

## 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 Blodgett 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](http://www.landmarklearning.org)

The CMC is funding part of the cost of the course so the cost for each person is \$75 which includes 2-year certification. Registration is limited and starts when you get this newsletter. Hike leaders, section maintainers and trail crew will get first preference till September 15; after that it is first come, first serve. We expect the course to fill up quickly. TO REGISTER: Send a check for \$75 made out to Carolina Mountain Club with your name, address, home telephone number, email address **\*\*AND\*\*** a business size self-addressed stamped envelope to: Danny Bernstein, 36 Sunset Summit, Asheville, NC 28804. Questions: 828-236-0192 or [danny@hikertohiker.org](mailto:danny@hikertohiker.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<br>Distance | Second Letter<br>Elevation Gain |
|--------------------------|---------------------------------|
| <b>AA:</b> Over 12 miles | <b>AA:</b> Over 2,000 ft.       |
| <b>A:</b> 9-12 miles     | <b>A:</b> 1,500-2,000 ft.       |
| <b>B:</b> 6-9 miles      | <b>B:</b> 1,000-1,500 ft.       |
| <b>C:</b> Under 6 miles  | <b>C:</b> Under 1,000 ft.       |

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

### WEDNESDAY HIKES

Submitted by Paula McNabb, 274-0057 or gcmcnabb@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. WO403-064                      July 7  
**Fletcher Fields & Spencer Branch Trail**                      9 AM  
**Hike 7-8.5, drive 6, rated B-C**  
 Greg Goodman, 684-9703  
 This will be a woods hike, crossing small creeks, using log bridges. **Only meeting place: N. Mills River Picnic Parking.**

ALL DAY NO. WO403-384                      July 14  
**MST Big Sam Road to Looking Glass Overlook**                      9:30 AM  
 Hike 6, Drive 50, rated B-C  
 Gerry & Paula McNabb, 274-0057, gcmcnabb@charter.net, cell phone 231-8274.  
 Hike from Big Sam Road via Graveyard Fields & Skinny Dip Falls to Looking Glass Overlook. Topo: Shining Rock. Reference "Trail Profiles - MST", page 49. Car shuttle required. **Meeting place: Cold Mountain Overlook, 9:30. Asheville group may self-organize at Westgate Shopping Center at 8:30 AM.**

ALL DAY NO. WO403-242                      July 21  
**Sam Knob - Devils Courthouse Loop**                      8:30 AM  
 Hike 9, Drive 50, ascend 1200 ft., Rated A-B

Bruce Bente 828-692-0116  
 bbente@cytechusa.com  
**SB6K** From FS 816 we will ascend Sam Knob (6040 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. WO403-008                      July 28  
**Bee Tree Gap to Tanbark Tunnel**                      9:00 AM  
 Hike 6.5, Drive 30, Rated B-B  
 Elizabeth Feil, 828-684-8719, hofeil@brinet.com  
 A moderate hike over Lane Pinnacle 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. W0403-089                      August 4  
**AT: Max Patch to Lemon Gap**                      8:30 AM  
 Hike 6.2, drive 100, rated B-B  
 Diane Hankins, 828-298-2870 (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. W0403-385                      August 11  
**Fork Mountain - Little East Fork**                      9 AM  
 Hike 9, drive 0, rated B-B  
 Larry Ballard, 891-4318  
 leballard@cytechcis.net  
 Eileen McGill, 891-4409, dolphins@ioa.com  
 Start at Black Balsam to Ivestor Gap, to Little East Fork Trail, to Fork Mountain Trail, to Ivestor/Black Balsam. This is a wilderness area, so must call leader, limited to 10. **Only meeting place: Black Balsam Parking Lot.**

ALL DAY No. W0403-354                      August 18  
**Hump Mountain/ Yellow Mountain area**                      8:30 AM  
 Hike 9, Drive 130, Rated B-AA.  
 Adrian Lotherington 350 8065.  
 We'll hike from Roaring Creek Rd; to Yellow Mountain Gap at which point we 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, 587 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 worth while. **Only meeting place: McDonald's at the 25/70**

**Weaverville exit.** Topos: Carver's Gap, White Rocks Mt, TN.

ALL DAY No. W0403-247                      August 25  
**Ivestor Gap Traditional Blueberry Hike**                      8:00 A.M.  
 Hike 6, Drive 70, Rated B-C  
 Ken & Carol Deal, 828-281-4530, KMCDeal@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. Topos: Big Sam and Shining Rock**

ALL DAY No. W0403-386                      Sept. 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. W0403-387                      Sept 8  
**Green Knob - East Fork Pigeon River**                      8:30 AM  
 Hike 10, drive 80, rated A-B  
 Tom Sanders, 252-6327, mel&tgs@main.nc.us  
 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 feet. Car swap. **Only meeting place: French Broad Overlook on BRP.**

ALL DAY No. W0403-249                      Sept. 15  
**Haywood Gap/Buckeye Gap**                      8:30 A.M.  
 Hike 9, drive 70, rated A-A  
 Chuck Rosen, 298-2246  
 Follow scenic Haywood 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. W0403-112                      Sept. 22  
**Ivestor Gap**                      9AM  
 Hike 8-9, drive 12, rated A-B  
 Siro Del Favero, 277-2546

Let us welcome the autumn foliage by ascending Black Balsam Knob and Tennant Mountain on the Art Loeb Trail for a 360° panoramic view. Lunch at Ivestor Gap. Return via Graveyard Ridge Trail to view Dark Prong Falls. Last chance for green foliage. Car shuttle. **Only meeting place: Blue Ridge Parkway Cold Mountain Overlook, MP 412.**

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 Hartzler 251-0886 ruthmtn@aol.com  
**SB6K, P400 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 Trails 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 828-692-0116, bbente@cytechusa.com. Driving distance is round-trip from Asheville. All Saturday and Sunday hikes assemble at Westgate Shopping Center near I 240 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-AA  
 Carroll Koeplinger 828-6678-0723  
 carrollkoepp@cs.com  
**P400** 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 160, 10,200 ft. ascent, Rated A-AA+  
 Dave Wetmore 828-884-7296  
 dwetmore@citcom.net  
**900M Note earlier starting time.** Come and go where George Masa 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 (2000 ft. drop in 1.3 mile). Be prepared for some blowdown and briars. 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. Topos: 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 A-B  
 John Pawcio 828-299-8126  
 jpawcio@tycovalves.com  
**P400** This will be a loop from the Pink Beds parking area to the Gaging station, then over the S. Mills 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. Topos: 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 Sanow 828-658-3205  
 raysray@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.** Topos: 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  
 marlena98@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 Treverton 828-298-1882  
 athikerbabe@yahoo.com  
**SB6K, P400** Beginning with a climb up a short, steep manway to Black Balsam (6214 ft.) and Tennent Mtn (6040 ft.), we'll descend to Ivestor 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 shuttle required at end. This is a Wilderness 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. A403-242 **Aug. 1**  
**Sam Knob – Devils Courthouse Loop (moderate)** **8:30 AM**  
 Hike 9, Drive 75, ascend 800 ft., Rated A-B  
 Ruth Hartzler 251-0886 ruthmtn@aol.com  
**SB6K, P400 Note later starting time.** This hike in the cool high elevations repeats the hike that was rained out a year ago. 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 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. **Second meeting place: Cold Mtn. overlook on BRP at 9:00 AM.** Topo: Sam Knob; also Nat'l. Geographic map of Pisgah Ranger District

ALL DAY NO. A0403-368 **Aug. 8**  
**Bradley Creek & Riverside Stream Crossings** **8:00 AM**  
 Hike 9, Drive 70, 500 ft. ascent, Rated A-C  
 Tom Sanders 828-252-6327  
 mel&tgs@main.nc.us  
**P400** Designed for P400 aspirants who want to do trails with stream crossings. Although there are close to 30 stream crossings on this route, the terrain is almost level and you will enjoy the beauty of the streams and the diverse flora nearby. It is advisable to hike in tennis shoes and bring two hiking poles. Key swap, with one group starting at Turkey Pen and the other at Yellow Gap Rd. **Second meeting place: Turkey Pen parking area at 8:40 AM.** Topos: Pisgah Forest, Dunsmore Mtn.; also Nat'l. Geographic map of Pisgah Ranger District

ALL DAY NO. A0403-369 **Aug. 15**  
**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 828-658-1489.

Jorge Munoz 828-658-0606  
jmunoz@buncombe.main.nc.us

**P400** 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. At Wet Camp Gap with a field of blooming phlox, a side trail will be followed to Gage 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: BRP Cold Mtn. Overlook at 8:30 AM** Topo: Sam Knob

ALL DAY NO. A0403-370 **Aug. 22**  
**South Mills River 8:00 AM**

Hike 12.5, Drive 75, 1100 or 500 ft. ascent, Rated AA-B or AA-C

Les Love 828-658-1489 leslove@aol.com

**P400** 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 Cantrell Creek and Wolfe Ford. Two hiking poles are recommended for the stream crossings. The trail follows the old logging railroad grade, so look for old trestles at stream crossings. This hike will be done as a key swap. Topo: 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

**P400** 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 Cantrell Creek and Horse Cove Gap Trails, and then return via the Rigby cutoff. Topo: 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@hikertohiker.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 I 40 at 8:30 AM.** Topo: Dellwood

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: Bi-Lo at US 276/64 in Pisgah Forest at 8:30 AM.** Topos: 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

bpsss354@netzero.net

**Note later start time.** This will be a moderate

walk over a very scenic portion of the MST.

Enjoy the high elevation views of the surrounding mountains and hike through a section that in past years has had a bumper crop

of blueberries to pick. **Second meeting place:**

**Craven Gap on BRP at 8:45 AM.** Topos:

Montreat, Craggy Pinnacle; also "Trail Profiles

The Mountains to Sea Trail", pgs. 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

lsberns@worldnet.att.net

**SB6K, P400** 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 (6040'), climbing

Black Balsam (6214'), Tennent Mtn. (6040')

and Grassy Cove Top (6040') along the way.

This will be your chance to bag four easy

SB6K peaks while enjoying beautiful views

covering the area from Pilot Mtn. to Cold

Mtn. We'll return via the Investor Gap Trail.

Wilderness area hike limited to 10 people.

Please contact hike leader to reserve your

place. **Second meeting place: BRP Cold**

**Mtn. overlook at 9:00 AM.** Topos: 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

walt7258@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.** Topo: Little Switzerland

SATURDAY NO. A0403-375 **Sept. 25**

**AT: Sams Gap to Rice Gap 9:00 AM**

Hike 7.5, Drive 60, 1200 ft. ascent, Rated B-B

Neal Andreae 828-698-2546

nandreae@gowebway.com

**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. Topo: 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 AA-AA

Carroll Koeplinger 828-667-0723

carrollkoepp@cs.com

**SB6K, 900M** 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 6593 ft. 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 I 40 at**

**8:30 AM.** Topo: 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 AA-AA+

Don Gardner 828-754-4067

gardog3@charter.net

**SB6K** 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 8:15 AM.** Topos: Celso, Mt. Mitchell; also

PNF South Toe River Trail Map

ALL DAY NO. A0403-339 **Oct. 3**

**AT: Garenflo Gap –**

**Hot Springs (moderate) 8:30 AM**

Hike 7, Drive 85, 1100 ft. ascent, Rated B-B

Chip Miller 828-654-9331

backpacker54nc@att.net

**Note later starting time.** This AT sequence

hike offers nice variety, with a beautiful hard-

wood forest, Deer Park shelter and moderate

climbs and descents. Short car shuttle. Topos:

Lemon Gap, Spring Creek, Hot Springs

## HALF-DAY SUNDAY HIKES

Half-day hikes submitted by Pat Elias, 828-687-1651, peliasy@aol.com and Paula Robbins, 828-281-3253, paularww@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**      **1:30 PM**  
 Hike 4-5, 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 2:15 PM.**

HALF-DAY NO. H0403-285      **July 11**  
**Lane Pinnacle from Bee Tree Gap** **1:30 PM**  
 Hike 5, Drive 60, 1000 ft. Ascent, Rated C-B  
 Elisabeth Feil, 828-684-8719  
 This is a great in-and-out and up-and-down hike on a high ridge with excellent views. The climbs are short but quite steep. Moderate pace. **Second meeting place: Folk Art Center lower parking lot at 1:45 PM.**

HALF-DAY NO. H0403-380      **July 18**  
**Stambaugh Trail**      **1:30 PM**  
 Hike 4, Drive 20, Rated C-C  
 Don Walton, 828-298-5084, walt7258@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, discovered 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**      **11:00 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 arrangements made with leader before July 23).

HALF-DAY NO. H0403-381      **August 1**  
**Devil's Courthouse to**  
**Graveyard Fields**      **1:30 PM**  
 Hike 5, Drive 50, Rated C-C  
 Egon Fricke, 828-926 2307, frickeegon@aol.com



We will leave one or more cars at the meeting 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**      **1:30 PM**  
 Hike 4, Drive 40, Rated CB  
 Boyd Brasington, 828-254-8675, boydb@buncombe.main.nc.us  
 We will follow a nice trail through the woods to Frying Pan Gap and then a jeep 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**      **1:30 PM**  
 Hike 5, Drive 72, Rated C-B  
 Bill Ross, 828-271-799, wrossmath@CS.com  
 After a moderate climb on the Appalachian Trail, we will be rewarded with an outstanding view from Rich Mountain.

HALF-DAY NO. H0403-286      **August 22**  
**Sycamore Cove**      **1:00 PM**  
 Hike 7, Drive 60, 1000 ft. ascent, Rated B-B  
 Pat Elias, 828-687-1651, peliasy@aol.com  
**Note early start time.** A moderate hike in the Pisgah National Forest with several easy stream crossings. Hikers to form carpools at Westgate and meet hike leader at Davidson River Campground parking lot at 1:30 PM.

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, marlena98@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: Dunsmore Mtn.

HALF-DAY NO. H0403-067      **September 5**  
**Douglas Falls**      **1:30 PM**  
 Hike 4, Drive 60, Rated C-B  
 Jorge Munoz, 658-0606

jmuno@buncombe.main.nc.us

The treat really starts on our way up, driving six miles of Forest Service road by "Miracle Mountains". After a very short hike we will be treated to a view of one of the highest waterfalls in our area. Soon after starting the climb past the waterfall we will pay respects to the most outstanding tree growing on our beloved mountains.

HALF-DAY NO. H0403-383      **September 12**  
**Big Creek**      **1:30 PM**  
 Hike 5, Drive 50, Rated C-C  
 Paula Robbins, 828-281-3253, paularww@bellsouth.net  
 This in-and-out hike begins near the Hendersonville Reservoir. Suitable for beginning hikers. **Second meeting place: North Mills River Recreation area at 2:00 PM.**

HALF-DAY NO. H0403-384      **September 19**  
**Snowball Trail**      **1:30 PM**  
 Hike 5.5, Drive 50, Rated C-B  
 Danny Bernstein, 828-236-0192, danny@hikertohiker.org  
 A nice, steady climb to High Rocks (Hawkbill Mountain) for outstanding views. We will continue beyond Hawkbill and snack at Snowball Gap. **Second meeting place: Craven Gap on BRP at 1:45 PM.**

HALF-DAY NO. H0403-385      **September 26**  
**Three Tree Ridge**      **1:30 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 not 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**      **11:30 AM**  
 Hike 6, Drive 25, Rated B-C  
 Becky Elston, 828-749-1886, abbybail@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 to form carpools at Westgate and meet 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](http://www.esper.com/smhc) or call Diane Gruber at 865-977-0807. 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 quarter 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.

**Passengers 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 rain wear.

**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 T.V.A. topographic quadrangle maps are for sale at \$4.00 per sheet at local outfitting stores or by mail from Branch of Distribution, U.S. Geological Survey, Box 25286, Denver, CO 80255. 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 Zillicoa St., P.O. Box 2750, Asheville, NC 28802. Call (828) 257-4200 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 shrubs or wild flowers, 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](http://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-298-5084 PRESIDENT Les Love-658-1489 VICE PRESIDENT  
Lenny Bernstein-236-0192 SECRETARY Becky Smucker-298-5013 TREASURER  
COUNCIL MEMBERS: Les Love-658-1489, Linda Blue-645-4488,  
Piet Bodenhorst-298-8371, Bruce Bente-692-0116, Bill Ross-271-7992,  
Stuart Tauber-254-0824.  
Morgan Sommerville-254-3708 ATC FIELD REP

Quarterly Council meetings are open to all Club members. Call any Council member for date, time and place.

**THE APPALACHIAN TRAIL:** The Carolina Mountain Club is a member of the Appalachian Trail Conference, P.O. Box 807, Harpers Ferry, West Virginia 25245 Telephone (304) 535-6331.

### Responsibility For Safety

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

Editor this issue: Gerry McNabb-274-0057 [gcmcnabb@charter.net](mailto:gcmcnabb@charter.net)

Editor next issue: Ginger Graziano-236-2075 [gingergraz@aol.com/](mailto:gingergraz@aol.com/)

Deadline next issue: August 15, 2004

NOMINATION FORMS, 2004 – Attach additional sheets if needed

Carolina Mountain Club Distinguished Service Award

Name of Nominee: \_\_\_\_\_

How long has nominee been a member of CMC? \_\_\_\_\_

Notable contributions of the nominee to the operation and goals of the CMC:  
\_\_\_\_\_  
\_\_\_\_\_

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

Your name: \_\_\_\_\_

Your phone number \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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 phonenumber \_\_\_\_\_

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.



## 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