

Second meeting place: Pisgah Forest Bi-Lo (intersection of NC 280 & US 64) side parking lot at 1:00 PM.

HALF-DAY NO. H0803-533 Sept. 21
Looking Glass Overlook
 to Wagon Road Gap on the MST *1:00 PM
 Drive 70, Hike 5, 1500 ft. Ascent, Rated C-A
 Nonmembers, call leader, Bruce Bente,
 828-692-0116, bbente@bellsouth.net

P400 *Note earlier start time. Meet at Westgate at 1:00 PM to form carpools, and meet leader at BRP Wagon Road Gap Overlook (M.P. 412) at 1:40 PM. Although this hike is only 5 miles in length, please note that it will ascend a total of 1500 ft. It features great views from Green Knob as a payoff for the climb. Short car shuttle. Possible supper afterwards at Pisgah Inn.

HALF-DAY No. H0803-318 Sept. 28
Big Ridge Overlook
 to Beaver Dam Overlook *1:00 PM
 Hike 4.4, Drive 35, Rated C-C
 Nonmembers, call leader, Paula Robbins,
 828-281-3253, paularww@bellsouth.net

P400 *Note early start time. This in-and-out hike along the MST near milepost 403 of the Blue Ridge Parkway is a good one for beginners. It will feature some fall wildflowers and good views. **Second meeting place: French Broad Overlook of the Blue Ridge Parkway at M.P. 393 at 1:10 PM.**

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

Return Service Requested

NEXT CMC COUNCIL MEETING

When: Thursday, August 7, 2008
Where: Greenlife Community House, Merrimon Avenue
Time: 6:00 PM
Info: Call Becky at 828-298-5013 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.carolinamtclub.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.

TRAIL MAINTENANCE AND CONSTRUCTION: CMC maintains 92 miles of the Appalachian Trail, 130 miles of the Mountains-To-Sea Trail, and over 100 miles of other trails. It is also active in the construction of new trails. There are a variety of ways for individuals to become involved in these activities. Phone the Councilor for Trail Maintenance for details.

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

RESPONSIBILITY FOR SAFETY: Each CMC member and guest agrees to accept personal responsibility for his or her own safety and for the safety of accompanying minors. The Club cannot ensure the safety of any participant on hikes or trail maintenance activities. Each participant agrees to hold harmless and free from blame event leaders and the CMC, its officers and members, for any accident, injury or illness which might be sustained from participating in Club hikes and other activities.

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

MEMBERSHIP: Everyone is eligible for CMC membership by 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.

CAROLINA MOUNTAIN CLUB OFFICERS

President: Becky Smucker, 298-5013
Vice-President: Barth Brooker, 299-0298
Secretary: Kathleen Hannigan, 298-4591
Treasurer: Carroll Koepplinger, 667-0723
Immediate Past President: Lenny Bernstein, 236-0192
Councilor for Conservation: Ruth Hartzler, 251-0886
Councilor for Education: Cindy McJunkin, 213-1794
Councilor for Hiking: Charlie Ferguson, 398-0213
Councilor for Membership: Ashok Kudva, 698-7119
Councilor for Trail Maintenance: Bill Newton, 693-4033
Councilors at Large: Don Gardner, 754-4067; Jim Reel, 738-0751

Editor: Stuart English, 883-2447, stuengo@citcom.net
Deadline next issue: Aug. 15, 2008



THIRD QUARTER 2008
 Quarterly News Bulletin
 and Hike Schedule



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



Sharing memories at the spring social: Clockwise from top left, Becky Smucker holds the microphone for Bernard Elias as he tells a story; Norma and Nina Forbes; Lew and Jane Blodgett; Sherman Stambaugh.



Spring social relives memories, creates new ones

On an April 19 that started darkly with promises of rain, the clouds broke and the sun came out just in time for the third annual spring social at the University of NC Arboretum.

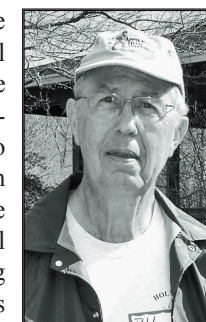
The event was organized by Les and Catherine Love and Sherman Stambaugh. As usual, two moderate hikes were led by Sherman and Paula Robbins. The highlight of the day however, was the Old Timers event organized by Becky Smucker. Members with 25 years or more membership were given special invitations to share their memories with us. Among those present were Bernard Elias (member since 1941), Norma and Nina Forbes (who joined in 1956), Elizabeth and Heinz Feil (1963), Gerry McNabb (1964), Lew and Jane Blodgett (1972), John Kiefer (1972), Sherman (1973), and Tom Bindrim (1982).

There were many great stories told that created an appetite for more. Bernard told of the time his car was stolen near Cosby, Tenn. on a hike to Madron Bald.

He, Tom Bindrim, and Joan Lemire had to wait until late in the night to get a ride back to Asheville. The car was found much later, completely stripped. Elizabeth and Heinz Feil told of hiking with Arch Nichols, one of the legendary creators of the Mountains to Sea Trail. Elizabeth told of leading a hike with 121 hikers! John Kiefer was struck by lightning on a hike. Jane Blodgett was coeditor of *Let's Go* for 21 years. Nina Forbes read a great poem written by an old friend that captured the spirit of hiking. Many remembered hiking with friends no longer with us: Art Loeb, Alan Barton, and others. All this gives a much needed perspective to our own involvement with the club and makes it seem almost insignificant. We have a long way to go, but much to look forward to.

COUNCIL CORNER

As a long time member of a trail crew, I know the rewards of working with others to clear and maintain our trails. We have a lot of fun and feel that we are making good contributions to the hiking public at large – not just CMC members, but anyone who enjoys the great outdoors. Many of our crew members are not hikers but enjoy the work in the woods and the comradeship.



The Club sponsors four maintaining crews which work during the week and

a quarterly Saturday crew which for the most part is constructing the MST.

I have felt for some time that of the large number of members in the club, there must be many who would enjoy working on the trails, but having full time jobs do not have the time. If you feel you would enjoy working with a regular Saturday crew, please contact me or any council member. The proposed crew will not replace the quarterly crew, but may work with them from time to time.

We will provide training and tools necessary for the job, and I suspect you will enjoy the trail work as much as I have over the years.

Bill Newton

CMC has new author, challenge program

Peter Barr has combined his love of fire towers and his passion for the outdoors into an historical and hiking guidebook to the lookout towers of western North Carolina. Titled *Hiking North Carolina's Lookout Towers*, the book includes natural and cultural history for 26 towers and their mountains. It is complete with detailed hiking routes of varying length and difficulty to guide hikers of all abilities to these historic lookouts. Descriptions of the panoramic vistas afforded by each tower are also included.

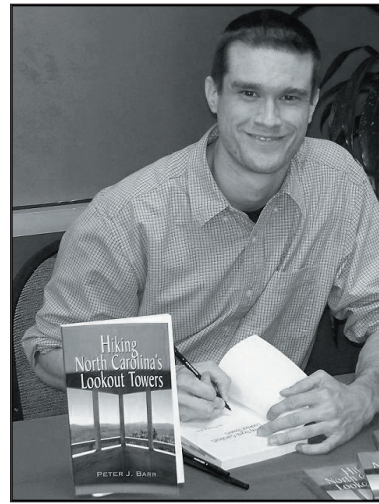
Barr is director of the newly established NC chapter of the Forest Fire



Lookout Association (FFLA) and hopes to organize restoration projects for many western NC towers, including Shuckstack along the AT in the GSMNP. He is also working to arrange hiker access dates to the tops of other lookouts including Albert Mtn, Fryingpan Mtn, Camp Creek Bald, and Joanna Bald.

Visit <http://www.nclookouts.com> for information on the FFLA and to buy the book.

To promote hiking and the preservation of WNC lookout towers, the CMC has formally adopted a new challenge program: the **Lookout Tower Challenge (LTC)**. The program challenges hikers to reach 24 lookouts in western NC. Completion is rewarded with a patch, certificate, and formal club recognition at the annual banquet. For more information on the LTC, visit <http://www.carolinamtclub.org>.



Peter Barr

Nominations needed for CMC awards and council members

At our annual meeting each year, CMC makes two awards: a Distinguished Service Award recognizing long-service to the Club and an Award of Appreciation, for the member who has contributed most to the Club over the past year. The Awards Committee would appreciate your nominations by September 1. Please use the enclosed form.

At the Annual Meeting we also will be electing new Council members. If you are interested in being considered for one of the open positions, please send your name and a list of the things you have done for CMC (committee memberships, hikes led, trail maintenance) to Lenny Bernstein (Lsberns@att.net) by September 1.



Trail crew members tackle a downed tree during an early spring work day.

CMC members help community in many ways

CMC members are active people. That is one of the reasons they hike. Recently, we investigated the number of members who volunteered for various non-profit organizations around the area (other than our club).

Here is just a sample:

Gerry McNabb teaches art at the College for Seniors, edits his neighborhood newsletter, works with the Unitarian Church. Ken and Carol Deal help build houses for the Habitat for Humanity. Carroll Keoplinger is a certified mediator for the Mediation Center. Ted Connors, Bruce Bente, Rusty

Breeding, and Jack Fitzgerald tutor for the Blue Ridge Literacy Council. Marcia Bromberg volunteers at Manna Food Bank where she is Board Treasurer and visits member agencies. Marcia also is on the Asheville Greenway Commission.

Becky Elston volunteers at the Hendersonville Free Clinic, at the Carl Sandburg house and leads trail walks at the Arboretum. Paula Robbins volunteers at the NC Arboretum. Jean Gard and Bobbi Powers read to the blind for Regional Audio Information Service, R.A.I.S.E. Bobbi also tutors

for the Buncombe County Literacy Coalition. Jean Gard also volunteers for Animal Compassion Network. Bruce Bente is also on the hiking committee for the Carolina Land Conservancy. Tom Sanders teaches at the College for Seniors. Jack Fitzgerald delivers for Meals on Wheels, tutors math, and coordinates Attic Ministry for his church.

We realize that among our vast membership that there are assuredly many more volunteers out there. If you volunteer, or know a member that does, email the editor with the member's name and volunteer information. You deserve the recognition!

Inaugural Saturday maintenance outing



Above, Pete (Alan) Petersen and Terry Eld enjoy a finished trail. In the photo to the right, Jackie Franklin and Jim Ariail use hazel hoes and fire rakes to clean out a water break.



Trail maintenance has always been an important part of our club. But for years it seemed as if there was a large gap between the hikers and the maintainers. In an effort to bridge this gap, through the efforts of our council, trail maintenance has come into the light and reaches the awareness of even our newest members. The council decided to start a fifth working crew on Saturday to give those who worked during the week a chance to participate.

On a beautiful Saturday, May 17, ten people gathered for a day working in the woods. The work consisted of water bar cleaning and lopping on the Cat Gap Loop Trail. Our members are finding that this can be a fun and rewarding activity. Hopefully this will continue. More work will be done on the trails and more people will enjoy healthy activity outdoors: definitely a win-win situation.

Hiking schedules follow pattern

In response to recent questions, we thought it would be a good idea to review the hiking schedules that you see in *Let's Go*. There is a pattern to the schedules of which many people may not be aware. Hikes are scheduled in the following way:

- An all-day hike every Wednesday;
- A half-day hike every Sunday;
- An all-day hike every Sunday;
- On the first Sunday of every month, a strenuous and a moderate hike are scheduled;
- On the last Saturday of every month, an all-day hike is scheduled;
- A joint hike is held every Memorial Day with the Smoky Mountains Hiking Club.

In addition to these hikes, special theme hikes, backpacks or hiking weekends may be scheduled from time to time.

The CMC Hiking Committee encourages members to suggest hiking events that you would like us to schedule.

How To Join the CMC

1. Go to www.carolinamtclub.org
2. Click on 'How to Join' (upper left)
3. Print out the "CMC Application Form"
4. Fill it out, Write a check for your dues and ...
5. Mail to CMC, PO Box 68, Asheville NC 28802 or ... write to us and we'll mail you an application.



On the AT on Roan Mountain: Summer is coming and CMC hikers seek high places.

Search and Rescue Committee forming

The new Search and Rescue Committee is in the planning stages to make CMC a viable resource in the event of emergency searches in our area. We will need to do the following things:

- Solicit the interest of our membership
- Set up a membership contact method for use in emergencies
- Establish contact with SAR agencies in WNC
- Post emergency contact information at the shelters
- Develop access and hazard information and distribute to cooperating agencies

Any member who would like to volunteer contact information to this committee: home phone, cell phone, email address, in case we are called upon to assist in a search, can contact Frank Goldsmith at frankgold@earthlink.net, 828-230-6977, or Stuart English at stuengo@citcom.net, 828-883-2447.

SATURDAY NO. A0803-547 **Sept. 27**
MST west from Balsam Gap *9:00 AM
 Hike 7, Drive 80, 1600 ft. ascent, Rated B-A
 Marianne Newman, 828-257-2136,
 marianneln@msn.com
 *Note later start time. Come to see the MST
 extension that CMC has been building for the last
 6 years. We did a similar hike 1-1/2 years ago, but
 six subsequent CMC work days have extended the
 new trail farther uphill. We will hike the MST from
 Balsam Gap to the end of trail and perhaps a little
 farther. Car shuttle. **Second meeting place: Rest
 area beyond Waynesville on US 23/74 at 9:30
 AM.** Topo: Hazelwood

ALL DAY. NO. A0803-475 **Sept. 28**
Hump Mountain *8:30 AM
from Yellow Mtn. Gap
 Hike 9, Drive 130, 2400 ft. ascent, Rated A-AA
 Jim Reel, 828-738-0751, jimr57@yahoo.com
 *Note later start time. Meet at Westgate at
**8:30 AM to form carpools, and meet leader at
 Burnsville McDonald's at 9:00 AM.** 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 worth-
 while. Topos: Carver's Gap, White Rocks Mtn.

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, lucette32@mchsi.com, 828-693-6580.
 Driving distance is round-trip from Asheville. All
 hikes assemble at the east end of the Westgate
 Shopping Center near Exit 3B off I-240 UNLESS
 OTHERWISE NOTED. Some hikes will have sec-
 ond meeting places as described in hike listings.

HALF-DAY NO. H0803-463 **July 6**
Big Ridge Overlook *1:00 PM
to Elk Pasture Gap
 Hike 4.4, Drive 50, 600 ft. ascent, Rated C-C
 Nonmembers, call leader, Barry Fletcher,
 828-299-4776, Hmflet@aol.com
P400 *Note early start time. We will do a mod-
 erate hike from the Big Ridge Overlook to Elk
 Pasture Gap and return on the Mountains-to-Sea
 Trail. If we're lucky we will see lots of Turk's Cap
 Lilies in bloom at that time near the Mills River
 Valley Overlook. Short car shuttle. **Second meet-
 ing place: BRP French Broad River Overlook at
 M.P. 393 at 1:10 PM.**

HALF-DAY NO. H0803-346 **July 13**
Folk Art Center *1:00 PM
to Haw Creek Overlook on MST
 Hike 5, Drive 15, Rated C-C
 Nonmembers, call leader, Lucy Prim,

828-693-6580, lucette32@mchsi.com
 *Note early start time. This favorite moderate
 hike on the Mountains-to-Sea Trail is rewarded
 with great views of the Haw Creek Valley. Short
 car shuttle. **Second meeting place: back park-
 ing lot of Folk Art Center off the Blue Ridge
 Parkway at 1:15 PM.**

HALF-DAY NO. H0803-434 **July 20**
Laurel Mountain Trail *1:00 PM
 Hike 4-5 miles, Drive 40, C-C
 Nonmembers, call leader, Greg Goodman,
 828-684-9703, greggoodman@bellsouth.net
P400 *Note early start time. Meet at Westgate
 at 1:00 PM to form carpools, and meet leader
 at the North Mills River parking area at 1:30
 PM. This loop hike will start at FS 1206, go along
 a ridge trail toward Black Mountain, and return via
 the Laurel Mountain Trail. There should be good
 views of the Mills River Valley.

HALF-DAY NO. H0803-578 **July 27**
Flat Laurel Creek, *12:30 PM
Little Sam Knob, MST Loop
 Hike 6.5, Drive 80, Rated B-B
 Nonmembers, call leader, Gerry McNabb,
 828-274-0057, gerrymcnabb@charter.net
P400 *Note early start time. This is a pleasant
 loop trail with views of Big Sam Knob, Fork Ridge
 and Flat Laurel Creek. We'll begin on the Flat
 Laurel Creek Trail, which ascends gradually until
 we are hiking next to the creek, where we will
 stop for a snack. Little Sam Knob Trail connects
 to the Mountains-to-Sea Trail, which will take us
 back down to our starting point at NC 215. **Second
 meeting place: Pisgah Inn, north end of parking
 lot, 1:00 PM.**

HALF-DAY NO. H0803-046 **Aug. 3**
Bent Creek Loop #12, MST side *1:00 PM
 Hike 5, Drive 20, Rated C-C
 Nonmembers, call leader, Tom Sanders,
 828-252-6327, tomary2@charter.net
P400 *Note early start time. This loop hike
 will pass by Lake Powhatan and ascend to the
 Mountains-to-Sea Trail via the Sherman Stambaugh
 Trail. We will then descend on the Sleepy Gap Trail
 and wander on the Explorer and Pine Tree Trails.

HALF-DAY NO. H0803-222 **Aug. 10**
Montreat Loop #3 *1:00 PM
 Hike 5, Drive 40, 1200 feet ascent, Rated C-B
 Nonmembers, call leader, Gail Lamb,
 828-350-0450, galmb46@aol.com
 *Note early start time. We will ascend by the
 Graybeard Trail to the Old Trestle Road at Pot Cove
 Gap, then follow a recently cleared and opened sec-
 tion of the Old Trestle Road 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. **Second meeting
 place: Parking lot adjacent to McDonald's off
 I-40 at Exit 64 at 1:20 PM.**

HALF-DAY NO. H0803-587 **Aug. 17**
Catawba Falls *1:00 PM
 Hike 4, Drive 40, 600 ft. ascent, Rated C-C
 Nonmembers, call leader, Becky Elston,
 828-749-1886, belston@cytechusa.com
 *Note early start time. Since the 1870s when
 Rufus Morgan photographed the Catawba Falls,
 people have hiked along the Catawba River to
 view these spectacular waterfalls. After years of
 being off-limits, the falls are now on their way
 to becoming open to the public. **Second meeting
 place: Parking lot adjacent to McDonald's at
 Exit 73 (Old Fort) off I-40 at 1:30 PM.** Topo:
 Black Mountain.

HALF-DAY NO. H0803-437 **Aug. 24**
Slate Rock Creek/ *1:30 PM
Slate Rock Ridge/Pilot Cove
 Hike 5, Drive 40, 1300 ft. ascent, Rated C-B
 Nonmembers, call leader, Lee Belknap,
 828-698-9394, rivergypsy@sprintmail.com
P400 *Meet at Westgate at 1:30 PM to form
 carpools, and meet leader at Pisgah Ranger
 Station, US 276 at 2:05 PM. This is a moderate
 hike up beautiful Slate Rock Creek and along Slate
 Rock Ridge. The hike includes waterfalls and a
 great view of Pilot Rock from the ridge top. Short
 car shuttle.

HALF-DAY NO. H0803-490 **Aug. 31**
Craven Gap to Folk Art Center *1:00 PM
 Hike 5.4, Drive 11 miles, 750 ft. ascent,
 Rated C-C
 Nonmembers, call leader, Renate Rikkers,
 828-298-9988, rerrickers@aol.com
 *Note early start time, and that the only meet-
 ing place is the back parking lot of the Folk
 Art Center off the BRP. A pleasant hike along
 the Mountains-to-Sea Trail, with a gradual 1640
 ft. descent.

HALF-DAY NO. H0803-615 **Sept. 7**
Black Balsam Loop *12:30 PM
via Graveyard Ridge Trail & ALT
 Nonmembers, call leader, Marcia Bromberg,
 828-505-0471, mwbromberg@yahoo.com
P400 *Note early start time. Begin at FS 816,
 north on MST to Graveyard Ridge Trail. Left on
 Graveyard Ridge Trail to Investor Gap. Return on
 Art Loeb over Tennant and Black Balsam. 6 miles.
 We should see blueberries along the way. Also,
 great views! **Second meeting place: Pisgah Inn,
 north end of parking lot, at 1:00PM.**

HALF-DAY NO. H0803-407 **Sept. 14**
Dill Falls *12:30 PM
 Hike 5, Drive 85, Rated C-C
 Nonmembers, call leader, Bonnie Allen,
 828-645-0357
P400 *Note early start time. We will hike to Dill
 Falls, a magnificent 70 ft. waterfall, then hike up
 the west side of Tanasee Creek from the point
 where Charles Creek Road crosses the creek. There
 will be two stream crossings that require wading.

HIKE SCHEDULE Third Quarter 2008

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.

Also in the hike descriptions, the terms easy,
 moderate or strenuous reflect the overall trail
 conditions, physical challenge and other factors
 influencing hike difficulty. If you have questions
 or if the weather on the day of the hike is question-
 able, contact the leader.

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

CHALLENGE PROGRAMS:

SB6K For hiking all 40 peaks above 6000'.
 For information, contact Don Gardner,
 gardog3@bellsouth.net

P400 For hiking every trail in Pisgah Ranger
 District. For information, contact Don Gardner,
 gardog3@bellsouth.net

900M For hiking every trail in GSMNP. For infor-
 mation, contact John Gallemore, kelarco@aol.com

LTC For hiking to all 24 Lookout towers in
 WNC. For information, contact Don Gardner,
 gardog3@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 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 W0803-374 **July 2**
Creek Road to Bald Knob 8:00 AM
 Hike 11, Drive 80, 2500 ft. ascent, Rated A-AA
 Janet Martin, 502-494-9309 (cell),
 jaykaymartin@msn.com
 We'll go north of our usual hiking area to hike
 the MST south from NC 221 to the North Fork of

SATURDAY WORK DAY

Here is a great chance to learn what is
 involved in trail maintenance. The quarterly
 Saturday work day will be in August; call
 Les Love at 828-658-1489 (lesrlove@charter.
 net) to verify date.

the Catawba River After crossing the new MST
 bridge over the river, we'll hike north to the sum-
 mit of Bald Knob, and return via the same route.
**Second meeting place: Parking lot adjacent to
 McDonald's at Exit 64 of I-40 at 8:20 AM** Topo:
 Little Switzerland

WEDNESDAY NO W0803-611 **July 9**
Big Ivy - Walker Ridge Loop 8:30 AM
 Hike 8.2, Drive 34, 1950 ft. ascent, Rated B-A
 Ken & Carol Deal, 828-281-4530,
 cnkdeal@charter.net

We'll start our hike on the Walker Creek Trail,
 veer off to the steep and rocky Staire Creek Trail,
 and continue up on the Bear Pen Trail. Most of the
 altitude gain is accomplished during the first hour
 of the hike. The ascent will be at a moderate pace.
 Our next two miles is a stroll on the meadow-like
 Laurel Gap Trail, before heading back down to the
 cars, using the Perkins and Walker Creek Trails.
 These trails are rocky and steep in spots. There
 are several stream crossings on this hike. Topo:
 Mt Mitchell, Craggy Pinnacle, Montreat; also
 South Toe/Big Ivy FS map RG355 and Nat'l. Geo.
 Linville Gorge Mt. Mitchell map #779

WEDNESDAY NO W0803-529 **July 16**
Fletcher Fields & Spencer Br. Trail *8:30 AM
 Hike 9, Drive 60, 900 ft. ascent, Rated B-C
 Greg Goodman, 828-684-9703,
 greggoodman@bellsouth.net

P400 *Meet at Westgate at 8:30 AM to form
 carpools, and meet leader at pull-out just before
 Mills River Recreation Area at 9:00 AM. This
 will be a woods hike, crossing small creeks, mostly
 using log bridges. It will cover Fletcher Creek
 and Spencer Branch trails, with an in-and-out on
 the Middle Fork trail, and returning on FS 5097,
 an easy bushwhack, the Big Creek Trail, past the
 Hendersonville Reservoir, then to the Trace Ridge
 trailhead. Topo: Dunsmore Mt; also Nat'l. Geo.
 PRD map #780

WEDNESDAY NO W0803-044 **July 23**
Lost Cove Stream Hike 8:00 AM
 Hike 7.5, Drive 150, 1500 ft. ascent, Rated B-B
 Brenda Worley, 828-684-8656,
 clworley@bellsouth.net

Everyone enjoyed this Sunday hike in the Wilson
 Creek area last year, so we're offering it on
 Wednesday for the first time. It features spectacular
 waterfalls and the best swimming anywhere. Bring
 your bathing suit. Be prepared for several wet-foot
 stream crossings. Optional supper afterwards at
 Little Siena. **Second meeting place: Parking lot
 adjacent to McDonald's off I-40 at Exit 64 at
 8:20 AM.** Topo: Grandfather Mtn.; also USFS
 Wilson Creek map and Nat'l. Geo. Linville Gorge
 Mt. Mitchell map #779

WEDNESDAY NO W0803-249 **July 30**
Haywood Gap / Buckeye Gap *8:30 AM
 Hike 9, Drive 80, 1500 ft. ascent, Rated A-A
 Stu English, 828-883-2447, stuengo@citcom.net

P400 *Meet at Westgate at 8:30 AM to form car-
 pools, and meet leader at Cold Mtn. Overlook
 on BRP at 9:10 AM. We'll hike the MST and the
 Buckeye Gap Trail in the Middle Prong Wilderness,
 down a ridgeline on an old logging railroad grade,
 then pass an old logging camp. At the junction
 with the Haywood Gap Trail, we'll hike steeply up
 alongside Haywood Gap stream to Haywood Gap
 and follow the MST back to our cars. *Wilderness
 area hike, limited to ten hikers – call leader for res-
 ervations.* Topo: Sam Knob; also Nat'l. Geo. PRD
 map #780 and USFS Shining Rock and Middle
 Prong Wilderness map

WEDNESDAY NO W0803-357 **Aug. 6**
Pisgah Ridge Loop 9:00 AM
 Hike 7.5, Drive 70, 1500 ft. ascent, Rated B-B
 Joe Burchfield, 828-298-8413,
 burchfield@niu.edu

P400 We'll do a scenic circle of the entire
 Graveyard Fields area, using the Pisgah Ridge
 Trail and MST to lunch at a beautiful overlook.
 Then we'll follow the Graveyard Ridge Trail, with
 a side trip to one of the Yellowstone Falls. Possible
 early blueberry sightings. **Second meeting place:
 Cold Mtn. Overlook on BRP at 9:40 AM.** Topos:
 Shining Rock, Sam Knob; also Nat'l. Geo. PRD
 map #780 and USFS Shining Rock & Middle
 Prong Wilderness map

WEDNESDAY NO W0803-475 **Aug. 13**
Hump Mtn./Yellow Mtn. Area *8:30 AM
 Hike 9, Drive 140, 2400 ft. ascent, Rated B-AA
 Adrian Lotherington, 828-484-9132,
 jaloth@charter.net

***ONLY MEETING PLACE: Rose's car park,
 across from McDonald's at the US 25/70
 Weaverville Exit #19 at 8:30 AM.** 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 will have lunch on a grassy bald at 5587
 ft. The fabulous vistas and meadows full of flow-
 ers make the drive and moderately strenuous walk
 very much worthwhile. Topos: Carvers Gap, White
 Rocks Mtn.; also Nat'l. Geo. South Holston and
 Watauga Lakes map #783

WEDNESDAY NO W0803-612 **Aug. 20**
Flat Laurel Ck./Devil's Courthouse *8:00 AM
 Hike 7.5, Drive 70, 500 ft. ascent, Rated B-C
 Becky Elston, 828-749-1886,
 belston@cytechusa.com

P400, SB6K *Meet at Westgate at 8:00 AM to
 form carpools, and meet hike leader at Cold
 Mtn. Overlook on BRP at 8:40 AM. We will go
 south on the Art Loeb Trail and view Pilot
 Mountain from an off trail overlook and then to
 Little Sam Trail north to have lunch on Flat Laurel
 Creek. Then south to Devil's Courthouse and back
 to the cars. Possible optional side trip to SB6K
 Chestnut Bald. Topos: Shining Rock, Sam Knob;
 also Nat'l. Geo. PRD map #780

WEDNESDAY NO W0803-337 **Aug. 27**
Shining Rock from Black Balsam *8:30 AM
(difficult)

Hike 11, Drive 65, 1500 ft. ascent, Rated A-A
Charlie Ferguson, 828-333-5165,
ccf108@gmail.com
SB6K, P400 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. We'll return via the Ivestor Gap Trail to get a different perspective on the same area. *Wilderness area hike, limited to ten hikers – call leader for reservations.* **Second Meeting Place: BRP Cold Mtn. Overlook at 9:10 AM.** Topo: Shining Rock, Sam Knob; also Nat'l. Geo. PRD map #780.

WEDNESDAY NO W0803-247 **Aug. 27**
Ivestor Gap Blueberry Hike *8:30 AM
(easy)

Hike 5, Drive 65, 500 ft. ascent, Rated C-C
Bonnie Allen, 828-645-0357
P400, SB6K Our traditional hike to the picking fields of Grassy Cove Top in the Shining Rock Wilderness. While others are picking blueberries, there is an optional hike to the top of 6000 ft Grassy Cove Top (more blueberries). Everyone should bring berry picking containers (milk jugs) and a hat and sunscreen. *Wilderness area hike, limited to ten hikers – call leader for reservations.* **Second Meeting Place: Cold Mtn. Overlook on BRP at 9:10 AM.** Topo: Sam Knob; also Nat'l. Geo. PRD map #780

WEDNESDAY NO W0803-091 **Sept. 3**
Blacks South of Mt. Mitchell 8:00 AM

Hike 9, Drive 90, 2000 ft. ascent, Rated A-A
Tom Sanders, 828-252-6327, tomary2@charter.net
SB6K From Mt. Mitchell we will follow the Old Mitchell Trail south with a bushwhack to climb Mt. Hallback (6320 ft.), then to 6571 ft. Mt. Gibbes and continuing to Potato Knob, with return by partially alternate route. **Second Meeting Place: Parking lot adjacent to McDonald's at Exit 64 of I-40 at 8:20 AM.** Topo: Mt. Mitchell, Montreat; also USFS. South Toe River, Mt. Mitchell & Big Ivy Trail Map

WEDNESDAY NO W0803-520 **Sept. 10**
Clawhammer via Pressley Cove *9:00 AM

Hike 7.7, Drive 70, 2000 ft. ascent, Rated B-A
Ashok Kudva, 828-698-7119,
ashok.kudva@mchsi.com
P400 *Meet at Westgate at 9:00 AM to form carpools, and meet leader at Pisgah Ranger Station at 9:35 AM. This hike will start with a steep climb on the Pressley Cove Trail, then finish the climb on the Black Mtn. Trail. Great views at lunch from the Clawhammer Overlook. Short car shuttle. Topo: Pisgah Forest; also Nat'l. Geo. PRD map #780

WEDNESDAY NO W0803-242 **Sep. 17**
Sam Knob/Devil's Courthouse *8:30 AM

Hike 8.5, Drive 75, 1500 ft. ascent, Rated B-B

Ruth Hartzler, 828-251-0886, ruthmtn@charter.net
SB6K, P400 From FS 816 we will ascend Sam Knob (6040 ft.) with its 360 degree views, then hike though high meadows on the Flat Laurel and Little Sam Trails and the MST via Devil's Courthouse. We then return via the MST across FS 816 and up to the summit of Black Balsam (6214 ft.), then down to our cars. *Note: Ask the leader about options which can reduce the distance and ascent for this hike.* **Second Meeting Place: Cold Mtn. Overlook on BRP at 9:10 AM.** Topo: Sam Knob; also Nat'l. Geo. PRD map #780

WEDNESDAY NO W0803-250 **Sept. 24**
Douglas Falls/Locust Ridge Circuit 8:00 AM

Hike 11, Drive 60, 2000 ft. ascent, Rated A-A
Bruce Bente, 828-692-0116, bbente@bellsouth.net
SB6K This popular diversified hike features beautiful Douglas (Carter Creek) Falls, a climb through a hemlock forest to the MST, and a scenic lunch stop at the BRP Greybeard Overlook. Optional climb to Craggy Dome (6080 ft.) during lunch stop. After lunch, we'll see great views from a high mountain meadow, and then bushwhack down Locust Ridge. Short car shuttle. Topo: Montreat and Craggy Pinnacle; also Nat'l. Geo. Linville Gorge Mt. Mitchell map #779

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 east 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.

ALL DAY NO. A0803-613 **July 6**
AT: Carvers Gap – Iron Mtn. Gap 8:00 AM
(strenuous)

Hike 13.8, Drive 130, 2500 or 4200 ft. ascent, Rated AA-AA+
Tish Desjardins, 828-656-2191,
desraylet@aol.com, and Susanna Whitaker,
828-808-3071, susannawhitaker@hotmail.com
SB6K This long and beautiful key swap hike on the AT hasn't been done by CMC in 9 years, and offers dense forests, spectacular views and two SB6K summits along the way. Expect late return. Topos: Carvers Gap, Bakersville, Iron Mtn. Gap; also Nat'l. Geo. South Holston and Watauga Lakes map #783

ALL DAY No. A0803-242 **July 6**
Sam Knob/Devil's Courthouse Loop *8:30 AM
(moderate)

Hike 8.5, Drive 75, 1500 ft. ascent, Rated B-B
Becky Smucker, 828-298-5013,
bsmucker@charter.net
SB6K, P400 *Note later start time. From FS 816 we will ascend Sam Knob (6040 ft.) with its 360 degree views, then hike though high meadows on

the Flat Laurel and Little Sam Trails and the MST via Devil's Courthouse. We then return via the MST across FS 816 and up to the summit of Black Balsam (6214 ft.), then down to our cars. *Note: Ask the leader about options which can reduce the distance and ascent for this hike.* **Second meeting place: Cold Mtn. Overlook on BRP at 9:10 AM.** Topo: Sam Knob; also Nat'l. Geo. PRD map #780

ALL DAY NO. A0803-243 **July 13**
Forney Crk Circuit to Fontana Lake *8:30 AM

Hike 10, Drive 145, 800 ft. ascent, Rated A-C
Kathleen Hannigan, 828-230-4883,
kathleen.hannigan@pgnmail.com
900M *Note later start time. This is your chance to go hiking and swimming on the same day. This moderate hike begins at the end of the Road to Nowhere, through the tunnel, then continues along the Lakeshore Trail and along cascading Forney Creek to our lunch spot at the Fontana Lake shoreline. **Second meeting place: Rest area beyond Waynesville on US 23/74 at 9:00 AM.** Topo: Noland Creek; also Nat'l. Geo. GSMNP map #229

ALL DAY NO. A0803-249 **July 20**
Haywood Gap - Buckeye Gap *8:30 AM

Hike 9, Drive 80, 1500 ft. ascent, Rated A-A
Stu English, 828-883-2447, stuengo@citcom.net
P400 *Note later start time. Meet at Westgate at 8:30 AM to form carpools, and meet leader at BRP Cold Mtn. Overlook at 9:10 AM. We'll hike the MST and the Buckeye Gap Trail in the Middle Prong Wilderness, down a ridgeline on an old logging railroad grade, then pass an old logging camp. At the junction with the Haywood Gap Trail, we'll hike steeply up alongside Haywood Gap stream to Haywood Gap and follow the MST back to our cars. *Wilderness area hike, limited to ten hikers – call leader for reservations.* Topo: Sam Knob; also Nat'l. Geo. PRD map #780 and USFS Shining Rock and Middle Prong Wilderness map

SATURDAY NO. A0803-447 **July 26**
MST: Pisgah to B'ver Dam Overlook *9:00 AM

Hike 8.5, Drive 45, 1700 ft. ascent, Rated B-A
Victoria Tripp, 828-250-9094, torrose@gmail.com
P400 *Note later start time. This moderate hike will start with a round trip up and down Mt. Pisgah, and will then follow the MST northbound to Beaver Dam Overlook. Short car shuttle. **Second meeting place: BRP French Broad Overlook at 9:10 AM.** Topos: Cruso, Dunsmore Mtn.; also Nat'l. Geo. PRD map #780 & MST Profiles, pg. 53-55

ALL DAY NO. A0803-165 **July 27**
Mt. LeConte via Blvd, Alum Cave 8:00 AM

Hike 13, Drive 150, 2600 ft. ascent, Rated AA-AA
Joe Cirvello, 828-252-2721,
blaackhole@gmail.com
SB6K, 900M This classic and exciting hike features great views from the AT, Boulevard Trail, our lunch spot at Cliff Tops on 6593 ft. Mt. LeConte,

and the spectacular Alum Cave Trail. In addition, you can check out the LeConte Lodge cabins and see many old photos in the common room of the Lodge, including one of a guy doing the entire hike to the summit carrying his mother seated on a chair strapped to his back! Plan on a long day and an optional stop for supper on the way home. Car shuttle. **Second meeting place: Rear of Post Office parking lot in Maggie Valley at 8:30 AM, but call leader first.** Topos: Clingman's Dome, Mt. Le Conte; also Nat'l. Geo. GSMNP map #229

ALL DAY NO. A0803-614 **Aug. 3**
Cheoah Bald from Stecoah Gap *8:00 AM
(strenuous)

Hike 11, Drive 170, 3100 ft. ascent, Rated A-AA+
Brent Martin, 828-369-7084,
brent_martin@tws.org, and Bruce Bente,
828-692-0116, bbente@bellsouth.net
***Meet at Westgate at 8:00 AM to form carpools, and meet leader at Stecoah Gap at 9:30 AM.** We will hike in and out from Stecoah Gap to Cheoah Bald, a federally-inventoried roadless area. The views from Cheoah are some of the best in this region. We'll have a chance to see the location for the proposed Corridor K four-lane highway and tunnel, which may radically change the appearance through Stecoah Gap. **Second meeting place: Rest area on US 23/74 beyond Waynesville at 8:30 AM.** Topo: Hewitt

ALL DAY NO. A0803-199 ***Aug. 3**
Black Mtn. Cmpgrd to Green Knob 8:30 AM*
(moderate)

Hike 7, Drive 85, 2000 ft. ascent, Rated B-AA
Janet Martin, 502-494-9309 (cell),
jaykaymartin@msn.com
***Note later start time.** Enjoy the beautiful woods as we climb Lost Cove Ridge on the Green Knob Trail from the Black Mtn. Campground to fantastic views and a first-class lunch spot atop Green Knob. After lunch it's all downhill. **Second meeting place: Parking lot adjacent to McDonald's at Exit 64 of I-40 at 8:50 AM.** Topo: Old Fort; also USFS South Toe River, Mt. Mitchell & Big Ivy Trail Map

ALL DAY NO. A0803-604 **Aug. 10**
Splash Dam via Trace Ridge *8:30 AM

Hike 7.8, Drive 42, 1100 ft. ascent, Rated B-B
Dave Wetmore, 828-884-7296,
dwetmore@citcom.net
P400 *Note later start time. Meet at Westgate at 8:30 AM to form carpools, and meet leader at Trace Ridge Trailhead at 9:00 AM. This moderate hike has been rescheduled and will be mostly on old roadbeds up the Big Creek Trail. Several wet but easy stream crossings. Come and learn the secrets of Big Creek! Topo: Dunsmore Mtn.; also Nat'l. Geo. PRD map #780

ALL DAY NO. A0803-044 **Aug. 17**
Lost Cove 8:00 AM

Hike 7.5, Drive 150, 1500 ft. ascent, Rated B-B

Les and Catherine Love, 828-658-1489,
leslove@charter.net
Everyone enjoyed this hike in the Wilson Creek area last year, so we're offering it again. It features spectacular waterfalls and the best swimming anywhere. Bring your bathing suit. Be prepared for several wet-foot stream crossings. Optional supper afterwards at Little Siena. **Second meeting place: Parking lot adjacent to McDonald's off I-40 at Exit 64 at 8:20 AM.** Topo: Grandfather Mtn.; also USFS Wilson Creek map and Nat'l. Geo. Linville Gorge map #779

ALL DAY NO. A0803-369 **Aug. 24**
Buckeye Gap/Gage Bald/

Bear pen Gap *8:30 AM
Hike 8, Drive 80, 1200 ft. ascent, Rated B-B
Tom Sanders, 828-252-6327, tomary2@charter.net
P400 *Note later start time. We will start by hiking a section of the MST that leads through a lush forest of spruce and birch. 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 areas that in past years have yielded abundant blueberries and we'll do some picking if we find them. Short car shuttle. **Second meeting place: BRP Cold Mtn. Overlook at 9:10 AM.** Topo: Sam Knob; also Nat'l. Geo. PRD map #780

SATURDAY NO. A0803-367 **Aug. 30**
Art Loeb, Grassy Cove Ridge

to Bridges Camp Gap *8:30 AM
Hike 8.5, Drive 65, 1650 ft. ascent, Rated A-A
Becky Smucker, 828-298-5013,
bsmucker@charter.net
P400, SB6K *Note later start time. 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, one or both of which will be wet. From there we'll hike to Skinny Dip Falls, and then end at Bridges Camp Gap. Car shuttle. *Wilderness area hike, limited to ten hikers – call leader for reservations.* **Second meeting place: Cold Mtn. Overlook on BRP at 9:10 A.M.** Topo: Shining Rock; also Nat'l. Geo. PRD map #780

ALL DAY NO. A0803-368 **Aug. 31**
Bradley Creek &

Riverside Stream Crossings *8:30 AM
Hike 8, Drive 70, 650 ft. ascent, Rated B-C
Charlie Ferguson, 828-333-5165,
ccf108@gmail.com
P400 *Note later start time. This is our biennial fun water hike. There are about 25 wet stream crossings, but the terrain is almost level and you will enjoy the beauty of the streams and the diverse flora nearby. Plan to hike in shoes/boots that don't mind getting soaked and use two hiking poles. Car shuttle. **Second meeting place: NC 280 at Turkey Pen Rd. at 9:00 AM.** Topos: Pisgah Forest, Dunsmore Mtn.; also Nat'l. Geo. PRD map #780

ALL DAY NO. A0803-241 **Sept. 7**
Mt. Kephart

via Sweat Heifer Creek Trail 8:00 AM
(strenuous)
Hike 12.8, Drive 140, 1800 ft. ascent, Rated A-AA
Carroll Koeppinger, 828-667-0723,
carrollkoepp@bellsouth.net
SB6K, 900M This hike is designed to visit two of the best scenic overlooks in the Smokies, 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 Nat'l. Geo. GSMNP map #229

ALL DAY NO. A0803-520 **Sept. 7**
Clawhammer Via Pressley Cove *9:00 AM
(moderate)

Hike 7.7, Drive 70, 2400 ft. ascent, Rated B-AA
Ashok Kudva, 828-698-7119,
ashok.kudva@mchsi.com
P400 *Note later start time. Meet at Westgate at 9:00 AM to form carpools, and meet leader at the Pisgah Forest Bi-Lo at 9:30 AM. This hike will start with a steep climb on the Pressley Cove Trail, then finish the climb on the Black Mtn. Trail. Great views at lunch from the Clawhammer Overlook. Short car shuttle. Topo: Pisgah Forest; also Nat'l. Geo. PRD map #780

ALL DAY NO. A0803-374 **Sept. 14**
MST: NC 221 to Bald Knob 8:00 AM

Hike 10, Drive 80, 2500 ft. ascent, Rated A-AA
Michael & Kathy Cornn, 828-698-3672,
mccorn@aol.com
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 crossing the new MST bridge over the river, we'll hike north to the summit of Bald Knob, and return via the same route. **Second meeting place: Parking lot adjacent to McDonald's at Exit 64 of I-40 at 8:20 AM.** Topo: Little Switzerland

ALL DAY NO. A0803-337 **Sept. 21**
Shining Rock from Black Balsam *8:30 AM

Hike 11, Drive 65, 1500 ft. ascent, Rated A-A
Bob Hysko, 828-645-4626, rhyso@yahoo.com
SB6K, P400 *Note later starting time. We will take the Art Loeb Trail from FS 816 to Shining Rock (6040 ft.), climbing Black Balsam (6214 ft.), Tennent Mtn. (6040 ft.) and Grassy Cove Top (6040 ft.) along the way. We'll return via the Ivestor Gap Trail. *Wilderness area hike, limited to ten hikers – call leader for reservations.* **Second meeting place: BRP Cold Mtn. Overlook at 9:10 AM.** Topos: Shining Rock, Sam Knob; also Nat'l. Geo. PRD map #780