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

Big Ridge Overlook
1:00 PM

Second meeting place: French Broad Overlook of the Blue Ridge Parkway at M.P. 393 at 1:10 PM.

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. New 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, it is accompanied by a responsible adult. Dogs are not allowed on CMC hikes.

Hikers will carpool from the meeting places to the trailhead and back.

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 with specific permission. The hike leaders can request hikers to exit the hike before its completion.

CLOTHING AND EQUIPMENT: CMC's website (www.carolinamtnclub.org) has a list of day hiking needs. Most critical are water, footware, 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 a first day hike. They should be broken in before the hike. Hiking boots are recommended for all hikes. They should be broken in before the hike. Hiking boots are recommended for all hikes. They should be broken in before the hike. Hiking boots are recommended for all hikes. They should be broken in before the hike. Hiking boots are recommended for all hikes. They should be broken in before the hike. Hiking boots are recommended for all hikes. They should be broken in before the hike. Hiking boots are recommended for all hikes. They should be broken in before the hike. Hiking boots are recommended for all hikes. They should be broken in before the hike. Hiking boots are recommended for all hikes. They should be broken in before the hike. Hiking boots are recommended for all hikes. They should be broken in before the hike. Hiking boots are recommended for all hikes. They should be broken in before the hike.
CMC has new author, challenge program

Peter Barr has combined his love of fire towers and his passion for the outdoors into a 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, Frayinggan Mtn, Camp Creek Bald, and Joanna Bald.

Visit http://www.lookouts.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.carolinamtnclub.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 Herenstein (lstein@cat.net) by September 1.

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 Smokey 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.

Search and Rescue Committee forming

It was 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.

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 stueng@icelnet.com, 828-883-2447.

How To Join the CMC

1. Go to www.carolinamtnclub.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 LTC PO Box 68 Asheville NC 28802... or write to us and we’ll mail you an application.

Inaugural Saturday maintenance outing

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 triff working crew on Saturday to give those who worked during the week a chance to participate.

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 College for Seniors, edits his neighborhood newsletter, works with the United Church. Ken and Carol Deal help build houses for the Habitat for Humanity. Carroll Keopplinger 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 Mountain 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 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!
**HIKE SCHEDULE THIRD WEEK 2003**

**Third Week**

**HIKE RATING**

First Letter: Easy

Second Letter: Distance Category

AA: Over 12 miles

AQ: Over 2,000 ft.

A1: $1.00 - 1.50: Rated C-C

A2: $1.50 - 2.00: Rated B-C

A3: $2.00 - 2.50: Rated B-B

A4: $2.50 - 3.00: Rated A-A

**Note early start time.** Since the 1870s when Railroad people have hiked down to the Art Loeb Trail to view these spectacular waterfalls. A short bike shuttle is required. You may want to bring bathing suit. We'll be near the start of the hike. The ascent will be moderate in pace. All of the hike is accomplished during the first hour of the hike. The arcuate 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 more crossings on this hike. Topo: Mt. Mitchell, Craggy Pinnacle, Montreat. Also South Toe Peak. Topo map is N11.9 and N11.1. Gville Gorge Mt. Mitchell map is 777.

**Hike 30 Half-Day Hike HIKE 9, Drive 40, 1500 ft. ascent, Rated B-C**

Greg Goodman, 828-684-9703, gggm@charter.net

**Note early start time.** This is a pleasant hike along the Mountains-to-Sea Trail, with a gradual 1640 ft. descent. We'll start our hike on the Walker Creek Trail, veer off to the steep and rocky Staire Creek Trail, and return via the Laurel Mountain Trail. There should be good views of the Miles River Valley.

**Topo:** Laurel Mountain Trail.

**July 27 Half-Day No. H0803-578**

Little Sam Knob, MST Loop **Note early start time.** This is a pleasant hike along the Mountains-to-Sea Trail, with a gradual 1640 ft. descent. We'll start our hike on the Walker Creek Trail, veer off to the steep and rocky Staire Creek Trail, and return via the Laurel Mountain Trail. There should be good views of the Miles River Valley.

**Topo:** Laurel Mountain Trail.

**July 27 Half-Day No. H0803-578**

**FLAT ROCK OVERLOOK**

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**Topo:** Laurel Mountain Trail.
DAY ALL \# NO. A0803-367.– Cold Mtn. Overlook to Bridges Camp Gap *8:30 AM.

Tom Sanders, 828-252-6327, tomary2@charter.net

ALL DAY NO. A0803-364.

Aug. 10

8:30 AM

Bradley Creek & Riverview Crossings *8:30 AM.

BB 36

BB 36

- Note later start time. This is a well-known fishing trip with beautiful views of the Bradley Creek and Riverview crossings. Contact will be made around 9:00 AM to discuss the fishing spots.

ALL DAY NO. A0803-368.

Aug. 30

8:30 AM

Sunny in Cold Mtn. Overlook on BRP at 9:10 AM.

Tom Sanders, 828-252-6327, tomary2@charter.net

ALL DAY NO. A0803-199.

Aug. 3

8:30 AM

Black Mtn. Camp to Green Knob 8:30 AM * (moosiker)

Tom Sanders, 828-252-6327, tomary2@charter.net

ALL DAY NO. A0803-367.

Aug. 6

8:30 AM

Hike 10, Drive 65, 1600 ft. ascent, Rated B-A-A

MST: Pisgah to B’ver Dam Overlook *9:00 AM.

Janet Martin, 502-494-9309 (cell), janetmart@charter.net

ALL DAY NO. A0803-374.

Sept. 14

MNT: 221 to Bald Knob 8:00 AM.

Hike 10, Drive 20, 5000 ft ascent, Rated A-A-A

Ashok Kudva, 828-696-7119, ashok.kudva@msn.com

Hike to Bald Knob and surrounding area.

- Note later start time. Meet at Westgate Bridge over the river, we’ll hike north to the summit of Bald Knob and then take the Pisgah Overlook Trail.

ALL DAY NO. A0803-375.

Sept. 17

MNT: 221 to Bald Knob 8:00 AM.

Hike 10, Drive 20, 5000 ft ascent, Rated A-A-A

Ashok Kudva, 828-696-7119, ashok.kudva@msn.com

- Note later start time. Meet at Westgate Bridge over the river, we’ll hike north to the summit of Bald Knob and then take the Pisgah Overlook Trail.

ALL DAY NO. A0803-378.

Sept. 21

Sunny in Cold Mtn. Overlook on BRP at 9:10 AM.

Tom Sanders, 828-252-6327, tomary2@charter.net

ALL DAY NO. A0803-364.

Aug. 10

8:30 AM

Sunny in Cold Mtn. Overlook on BRP at 9:10 AM.

Tom Sanders, 828-252-6327, tomary2@charter.net

ALL DAY NO. A0803-368.

Aug. 31

8:30 AM

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Tom Sanders, 828-252-6327, tomary2@charter.net

ALL DAY NO. A0803-364.

Aug. 10

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