

828-298-9988, rerikkers@aol.com
Great views and blueberries will reward hikers on this portion of the Mountains-to-Sea Trail. Car shuttle. ***Note early start time and only meeting place: Folk Art Center lower parking lot.**

HALF-DAY No. H0703-295 **Sept. 9**
Pump Gap Loop 1:00 PM*
Hike 5, Drive 80, 1000-ft, ascent, Rated B-B
Nonmembers, call leader, Charlie Ferguson, 828-398-0215, ccf108@gmail.com
***Note early start time.** From the Silvermine Trail Head near Hot Springs, there is a steady climb through a hardwood forest to the ridge top, where we will visit an old cemetery, cross the Appalachian Trail and return on the Pump Gap Trail.

HALF-DAY No. H0703-403 **Sept. 16**
DuPont Forest – Reasonover Trail 12:15 PM*
Hike 6, Drive 80, Rated B-C
Nonmembers, call leader, Becky Elston, 828-749-1886, belston@cytechusa.com
This pleasant loop hike in the DuPont Forest includes the Fawn Lake, Corn Mills Shoals, Bridal Veil Falls, Lake Julian and Reasonover Creek Trails and features views of small waterfalls. ***Meet at Westgate at 12:15 PM (note early start time) to form car pools, and meet leader at Hooker Falls Parking lot in DuPont Forest at 1:00 PM.**

HALF-DAY No. H0703-153 **Sept. 23**
Caney Bottom/Cove Creek 1:00 PM*
Hike 5, Drive 75, Rated C-B
Nonmembers, call leader, Pat Elias, 828-687-1651, patelias@bellsouth.net

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

Return Service Requested

P400 A pleasant walk through the woods, with streams, waterfalls, and bridge crossings. ***Meet at Westgate at 1:00 PM (note early start time) to form carpools and meet hike leader at the Fish Hatchery in the Pisgah National Forest on FS 475B off US 276 (toward the back of the parking lot) at 1:45 PM.**

HALF-DAY No. H0703-318 **Sept. 30**
Big Ridge Overlook to Beaver Dam Overlook 1:30 PM
Hike 4.4, Drive 35, Rated C-C
Nonmembers, call leader, Paula Robbins, 828-281-3253, paularww@bellsouth.net
This in-and-out hike along the Mountains-to-Sea Trail 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 off NC 191 at 1:45 PM.**

HALF-DAY No. H0704-035 **Oct. 7**
Looking Glass Rock 1:00 PM*
Hike 6, Drive 70, Rated B-B, 1,800 ft. ascent
Nonmembers, call leader, Rusty Breeding, 828-692-0359, bree_lw@planetusa.net
P400 A moderately difficult well-graded trail leads to the top of this mountain with beautiful views along the way. In-and-out hike. ***Meet at Westgate at 1:00 PM (note early start time) to form carpools, and meet hike leader at the Pisgah Ranger Station at 1:30 PM.**

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

- Lenny Bernstein-236-0192, President
- Becky Smucker-298-5013, Vice President
- Chip Miller-654-9331, Secretary
- Carroll Koepplinger-667-0723, Treasurer
- Gerry McNabb-274-0057, Immediate Past President
- Council Members: Barth Brooker-299-0298, Ruth Hartzler-251-0886, Don Gardner-754-4067, Bruce Bente-692-0116, Joanne Tulip-299-3495, Gail Lamb-350-0450, Charlie Ferguson-398-0213.

THE APPALACHIAN TRAIL: The Carolina Mountain Club is a member of the Appalachian Trail Conservancy, 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: Stuart English-883-2447, stuengo@citcom.net
Deadline next issue: August 15

MOUNTAINEERING INFORMATION: Consult the trip leader for additional information regarding a particular hike. Hikes may be cancelled due to adverse weather or dangerous road and trail conditions. Please call hike leader if weather conditions are questionable. Dogs are not allowed on CMC hikes.

Visitors are cordially welcome but should select trips within their endurance. When reservations are required as listed in the hike schedule, the leader must be called to reserve a space. Hikers will carpool from the meeting places to trailheads and back. Passengers are expected to contribute 10 cents per mile towards the driver's operating expenses.

CLOTHING & EQUIPMENT, ETC.: Footwear comes first. Never start a mountain trip in brand new footwear. 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, first aid kit, cell phone if available and personal medication including allergy medication.

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.

MEMBERSHIP: Everyone is eligible for Club membership by completing 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

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



THIRD QUARTER 2007
Quarterly News Bulletin
and Hike Schedule



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

THE PRESIDENT'S CORNER

It's been a productive few months for our Club. Our Second Annual Spring Picnic was a great success, and CMC played a critical role in the success of American Hiking Society's Great Southeastern Hiking Festival in Montreat. I want to thank the Club members who made all of this happen.



On the Spring Picnic: thanks to Les Love and Sherman Stambaugh for organizing the event, to Catherine Love for handling registration, to Sherman Stambaugh and Paula Robbins for leading hikes, and to Gerry and Paula McNabb for a great slide show about hiking in Europe.

On the Great Southeastern Hiking Festival: Thanks to Barth Brooker and all the trail crew members who cleared the trails the Festival hikers would use after our late winter storms. Thanks to Danny Bernstein who was CMC's representative on the organizing committee and also suggested much of the entertainment. Thanks to Bruce Bente who organized the Festival's hiking schedule and to the Club members who led hikes. Thanks to Ruth Hartzler and the members of the Conservation Committee who presented a panel discussion on creating a conservation committee for your club. And thanks to Ashok Kudva and all the Club members who staffed our booth at the Black Mountain street fair held in conjunction with the Festival. They introduced the Club to hundreds of people and brought us six new members.

My apologies if I missed anyone who contributed to these efforts.

Help Wanted: become a hike scheduler

CMC has an immediate opening for someone to schedule the Sunday afternoon hikes, obtain leaders, and write the descriptions for the four quarterly issues of *Let's Go*. Computer skills and ability to work with "Word" are required. The scheduler is also responsible for providing leaders with sign-up sheets and filing the completed ones.

We ask anyone interested in this project to contact either Paula Robbins (paularww@bellsouth.net, 281-3253 or Bruce Bente (bbente@bellsouth.net, 692-0116).



Ashok Kudva with his display at the Great Southeastern Hiking Festival. Photo by Jean Gard.

Great Southeastern Hiking Festival

On May 3-6 the Great Southeastern Hiking Festival was held in Black Mountain. Ashok Kudva organized the CMC booth in Black Mountain on Saturday, May 5. Ashok's own poster display of our web page was the highlight of the booth. A new *Let's Hike* brochure (with a membership application) and copies of *Let's Go* were distributed. Six new members were acquired! Four members of the Conservation Committee, Danny Bernstein, Rachel Doughty, Ruth Hartzler and Becky Smucker, gave a workshop on "Creating a Conservation Committee for Your Club." Bruce Bente organized the hiking for the four days. 18 hikes were held, with 11 different leaders from CMC. The hikes ranged from 4 miles to 14 miles, with the longest hike being the descent from Mt. Mitchell at over 6600' down to Montreat at 2600'. Transportation for the Mt. Mitchell hikes was made easier by the use of a chartered school bus to take hikers to Mt. Mitchell from Montreat and from Balsam Gap. Despite cool, wet weather the attendance was very good.

How To Join the Carolina Mountain Club

1. Go to www.carolinamtclub.org
2. Click on "How to Join" (upper left on web page)
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



Building a bridge

We cross many bridges on hikes built by our trail maintainers. What is involved in this process? Hard work, certainly, but much more. Recently, on a club hike, we walked on the newest section of the Mountains to Sea trail built by our maintainers. We crossed a fine new bridge over Cascade Creek, a stream that becomes the Woodfin Cascades, seen from the parkway below. Piet Bodenhorst relates to us the story of this bridge.

It took many years and lots of creative minds to extend the MST south of Balsam Gap. Cascade Creek, a small and beautiful stream near the BRP mile marker 447, required a crossing! It was only two feet wide during the dry season and a rock step-over was contemplated. It became apparent, when the trail construction got to this point, that things were not that simple. The best crossing point was out of parkway land boundary on private land. The remaining corridor was very narrow. To the south, a series of cascades. To the west, a steep hill. To the north, private land. What to do? The Parkway suggested walking the BRP for half a mile before reentering the woods.

After conferring with Dwayne Stutzman, the Mountain Region Trails Specialist, and Parkway representatives, a path requiring



Hikers enjoy the new bridge over Cascade Creek on an early spring CMC outing. Photo by Stuart English.

the construction of a 30 ft., two section, elevated bridge, was agreed upon. This design required carving a landing, a ninety degree turn, and an exit ramp. The estimated material cost was \$8,000-\$9,000.

The money was not available from grants, government, or CMC budget. Howard MacDonald, our chief engineer, came up with a design using locust trees for stringer and abutments. Decking was found at the BRP Maintenance Facilities scrap pile. Hardware, nails, reinforcement bars, and spikes were borrowed from many

sources. The Asheville and Balsam BRP maintenance personnel transported all materials to the trail head. Total out-of-pocket cost was under \$200.

Abutments were anchored to two large rocks in the stream bed, the locust trees were debarked and carried by manpower to the abutments. Many hands and long hours later, using improvised equipment, resulted in a beautiful crossing to be enjoyed for many years to come. Just another successful project by CMC's old men of the Trail Crews.

Club to host photo contest

Many club members already carry their camera routinely on our hikes and work days. So why not take part in a club Photo Contest and a planned slide show of selected entries? The show and awards to the winners will be presented at the Annual Meeting on November 3 this fall. Mark your calendars for the meeting and plan to attend. Here are the contest details:

Categories: 1) Mountain Scenes 2) Trail work scenes 3) CMC-ers on hikes 4) Close-ups on the trail 5) Forest and/or Wildlife Scenes.

All entries will be judged on originality, composition, lighting and technical quality. Deadline is Oct. 1. The decisions of the judges on the committee will be final. None of the judges or their family members may participate in the contest.

PHOTOGRAPHY CONTEST RULES

1. All photos must be taken by club members during club events within the last three years.
2. Members may submit up to 5 images, regardless of category. There is no fee.
3. Any single image may be entered in only one category. Entrants may not submit the same image in multiple categories. Images must be your own.
4. Images must be submitted digitally by email to gerald.c.mcnabb.jr.56@alum.dartmouth.org or on disk to Gerry McNabb, 122 Cloverleaf Lane, Asheville, NC 28803.
5. No image files greater than approximately 1-2 megabytes will be allowed.
6. Film images are allowed but must be converted to digital format for submission.
7. All images must be submitted for judging by October 1, 2007, in order for the judges to review them and make their decisions in a timely manor.
8. All images must be at least 1024 pixels in the longest dimension; larger images are allowed but will be reduced to that size for judging and projection. They should be converted to 72 ppi if not already in that resolution, and set to RGB color mode if possible for most accurate rendition on the judges' computers.
9. Both color and black & white photos are permissible.
10. Images should only be optimized, as they would be in a traditional darkroom. No digital voodoo. Minimal dodging/burning, dust/scratch removal, levels/curves adjustment, sharpening, cropping, and conversion to b/w is allowed. But no sepia or other toning, please.
11. File names must be converted to YourName_Category.jpg to insure ownership.
12. Photos must be available following contest for publicity, website use, etc., at no cost to the club.



Photo of Paula and Gerry McNabb (above) by Danny Bernstein; photo of Les and Catherine Love (right) by Ashok Kudva.



Spring social at the Arboretum

The CMC Spring Social at the Arboretum has certainly become a high point in the year for our members. In the second annual event, organized by Les Love, over 90 members, family, and friends enjoyed hikes, barbeque, and a great slide show presentation). The McNabb's slide show exhibited photos from hiking trips in France, Germany, Iceland, Norway, Spain, and other countries. BubbaQ once again catered the dinner. Paula Robbins led a nice flower walk. Sherman Stambaugh, originator of the event, led a longer hike. We are already looking forward to next year's event.

The McNabb's slide show exhibited photos from hiking trips in France, Germany, Iceland, Norway, Spain, and other countries. BubbaQ once again catered the dinner. Paula Robbins led a nice flower walk. Sherman Stambaugh, originator of the event, led a longer hike. We are already looking forward to next year's event.

Submit Nominations

Put your thinking cap on and nominate a fellow CMC member for one of two awards, the Distinguished Service Award or the Award of Appreciation.

These will be given during the annual dinner meeting this fall. See the enclosed forms to fill out and mail or send an e-mail to backpacker54nc@bellsouth.net. Deadline is October 5, 2007. Mail entries to: CMC, P.O. Box 68, Asheville, NC 28802, Attn: Chip Miller.

NEXT CMC COUNCIL MEETING

When: Tuesday, July 24, 2007
Where: Greenlife Community House, Merrimon Avenue
Time: 6:00 PM
Info: Call Lenny at 828-236-0192 if you would like to attend. All CMC members are welcome.

Hiking fever

As an employee of Diamond Brand Outdoors, I see it every day. More and more people are equipping themselves to hike our mountains. An example of this cultural phenomenon was seen April 10 at the book signing for Danny Bernstein's new book *Hiking the Carolina Mountains*. Diamond Brand regularly holds after hours events featuring outdoor related presentations. The previous attendance record for such an event was the 67 people who attended a Burt Kornegay slide show on the History of the Canoe. According to Gary Eblen, Diamond Brand manager, about 80 people were expected for the book signing. As people kept arriving, however, we were rapidly running out of chairs. By the end of the night, 100 chairs had been set up and at least 50 people were counted standing. As Danny stated in her presentation, "we live in a hiker's paradise." More and more people are coming to that realization.

-- Stuart English

From the archives --

Let's Go or Not

Our club has enjoyed a newsletter since its early years in the 1920s. The following quote is from an early newsletter and could serve as a mission statement. "Here in the land of broad wildernesses, of flashing waters, of ferny dales, of sunny slopes and cold dark wastes of spruces and fir lie close at hand the opportunities for indulging the wholesome tastes for the joys of pioneer days. What are we going to do with these priceless possessions? This is a question that the Club in its infancy cannot answer. But it is in answer to this question that the club exists."

The first issue with our logo was printed in February, 1932 and was called Carolina Mountain Club Bulletin. It was published monthly. In March of 1937, the name changed to *Foot Notes*, Official Organ of the Carolina Mountain Club and Balsam Hikers. It was decided by a contest held at a club meeting and was chosen out of six names. In the May issue of 1937, it is noted that a progressive group in the club wanted to change the name of the newsletter. The following quote describes the result: "Oh boy, does the progressive bloc feel squelched? It wasn't a mumbled 'no', but a **NO** that could have been heard plumb to Egypt. The club evidently wants *Foot Notes* and that's what they'll get from now on."

Evidently, the progressive group prevailed. In February of 1938 the first issue of *Let's Go* appeared and that has remained our title.

The above information was collected from old newsletters in the CMC archives in the Ramsey Library at UNCA.

Valley Post Office, rear of parking lot, at 8:30 AM, but call leader first. Topos: Clingman's Dome, Mt. LeConte, Smokemont; also Natl. Geo. GSMNP map

ALL DAY NO. A0703-074 **Sept. 23**
Tanawha Trail **8:00 AM***
Hike 13.3, Drive 150, 1800 ft. ascent,
Rated AA-A

Don Gardner, 828-754-4067, gardog3@charter.net
One of our best hikes when the weather cooperates. A fragile and ancient ecosystem, rhododendron and laurel tunnels, hardwood coves, boulder fields and great views make this a special hike. It will be a long day, so plan on an optional supper stop. ***Meet at Westgate at 8:00 AM, stop at second meeting place parking lot adjacent to McDonald's at exit 64 of I-40 at 8:20 AM, and meet leader at Beacon Heights overlook at 9:30 AM.** Topo: Grandfather Mtn.

SATURDAY NO. A0703-095 **Sept. 29**
Hemphill Bald from Polls Gap **8:30 AM***
Hike 9.5, Drive 95, 1900 ft. ascent, Rated A-A
Danny Bernstein, 828-236-0192,
danny@hikertohiker.com

900M *Note later start time. After a stroll through open forests, the trail emerges into open fields stretching along the GSMNP boundary, with exceptional views all the way to our lunch stop at the big rock on Hemphill Bald. This hike is the CMC contribution to the WNC "Together We Read" program, which this year is reading *On Agate Hill* by Lee Smith. **Second meeting place: Maggie Valley Post Office, rear of parking lot, at 9:00 AM, but contact leader first.** Topos: Dellwood, Bunches Bald; also Nat'l. Geo. GSMNP map

ALL DAY NO A0703-385 **Sept. 30**
Upper Little East Fork - Fork Mt. Slow Loop **phone leaders for time**
Hike 11-12, Drive 100, 2100 ft. ascent,
Rated A-AA

Tom Bindrim & Joan Lemire, 828-273-3880,
tjbindire@yahoo.com
A moderately-paced Wilderness Area loop with upper elevation scenery, water and a workout. Expect a late return, bring extra food. This is a wilderness area limited to ten people. Call leaders for reservations and meeting particulars. Topos: Sam Knob, Shining Rock

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 Paula Robbins, 828-281-3253, paularww@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at the Westgate Shopping Center parking lot near CVS (Exit 3B off I-240) UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in hike listings. Please phone the hike leader if you are not sure of the meeting location.

HALF-DAY No. H0703-511 **July 1**
Florence Nature Preserve **1:30 PM**
Hike 5, Drive 40, 600 ft. ascent, Rated C-C
Nonmembers, call leader, Don Walton,
828-654-9904, donwalton@bellsouth.net
Tour the new 600+-acre Florence Nature Preserve. This is an easy loop hike with a moderate climb.

HALF-DAY NO. H0703-064 **July 8**
Big Creek Trail **1:00 PM***
Nonmembers, call leader, Greg Goodman,
828-684-9703
Hike 6, Drive 50, Rated C-C
P400 From the Trace Ridge Trailhead, we will do an in-and-out hike along a gravel road next to the North Fork of the Mills River to the Hendersonville Reservoir. After crossing a log bridge we will hike along the Big Creek Trail for a short time, then go along the Fletcher Field and Middle Fork Trails to a forest road. There will be several stream crossings. ***Meet at Westgate at 1:00 PM (note early start time) to form carpools, and meet hike leader at parking area just before the North Mills River Recreation Area at 1:30 PM.**

HALF-DAY NO. H0703-168 **July 15**
Pink Beds **1:00 PM**
Hike 4.2, Drive 80, Rated C-C
Nonmembers, call leader, Laura Stallard,
828-697-1579
P400 This is an easy loop hike with little elevation change, off US 276, not far from the Cradle of Forestry. **Second meeting place: Pisgah Ranger Station at 1:35 PM.**

HALF-DAY No. H0703-068 **July 22**
Balsam Gap to Point Misery **12:30 PM***
Hike 4.6, Drive 55, Rated B-B
Nonmembers, call leader, Gerry McNabb,
828-274-0057, gerrymcnabb@charter.net
***Note early start time.** This in-and-out hike begins at Balsam Gap (milepost 359.7) on the Blue Ridge Parkway and follows the ridge crest north to Point Misery, with superb views of Mt. Mitchell and the Blacks. **Second meeting place: Craven Gap at 12:50 PM.**

HALF-DAY No. H0703-043 **July 29**
Frying Pan Tower **1:30 PM***
Hike 4, Drive 50, Rated C-C
Nonmembers, call leader, Lucy Prim,
828-693-6580, lucette32@mchsi.com
P400 This is an easy in-and-out hike through a spectacular display of wildflowers to good views from the tower. ***Meet at Westgate at 1:30 PM to form carpools, and meet hike leader at north end of parking area of Pisgah Inn at 2:00 PM.**

HALF-DAY NO. H0703-347 **Aug. 5**
Twin Falls Loop **12:30 PM***
Hike 6, Drive 75, 1000-ft. ascent, Rated B-B
Nonmembers, call leader, Stuart English,

828-883-2447, stuengo@citcom.net

P400 A moderate hike in the Pisgah National Forest, starting on the Buckhorn Gap Trail, taking the Twin Falls Bypass to view two nice waterfalls and completing the loop on a Forest Service road and the Clawhammer Cove Trail. ***Meet at Westgate at 12:30 PM (note early start time) to form carpools; meet hike leader at the Pisgah Ranger Station at 1:10 PM.**

HALF-DAY No. H0703-002 **Aug. 12**
MST: NC 128 to Balsam Gap **12:30 PM***
Hike 5, Drive 60, 1500 ft. ascent, rated C-A
Nonmembers, call leader, Jim Reel,
828-738-0751, jimr57@yahoo.com
SB6K This beautiful and scenic portion of the MST features great views, rocky climbs, and hiking through a dark spruce forest as we climb Blackstock Knob (6320 ft). Although only 5 miles long and on an established trail, this hike ascends a total of 1500 ft. and hikers must be capable of this amount of climbing. The hiking pace will be moderate. ***Meet at Westgate at 12:30 PM (note early start time) to form carpools, and meet hike leader at Balsam Gap parking area at BRP M.P. 360 at 1:15 PM.** Topo: Montreat; also MST Profiles, pg. 67-69

HALF-DAY No. H0703-573 **Aug. 19**
Devil's Courthouse from NC 215 **1:00 PM***
Hike 6, Drive 75, 700-ft ascent, Rated B-C
Nonmembers, call leader, Ashok Kudva,
828-698-7119, ashok.kudva@mchsi.com
P400 We will hike east from the parking area off NC 215 through patches of mountain laurel and a dense pine cluster on the Mountains-to-Sea Trail connector crossing over the Blue Ridge Parkway tunnel to Devil's Courthouse, where we will pause for a snack to enjoy 360° mountain views before returning. ***Meet at Westgate at 1:00 PM (note early start time) to form carpools, and meet hike leader at the Cold Mountain Overlook at 1:35 PM.**

HALF-DAY No. H0703-112 **Aug. 26**
Black Balsam Loop **1:00 PM***
Hike 6, Drive 80, Rated B-B
Nonmembers, call leader, Marcia Bromberg,
828-505-0471, mwvbromberg@yahoo.com

P400 *Note early start time. From FS 816 off the BRP, the hike will follow the Mountains-to-Sea-Trail 1.5 miles to the intersection with the Graveyard Ridge Trail, which will take us to Ivestor Gap. The loop hike will return to the starting point via the Art Loeb Trail over Tennent Mountain and Black Balsam Knob. Bring your blueberry containers and expect to enjoy beautiful views. **Second meeting place: north end of Pisgah Inn parking lot at 1:30 PM.**

HALF-DAY No. H0703-464 **Sept. 2**
Balsam Gap to Greybeard Overlook **1:00 PM***
Hike 4, Drive 44, 1300 ft. ascent, Rated C-B
Nonmembers, call leader, Renate Rikkers,

HIKE SCHEDULE Third Quarter 2007

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 questionable, contact the leader.

CHALLENGE PROGRAMS:

SB6K For hiking all 40 peaks above 6000'. For information, contact Don Gardner, gardog3@charter.net
P400 For hiking every trail in Pisgah Ranger District. For information, contact Don Gardner, gardog3@charter.net
900M For hiking every trail in GSMNP. For information, contact John Gallemore, kelarco@aol.com

WEDNESDAY HIKES

Wednesday hikes submitted by Charlie Ferguson, cef108@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 hike listings. Please contact the hike leader if you are not sure of the meeting location.

WEDNESDAY NO W0703-242 **July 4**
Sam Knob-Devils Courthouse Loop **8:30 AM***
Hike 9, Drive 75, 800 ft. ascent, Rated A-B
Stuart English, 828-883-2447,
stuengo@citcom.net

SB6K, P400 This hike in the cool high elevations is perfect for a hot summer day. From FS 816 we will ascend Sam Knob (6040 ft.) with its 360 degree views, then hike through high meadows on the Flat Laurel and Little Sam Trails and the MST via Devils Courthouse (with its great views). We then return via the MST across FS 816 and up to the summit of Black Balsam (6214 ft.), then down a trail built last year by a crew of Cherokee Indians. ***Meet at Westgate at 8:30 AM to form carpools, and meet leader at BRP Cold Mtn. overlook at 9:05 AM.** Topo: Sam Knob; also Nat'l. Geo. PRD map

WEDNESDAY NO W0703-529 **July 11**
Fletcher Fields & Spencer Branch Trail **8:00 AM***
Hike 8, Drive 60, 900 ft. ascent, Rated B-C
Greg Goodman, 828-684-9703

P400 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 the Spencer Branch trail past the Hendersonville Reservoir to Trace Ridge trailhead. ***Meet at Westgate at 8 AM to form carpools, and meet leader at pull-out just before Mills River Recreation Area at 8:30 AM.**

WEDNESDAY NO W0703-113 **July 18**
Cold Mountain from Camp Daniel Boone **8:00 AM**
Hike 10.4, Drive 65, 3400 ft. ascent, Rated A-AA
Tom Sanders, 828-252-6327, tomary2@charter.net
SB6K, P400. Here is your chance to climb the mountain immortalized by Charles Frazier, as well as to enjoy outstanding views if the weather permits. From Camp Daniel Boone we will ascend 2500 ft. to the summit at 6030 ft., returning by the same route. Strenuous, so you should be in good shape. Wilderness area, limit 10, so call leader for reservation. Second Meeting Place: trailhead above Camp Daniel Boone Topos: Waynesville, Cruso; also Nat'l. Geo. PRD map

WEDNESDAY NO W0703-569 **July 25**
Cold Spring Knob **8:00 AM**
Hike 11, Drive 65, 2770 ft. ascent, Rated A-AA
Dave Wetmore, 828-884-7296,
dwetmore@citcom.net

This hike is an interesting mix of old logging roads, cross-country, and surveyor's lines. We will start near Sunburst Campground and climb to Double Spring Gap along old roads, the abandoned Boomer Inn Branch trail and some short but steep off-trail climbs. From Double Spring Gap we'll take a surveyor's cut up the ridgeline to the summit of Cold Spring Knob. The return will be on old but open logging roads. This new hike is a chance to explore the rarely-visited Lickstone Ridge. Topos: Sam Knob, Waynesville; also Nat'l Geo PRD map

WEDNESDAY NO W0703-385 **Aug. 1**
Upper Little East Fork – Fork Mt. Slow Loop **phone leader**
Hike 11-12, Drive 100, 2100 ft. ascent,
Rated A-AA
Tom Bindrim, 828-273-3880,
tjbindire@yahoo.com
P400 A moderately-paced Wilderness Area loop with upper elevation scenery, water and a workout. Expect a late return, bring extra food. This is a wilderness area limited to ten people. Call leaders for reservations, times and meeting particulars. Topo: Sam Knob & Shining Rock

WEDNESDAY NO. W0703-459 **Aug. 8**
NC 128 to Greybeard overlook **8:30 AM**
Hike 8.9, Drive 80, 2000 ft. ascent, Rated B-A
Bruce Bente, 828-692-0116,
bbente@bellsouth.net

We head up into old growth balsam - spruce forests south of Mt. Mitchell for a scenic hike with

dramatic views and several rocky climbs. Possible blueberry sightings. Hikers wishing a shorter trek can stop after 6.4 miles at Glassmine Falls overlook, if desired. Car shuttle. **Second meeting place: Craven Gap on BRP at 8:45 AM.** Topos: Mt. Mitchell, Montreat; also MST Profiles, pg. 66-69

WEDNESDAY NO W0703-475 **Aug. 15**
Hump Mountain/ Yellow Mountain Area **8:30 AM***
Hike 9, Drive 140, 2400 ft. ascent, Rated B-AA
Adrian Lotherington, 828-484-9132,
jaloth@charter.net

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 Mt. and on to Hump Mt. where we will have lunch on a grassy bald at 5587 ft. We will return to Yellow Mt. Gap and take the Overmountain Victory Loop back to the car park. The fabulous vistas and meadows full of flowers make the drive and moderately strenuous walk very much worthwhile. ***ONLY MEETING PLACE: Rose's car park, across from McDonald's at the US 25/70 Weaverville exit #19 at 8:30 AM.** Topos: Carvers Gap, White Rocks Mtn.

WEDNESDAY NO W0703-247 **Aug. 22**
Ivestor Gap Blueberry Hike **8:00 AM***
Hike 7, Drive 76, Rated B-C
Ken & Carol Deal, 828-281-4530,
cnkdeal@charter.net

P400 Our traditional hike to the picking fields of Grassy Cove Top in the Shining Rock Wilderness. Limit 10 hikers, call leaders for reservation. Topos: Sam Knob, Shining Rock; Nat'l. Geo. PRD map

WEDNESDAY NO W0703-570 **Aug. 29**
Dupont Forest – Corn Mill Shoals P.L. #2 **9:00 AM***
Hike 7, Drive 80, 140 ft. ascent, Rated C-B
Becky Elston, 828-749-1886,
belston@cytechusa.com

Several trails will take us to the top of the rushing waters of Bridal Veil Falls for lunch, and a close up view and walk behind the falls, as seen in the movie *The Last of the Mohicans*. Start at Corn Mill Shoals Road parking lot and we'll be on Burnt Mountain Trail, Little River Trail and Bridal Veil Falls Trail. ***Meet at Westgate at 9:00 AM to form carpools, and meet hike leader at Hooker Falls parking lot in Dupont Forest at 9:45 AM.** Topo: Standing Stone Mtn.; also DuPont Forest trail map

SATURDAY WORK DAY

Here is a great chance to learn what is involved in trail maintenance. We will meet on August 11 at the Moose Cafe at the Farmer's Market on Rt. 191 at 8 AM for breakfast. We will return to Asheville around 4:00 PM. Call Les Love at 828-658-1489 (leslove@charter.net) to verify date.

WEDNESDAY NO W0703-035 **Sept. 5**
Looking Glass Rock **9:00 AM**
Hike 6, Drive 70, 1800 ft. ascent, Rated C-A
Laura Stallard, 828-697-1579,
nlstal345@bellsouth.net

P400 A moderately difficult well-graded trail leads to the top of this interesting pluton. There are excellent viewpoints from the overlook at the end of the trail just beyond the summit. From the top of Looking Glass, we will identify the location of a proposed USFS timber sale in the vicinity of Case Camp Ridge. The proposed sale involves timber on 165 acres viewable from Looking Glass. **Second Meeting Place: Pisgah Ranger Station on US276 at 9:30 AM.** Topo: Shining Rock; also Nat'l. Geo. PRD map

WEDNESDAY NO W0703-571 **Sep. 12**
Smokemont Ramble **9:00 AM***
Hike 9, Drive 108, 1400 ft. ascent, Rated B-B
Ashok Kudva, 828-698-7119,
ashok.kudva@mchsi.com

900M *Note later start time. This new CMC hike from a popular GSMNP campground includes an in-and-out stroll along the Bradley Fork Trail and a gradual ascent and descent on the Smokemont Loop Trail. We will cross the Bradley Fork on a long and narrow split log bridge with a steel cable hand rail to complete the loop over Richland Mountain. **Second Meeting Place: Maggie Valley Post Office at 9:30 AM, but contact leader beforehand.** Topo: Smokemont; also Nat'l. Geo. GSMNP map

WEDNESDAY NO W0703-572 **Sep. 19**
Mt. LeConte via Alum Cave Trail **8:00 AM**
Hike 10, Drive 138, 3000 ft. ascent, Rated A-AA
Ruben Marshall, 828-299-1497,
cmcrmarshall@yahoo.com

SB6K, 900M We will hike in the Smokies from the Alum Cave trailhead and return by the same route. There are some wonderful views of the Western Smokies on the way up and at the top. This route is the shortest, fastest way to get to Mt. LeConte and back – but strenuous because of the climbing. **Second Meeting Place: back of Maggie Valley Post office parking lot at 8:35 AM.** Topo: Mount Le Conte; also Nat'l, Geo. GSMNP map

WEDNESDAY NO W0703-120 **Sep. 26**
Charlies Bunion, Grassy Branch
to Kephart Prong **8:00 AM**
Hike 10-11, Drive 140, 1800 ft. ascent,
Rated A-A

Danny Bernstein, 828-236-0192,
danny@hikertohiker.com

900M An exciting adventure through the heart of the Smokies from Newfound Gap to Charlies Bunion on the A.T., then down the Dry Sluice Gap to Grassy Branch Trail, past the Kephart Shelter, and then paralleling a creek on Kephart Prong Trail to U.S. 441. This hike is even more exciting for those trying to log some of those hard-to-get Smokies 900 miles. Beautiful views, lovely stream

and late summer flowers. **Second Meeting Place: back of Maggie Valley Post Office parking lot at 8:35 AM, but phone leader beforehand.** Topos: Clingman's Dome, Mt. LeConte, Smokemont; also Natl. Geo. GSMNP map

WEDNESDAY NO W0704-408 **Oct. 3**
Wolf Ford Loop **8:00 AM***
Hike 9, Drive 80, 1200 ft. ascent, Rated B-B
Greg Goodman, 828-684-9703

P400 Start at the gauging station and hike the South Mills River trail to Wolf Ford, Squirrel Gap, Horse Cove and to FS 5018, then along Funnel Top Ridge, left onto Soapstone Ridge and back to cars. ***Meet at Westgate at 8:00 AM to form carpools, and meet leader at Pisgah Ranger Station at 8:30 AM.** Topo: Shining Rock; also Nat'l. Geo. PRD map

ALL DAY SATUDAY 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 Westgate Shopping Center parking lot near CVS (Exit 3B off I-240) UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in hike listings. Please contact the hike leader if you are not sure of the meeting location.

ALL DAY NO. A0703-181 **July 1**
Black Balsam & Tennes Mtn.
to Graveyard Fields **8:00 AM***

Hike 9, Drive 75, 1100 ft. ascent, Rated A-B
Janet Onan, 828-698-3237, janonan@bellsouth.net
SB6K, P400 This scenic hike traverses a long stretch of balds with spectacular 360 degree views. From FS 816, we'll hike over 6214 ft. Black Balsam and 6040 ft. Tennes Mtn. to Ivestor Gap. We'll then follow an old road south to the Graveyard Ridge Trail and follow it back to our cars. Short car shuttle. ***Meeting places: Meet at Westgate at 8:00 AM to form carpools, and meet leader at Cold Mtn. Overlook (BRP M.P. 412) at 8:35 AM.** Topos: Sam Knob, Shining Rock; also Nat'l. Geo. PRD map

ALL DAY NO. A0703-488 **July 8**
Gabes Mt. Trail **8:00 AM***
Hike 9.6, Drive 150, 1800 ft. ascent, Rated A-A
Marianne Newman, 828-454-1036,
marianneln@msn.com

900M This in-and-out hike is on a mostly gentle trail from Cosby Campground in GSMNP through lovely old-growth forest. Added attractions are a short, steep side trip to the bottom of Hen Wallow Falls and lunch at a shady, streamside campsite. ***Meet at Westgate at 8:00 AM to form carpools, and meet leader at Pilot Truck Stop at exit 24 of I-40 at 8:30 AM.** Topos: Hartford, Luftee Knob; also Nat'l. Geo. GSMNP map

ALL DAY NO. A0703-574 **July 15**

Big Creek – Laurel Mtn loop **8:00 AM**
Hike 12, Drive 60, 2700 ft. ascent, Rated A-AA
Michael Cornn, 828-685-3442, mcornn@aol.com

P400 This new CMC hike will start and end at the Trace Ridge Trailhead. It will ascend the Big Creek trail to the BRP, climb over the Buck Springs tunnel to the MST and descend on the Laurel Mtn. Trail and a no-name trail back to the Big Creek trail. One stream crossing may be a wet crossing if it has been raining. **Second meeting place: Trace Ridge trailhead at 8:30 AM.** Topo: Dunsmore Mtn.; also Nat'l. Geo. PRD map

ALL DAY NO. A0703-211 **July 22**
MST: Pigeon Gap to NC 151 **8:00 AM***
Hike 10.7 Drive 50, 1980 ft. ascent, Rated A-A
Stuart English, 828-883-2447,
stuengo@citcom.net

P400 A high elevation hike for a hot summer day. We'll hike the MST past the Pisgah Inn, over the top of Little Pisgah Mountain, and down to Elk Pasture Gap, enjoying mountain views along the way. Car shuttle. ***Meeting places: Meet at Westgate at 8:00 AM to form carpools, and meet leader at Wagon Road Gap Overlook (BRP M.P. 412) at 8:35 AM.** Topos: Shining Rock, Pisgah Forest; also Natl. Geo. PRD map and MST Profiles, pg. 52-54

SATURDAY NO. A0703-267 **July 28**
Horsepasture River **8:00 AM**
Hike 8, Drive 105, 2000 ft. ascent, Rated B-A
Kathleen Hannigan, 828-230-4883,
kathleen.hannigan@pgnmail.com

We had so much fun on this hike last year that we thought we'd repeat it. See the waterfalls: Drift, Turtleback, Rainbow and Stairway, ending at Windy, the finale, downstream near Lake Jocassee, if the weather is not rainy. Bring a suit and we will swim at lunch and at another lovely swimmin' hole on the hike back from Windy. **Second meeting place: Bi-lo in Pisgah Forest at 8:30 AM.** Topo: Reid; Also Sierra Club guide to Jocassee Gorges.

ALL DAY NO. A0703-068 **July 29**
Big Butt from BRP **8:30 AM***
(moderate)
Hike 7, Drive 55, 2200 ft. ascent, Rated B-AA
Ruth Hartzler, 828-251-0886, ruthmtn@charter.net

***Note later start time.** We will take the Big Butt trail from Balsam Gap on the BRP, following the ridge crest to Big Butt (Yeates Knob), a short bushwhack at just under 6000 ft., and return via the same route. We will stop at Point Misery for lunch and views of the Black Mtns. **Second meeting place: Craven Gap at 8:45 AM.** Topos: Montreat, Mt. Mitchell; also South Toe River PNF map

ALL DAY NO. A0703-396 **Aug. 5**
Pilot Rock –
Mt. Pisgah -Thompson Creek **8:00 AM**
(strenuous)

Hike 11, Drive 80, 3000 ft. ascent, Rated A-AA
Tom Sanders, 828-252-6327, tomary2@charter.net

P400 We will hike up the well-graded Pilot Rock and Mt. Pisgah trails to our lunch spot on the summit of Mt. Pisgah, and then down the Thompson Ridge trail. Expect great views along the way. Short car shuttle. Topos: Dunsmore Mtn., Cruso; also Nat'l. Geo. PRD map

ALL DAY NO. A0703-571 **Aug. 5**
Smokemont Ramble **8:30 AM***
(moderate)
Hike 9, Drive 108, 1400 ft. ascent, Rated B-B
Ashok Kudva, 828-698-7119,
ashok.kudva@mchsi.com

900M *Note later start time. This new CMC hike from a popular GSMNP campground includes an in-and-out stroll along the Bradley Fork Trail and a gradual ascent and descent on the Smokemont Loop Trail. We will cross the Bradley Fork on a long and narrow split log bridge with a steel cable hand rail, to complete the loop over Richland Mountain. **Second Meeting Place: Maggie Valley Post Office at 9:00 AM, but contact leader first.** Topo: Smokemont; also Natl. Geo. GSMNP map

ALL DAY NO. A0703-473 **Aug. 12**
Mt. Mitchell –
Maple Camp Bald loop **8:30 AM***
Hike 8.5, Drive 70, 1600 ft. ascent, Rated B-A
Becky Smucker, 828-298-5013,
bsmucker@charter.net

SB6K *Note later start time. We'll do a moderate loop with great views, starting at Mt. Mitchell, following the MST, Mt. Mitchell and Buncombe Horse Range Trails. We'll stop at Maple Camp Bald, then take the Big Tom Gap Trail 191-A up to the Crest Trail, and return via Big Tom and Mt. Craig. **Second meeting place: Craven Gap at 8:45 AM.** Topo: Mt. Mitchell; also PNF South Toe River, Mt. Mitchell & Big Ivy trail map

BACKPACK NO. A0703-575 **Aug. 18-19**
Laurel Falls – Meigs Mtn.

Sugarland loop **phone leader for time**
Hike: 23.7, Drive 185, 3900 ft. ascent,
Rated AA+-AA+
Don Gardner, 828-754-4067,
gardog3@charter.net

This two-day, one night backpack will start at the Laurel Falls Trail parking lot, and will follow the Laurel Falls, Little Brier Gap, Curry Mtn. and Meigs Mtn. trails to campsite #20 (13.5 mls.). #20 is beautiful and one of the nicest campsites in the park. The next day we will continue on Meigs Mtn. trail to Cucumber Gap and connecting trails, to Sugarland Mtn. Trail and back to our cars (10.2 mls.). Limited to ten people—please call the leader for reservations. Topo: Gatlinburg ; also Nat'l Geo. GSMNP Map

ALL DAY NO. A0703-044 **Aug. 19**
Lost Cove **8:00 AM**
Hike 7.5, Drive 150, 1500 ft. ascent, Rated B-B

Les 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

SATURDAY NO. A0703-384 **Aug. 25**
Black Balsam to
Skinny Dip Falls via MST **8:30 AM***
Hike 7, Drive 70, Ascend 700 ft., Rated B-C
Janet Onan, 828-698-3237, janonan@bellsouth.net
P400 Starting at Black Balsam, we will follow the MST, with a side trip to the second (lower) falls at Graveyard Fields for lunch. Bring a towel and be prepared for swimming. Then hike on to Skinny Dip Falls, then to Looking Glass Overlook. Car shuttle. ***Meet at Westgate at 8:30 AM (note later start time) to form carpools, and meet leader at Looking Glass Overlook, BRP M.P. 417 at 9:15 AM.** Topos: Sam Knob, Shining Rock; also Nat'l. Geo. PRD map

ALL DAY NO. A0703-569 **Aug. 26**
Cold Spring Knob **8:00 AM**
Hike 11, Drive 65, 2770 ft. ascent, Rated A-AA
Dave Wetmore, 828-884-7296,
dwetmore@citcom.net
This hike is an interesting mix of old logging roads, cross-country, and surveyor's lines. We will start near Sunburst Campground and climb to Double Spring Gap along old roads, the abandoned Boomer Inn Branch trail and some short but steep off-trail climbs. From Double Spring Gap we'll take a surveyor's cut up the ridgeline to the summit of Cold Spring Knob. The return will be on old but open logging roads. This new hike is a chance to explore the rarely-visited Lickstone Ridge. Topos: Sam Knob, Waynesville; also Nat'l. Geo. PRD map

ALL DAY NO. A0703-193 **Sept. 2**
MST: Bearpen Gap to NC 215
via Mt. Hardy **8:30 AM***
(strenuous)
Hike 9, Drive 85, 1400 ft. ascent, Rated A-B
Carroll Koepplinger, 828-667-0723,
carrollkoepp@bellsouth.net

SB6K, P400 *Note later start time. This MST hike leads through a beautiful forest of spruce, birch, rhododendron and maple with mosses and ferns lining the forest floor. A special feature is a short side trip up 6110 Ft. Mt. Hardy, with first-rate views on its north side. Partly through the Middle Prong Wilderness area, limit 10, so call leader for reservation. **Second meeting place: Cold Mtn. O/L on BRP (M.P. 412) at 9:10 AM.** Topo: Sam Knob; also USFS Shining Rock & Middle Prong Wildernesses map and Nat'l. Geo. PRD map

ALL DAY NO. A0703-213 **Sept. 2**
Rocky Knob &
Greybeard from BRP **8:30 AM***
(moderate)
Hike 7-8, Drive 65, 1300 ft. ascent, Rated B-B
Charlie Ferguson, 828-333-5165,
ccf108@gmail.com

***Note later starting time.** We will hike from the BRP to Blue Ridge Pinnacle, an in-out trail to Rocky Knob and Greybeard. Return using a portion of the old Toll Rd. Two ascents will be steep but short. Topos: Montreat, Mt. Mitchell; also Nat'l. Geo. Linville Gorge Mt. Mitchell map

ALL DAY NO. A0703-250 **Sept. 9**
Douglas Falls – Locust Ridge Circuit **8:00 AM**
Hike 11, Drive 60, 2000 ft. ascent, Rated A-A
Jim Reel, 828-738-0751, jimr57@yahoo.com
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 with ripe blueberries, and then bushwhack down Locust Ridge. Topos: Montreat, Craggy Pinnacle

BACKPACK NO. A0703-576 **Sept. 15-16**
Little River

Overnight Loop **phone leader for time**
Hike: 17.5, Drive 190, 1800 ft. ascent,
Rated AA-A
Chip Miller, 828-654-9331,
backpacker54nc@bellsouth.net

This two-day, one night backpack will start at the Little River trail for a hike to backcountry campsite #30. On Sunday we will retrace our steps on Little River trail to the Rough Creek trail. At the next junction we will turn left onto the Sugarland Mountain trail which will lead us to the Husky Gap trail. We will hike this trail back to Little River trail and back to our cars near Elkmont. A beautiful hike that will lead us into the heart of the Smokies in the shadow of Clingman's Dome. Limited to ten people—please call the leader for reservations. Topos: Gatlinburg, Silers Bald ; also Nat'l Geo. GSMNP Map

ALL DAY NO. A0703-577 **Sept. 16**
Charlies Bunion,
Dry Sluice Trail to Smokemont **8:00 AM**
Hike 13, Drive 140, 1200 ft. ascent, Rated AA-B
Lenny Bernstein, 828-236-0192,
lsberns@worldnet.att.net

900M A pleasant excursion in the Smokies from Newfound Gap to Charlie's Bunion on the AT, then down the Dry Sluice Gap and Bradley Fork Trails to Smokemont Campground, with a short side trip on the Cabin Flats Trail to log some of those hard to get Smokies 900 miles. Beautiful views and late summer flowers. **Second meeting place: Maggie**