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
Pump Glass Loop 1:00 PM*
Hike 5, Drive 80, R-80-E, ascent, Rated B-B
Nonmembers, call leader, Charlie Ferguson, 828-269-6936, cel08@bellsouth.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 Glass Trail.

HALF-DAY No. H0703-403
DuPont Forest – Reasoumer Trail 12:15 PM*
Hike 6, Drive 80, Rated B-C
Nonmembers, call leader, Becky Elston, 828-749-1886, belston@cytechusa.com
Parking lot in DuPont Forest at 1:00 PM. Form car pools, and meet leader at Hooker Falls 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
Caney Bottom/Cove Creek 1:00 PM*
Hike 5, Drive 75, Rated C-B
Nonmembers, call leader, Pat Elias, 828-648-1651, patelias@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: Picnic Overlook of the Blue Ridge Parkway off NC 191 at 1:45 PM.

HALF-DAY No. H0703-318
Big Ridge Overlook to Beaver Dam Overlook 1:30 PM*
Hike 4, Drive 35, Rated C-C
Nonmembers, call leader, Paula Robbins, 828-281-3253, paulawin@bellsouth.net
This in-and-out hike along the Mountains-to-Sea Trail near milepost 403 of the Blue Ridge Parkway

P240 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 car pools and meet hike leader at the Fish Hatchery in the Pisgah National Forest on FS 479B off US 276 (toward the back of the parking lot) at 1:45 PM.

HALF-DAY No. H0704-015
Looking Glass Rock 1:00 PM*
Hike 6, Drive 70, Rated B-B, 1,800 ft. ascent
Nonmembers, call leader, Barry Breeding, 828-692-0395, brec_1e@bellsouth.net
PAID 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 car pools, and meet hike leader at the Pisgah Ranger Station at 1:30 PM.

FURTHER INFORMATION is available at www.carolinamtnclub.org about regulations.
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 contest? We present: The 2007 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:

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.e.mcnabbjr,56@utah.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 manner.
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 dpi 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.

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 backpack@bellsouth.net. Deadline is October 5, 2007. Mail entries to: CMC, P.O. Box 68, Asheville, NC 28802, Attn: Chip Miller.

Building a bridge

We cross many bridges on hikes built by our trail maintainers. What is involved in this process? Work hard, 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 Parkways suggested building a bridge for half a mile before reentering the woods. After conferring with Dwayne Stutzman, the Mountain Region Trails Specialist, and Parkway representatives, a path requiring 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 stringers 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 improvisation 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.

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 presented by Gerry and Paula McNabb (pictured above, leading the 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.

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 Konrady 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.

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 fenny 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, the editors gave the progressive group what they wanted and changed the name of the newsletter. The following quote describes the result: “Oh boy, does the progressive bloc feel squealed! It wasn’t a mumbled ‘no’, but a ‘OH’ 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.

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.
HIKE SCHEDULE Third Quarter 2007

HIKE RATING
First Letter Second Letter
Elevation Gain Distance Distance
A A
A A

July 1 Florence Nature Preserve 13:00 PM 1:00 PM
July 4 Fletcher Creek and Spencer Branch trails, with an
and-on-in on the Middle Fork trail, and returning on the
Spencer Branch trail past the Henderson
Valley Tract to the Trussville Trail. *Meet at
Westgate at 8 AM to form carpools, and meet
fanaweader at 2:00 PM, just before Mills River Recreation
Area at 8:30 AM.

Weekly Valley Post, 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. W0703-073 July 15 Camp Daniel Boone 8:00 AM
Hike 9, Drive 65, 200 ft. ascent, rated AA-A

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Area at 8:30 AM.

Weekly Valley Post, rear of parking lot, at 8:30 AM,
but call leader first. Topos: Clingman’s Dome, Mt. LeConte, Smokemont; also Natl. Geo. GSMNP map.
WEDNESDAY NO W0703-013
9:00 AM
LoCascio Glass Rock
Hike 6, Drive 70, 1800 ft. ascent, Rated C-A
Contact: Hike leader for reservations.
lsberns@worldnet.att.net
46154-5643@bellsouth.net
P400
A moderately difficult well-groomed trail leads up the LoCascio Glass Rock with beautiful views. There are excellent viewpoints at the overlook at the end of the trail just beyond the summit. From the top of the glass rock, you will identify the location of a proposed USFS timber sale in the vicinity of Case Camp Ridge. The proposed sale involves timber on Hike 6, Drive 70, 1800 ft. ascent, Rated C-A
Second Meeting Place: Pigeon River Station at US276 at 9:30 AM. Topic: Shining Rock; also Nat’l. Geo. RED map
WEDNESDAY NO W0703-103
12:00 PM
Scenic Smokey Rumble
Hike 9, Drive 108, 1400 ft. ascent, Rated B-B
Contact: Janet Onan, 828-698-3237, janonan@bellsouth.net
P912
*Note later start time. This new 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, Hwy 19-23 at 9:00 AM, at bus stop before the post office. Topic: Smokey; also Nat’l. Geo. RED map
WEDNESDAY NO W0703-702
19th Anniversary Hike to Meigs Mtn.
Hike 7, Drive 55, 2400 ft. ascent, Rated B-A
Contact: Michael Cornn, 828-685-3442, mcornn@aol.com
P865
Hike This in-and-out hike is on a mostly gentle trail that leads through a beautiful forest of spruce, balsam fir, and white pine on a short, steep side trip to the bottom of Hen Wallow Falls and lunch at a shady, streamside campsite.
Second Meeting Place: at Westgate at 8:00 AM for in-and-out hike and meet leader at Cold Mtn. Overlook (BRP M.P. 412) at 8:30 AM. Topic: Smokey, also Nat’l. Geo. RED map and MSPT profiles, pg 52-54.
SATURDAY NO. A0703-267
July 28th
Meigs Mtn. and Long Range Trails
Hike 6, Drive 105, 2000 ft. ascent, Rated B-A
Kathleen Hannigan, 828-210-4883, khan33@bellsouth.net
P808
We will hike up the big butt ridge on the BRP, following the ridge crest to the Big Butt from BRP 8:30 AM
Second Meeting Place: at Westgate at 8:00 AM for in-and-out hike and at another lovely swim hole on the hike back from Winding Creek. Second meeting place: Bigin Pigeon Falls at 8:30 AM. Topic: Rd Stilt, also Sini Club guide to Jocassee Gorges.
ALL DAY NO. A0703-088
July 29th
Hiking the Appalachian Trail
Hike 7, Drive 55, 2200 ft. ascent, Rated B-A
Ruth Hartline, 828-251-0886, ruthscarbot@hotmail.com
P294
This is an in-and-out hike on a mostly gentle trail from Cosby Campground in GSMNP through some open, 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.
Second Meeting Place: at Westgate at 8:00 AM for in-and-out hike and meet leader at Pilot Truck Stop at exit #24 from I-40 at 8:30 AM. Topic: Hartford, Luftee Knob; also Nat’l. Geo. GSMNP map
ALL DAY NO. A0703-094
Aug 19
Drift, Turtleback, Rainbow and Stairway, ending at Pigeon River Station
Hike 7, Drive 5, 1500 ft. ascent, Rated B-B
Contact: Marianneln@msn.com
P930
Hike We will hike up the well-groomed Pilot Rock and Mt. Pisgah trails to our lunch spot on the summit of Mt. Pisgah, and then down the Ridge Mountain Trail and the A.T. before returning to the lodge. Short car shuttle. Topic: Danumore: Cruso; also Nat’l. Geo. RED map
ALL DAY NO. A0703-571
Aug 30
Smokey Mountain Loop
Hike 9, Drive 108, 1400 ft. ascent, Rated B-B
Ashok Kudva, 828-698-7119, ashok@kudva.com
P932
*Note later start time. This new 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, Hwy 19-23 at 9:00 AM. Topic: Smokey; also Nat’l. Geo. RED map
ALL DAY NO. A0703-473
Aug 12
Mitchell Bald Loop
Hike 8:30 AM hike, ascent, Rated B-B
Tom Mitchell, 828-667-0723, carrollkoepplinger@gmail.com
P912
This hike is an interesting mix of old logging roads, cross-country, and surveyors. We will start near Sunburst Campground and climb to Double Spring Gap along old roads, the alternate route. We will park at Maple Crandt Bald, then take the Big Tom Trail 191-A up to the Crest Trail, and return via Tom and Mt. Crisca. This hike finishes at the entrance to the park. Second meeting place: Cape Crac at 8:45 AM. Topic: Tom Mitchell, also Nat’l. Geo. RED map
ALL DAY NO. A0703-059
Aug 26
Cold Spring Knob
Hike 8:00 AM hike, ascent, Rated A-A
Don Gardner, 828-754-4067, doeway@icloud.com
P877
This is a one-day backpacking hike starting at Grassy Branch Trailhead, a short drive off the BRP. From there we will retrac our steps on Little Pisgah Mountain, and down to the Cabin Flats Trail to log some of those hard-to-get to Grassy Branch Trail, past the Kephart Shelter, Bunion on the A.T., then down the Dry Sluice Gap to Brasstown Branch Trailhead. Follow the A.T. for a short side trip on the Cabin Flats Trail to log some of those hard to-get places before the dry season of 2006. Bring a camera to capture the beautiful summer flowers. Second meeting place: Maggie Valley Post Office.