

Hurricanes Ravage Parkway Trails But Volunteers Come to the Rescue!

Carolina Mountain Club (CMC) volunteers rose to the occasion to clear hundreds of fallen trees along the Mountains-to-Sea Trail after the remnants of Hurricanes Frances and Ivan devastated much of the 150-mile trail segment that is located along the Blue Ridge Parkway.

The Asheville CMC trail crew is made up of over 60 senior citizens and they are responsible for rigorous and physically demanding Parkway trail work. While Parkway maintenance

crews concentrated on clearing trees and debris from the scenic motor road and repairing picnic areas and campgrounds, the CMC trail crew worked for over six weeks to remove more than 430 trees. Despite the magnitude of the undertaking, the CMC crews were able to clear much of the trail for visitor use during the October color season and will have all sections clear by spring.

On February 14, 2005, FRIENDS of the Blue Ridge Parkway recognized the outstanding service of the CMC through an equipment award to support their trail repairs. At the presentation, Greg Brown, FRIENDS' board member, stated, "FRIENDS is presenting the CMC with a chain saw and weed trimmer as these types of equipment are needed for major storm damage repair work."



THE PRESIDENT'S CORNER



It was a bitter cold morning last January when the Wednesday hikers met at the Blue Ridge Parkway headquarters to the hike to the Folk Art Center.

One hiker, I later discovered to be Sheila Crandell, seemed to emerge from the 17 assembled and I casually thanked her for coming. She said, "Oh, I am glad to come; I feel it is a privilege". What a fresh comment, I thought. I began to reflect on that as I walked the trail and realized I feel the same way about representing you as President of the CMC again. It's really a privilege. It's the quality of having an honor that one is grateful to have. We should all feel privileged to be a member of a hiking club with such a rich history and such a wealth of hiking opportunities spread before us. We should also be grateful that we have the honor to participate in the AT Conference this July 1-8, in Johnson City. No other hiking club in the greater Asheville area can claim such an honor. As members of the CMC, let's rise to the occasion and call Lenny Bernstein to volunteer for one of the jobs he has for us.

-- Gerry McNabb



Greg Brown (center), board member of the FBRP, presents equipment award to the CMC for its trail work last fall after the storms.

2005 ATC Biennial Meeting Highlights

Just as an early teaser, here are some the highlights planned for the ATC conference we are co-hosting in July 1-8, 2005:

- The meeting will be held on July 1-8, 2005 at East Tennessee State University in Johnson City, TN, about an hour and 15 minutes' drive from Asheville.
- The ATC Business Meeting will be held on the morning of Monday, July 4, at which time ATC will discuss its strategic plan and the changes in management that it is in the process of implementing.
- **Hiking** – 57 hikes will be offered. Most hikes will be offered several times during the meeting.
- **Workshops** – Howard McDonald has assembled a list of 49 workshops to be given on Saturday – Monday, July 2-4. Topics range from the optimum design of privies, to the

natural history of this area, to developing leadership skills.

- **Excursions** – Tommie Boston and her Committee have put together a list of 18 excursions, including caving in Bristol Caverns, rafting on the French Broad River, and the Biltmore House. Excursions will be offered on July 2-5, with most excursions being offered twice.
- **Entertainment** – The feature entertainer on Sunday, July 3 will be folk singer, John McCutcheon. Monday, July 4 will feature the Appalachian Trail Blue Grass Band and a barbeque. Slide shows will be presented on other evenings.

Registration material will be available in mid-March in the AT News and on the web at www.southerhighlands2005.org. More online.

AHIKE SCHEDULE

Second Quarter 2005

Hike Ratings

First Letter Distance	Second Letter 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, the physical challenge and other factors influencing hike difficulty. If you have questions, or if the weather for the day of the hike is questionable, CONTACT THE LEADER.

CHALLENGE PROGRAMS:

SB6K For hiking all 40 peaks above 6000'. For information, contact Dave Wetmore dwetmore@citcom.net.

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

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

WEDNESDAY HIKES

All-day hikes submitted by Ann Gleason 828-859-9387, cowbonetail@yahoo.com. Driving distance is round-trip from Asheville. Hikes will assemble at Westgate Shopping Center near I-240 exit 3B UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in the hike listing. Please phone the hike leader if you are not sure of the meeting location.

WED. NO. W0502-454 **Apr. 6**
Porter's Creek Trail (GSMNP) 8:30 AM
 Hike 4.5, Drive 164, 700 ft. ascent, Rated C-C
 Diane Hankins, 298-2870 (before 9 pm).

900M **Note later start time.** All day trip to one of the premier wildflower trails in the National Park. Very leisurely paced up and back. We'll take time to identify the flowers we see along the way. Suitable for anyone over 10 years old (those under 18 MUST be accompanied by adult). Group Limited to first 15 who call beginning on March 24. **Only meeting place is Westgate Shopping Center.** Topo: Mt. Le Conte; also Nat'l. Geographic GSMNP map

WED. NO. W0502-164 **Apr. 13**
Hawkbill Creek-Little
Snowball Loop 8:00 AM*
 Hike 8-9, Drive 50, 2235 ft. ascent

Rated B-AA
 Tom Bindrim, 828-299-1572
 Beaucoup wildflowers if our timing is right, cascading water, pick some ramps, nice scenery from Hawkbill Rock and Little Snowball, some off-trail, moderately paced. ***Only meeting place: Rear parking lot at Folk Art Center at 8:00 AM.** Topo: Craggy Pinnacle

WED. NO. W0502-455 **Apr. 20**
Lower Mt Cammerer Trail 8:00 AM
 Hike 8, Drive 120, 1000 ft. ascent, Rated B-C
 Tom Sanders, 828-252-6327
 mel&tgs@main.nc.us
 This moderate in and out hike from the Cosby Camp Ground area of the Great Smokies hopefully will coincide with yellow Trillium, Showy Orchis and Dwarf Iris which thrive here in late April. In any event, Lower Cammerer is a beautiful trail with a gradual incline up and then down. **Second meeting place: Pilot Truck stop at Exit 24 of I-40 at 8:30 AM.** Topo: Hartford

WED. NO. W0502-120 **Apr. 27**
Charlies' Bunion-Kephart Prong 8:00 AM
 Hike 10.2, Drive 140, 1500 ft. ascent
 Rated A-B
 Elisabeth Feil, 828-684-8719
 hofeil@brinet.com

900M, SB6K An outstanding rock outcrop along the AT, stunning views, and a great wildflower display are the highlights of the trip. Starting at Newfound Gap, we hike 4 miles to the Bunion, then along Dry Sluice Gap, Grassy Branch and Kephart Prong Trails down to US 441. (There is an optional side trip over Mt. Kephart (6000 ft) to The Jumpoff, which adds another 2 miles. We'll make our decision when we get there.) This hike is moderate to strenuous about 1500 ft uphill and 2800 ft down. Car shuttle. **Second meeting place: Quality Inn at Junction US 19 and US 276 in Maggie Valley at 8:40 AM.** Topos: Clingmans Dome, Mt Guyot, Smokemont; also Nat'l. Geographic GSMNP map

WED. NO. W0502-310 **May 4**
Jones Gap: Rim of Gap Loop 8:00 AM*
 Hike 7, Drive 80, 1800 ft. ascent, Rated B-A
 Jo Anderson, 828-693-7081
 jobob@mehsi.com
 Starting at Jones Gap State Park (NOTE: \$2 fee per person for park entry), we will hike up the Rim of the Gap Trail with views of the Gap as we ascend. On top, a loop up on to the ridge, then down the # 8 connector to the river. ***Meeting places: Meet at Westgate at 8:00 AM to form car pools, and meet leader at east side of Ingles Parking lot at 8:40 AM. (take I-26 to exit 53, then turn right on upward Rd. go 1**

mile to Ingles at US 176. **Additional meeting place: Jones Gap parking lot at 9:00 AM.** Topos: Cleveland, Table Rock; also Mountain Bridge Wilderness map.

WED. NO. W0502-456 **May 11**
AT: Stecoah Gap to
Yellow Creek Gap 8:00 AM
 Hike 7.6, Drive 170, 1700 ft. ascent
 Rated B-A
 Jack Fitzgerald, 828-685-2897
 suejackfitz@bellsouth.net

A moderate hike on the southern portion of the AT, between Stecoah Gap and Yellow Creek Gap. Guaranteed to see lots of wildflowers, including the rare yellow trillium and yellow lady's slipper. There will be a car key switch. Topos: Hewitt, Fontana Dam

WED. NO. W0502-457 **May 18**
AT: Brown Gap to Max Patch
and return 8:15 AM
 Hike 7, Drive 100, 1100 ft. ascent, Rated B-B
 Ken & Carol Deal 828-281-4530
 KMCDeal@aol.com

Note later start time. An in and out hike on the AT, with a steep uphill for the first mile, then leveling off into moderate ups and downs, with a final climb to the top of Max Patch for lunch. If we're lucky, it will be clear for the beautiful views. **Second meeting place: Pilot Truck Stop, exit 24, off I-40 at 9:00 AM.** Topo: Lemon Gap

WED. NO. W0502-458 **May 25**
Moonshine Cave Falls-
The Dismal Trail 8:00 AM*
 Hike 9, Drive 95, 1200 ft. ascent, Rated B-B
 Ellie Thrush 828-697-9743
 treehouse@highstream.net

An in and out hike on Raven Cliff Falls Trail to the Dismal and on to an interesting waterfall. Mostly level with some rolling ups and downs. Only climb is the Dismal Trail. (NOTE: \$2 fee per person for park entry. **Meet at Westgate at 8:00 AM to form car-pools, and meet leader at Raven Cliff Falls parking lot on US 276 at 9 AM.** Topo: Table Rock; also Mountain Bridge Wilderness map.

WED. NO. W0502-216 **June 1**
AT: Sams Gap to
Devils Fork Gap 8:30 AM
 Hike 8.2, Drive 90, 1400 ft. ascent,
 Rated Moderate
 Ruth Hartzler, 828-251-0886
 ruthmtn@aol.com

Note later start time. This section of the AT features nice views into Tenn. From the ridge line, traversing a series of knobs along an unusual section of the NC-TN state line, the south bound hiker is actually traveling North. Topo: Sams Gap

WED. NO. W0502-459 **June 8**
MST: NC 128 to
Greybeard overlook **8:00 AM**
Hike 5 or 8.9, Drive 80, 2000 ft. ascent
Rated A-A
Ann Gleason, 828-859-9387
cowbonetail@yahoo.com.
We head up into old growth Balsam and
Spruce forests south of Mt Mitchell. Naturalist
Taylor Barnhill will enlighten anyone interest-
ed along the way. Hikers wishing a shorter trek
can stop after 5 miles at Balsam Gap, if desired.
Car shuttle. Optional post-hike drive to Mt
Mitchell. **Second meeting place: Craven Gap**
on BRP at 8:20 AM. Topo: Mt. Mitchell,
Montreat; also MST Profiles, pg. 66-69

WED. NO. W0502-460 **June 15**
Pilot Mt to Courthouse Falls **8:00 AM***
Hike 8, Drive 60, 1000 ft. ascent, Rated B-B
Larry Ballard, 828-891-4318
leballard@cytechcis.net
P400 This in-and-out hike begins with a
short bushwhack below Pilot Mt. and follows
FS 140A through interesting forest to FS 140
and on to Courthouse Falls. There is one easy
stream crossing (Kiesse Creek). ***Meeting**
places: Meet at Westgate at 8:00 AM to
form carpools, and meet leader at Pisgah
Forest Bi-Lo in Pisgah Forest at 8:30 AM.
Topos: Shining Rock, Sams Knob; also Nat'l.
Geographic Pisgah Ranger District map

WED. NO. W0502-008 **June 22**
MST: Bee Tree Gap to
Tanbark Tunnel **9:00 AM***
Hike 6, Drive 40, 1300 ft. ascent, Rated B-B
Brad Van Diver 828-669-2740
bravand@cs.com
Note later start time. We descend through
wildflowers from Bee Tree Gap to Potato
Field Gap, then climb steeply to Lane
Pinnacle. From there we follow the up-and-
down ridge over Wolfden Knob and stop for
lunch on Rich Knob. Finally, we have a long
graceful descent to the tunnel past the his-
toric ruins of Rattlesnake Lodge. ***Only**
meeting place: Back parking lot at Folk
Art Center. Topo: Craggy Pinnacle; also
MST Profiles, pg. 63-65

WED. NO. W0502-137 **June 29**
Roans above 6000' **8:00 AM**
Hike 9, Drive 150, 2000 ft. ascent, Rated A-A
Bruce Bente, 828-692-0116
bbente@cytechusa.com
SB6K A beautiful AT hike with some of
WNC's finest views. Expect Flame azaleas and
Gray's Lilies to be in bloom. From Carver's
Gap we'll go north to Grassy Ridge (6160 ft.),
then double back south to Roan High Knob
(6285 ft.) and the vista from Roan High Bluff
(6287 ft.). Topo: Carvers Gap

MAP-READING COURSE **Apr. 2**
Dave Wetmore and Tom Bindrim
828-884-7296 dwetmore@citcom.net
Attendees must bring a compass and a
Forest Service edition of the Dunsmore
Mtn. topo map. The map can be bought
either at the Pisgah Ranger Station near
Brevard or at the Forest Supervisor's office
in Asheville on Zillicoa St., across
Broadway from the UNCA Botanical
Gardens. There will be a short informal
class, followed by a practical exercise.
Please contact Dave Wetmore for informa-
tion on the meeting time and to register.
You must register before the course. No
walk-ins please. Topo: Dunsmore Mtn.

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 exit
3B UNLESS OTHERWISE NOTED.

ALL DAY NO. A0502-427 **Apr. 3**
Soapstone Ridge (strenuous) **8:30 AM**
Hike 10, Drive 90, 1200 ft. ascent, Rated A-B
Stuart Tauber 828-254-0824
sdtauber@charter.net

P400 **Note later start time and that this is**
the first day of DST. This new CMC hike
will begin at the gauging station and follow a
mild bushwhack up Soapstone Ridge to the
Alternate MST. Lunch at Buckhorn Shelter,
and then take the Buckhorn Gap trail down
to the S. Mills River trail. The leader may
make some route revisions depending on the
group and weather. Expect a fast-paced hike.
Topos: Pisgah Forest, Shining Rock; also Nat'l.
Geographic Pisgah Ranger District map

ALL DAY NO. A0502-428 **Apr. 3**
Cane River Gap to
Little Butt (moderate) **9:00 AM**
Hike 7.5, Drive 50, 2200 ft. ascent
Rated B-AA

Les Love 828-658-1489 leslove@aol.com
Note later start time and that this is the
first day of DST. This hike begins with a
1200 ft. ascent to the ridgeline, then along
the top of the ridges. After reaching Big
Butt, we'll go to our lunch spot at Little
Butt, which has a great view of the Black
Mtns. Return via the same route. Topo: Mt.
Mitchell; also PNF South Toe River, Mt.
Mitchell & Big Ivy Trail map

ALL DAY NO. A0502-443 **Apr. 10**
Pine Mtn. Loop **8:00 AM**
Hike 9-10, Drive 50, 2200 ft. ascent

Rated A-AA
Tom Bindrim & Joan Lemire 828-299-1572
P400 From North Mills River area, we'll
ascend Seniard Mtn. to Double Head and
Pine Mtn. and return through Bent Creek
Gap, Bad Fork Hollow and Wash Creek.
Some off-trail hiking. Topo: Dunsmore Mtn.;
also Nat'l. Geo Pisgah Ranger District map

ALL DAY NO. A0502-444 **Apr. 17**
Avery Creek Loop **8:00 AM**
Hike 10, Drive 75, 1500 ft. ascent, Rated A-A
Chip Miller 828-298-4449
backpacker54nc@att.net
P400 We'll climb the Avery Gap and
Buckhorn Gap trails to Buckhorn Gap, pass-
ing by Twin Falls. Next will be the Black
Mtn. trail to Club Gap, with return downhill
on the Avery Creek Trail. **Second meeting**
place: Pisgah Ranger Station at 8:30 AM.
Topos: Pisgah Forest, Shining Rock; also
Nat'l. Geographic Pisgah Ranger District
map

SATURDAY NO. A0502-288 **Apr. 23**
Kanuga Conference Center **8:30 AM**
Hike 8.5, Drive 60, 800 ft. ascent, Rated B-C
Barbara Passmore 828-667-8684
bpss354@netzero.net
We have been fortunate to receive permis-
sion to hike at Kanuga Conference Center.
We will hike over well-maintained trails
including the Doug Stirling/Wolf Mtn. Trail
to the Wolf Mtn. overlook, then to our
lunch spot on scenic Eagle Rock. **Second**
meeting place: Parking lot at rear of
Mountain Bank, corner of US 25 & White
St. in Hendersonville. Topo: Horseshoe;
also Kanuga Trails map

ALL DAY NO. A0502-033 **Apr. 24**
Ramsey Cascades **8:00 AM**
Hike 8, Drive 160, 2000 ft. ascent
Rated B-AA
Tom Sanders 828-252-6327
mel&tgs@main.nc.us
900M This is one of the classic spring wild-
flower hikes in the Smokies. Sixty-foot high
Ramsey Cascades is located in a rich forested
glen with an amazing variety of wildflowers
and a grove of old-growth tulip trees. **Second**
meeting place: Pilot Truck Stop at exit 24
off I-40 at 8:30 AM. Topo: Mt. Guyot

ALL DAY NO. A0502-445 **May 1**
Pilot Mtn., Farlow Gap,
Daniel Creek Trails (strenuous) **8:00 AM**
Hike 11, Drive 90, 1900 ft. ascent, Rated A-A
Ruth Hartzler 828-251-0886 rnthmt@aol.com
P400 If our timing is right we will enjoy
rare pink shell azaleas on Pilot Mtn. This
diversified hike features good views from
Pilot Mtn. and the beautiful Farlow Gap and
Daniel Creek Trails. **Second meeting place:**

Bi-Lo parking lot in Pisgah Forest at 8:30 AM. Topo: Shining Rock; also Nat'l. Geographic Pisgah Ranger District map

ALL DAY NO. A0502-273 **May 1**
Boogerman Trail (moderate) 9:00 AM
Hike 8, Drive 90, 1000 ft. ascent, Rated B-B
Renate Rikkers 828-298-9988
rerikkers@aol.com

900M Note later starting time. A lush forest with many wildflowers, giant old-growth tulip trees and remnants of pioneer life make this a favorite loop hike in the Cataloochee area of the Smokies. If we're lucky we may spot some of the elk that have been introduced into this valley. Topos: Cove Creek Gap, Dellwood; also Nat'l. Geographic GSMNP map

CAMPING WEEKEND IN THE SMOKIES

WEEKEND NO. A0502-446 **May 6-8**
Friday evening
Drive 200
Danny Bernstein 828-236-0192
danny@hikertohiker.org

900M Come and join us on a camping and hiking weekend based at a private campground in Townsend, just outside Great Smoky Mtns. Nat'l. Park. Participants must bring their own camping equipment. Register with the leader as soon as possible, as this weekend will fill up quickly. **The cost is \$26.**

Saturday: We will hike from the Abrams Creek entrance to the park. Two different levels of hikes will be offered; a moderate hike of 6-9 miles and a challenging hike of over 12 miles.

Sunday: Hikes will be offered from the Cades Cove and Abrams Creek entrances. As an alternate, you may prefer to tour Cades Cove on your own. Topos: Wear Cove, Thunderhead Mtn., Cades Cove, Gatlinburg also Nat'l Geo. GSMNP map.

ALL DAY NO. A0502-100 **May 15**
Cheoah Bald via Bartram Trail 7:30 AM
Hike 12-13, Drive 140, 3100 ft. ascent,
Rated AA-AA+
Linda Beja 828-293-3849
lrbeja@earthlink.net

Note early start time. This strenuous hike will climb up and out of the Nantahala Gorge, offering a unique approach to the open summit of Cheoah Bald, one of the great scenic peaks south of the Smokies. Our return will be via the AT to NOC. **Second meeting place: NOC, across new bridge at 9:00 AM.** Topo: Hewitt; also Nat'l. Geographic Nantahala & Cullasaja Gorges map

SATURDAY WORK DAY

Here is a great chance to learn what is involved in trail maintenance. We will meet on May 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 to verify date.

ALL DAY NO. A0502-214 **May 22**
Standing Indian Circuit 7:30 AM

Hike 10, Drive 150, 2300 ft. ascent
Rated A-AA
Bill Ross 828-271-7992 wrossmath@cs.com
Note earlier starting time. The Standing Indian area in the Nantahala National Forest is known for its beautiful forest, rushing streams and excellent vistas. We'll hike up the Kimsey Creek Trail to the AT to our lunch spot, Standing Indian. At 5498 ft., it is the highest mountain on the AT south of the Great Smoky Mountains. We'll return on the Ridge Trail. **Second meeting place: Rest Stop beyond Waynesville on US 23/74 at 8:00 AM.** Topo: Rainbow Springs

SATURDAY NO. A0502-447 **May 28**
MST: Mt. Pisgah to
Beaverdam Overlook 9:00 AM

Hike 8, Drive 45, 1500 ft. ascent, Rated B-B
Ray Sanow 828-231-7669
raysray@charter.net

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 Beaverdam Overlook. Expect good views along the route. Short car shuttle. **Second meeting place: BRP French Broad overlook at 9:10 AM.** Topos: Cruso, Dunsmore Mtn.; also Nat'l. Geographic Pisgah Ranger District map & MST Profiles, pg. 53-55

ALL DAY NO. A0502-190 **May 29**
MST: Mt. Mitchell to
Balsam Gap 8:00 AM
Hike 9.7, Drive 70, 1600 ft. ascent

MEMORIAL DAY JOINT HIKE WITH SMOKY MOUNTAINS HIKING CLUB

ALL DAY NO. A0502-113 **May 30**
Cold Mountain from Camp Daniel Boone 8:00 AM
Hike 10.4, Drive 70, 2800 ft. ascent
Rated A-AA+
CMC Contact: Lenny & Danny Bernstein 828-236-0192
danny@hikertohiker.org

P400, SB6K This is your chance to climb the mountain immortalized by Charles Frazier. From the Scout Camp we will ascend to the summit of this 6030 ft. peak. Strenuous, so you must be in good shape. Wilderness area, limited to ten hikers, so phone leader for reservations. Topos: Waynesville, Cruso; also Nat'l. Geographic Pisgah Ranger District map

Rated A-A
Janet Martin 812-738-8154
jaykaymartin@msn.com

SB6K This is one of the really great sections of the MST, and includes two SB6K peaks. The first part of the hike features exceptional views south from the Black Mtns., while the second part showcases the trail-building and rock-work achievements of the CMC. See spectacular scenery from our lunch spot on bare rocks. Topos: Mt. Mitchell, Montreat; also PNF South Toe River, Mt. Mitchell & Big Ivy Trail Map

ALL DAY NO. A0502-181 **June 5**

Black Balsam, Tennent Mtn. & Grassy Cove Top to Graveyard Fields (strenuous) 8:00 AM
Hike 9, Drive 65, 1100 ft. ascent, Rated A-B
Joe Cirvello 828-627-1797 cirvello25@bell-south.net.com

SB6K, P400 This is one of my favorite hikes because we are hiking over a long stretch of balds with spectacular 360 degree views. We'll hike over 6214 ft. Black Balsam and 6040 ft. Tennent Mtn. to Investor Gap, with an optional side trip up 6040 ft. Grassy Cove Top. We'll then follow an old road south to the Graveyard Ridge Trail back to our cars. Short car shuttle. **Second meeting place: Cold Mtn. overlook at BRP M.P. 412 at 8:30 AM.** Topo: Sam Knob, Shining Rock; also Nat'l. Geographic Pisgah Ranger District map

ALL DAY NO. A0502-448 **June 5**
Ellicott Rock (moderate) 8:00 AM*

Hike 7.5, Drive 150, 1750 ft. ascent
Rated B-A
Dave Wetmore 828-884-7296
dwtmore@citcom.net
A long drive, but a unique and historic place: 3 states come together; their junction marked with inscriptions almost 200 years old. Well-maintained with gentle grades. There is a refreshing ford of the Chattooga River at the middle of the hike. **Meet at Westgate at 8:00 AM to form carpools, and meet leader**

at the Bi-Lo parking lot in Pisgah Forest at 8:30 AM. Topos: Highlands, Tamassee, Cashiers; also Nat'l. Geo. Nantahala & Cullasaja Gorges map

ALL DAY NO. A0502-354 **June 12**
Hump Mtn. from Elk Park 7:30 AM

Hike 8, Drive 140, 3200 ft. ascent
Rated B-AA+
Bob Byrd 828-299-7681 bbyrd@charter.net
Note early start time. A beautiful hike to one of the jewels of the AT, Hump Mtn. Fantastic 360° views from the summit and Gray's lilies which should be in bloom. We'll continue to Little Hump Mtn., but hikers wishing a shorter hike may remain on the first summit and wait for the leader's return. Topos: Elk Park, White Rocks Mtn., Carvers Gap

ALL DAY NO. A0502-165 **June 19**
Mt. Le Conte via Boulevard,

Alum Cave Trails 8:00 AM
Hike 13, Drive 150, 2600 ft. ascent
Rated AA-AA
Don Gardner 828-754-4067
gardog3@charter.net
SB6K, 900M This hike features 6593 ft. Mt. Leconte and great views from the AT, Boulevard Trail, our lunch spot on the summit, and the Alum Cave Trail. Topos: Clingman's Dome, Mt. Le Conte

SATURDAY NO. A0502-095 **June 25**
Hemphill Bald from Polls Gap 8:00 AM

Hike 9.5, Drive 95, 1500 ft. ascent
Rated A-A
Carroll Koeppinger 828-667-0723
carrollkoepp@cs.com
900M Beginning with a stroll through hardwood forests, the trail emerges into open fields stretching along the GSMNP boundary, with exceptional views. Lunch spot at Hemphill Bald. Topos: Bunches Bald, Dellwood; also Nat'l. Geographic GSMNP map

ALL DAY NO. A0502-449 **June 26**
Bald Mtns. Loop 8:00 AM

Hike 9.7, Drive 135, 2750 ft. ascent
Rated B-AA+
Les Love 828-658-1489 leslove@aol.com
This is a beautiful Tennessee hike only 1 1/4 hours away and never before done by CMC. We'll hike from the Horse Creek Rec. Area to Pete's Branch Falls, then up Sarvis Cove along the creek to the AT at Cold Spring Mountain for lunch. This hike is strenuous and has seven rock-hop creek crossings that may involve wading, so come prepared. Topo: Greystone; also Nat'l. Geographic French Broad & Nolichucky Rivers map

No Hike Scheduled **July 3**
No hike is scheduled because the Appalachian Trail Conference biennial

meeting is being held July 1-8 in Johnson City, TN, with CMC as a co-host.

HALF-DAY SUNDAY HIKES

Half-day hikes submitted by Paula Robbins, 828-281-3253, paularww@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at Westgate Shopping Center (Exit 3B off I-240) UNLESS OTHERWISE NOTED. Some hike will have second meeting places as described in hike listings.

HALF-DAY NO. H0502-101 **April 10**
Lower Big Laurel Creek

Wildflower Stroll Noon
Hike 6, Drive 60, 200-ft ascent, Rated B-C
Diane Hankins, 828-298-2870 (before 9 PM)
Note early start time. Leisurely paced in-and-out hike along Lower Big Laurel Creek to the site of Runion, an early 1900s settlement. Suitable for anyone over 10 years of age (those under 18 MUST be accompanied by an adult). We'll take time to identify the flowers we see. Long pants suggested (poison ivy sprouts early).

HALF DAY No. H0502-162 **April 17**
Mt. Pisgah from Elk Pasture Gap 1:00 PM

Hike 5.5, Drive 30, Rated C-A
Elisabeth Feil 828-684-8719
hfofeil@brinet.com
P400 **Note early start time.** This moderate car-shuttle hike starts at Elk Pasture Gap (BRP and NC 151). The first two miles up to Little Pisgah Mtn. are steep (1100 ft in two miles). Then we'll descend to the Mt. Pisgah parking lot and climb another 700+ feet to the summit. Great views in good weather. Return from the parking lot. **Second meeting place Mt. Pisgah Parking Lot.**

HALF-DAY NO. H0502-450 **April 24**
Graveyard Fields 1:30 PM

Hike 4, Drive 40, Rated C-C
Heather and Barry Fletcher 828-299-4776
hmflet@aol.com
P400 Enjoy a moderate loop hike to the spectacular waterfall with a side trip to the Yellowstone Prong falls. **Second meeting place: Graveyard Fields Parking Lot at BRP Milepost 418.8 at 2:15 PM.**

HALF DAY NO. H0502-062 **May 1**
Daniel Ridge Loop 1:00 PM

Hike 4, Drive 70, 1200' ascent, Rated C-B
Pat Elias 828-687-1651
patelias@bellsouth.net
P400 **Note early start time.** This pretty loop hike goes up along the Davidson River, then climbs up and over Daniel Ridge and ends at a spectacular 90-ft. waterfall. **Second meeting place: Bi-Lo in Pisgah Forest at**

1:30 PM.

HALF-DAY NO. H0502-451 **May 8**
MST from Beaverdam

Overlook to Sleepy Gap 1:30 PM
Hike 5.5, Drive 35, Rated C-C, 960-ft. ascent
Sherman Stambaugh 828-254-1736
P400 A moderate hike on the Mountains-to-Sea Trail, with a climb to Ferrin Knob, site of a former fire tower. Easy hiking to Chestnut Cove, then over Truckwheel Mountain to Sleepy Gap. Short car shuttle. **Second meeting place: Ingles on NC 191 across from Biltmore Square Mall at 1:45 PM.**

HALF DAY NO. H0502-452 **May 15**
Dupont Forest: Fawn

Lake P.L. #4 12:30 PM*
Hike 6, Drive 94, Rated B-C
Becky Elston 828-749-1886
belston@cytechusa.com
Note early start time. A pleasant loop with break at the bottom of Bridal Veil Falls. Weather and conditions permitting, we can walk behind the falls. **Meet at 12:30 PM at Westgate to form carpools, and meet leader at Hooker Falls Parking Area at 1:30 PM.**

HALF DAY NO. H0502-384 **May 22**
Black Balsam Road to

Looking Glass Overlook 12:30 PM
Hike 5.3, Drive 65, 1300-ft. ascent
Rated C-B
Ruth Hartzler 828-251-0886
ruthmtn@aol.com
P400 **Note early start time.** Hike from Black Balsam Road (FS816) via Graveyard Fields and Skinny Dip Falls to Looking Glass Overlook. Short car shuttle. **Second Meeting Place: BRP Cold Mountain Overlook at 1:15 PM.** Topo: Shining Rock; also Nat'l. Geographic Pisgah Ranger District map.

HALF-DAY NO. H0502-022 **May 29**
MST: Bent Creek Gap to

Chestnut Cove 1:30 PM
Hike 5.4, Drive 60, 400 ft. ascent, Rated C-C
Paula Robbins 828-281-3253 (before 9 PM)
paularww@bellsouth.net
P400 A pleasant in-and-out hike on a mostly level section of the MST, at a good time to see the mountain laurels in bloom. Map: MST Profiles, Pg. 55-56

HALF-DAY NO. H0502-343 **June 5**
Mount Mitchell Loop via

Commissary Ridge 1:30 PM
Hike 5, Drive 70, Rated B-B
Jane and Lew Blodgett 828-274-7863
This moderate hike goes from the Ranger Station to the summit and returns via the Camp Alice Road. Sweeping views to the east on a clear day. **Only meeting place: Folk Art Center lower parking lot.**

HALF DAY No. H0502-008 June 12
Bee Tree Gap Road to
Rattlesnake Lodge 1:30 PM
Hike 5.7, Drive 35, Rated B-B
Don Walton 828-654-9904
donwalton@bellsouth.net

This moderate hike will feature good views and a variety of trees and wild flowers in bloom. Car spot. **Second meeting place: Folk Art Center Lower Parking Lot at 1:45 PM.**

HALF DAY NO. H0502-453 June 19
Max Patch Ramble 1:30 PM
Hike 4, Drive 75, Rated C-C
Gail Lamb 828-275-4500
gllamb@bellsouth.net

Awesome panoramic views and summer wildflowers make this moderate hike a favorite. We will go up Max Patch to the AT and north through meadows, woods and past a small stream. Then we will loop back on a side trail.

HALF DAY NO. H0502-155 June 26
Picklesimer Fields 1:30 PM
Hike 5, drive 40, Rated C-C
Tom Sanders 828-252-6327
mel&tgs@main.nc.us

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

Return Service Requested

P400 This moderate in-and-out hike will start at the Fish Hatchery, take part of the Cat Gap Loop, go through Picklesimer Fields on the Butter Gap trail, and return.

No Hike Scheduled July 3
No hike is scheduled because the Appalachian Trail Conference biennial meeting is being held July 1-8 in Johnson City, TN, with CMC as a co-host.

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

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 contribute 5 cents per mile towards the driver's operating expenses.

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 necessary when hiking on your own, and helpful when hiking with a group. 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

MEMBERSHIP: Everyone is eligible for Club membership by complete a Membership Application Form and paying dues. Annual dues are \$20 for individuals and \$30 for families, and should be sent to the Carolina Mountain Club, P.O. Box 68, Asheville, NC 28802. 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 trail maintenance efforts. Contact a Club officer for details

Carolina Mountain Club Officers

Gerry McNabb-274-0057 PRESIDENT Lenny Bernstein-236-0192 VICE PRESIDENT
Dave Wetmore-884-7296 SECRETARY Carroll Koeplinger-667-0723 TREASURER
Don Walton-654-9904 IMMEDIATE PAST PRESIDENT

COUNCIL MEMBERS: Les Love-658-1489, Misha Lazer-259-9729, Ruth Hartzler-251-0886, Piet Bodenhorst-298-8371, Bruce Bente-692-0116, Stuart Tauber-254-0824.

Morgan Sommerville-254-3708 REGIONAL DIRECTOR

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: Ginger Graziano-236-2075 gingergraz@charter.net

Editor next issue: Gerry McNabb-274-0057 gcmcnabb@charter.net

Deadline next issue: May 15, 2005



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

2005 MEMBERSHIP APPLICATION

Name(s): _____
 Address: _____
 Phone(s) Home: () _____ Cell: () _____
 Work: () _____
 E-mail(s) _____

Membership Status (check one) New Member? Check if Yes.

From 1/1/05

Individual Membership	\$20.00	_____
Family Membership	30.00	_____
Silver	50.00	_____
Gold	75.00	_____
Other		_____

The CMC is a non-profit organization. Contributions above the member level are tax-deductible. They may also qualify for Corporate matching funds.

Return this form with your check to: Carolina Mountain Club, P.O. Box 68, Asheville, NC 28802

Feedback on the Appalachian Trail Conference, Johnson City, July 1-8, 2005

Yes, Lenny, I would like to help staff a function.

Yes, Lenny, I am willing to lead a hike for attendees.