 9, drive 0, rated B-B
Larry Ballard, 891-4318
leballard@cytechusa.com
Eileen McGill, 891-4409, dolphins@usa.com
Start at Black Balsam to Ivester Gap, to Little East Fork Trail, to Fork Mountain Trail, to Ivester/Black Balsam. This is a wilderness area, so must call leader, limited to 10. Only meeting place: Black Balsam Parking Lot.

ALL DAY NO.W403-354 August 18
Hump Mountain / Yellow Mountain area
Hike 6, Drive 130, rated B-2A.
Adrian Lotherington 350 8065.
We’ll hike from Roaring Creek Rd. to Yellow Mountain Gap at which point we will join the AT, along an open ridge to Little Hump Mt and on to Hump Mt where we will have lunch on a grassy bald at 5,867 ft. (Elevation gain 2,400 ft.) We return to Yellow Mt Gap and take the Overmountain Victory Loop back to the car park. The fabulous vistas make the drive and moderately strenuous walk very much worthwhile. Only meeting place: McDonald’s at the 2570
Weaverville exit. Topos: Carver’s Gap, White Rocks Mt. TN.

ALL DAY NO.W403-247 August 25
Ivester Gap Traditional Blueberry Hike
8:00 A.M.
Hike 6, Drive 70, Rated B-C
Ken & Carol Deal, 828-281-4530, KMDeal@aol.com
Our annual hike to the picking fields of Grassy Cove Top in the Shining Rock Wilderness. Limit 10 hikers. Call the leaders for reservations. Only meeting place: Westgate. Topo: Big Sam and Shining Rock

ALL DAY NO.W403-186Sept. 1
Pilot Rock – Laurel Mountain Trail to Pisgah Inn
8:30 AM
Hike 8.5, drive 20, rated B-A
Mary Swain, 828-863-2125
Hike well-graded Pilot Rock Trail to connector to top of Laurel Mountain Trail, to MST, to Pisgah Inn for lunch. Eat at either the inn restaurant or on the lawn. 2,000 feet elevation gain. Only meeting place: Pisgah Forest Ranger Station.

ALL DAY NO.W403-387 Sept. 8
Green Knob – East Fork Pigeon River
8:30 AM
Hike 10, drive 80, rated A-B
Tom Sanders, 252-632-7
mels@stx.net
A new hike for CMC. Beginning near Wagon Rd. Gap we will follow the MST south over Green Knob and Chestnut Knob, with periodic outstanding views, then descend to the East Fork near Dark Prong & follow one of WNC’s most beautiful streams down to US 276. Predominantly downhill, but with an elevation rise of about 1,000 ft. Car swap. Only meeting place: French Broad Overlook on BRP.

ALL DAY NO.W403-249 Sept. 15
Hawoyad Gap/Buckeye Gap
8:30 AM.
Hike 9, drive 70, rated A-A
Chuck Rosen, 298-2246
Follow scenic Hawoyad Gap Stream down on rough trail through the Middle Prong Wilderness area to junction with Buckeye Gap Trail. Climb up onto ridge to more open forest, follow old RR bed much of the rest of the way. Climb about 1500 feet. Wilderness area hike, limited to ten persons – call leader for reservations. Only meeting place: French Broad overlook, unless other arrangements are made with leader.

ALL DAY NO.W403-112 Sept. 22
Ivester Gap 9AM
Hike 8-9, drive 12, rated A-B
Siri Del Faverro, 277-2546
ALL DAY NO. W0403-242  Sept. 29
Sam Knob – Devils Courthouse Loop 9:15 AM
Hike 9, Drive 75, ascend 800 ft., rated A-B
Ruth Hartler 251-0886 ruthmrt@aol.com
SB6K, Papo Note later starting time. Hike in the cool elevations. 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 Trail and the MST via Devils Courthouse (with its wonderful views). We then return via the MST across FS 816 and up to the summit of Black Balsam (6214 ft.), then down a short, steep manway to our cars. Meeting place: Cold Mtn., overlook on BRP. Asheville group may self-organize a car pool at Westgate Shopping Center at 8:30. Topo: Sam Knob; also Nat’l. Geographic map of Pisgah Ranger District

ALL DAY SATURDAY AND SUNDAY HIKES

All-day hikes submitted by Bruce Bente.828-627-0116, bbente@taychusa.com. Driving distance is round-trip from Asheville. All Saturday and Sunday hikes assemble at Westgate Shopping Center near 1 240 UNLESS OTHERWISE NOTED.

ALL DAY NO. A0402-115  July 4
Penny Rock (Green Knob) - Chestnut Ridge-Big East 8:00 AM
Hike 9-10; Drive 60, 2,400 ft. ascent, Rated A-A
Carroll Koeplinger 828-678-0723
carrollkoepf@csc.com
Papo A Shining Rock: Wilderness area hike. It features some off-trail, MST, scenery, and riverside hiking. Wilderness area, limited to 10 people. Please contact hike leader to reserve your place. Topo: Shining Rock

ALL DAY NO. A0403-363  July 11
Three Forks (Big Pool) via Breakneck Ridge 7:30 AM
Hike 10, Drive 190, 10,200 ft. ascent, Rated A-AA+
Dave Wetmore 828-888-7296
dwetmore@ctcom.net
900M Note earlier starting time. Come and go where George Mas went and few have gone since! Three Forks is a well-known but little-visited beauty spot in the Smokies where Left, Middle and Right Forks come together to form Raven Fork. From the trailhead at Round Bottom, we’ll hike a combination of trail and ridgeline manway, then down a steep manway (1300 ft. drop in 1.3 mile). Be prepared for some downhill and briers. Bring spare socks, as we’ll get our feet wet crossing Raven Fork to the flats at Three Forks. Note: This hike is more strenuous than its rating indicates. Topo: Mt. Guyot, Luftee Knob, Bunches Bald

ALL DAY NO. A0403-364  July 18
Buckhorn Gap-Club Gap Loop 8:00 AM
Hike 10, Drive 80, 1000 ft. ascent, Rated B-B
John Patorno 828-299-8126
jpatorno@tycovalves.com
Papo This will be a loop from the Pink Beds parking area to the gaging station, then over the S. Mils and Buckhorn Gap Trails to Buckhorn Gap for lunch at the shelter. Next we’ll follow the Black Mtn. Trail to Club Gap and back to our cars. Topo: Pisgah Forest, Shining Rock

SATURDAY NO. A0403-365  July 24
Mt. Mitchell Ramble 9:00 AM
Hike 8, Drive 75, 1400 ft. ascent, Rated B-B
Ray Sano 828-638-3205
rayray@charter.net
SB6K Note later start time. We’ll do a loop on several trails in the Mt. Mitchell area, including the Old Mt. Mitchell Trail, Camp Alice Road and the Commissary Ridge Trail. An optional side trip to Mt. Craig (6647 ft.) and Big Tom will be offered afterwards. Second meeting place: Craven Gap on BRP at 9:15 AM. Topo: Mt. Mitchell, Montreat

ALL DAY NO. A0403-366  July 25
Grandfather Mtn. Park 7:30 AM
Hike 8-10, Drive 160, 1500 ft. ascent, Rated A-A
Marlene Santa Maria 828-299-9095
marlenaj89@hotmail.com
Note earlier start time. An exploration of trails in this famous park, including the swinging bridge and the summit. There will be an entrance fee. Call Marlene to confirm. Plan on stopping at a restaurant for supper on the way back. Topo: Grandfather Mtn.; also Grandfather Mtn. Trail Map & Backcountry Guide

ALL DAY NO. A0403-367  Aug. 1
Art Loeb, Grassy Cove Ridge to Bridges Camp Gap 8:00 AM (moderate)
Hike 9, Drive 65, 1000 ft. ascent, Rated A-B
Amy Teverton 828-298-1882
athknrke@yahoo.com
SB6K, Papo Beginning with a climb up a short, steep manway to Black Balsam (6214 ft.) and Tennent Mtn (6040 ft.), we’ll descend to Ivetor Gap and then down

Grassy Cove Ridge to the Big East Fork of the Pigeon River. From there we’ll hike to Skinny Dip Falls, with a stop for swimming, and then end at Bridges Camp Gap. Short car drive Cold Mtn. rated at 1000 ft. Wildness area hike limited to ten people. Please contact hike leader to reserve your place. Second meeting place: Cold Mtn. overlook on BRP at 8:30 A.M. Topo: Shining Rock; also Nat’l. Geographic map of Pisgah Ranger District

ALL DAY NO. A0403-368  Aug. 8
Buckeye Gap to Gage Bald 8:00 AM
Hike 8, Drive 80, 1200 ft. ascent, Rated B-B

Saturday Work Day

Here is a great chance to learn what is involved in trail maintenance. We will meet on Aug. 21 at the Moose Café at the Farmer’s Market on Rte. 191 at 8:00 a.m. for breakfast. We will return to Asheville around 4 p.m. Come join the fun. Call Les Love at 828-658-1499.
Jorge Munoz 828-658-0606 jmunoz@buncombe.main.nc.us

Papo We will start by hiking a section of the MST that leads through a lush forest of space and bird. The forest floor is covered with moose and ferns. At Wet Camp Gap with a field of blooming phlox, a side trail will be followed to Cagle Bald with its great views. We will hike through three areas that in past years have yielded abundant blueberries and will stop to do some picking if we find them.

Second meeting place: BPR Cold Mtn. Overlook at 8:30 AM Topic: Sam Knob

ALL DAY NO. A0403-370 Aug. 22 South Hills River 8:00 AM Hike 12.5, Drive 75, 1100 or 500 ft. ascent, Rated A-A-B or AA-C Les Love 828-658-1489 leslove@ao.com

Papo This is another of the P400 hikes that is scheduled during a summer month because of its nine stream crossings. Plan to wear tennis shoes for the section between Cane Creek and Wolfe Ford. Two hiking poles are recommended for the stream crossings. The trail follows the old logging road grade, so look for old trestles at stream crossings. This hike will be done as a key swap. Topic: Pisgah Forest

SATURDAY NO. A0403-371 Aug. 28 Squirrel Gap-Horse Cove Gap 8:00 AM Hike 10, Drive 80, 1200 ft. ascent, Rated A-B Becky Smucker 828-298-5013 bjsmucker@charter.net

Papo This is another hike designed to cover lesser-used trails that are included in the P400 program. We will start from the Gaging Station, hike to Wolfe Ford and take the Squirrel Gap Trail, make a loop on the upper Cane Creek and Horse Cove Gap Trails, and then return via the Rugby cutoff. Topic: Pisgah Forest

ALL DAY NO. A0403-372 Aug. 29 Big Fork Ridge-Rough Fork loop 8:00 AM Hike 9.3, Drive 95, 1800 ft. ascent, Rated B-A Danny Bernstein 828-236-0192 danny@hikertogether.org

900M From the end of the road in Cataloochee Valley, we'll hike up the Big Fork Ridge Trail, then turn right onto the Caldwell Fork Trail. We'll pass by the record-size tulip poplar trees, then turn downhill on the Rough Fork Trail. About a mile from the end of the hike, we'll stop at the Woody House, a historic settler's cabin. We might even see one of the elk now living in the valley. Second meeting place: Pilot Truck Stop, Exit 24 off 1-40 at 8:30 AM Topic: Dillard

ALL DAY NO. A0403-373 Sept. 5 Yellow Mountain (strenuous) 8:00 AM Hike 9.4, Drive 125, 2600 ft. ascent, Rated A-AA+ Larry Modlin 251-5092

lmodlin@warren-wilson.edu We'll hike in the Cowee Mtns on a trail that CMC hasn't done in six years. Ascend four peaks going in and three on way back. Views from the Yellow Mtn. observation tower are great – a fine lunch spot. Second meeting place: Bl-Lo at US 276/64 in Pisgah Forest at 8:30 AM. Topic: Highlands, Glenville

ALL DAY NO. A0403-359 Sept. 5 MST: Balsam Gap to Bee Tree Gap (moderate) 8:30 AM Hike 8, Drive 70, 1400 ft. ascent, Rated B-B Barbara Passmore 828-667-8684 bpass354@netzero.net

Note later start time. This will be a moderate walk over a very scenic portion of the MST. Enjoy the views of the mountain from the gap and the deeply wooded slopes to the north. Not recommended for those who have knee problems.

Second meeting place: Graveen Gap on BPR at 8:15 AM. Topic: Montreat, Craggy Pinnacle; also "Trail Profiles The Mountains to Sea Trail", pp. 65-67

ALL DAY NO. A0403-337 Sept. 12 Shining Rock from Black Balsam 8:30 AM Hike 11, Drive 65, 1500 ft. ascent, Rated A-A-Lenny Bernstein 828-236-0192 lbern@worldnet.att.net

SBK, Papo Note later starting time. This is the same hike that was cancelled on April 4. We will take the Art Loeb Trail from FS 816 to Shining Rock (604'), climbing Black Balsam (6214'), Tennent Mtn. (6040') and Grassy Cove Top (6040') along the way. This will be your chance to bag easy SBK peaks while enjoying beautiful views covering the area from Pilot Mtn. to Cold Mtn. We'll return via the Ivester Gap Trail. Widen the area hike limited to 10 people. Please contact hike leader to reserve your place. Second meeting place: BPR Cold Mtn. overlook at 9:00 AM Topic: Shining Rock, Sam Knob; also Natl. Geographic map of Pisgah Ranger District

ALL DAY NO. A0403-374 Sept. 19 MST: NC 221 to Bald Knob 8:00 AM Hike 10-12, Drive 80, 2500 ft. ascent, Rated A-AA Don Walton 828-298-5084 walt728@bellsouth.net

We'll go north of our usual hiking area to hike the MST north from NC 221 to the North Fork of the Catawba River. After seeing the site of the proposed MST bridge over the river, we'll rock hop the river and hike north towards Bald Knob. Our goal is to reach the summit of Bald Knob, but the scouting trip will determine if this is feasible. Second meeting place: McDonalds at exit 64 of I-40 at 8:30 AM. Topic: Little Switzerland

SATURDAY NO. A0403-375 Sept. 25 AT: Sams Gap to Rice Gap 9:00 AM Hike 7, Drive 60, 1200 ft. ascent, Rated B-B Neal Andruze 828-689-2546

Note later start time. We’ll have an opportunity to look at the AT relocation around the new I-26 at Sams Gap, then hike an in-and-out trip in the beautiful open forest from Sams Gap to Rice Gap. We’ll have lunch at the Hog Back Ridge shelter and see the new closer water source at this shelter. Topic: Sams Gap

ALL DAY NO. A0403-376 Sept. 26 Mt. Le Conte via Rainbow Falls and Bullhead Trails 8:00 AM Hike 14, Drive 180, 3000 ft. ascent, Rated A-AA+ Carroll Koepflinger 828-667-0723 carrollkoep@cs.com

SBK, Papo From Cherokee Orchard near Gatlinburg, Carroll will lead us up the Rainbow Falls Trail, named after the falls we pass, then to the summit of Mt. Le Conte. We’ll enjoy the spectacular view from Cliff Top, perhaps seeing some of the deer that graze in this area, and then return via the Bullhead Trail. A beautiful hike over good well-graded trails. Second meeting place: Pilot Truck Stop, Exit 24 off 1-40 at 8:30 AM. Topic: Mt. Le Conte

ALL DAY NO. A0403-134 Oct. 3 The Blacks Beyond 6000 7:30 AM (strenuous) Hike 13, Drive 123, 6000 ft. ascent, Rated A-A-A+ Don Gardner 828-754-4067 gardg03@charter.net

SBK Note earlier starting time. This is your chance to bag eight peaks over 6000 ft. in this very strenuous hike. The initial climb is 3100 ft., and there’s much more climbing in the ups and downs between peaks. The hike is great fun with incomparable views, but do not consider this unless you are in top shape. Bring extra water. Participants should phone the leader beforehand. Second meeting place: Ingles on Burnsville bypass at 8:15AM. Topic: Celo, Mt. Mitchell; also PNF South Toe River Trail Map

ALL DAY NO. A0403-339 Oct. 3 AT: Garenfllo Gap – Hot Springs (moderate) 8:30 AM Hike 7, Drive 85, 1100 ft. ascent, Rated B-B-Chip Miller 828-654-9331 backpacker54cn@att.net

Note later starting time. This AT sequence hike offers nice variety, with a beautiful hardwood forest, Deer Park shelter and moderate climbs and descents. Short car shuttle. Topic: Lemon Gap, Spring Creek, Hot Springs
HALF-DAY SUNDAY HIKES

Half-day hikes submitted by Pat Elias, 828-687-1651, peliasy@att.net and Paula Robbins, 828-281-3253, paularw@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at Westgate Shopping Center near I 240 UNLESS OTHERWISE NOTED.

HALF-DAY NO. H0403-350  July 4
DuPont State Forest –
Guion Farm P.L. #1 1130 PM
Hike 4, Drive 70+, Rated C-C
Anita and Richard Walkey, 828-681-2967,
Walkey@juno.com
A leisurely paced walk down old logging roads through some beautiful forest. We’ll stop at
an old cemetery, and if we have time we’ll
take a side trail down to a beautiful waterfall.
Second meeting place: Ingles on Highland Lake Rd. in Hendersonville at 2135 PM.

HALF-DAY NO. H0403-285  July 11
Lane Pinnacle from Bee Tree Gap1130 PM
Hike 5, Drive 60, 1000 ft. ascent, Rated C-B
Elizabeth Feil, 828-684-8719
This is a great in-and-out and up-and-down hike on a high ridge with excellent views.
The cliffs are short but quite steep.
Moderate pace. Second meeting place: Folk
Art Center lower parking lot at 1145 PM.

HALF-DAY NO. H0403-380  July 18
Stambaugh Trail 1130 PM
Hike 4, Drive 20, Rated C-C
Don Watson, 828-298-5084,
whl758@bellsouth.net
We will hike a loop in the Bent Creek area
that will involve the Mountains-to-Sea Trail
and an unnamed trail 0.75 miles-long, discov-
ered and maintained by Sherman Stambaugh.
The CMC is trying to get this trail officially
recognized by the Pisgah Forest District.

HALF-DAY NO. H0403-349  July 25
Buck Spring Trail 11300 AM
Hike 6.2, Drive 50, Rated B-C
Diane Hankins, 298-2870 (before 9 PM)
Note early start time. Leisurely-paced
downhill car switch hike. Suitable for anyone over
10 years old (those under 18 MUST be accompanied by adult). Join us for supper at
Pisgah Inn after the hike. Only meeting
place: Ingles parking lot across from
Biltmore Square Mall, (unless other arrange-
ments made with leader before July 23).

HALF-DAY NO. H0403-381  August 1
Doggy’s Courthouse to
Graveyard Fields 1130 PM
Hike 5, Drive 30, Rated C-C
Egon Frickie, 828-926-2397,
frickeger@ncol.com
We will leave one or more cars at the meet-
ing place and travel to Devil’s Courthouse
parking area. From there, we will start hiking
to FS 816, then down this road (0.7 miles),
cross the BRP and hike parallel to it to the
finish point. The trail is around 5 miles and
very easy except for the rather steep and
short ascent to Devil’s Courthouse. Only
meeting place: Graveyard Fields parking area at BRP milepost 418.8

HALF-DAY NO. H0403-043  August 8
Frying Pan Tower 1130 PM
Hike 4, Drive 40, Rated CB
Boyd Brasington, 828-254-8675,
boyd@buncombe.main.nc.us
We will follow a nice trail through the
woods to Frying Pan Gap and then a steep
road to the tower, where there is a wide
view. Only meeting place: Ingles parking
lot across from Biltmore Square Mall.

HALF-DAY NO. H0403-325  August 15
Tanyard Gap to Rich Mountain 1130 PM
Hike 5, Drive 72, Rated C-B
Bill Ross, 828-271-799, wrossmath@CCom
After a moderate climb on the Appalachian Trail, we will be rewarded with an outstand-
ing view from Rich Mountain.

HALF-DAY NO. H0403-286  August 22
Sycamore Cove 1100 PM
Hike 7, Drive 60, 1000 ft. ascent, Rated B-B
Pat Elias, 828-687-1651, peliasy@ncol.com
Note early start time. A moderate hike in
the Pisgah National Forest with several easy
stream crossings. Hikers form carpools at Westgate and meet hike leader at Davidson
River Campground parking lot at 11:30 AM.

HALF-DAY NO. H0403-382  August 29
Seniard Ridge/Wash Creek 12:30 PM
Hike 5, Drive 60, Rated B-C
Marlene Santa Maria, 828-299-9095,
marlenaz98@hotmail.com
Note early start time. This little known trail in the vicinity of the North Mills River
Recreation Area takes us through open woods, browse fields, and streams. The first
and last 30 minutes are steep, otherwise this
is a moderate hike. Topo: Dansmore Mtn.

HALF-DAY NO. H0403-067  September 5
Douglas Falls 1130 PM
Hike 4, Drive 60, Rated C-B
Jorge Munoz, 658-0606

HALF-DAY NO. H0403-383  September 12
Big Creek 1130 PM
Hike 5, Drive 50, Rated C-C
Paula Robbins, 828-281-3253,
paularw@bellsouth.net
This in-and-out hike begins near the
Hendersonville Reservoir. Suitable for begin-
ning hikers. Second meeting place: North
Mills River Recreation area at 2100 PM.

HALF-DAY NO. H0403-384  September 19
Snowball Trail 1130 PM
Hike 5, Drive 50, Rated C-B
Danny Bernstein, 828-236-0192,
danny@hikerstobiker.org
A nice, steady climb to High Rocks
(Hawkhill Mountain) for outstanding views.
We will continue beyond Hawkhill and
snack at Snowball Gap. Second meeting
place: Craven Gap on BRP at 11:45 PM.

HALF-DAY NO. H0403-385  September 26
Three Tree Ridge 1130 PM
Hike 3, Drive 65, 700 ft. ascent, Rated C-C
Lewis and Jane Blodgett, 828-274-7863
From Lake Logan Center we will hike the
Gazebo Trail, a steady though steep
ascent on an old logging road to the end of
the ridge. There are good views of the lake and surrounding peaks.

HALF-DAY NO. H0403-386  October 3
Dupont State Forest –
Fawn Lake P.L. #2 1130 AM
Hike 6, Drive 25, Rated B-C
Becky Elton, 828-749-1866,
abbbly@tds.net
Note early start time. We will hike the
Reasonover Trail loop. CAUTION: There is
one stream crossing requiring boots off, a
towel and appropriate footwear, if desired.
Hikers form carpools at Westgate and meet
guide hike leader at Cracker Barrel off exit
53 of I 26, NW corner of parking lot, at
12:30 PM.

Multiclub Meet in Smokies

The Smoky Mtn. Hiking Club hosts this year’s annual gathering of our S.E. hiking
clubs Sept 3-6. For more information visit
www.esper.com/smhc or call Diane Gruber at 865-977-0867. It’s to be held at Camp
Wesley Woods in Walland, TN.
No more Wednesday hikes in 4th, 2nd quarters
Many have been asked to serve as scheduler of the fourth and second quarters. Wednesday hikes but so far no one has accepted. Paula McNabb extended the grace period by volunteering to do two schedules in a row, but we still don’t have anyone to fill the job. Call or email Don Walton now if you are available. Deadline for the 4th quarter is Aug. 15.

CMC Membership continues strong
Secretary Lenny Bernstein reports that membership as of this writing is over 600 in number. The CMC continues to be the premier hiking club of the WNC area and the only one with such an aggressive trail maintenance program. We no longer publish a membership roster because of its size, but a continually updated member list is posted on the club’s website. Lenny says he will be glad to run you a copy of the database and mail it to you if requested. It is some 23 pages long.

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

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

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

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

Maps are helpful when hiking on your own. U.S. Geological Survey and TWA topographic quadrangle maps are for sale at $4.00 per sheet at local outfitters stores or by mail from Branch of Distribution, U.S. Geological Survey, Box 25296, Denver, CO 80225. State index maps for selecting quadrangles are free from the Denver office. U.S. Forest Service topographic maps (based on U.S. Geological Survey quadrangles) and maps of selected areas in Western North Carolina are available at the National Forest Service Office, 160 Zilliora St., P.O. Box 2750, Asheville, NC 28802. Call (928) 257-4209 for further information.

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

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

Return Requested

SUBMIT AWARDS NOMINATIONS
Put your thinking cap on and come up with some names for the club to consider for its two annual awards. See forms enclosed. And if you are willing to serve on the Board or take a club office, let us know with a note in the margins of the form.

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

MEMBERSHIP: Any person is eligible for membership by completing a Membership Application form and paying dues. Individual and Family memberships are $12.00 per year. Frequent non-member participants in club hikes are expected to join the Carolina Mountain Club. All members are encouraged to participate in one of the club’s many maintenance efforts. Contact a club officer for details.

Carolina Mountain Club Officers
Don Walton–286-3884 President
Les Love–658-1409 Vice President
Lenny Bernstein–236-0182 Secretary
Rebecca Smucker–286-9015 Treasurer

The Appalachian Trail: The Carolina Mountain Club is a member of the Appalachian Trail Conference, PO. Box 807, Harpers Ferry, West Virginia 25425 Telephone (304) 535-6311.

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

Editor this issue: Ginger Graziano–236-2073 gingergraz@aol.com
Editor next issue: Ginger Graziano–236-2073 gingergraz@aol.com
Deadline next issue: August 15, 2004
CAROLINA MOUNTAIN CLUB AWARD OF APPRECIATION

Name of Nominee: ________________________________________________

How long has nominee been a member of CMC? ____________________________

State the record of exceptional service that the nominee has rendered to the CMC during the past calendar year. ________________________________________________________________

Who else will be able to provide the committee with additional information about the nominee? ________________________________________________________________

Your name: ________________________________________________________

Your phone number: ________________________________________________

Your signature: ____________________________ Date: _____________________
CAROLINA MOUNTAIN CLUB DISTINGUISHED SERVICE AWARD

An annual award made to a member who, during his/her membership, has made consistent and cumulatively extraordinary contributions to the operation of the Carolina Mountain Club (CMC) and to the achievement of its goals.

GUIDELINES FOR THE CAROLINA MOUNTAIN CLUB DISTINGUISHED SERVICE AWARD

1. The minimum cumulative membership record which will be considered is five years.
2. Only one award will be made each year; however, because of the collaborative nature of some service, a joint award may be made in some years.
3. Recipients of the award will be selected by the CMC Council.

PROCEDURES FOR SELECTING RECIPIENTS OF THE CAROLINA MOUNTAIN CLUB DISTINGUISHED SERVICE AWARD:

1. The President of the CMC will appoint a standing Awards Committee.
2. Nominations for the award will be solicited through one of the quarterly issues of Let’s Go.
3. The deadline for the receipt of nominations by the committee will be September 1.
4. The Committee will develop a nominations form which will require the nominator to furnish sufficient information about the candidate to allow the committee to make informed decisions.
5. The Committee may gather all information from whatever sources it deems helpful in making the selection.
6. The Awards Committee will make its recommendation to the CMC Council by its last meeting before the annual meeting.
7. The CMC Council will make the final selection.
8. An appropriate award will be made at the annual meeting.

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CAROLINA MOUNTAIN CLUB AWARD OF APPRECIATION

An award made to any member who, during the calendar year prior to the annual meeting, has rendered such exceptional service to the operation of the Carolina Mountain Club (CMC) that its goals were significantly advanced.

GUIDELINES FOR THE CAROLINA MOUNTAIN CLUB AWARD OF APPRECIATION

1. The intent of this award is to recognize truly exceptional one-time contributions to the operation of the CMC. Thus, it is anticipated that this award will not necessarily be made each year; however, more than one award may be made in a given year.
2. Recipients of the award will be selected by the CMC Council.

PROCEDURES FOR SELECTING RECIPIENTS OF THE CAROLINA MOUNTAIN CLUB AWARD OF APPRECIATION:

Same as those printed above.

Please enter your nomination or nominations on the forms printed on the reverse side of this page and send them by September 1 to:

Awards Committee
Carolina Mountain Club
PO Box 68
Asheville, NC 28802